



AMERICAN ACADEMY OF DENTAL HYGIENE

TIMES

Winter ~ 2016

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New Members

AADH welcomes and congratulates two new members: Corrinne Jameson-Kuehl, RDH, BS, OMT, and Brent Molen, RDH, MA, Ed.

[Click here to read their bios.](#)

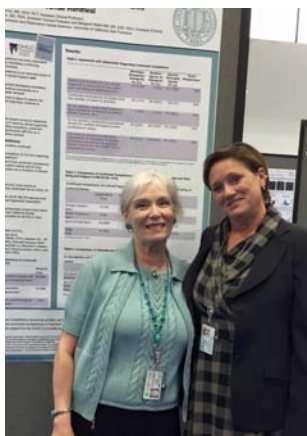
Upcoming National Dental Hygiene Events

[ADHA CLL 93rd Annual Session](#)

Welcome to the winter edition of the *AADH Times*. Here you can read about two new members, see citations and abstracts for member published peer-reviewed articles, and catch up on AADH news.



Our profession recently lost a brilliant star, and Kristy Menage Bernie is pictured here with Margaret M. (Peggy) Walsh at the



2015 UCSF Clinical Excellence in Research Day, presenting their poster on continued competence. *"Peggy is the heart of hygiene - her enthusiasm for our profession was boundless, we are forever changed by her vision!"* Kristy states.

Peggy was not an AADH member, but has educated, mentored, and inspired many members, either personally or through *Dental Hygiene Theory and Practice*, the textbook that she

co-authored with Michelle Darby. May she rest in peace.

Contact me with information about your own and other members' accomplishments, including published peer-reviewed articles, so we can feature them in future editions.

Keep warm and stay safe and healthy this winter.

Toni S. Adams, RDH, MA, Editor

Message From President Lynn Southerland

Happy New Year fellow AADH members!



June 8-14, 2016  
David Lawrence  
Convention Center,  
Pittsburgh, PA

[Click Here For More  
Information](#)

2016 RDH  
Under One Roof



July 28-30, 2016  
Gaylord National Resort  
& Convention Center  
National Harbor, MD

[Click Here to Register](#)

[AADH Sponsored  
CEfeaturing Kristy Menage  
Bernie, RDH, MS, RTY  
"Yoganomics: Postural  
Health for Dental  
Professionals" \(click for  
details\)](#)

What an exciting time of year. A time of reflection, optimism, and renewal. You, our members, continue to shine. You are constantly in the news with the articles you have written, awards you have won, and hard work you continue to do. You make such a difference for your fellow hygienists as well as for the public. It is an honor to be part of such an exceptional group of Registered Dental Hygienists.

I am excited about the TIMES new segment that highlights the articles that you have written. We would like to spotlight your hard work so please send news of your efforts and honors to our editor.

If you have ideas or suggestions, please contact me directly at [llslds@earthlink.net](mailto:llslds@earthlink.net)

Lynn Southerland, RDH, BS, FAADH

### AADH Members to Speak at Major Dental Hygiene Meetings

Many of our members will be presenting programs and performing other leadership roles at the ADHA CLL Annual Session and the PennWell RDH Under One Roof Conference.

We have compiled a list of their programs. See what your colleagues are doing, and, if you will be at either of these meetings, attend their events and support them.

[Click here for more information.](#)

### Times Features Peer-Reviewed Author Members

Call for Citations

In order to celebrate our members' accomplishments, and, beginning with this edition of *The Times*, we will feature citations of their published peer-reviewed articles.

We thank Lorraine Frey, RDH, LDH, BAS, COM, FAADH, and Diana Macri, BSDH, MSED. for their submissions.

[Click here to read their citations and abstracts.](#)

This will be an ongoing feature, so, if you have written an

AADH Annual Meeting  
Thursday, July 28, 2016  
12:30 pm - 2:00 pm at  
RDH Under One Roof  
RSVP at [info@aadh.org](mailto:info@aadh.org)

AADH 2016 Sponsor

Our sincere appreciation to  
Premier for its support of  
AADH this year!



Click on the logo for more  
information

AADH Leadership

[Click here](#) for current listings of  
AADH executive board and  
governing council members.

AADH Address

AADH  
2727 75th St. West, Unit 5AC  
Bradenton, Florida 34209-5359

article that has appeared in a peer-reviewed publication,  
please send the citation and the abstract in Word format  
to [tonisadamsrdh@earthlink.net](mailto:tonisadamsrdh@earthlink.net)

Nominations Open for AADH Officers

New officers will be elected on July 26, 2016 at the next AADH  
meeting at Under One Roof. Nominations are now open for  
President Elect, Treasurer, and two Governing Council members  
for the 2016-2018 term.

Be heard. Have a voice in governing AADH. Candidates must send  
a brief biography and photo before April 1, 2016, to Kristy  
Menage Bernie, RDH, MS, RYT at [kmenageb@aol.com](mailto:kmenageb@aol.com)

[Click here for information about the positions.](#)

Time to renew your membership!

Members renewal this year will include your CE credits as  
well as 2 years dues payment. This will streamline our  
process and was adopted by the membership.

If you have questions regarding the upcoming membership  
renewal process, please contact our AADH Administrator,  
Mary Calka, RDH, at [tmcalka@inbox.com](mailto:tmcalka@inbox.com)

From your Editor:

I am honored to serve as Editor of *The Times*. I get to meet and work with amazing people,  
both virtually and in person, and learn so much.

This is your newsletter, and we strive to make it responsive to your needs, so please share your opinions, suggestions, and submissions. The deadline for the Winter edition is January 31, 2016. Send information about Members in the News, announcements, citations of peer-reviewed articles published by AADH members, brief feature articles, and letters to the Editor to me via email at [tonisadamsrdh@earthlink.net](mailto:tonisadamsrdh@earthlink.net)

As always, I am happy to help anyone who wishes assistance with writing.

Toni S. Adams, RDH, MA, Editor  
American Academy of Dental Hygiene *Times* Newsletter



AMERICAN ACADEMY  
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MEET AADH NEW MEMBERS!

Winter • 2016



**Corinne Jameson-Kuehl, RDH, BS, OMT** is from Hartland, Wisconsin and has been involved in the dental field for over 20 years. Corinne graduated from Marquette University, and the Coulson Institute of Oral Myology. She is an experienced private practice clinician, practice development consultant and previous dental staffing company founder and owner. Corinne provides Orofacial therapy through her business, "Orofacial Myofunctional Therapy of Wisconsin," which specializes in treating patients for oral dysfunction.

Additionally, Jameson