



UDHA

MAKING IT HAPPEN

The Power of Continuous Improvement

2017 Annual Session

The Utah Cultural Celebration Center

October 5—6, 2017

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UDHA would like to give a special **Thank You** to our Sponsors and Vendors. Be sure to check out their booth in the Exhibit Hall.
UDHA Utah Dental Hygienists' Association

WELCOME

We will be holding our Annual Session at The Utah Cultural Celebration Center. We are excited to be holding this years meeting at such a beautiful facility. We hope that you can join us for an opportunity to earn 10 Continuing Education credits from the engaging speakers we have arranged for this year.

We would like to invite you to our House of Delegates meeting on Thursday, October 5th, at 4:30 pm. We will be holding this years HOD meeting at the Utah Cultural Celebration Center. It is located at the *1355 West 3100 South, West Valley, Utah*. This will be a great opportunity for you to see the business process of UDHA.



The Utah Cultural Celebration Center
1355 West 3100 South
West Valley, Utah 84119

CHILDREN: Children under 5 years of age are NOT ALLOWED at any seminars or functions.

PARKING

Complimentary self parking is located at the facility.

ATTIRE

Business attire is appropriate for all meetings.

ONLINE REGISTRATION AVAILABLE

Attendees will be able to register online with a credit card via PayPal at udhaonline.org

CANCELLATION POLICY

Contact UDHA by leaving a detailed message at 801-896-8342 or by e-mail at udhaonline@gmail.com for notification of registration cancellation. Fees will be fully refunded for cancellations made before October 1, 2017

REGISTRATION POLICIES

Admittance to any event requires a name badge. Attendees registered for the session will be able to pick up their badge and registration packet at the registration table located within the Cultural Celebration Center. Exhibitors will also be able to find their materials at the registration table.

EARLY REGISTRATION

Attendees are encouraged to take advantage of a discounted registration fee by September 20, 2017.

Reminder—Print your course handouts before annual session.

There are many hotels in the West Valley area just west of the Utah Cultural Celebration Center (UCCC) just off 3300 South. A few sample hotels are listed below:

Embassy Suites

3524 S. Market St.
West Valley City, UT 84119
801.963.4760

- Includes free breakfast
- Complimentary evening reception of snack and drink
 - Across the street from Valley Fair Mall, MegaPlex movie theater and many restaurants
- No shuttle bus service to UCCC or airport
- Adjacent to UTA Trax Light Rail-Green Line(WV central)

Crystal Inn Hotel and Suites

3524 S. Market St.
West Valley City, UT 84119
801.963.4760

- Includes free breakfast
- Complimentary evening reception of snack and drink
- Across the street from Valley Fair Mall, MegaPlex movie theater and many restaurants
- No shuttle bus service to UCCC or airport
- Adjacent to UTA Trax Light Rail-Green Line(WV central)

Holiday Inn Express

3036 S. Decker Lake Dr.
West Valley, UT 84119
801.517.4000

- Includes free breakfast, internet, pool, fitness
- Free shuttle to UCCC and airport
- Adjacent to UTA Trax Light Rail-Green Line (Decker)

Staybridge Suites

(next to Holiday Inn)

3038 S Decker Lake Dr.
West Valley, UT 84119
801.746.8400

- Free breakfast/dinner buffet, Wi-Fi, pool, fitness
- Free shuttle to UCCC and airport
- Adjacent to UTA Trax Light Rail-Green Line (Decker)

TRANSPORTATION

There is an option of taking the FrontRunner and TRAX to any of the above hotels in which some have free shuttle to UCCC. Visit www.rideuta.com

Transit from Provo—Take FrontRunner to Murray Central station, transfer to Red Line TRAX going to Central Pointe (2100 S) transfer to Green Line going to Decker Dr. or WV Central station.

Transit from Ogden—Take FrontRunner to North Temple station, go up the escalator, take Green Line TRAX to Decker Dr. or WV Central station.

To the **Utah Cultural Celebration Center**

From Salt Lake City International Airport:

Take I-80 E. ramp on the left to City Center/Ogden/Provo
Keep left at fork, follow signs for
I-80 E. and merge onto I-80 E.
Take exit 117 to merge onto I-215 S. towards Provo
Take exit 20-A and merge onto UT-201 E. towards 2100 South
Take exit 15-C for Redwood Road
Turn left onto 3100 South
At traffic circle, continue straight, destination is on the right

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From Downtown Salt Lake City:

Head west on 500 South/Cesar E. Chavez Blvd
Merge onto I-15 S/I-80 E via the ramp to
Las Vegas/Cheyenne
Continue to follow I-15 South
Take exit 303 West for 3300 South
Continue west on 3300 South (road will change
to 3500 South)
Turn right onto 1300 West
(Cultural Center Drive)
Continue on road, destination is on the right

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From Provo:

Go north on I-15
Take exit 303 for Utah
171/3300 South
Keep left at the fork, follow signs for
West Valley City
Turn left onto 3300 South
Turn right onto 1300 West
(Cultural Center Drive)
Destination is on the right



Lisa Copeland,
RDH



Michelle Martin,
RDH, MPH



Karl Woodmansey,
D.D.S., MA



8:00–11:00 am
Gen Z: Choices and Challenges

Lisa Copeland, RDH

The current and sometimes shocking health behaviors and trends in the teen generation can influence their oral and systemic health. Dental professionals have a clinical opportunity to identify risky behaviors. Encouraging Gen Z to make positive health decisions could impact their choices when challenged.

Participants will engage in a lively discussion on timely topics relating to Gen Z. Dialogue may include oral and overall health issues associated with nutrition, obesity, eating disorders and substance abuse. Gen Z, also known as the Global Generation, engage in multiple platforms of social media. This course identifies and addresses many of the platforms that influence teen's venturesome decisions. Recognizing high risk behaviors will prepare the dental professional to initiate dialogue that may impact a teen for a lifetime.

This course is sponsored through an educational grant provided by Philips Oral Healthcare



11:30–11:50 am
2015 Oral Health Survey

Michelle Martin, RDH, MPH

Listen to an update on the hygienist's working with the State of Utah's Office of Disparities and the positive impact they are making on our communities.



1:00–3:00 pm

Oral Implications in Older Adults, A Growing Need for Care

Karl Woodmansey, D.D.S., MA

Today older adults make up one of the fastest growing segments of the world population. With the fertility rate declining and life expectancy increasing, this course provides the clinician with the information necessary to make professional decisions in the process of managing the dental future and oral healthcare needs of the aging population. From this course you will be able to:

- Identify the physiologic changes in the aging dentition in relation to the oral and dental disease
- Describe the relationship between oral inflammation and systemic conditions
- Understand how to determine the dental future of the older adult
- Discuss prevention strategies in managing the oral health of older adults in the dental office



3:30–5:00pm

Putting the “I” in Team

Lisa Copeland, RDH

According to research from the University of Iowa, ‘by 2020 the sheer-volume of medical knowledge will double every 73 days.’ Treating our patients as a whole versus focusing on a singular diagnosis represents the future of healthcare delivery. Communication among professionals provides a richness of knowledge that creates a “dream team” for our patients. Collaborative efforts to obtain, share, and process information contributes to consistent patient centered care.

This course is designed to promote intra-office and inter-office communication to cultivate partnerships throughout all aspects of healthcare. An introduction and review of practice guidelines, customized referrals, and documentation will be explored. Reflection upon past “game changers” in dentistry allows us to look forward and recognize future inter-disciplinary opportunities in healthcare. Participants will engage in a lively discussion on topics related to: elevating communication skills, standardizing office protocols and tailoring documentation. The time is now to “bridge the gap” in healthcare through adaptation, customization and collaboration.

**This course is sponsored through an educational grant provided by
Philips Oral Healthcare**

PHILIPS
sonicare

PHILIPS
ZOOM!

LOOK WHAT WE HAVE BEEN DOING...

It has been a great year for the Utah Dental Hygienists Association. In addition to the wonderful continuing education events that have been provided we also had some fun and volunteer opportunities. The association works to continue forging relationships in the dental community as well as the community at large.

Lobby day at the state capitol was a success with both registered dental hygienists and student hygienists gathering. We were able to speak to representatives and express the importance of dental care for underserved populations in Utah.

This year we had our 1st ever "Creating Miles of Smiles" 5k event. Held at Sugarhouse Park on a crisp April morning individuals participated to bring awareness to the underserved populations in Utah. We appreciated our sponsors Tuttle Numb Now and Smile Generation. With everyone's help and we made a sizable donation to the Senior Smiles program.

The march forward with Public Dental Health continues. UDHA's Public Health Dental Hygiene committee lead by Staci Stout has been busy. This year UDHA was once again awarded the Wrigley's Foundation Community Service Grant! This allowed the Senior Smiles program to move on to another senior care facility in Sandy.

This was followed by the IHC Select 25 Grant. "The Select 25 program supports those who promote health and wellness, assist individuals with special needs, create safe environments, and build strong communities." Finally, the CMP Nursing Home Grant has been awarded to the UDHA in collaboration with Senior Charity Care Foundation. This will afford the opportunity for many underserved patients in 10 nursing homes across the Wasatch Front to receive comprehensive dental care.

The common thread through these events and happenings is the individuals that care about the community. This year's theme of Better Together came to life with your support and membership. Thank you for your membership, time and all the efforts made to keep our amazing profession moving forward.



Thursday, October 5th, 2017 at the Utah Cultural Celebration Center

4:00 p.m. HOD Registration Open

4:30 p.m. Open Discussion

Issues Forum, Candidates Forum and BOT Voting 4:30-5:30 p.m.

5:30 p.m. Dinner with the delegates
Pre-registration required

6:00 p.m. House of Delegates Legislative Issues and Office Voting 6:00 p.m.-until Finished

Exhibit Hall Set Up
(At the Utah Cultural Celebration Center)

Friday, October 6th, 2017 at The Utah Cultural Celebration Center

7:00 a.m. Check-in Open | Breakfast

8:00 a.m. *Gen Z: Choices and Challenges
Lisa Copeland, RDH 8:00-11:00 a.m.

*Student Forum Break out
8:00 a.m. to 10:00 a.m.

Exhibits Open
(8:00 a.m.—5:00 p.m.)

10:00 a.m. Break out session: Staci Stout, RDH, BS
You and Access to Care

11:30 a.m. Michelle Martin: Office of Disparities

Vendor Lunch
(11:30 a.m.—noon)

UDHA Installation Luncheon Lunch will be served at noon

1:00 p.m. Oral Implications in Older Adults-A Growing
Need for Care

Karl Woodmansey, D.D.S., MA

3:30 p.m. Putting the "I" in Team
Lisa Copeland RDH, BS

Exhibits Open
(8:00 a.m.—5:00 p.m.)

5:00 p.m. Old Meets New BOT Meeting
(5:15-6:00 p.m.)

SHOW YOUR SUPPORT

Show your support to Access to Care by wearing your Access to Care pin to Annual Session. When you check-in at registration, if you are wearing your pin, you will receive an extra raffle ticket.

Don't have an Access to Care pin?

They are available for purchase at udhaonline.org. If you purchase a pin and pick it up at Annual Session, you will receive an extra raffle ticket with your pin.



BACK BY POPULAR DEMAND

As of January 1st, 2015, all healthcare workers are required to wear identification with name and type of license. Name tags are available for purchase at udhaonline.org. These are high quality name tags with the ADHA (UDHA) logo on them.



Back
(Plastic covered magnetic prongs)



Front

Order your name tag and pick it up at the registration desk during Annual Session. Online ordering only, visit udhaonline.org to order.

Orders due by September 20th

Register Now at udhaonline.org

Shelly Costley

UDHA President Elect

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Shelly Costley RDH, MEd,

Dental hygiene is one of the loves of my life. I have been in dentistry for over 30 years working in both general and periodontal practices where I have had the privilege of meeting and working with others who feel the same about our profession. I am proud of what we do. We make smiles happen!

I love living in Utah where we have such natural beauty all around us. I live at the foot of the Rocky Mountains and regularly enjoy the adventures of their slopes and trails: hiking, camping with my children, my wonderful supportive husband and family, or riding one of my beautiful horses. Adventures happen!

I graduated from Weber State University with my associates in dental hygiene, then went on to get my bachelor's in Allied Health Administration. After working in private practice for many years I decided to go back to school for my master's degree. I earned my MEd in Curriculum and Instruction and currently teach full time as the First Year Coordinator. Education makes it happen!

I still love to work in private practice with my favorite dentists when time allows. I love doing what we do! I am a lifetime member of ADHA and have served in the Utah Dental Hygiene Association in many capacities. I am excited for all that is happening at the national level and at the state level in our profession. So many are working hard behind the scenes to protect our jobs and expand our opportunities. I'm glad to be a part of something that benefits so many. UDHA is making it happen!



Utah Dental Hygienists' Association Annual Session

Help inspire us to create better meetings by giving us feedback on the Annual Session

Circle one:

1. My registration was handled efficiently (ie: online) **YES** **NO**
If no, please explain: _____

2. The CE sessions were interesting **YES** **NO**

3. I would recommend UDHA Annual Session to others **YES** **NO**
If no, please explain: _____

4. Please rate the events you attended:

Fundraiser/marketplace	YES	NO
Morning Guest Speakers	YES	NO
Afternoon Guest Speakers	YES	NO
Exhibitors/Product show	YES	NO
Event Location	YES	NO

5. In your opinion, what was the best part of this year's Annual Session?

6. In your opinion, what could have been done better at this year's Annual Session?

7. Please give us suggestions for future meetings:

If you want to help us improve, Volunteer!

Thank you for taking the time to complete this evaluation. Your comments will be used to help us plan future meetings and assist us in providing an atmosphere to meet your needs.

Website	udhaonline.org	Our website is the place to get UDHA information. It contains news, postings, articles, bylaws, resources and links as well as Continuing Education course listings and online registration for these courses.
E-mail	udhaonline@gmail.com	This is our main contact method. We occasionally send out news, surveys, announcements or opportunities from this address. Please add udhaonline@gmail.com as a contact in your address book to prevent emails from UDHA from being blocked.
Twitter	@udhaonline #udhaonline	Follow @udhaonline in your twitter app to receive postings from UDHA. Include #udhaonline in your tweet to post a comment for others to see. Search for #udhaonline to see posts from others.
Facebook	facebook.com/ udhaonline	This is a community page. So if you 'like' us you can post DH news, job listings or temps jobs available. UDHA posts about upcoming Continuing Education and current events affecting Utah Dental Hygienists. We currently have 375 followers, so this can also help you build a hygiene network.
Instagram	@udhaonline #udhaonline	Is a great way to get others excited about Dental Health. Here you can post a picture and a comment about what is happening right now in your world (use #udhaonline). Post about CE's you love or events while you are attending. Similar to Twitter, follow us using @udhaonline in your Instagram app.

BE SMART, BE SAFE! YOUR PRIVACY ONLINE

Would you put your phone number and address on a bus stop or post the days you'll be on vacation at the register at Walmart? Sounds crazy, but when you post your personal information online (i.e. in a Facebook comment, or discussion forum), that is what you are doing. A public website is like a bus stop the entire world can see. Our first word of caution – be very careful about posting personal information online.

The internet has created a great ability to connect and build communities. It can help bring people with similar interest together. Dental Hygienists, for example.

Communities, groups and other online entities should be transparent. You should be easily able to identify who is behind any group before you share personal information. Make sure you understand who will see the information or how they will use and share it. There are some official sounding websites and Facebook groups that seem related to our cause, but are not affiliated nor endorsed by UDHA or ADHA. If there is any question about a site, page or group, don't hesitate to contact UDHA directly. Our second word of caution – know who you are dealing with.

UDHA is a proud member of ADHA. Our board members are proud to volunteer their time, serve our community and make a difference. We provide contact information including a mailing address, phone number and the ability to contact board members via email. You can easily identify UDHA online! <http://www.udhaonline.org>

UDHA ANNUAL SESSION

October 5-6, 2017

Want to Register and Pay Online? Visit us at www.udhaonline.org
 Please send your registration form and payment (check made payable to "UDHA") by the DEADLINE: October 1, 2017 to: P.O. Box 571406 Murray,

Registration and Badge Information (PLEASE PRINT CLEARLY)

Please complete one form per registered guest.

Duplicate form if needed or log onto www.udhaonline.org to download additional forms.

Member I.D. Number:	Renewed Today?
Last Name:	First Name:
Credentials:	Student: <i>(Please indicate school)</i>
Address:	
City:	State: Zip:
Day Phone: ()	E-Mail

PLEASE CHECK WHICH YOU WILL BE ATTENDING

- Thursday HOD as a Delegate (please indicate for dinner count)
- Thursday HOD Meeting as a guest
- Friday CE and Luncheon

REGISTRATION FEES

ALL attendees of the Annual Session must pay a registration fee.
 This fee includes Friday meals and admittance to ALL events for this years Annual Session.

SELECT ONLY ONE:	Before September 20, 2017	Fee after September 21	AMOUNT
UDHA Member	\$110 (early registration)	\$150	\$
Student Member	\$75	\$75	\$
Nonmember	\$185 (early registration)	\$225	\$
New Member	\$370 (early registration)	\$415*	\$
<i>ANNUAL SESSION REGISTRATION AMOUNT DUE</i>			\$

*The UDHA encourages active membership in the Association. If you would like to renew your membership today, the **New Member** pricing will include a one year ADHA/UDHA membership. A membership application is enclosed for your convenience.

Registration Fee	\$
TOTAL AMOUNT ENCLOSED	\$

Cancellation Policy: Fees will be fully refunded for cancellations made by September 27, 2017

Questions? Call UDHA 801-896-8342 or e-mail
udhaonline@gmail.com **The Registration Deadline is**

October 1, 2017



P.O. Box 571406
Murray, UT 84157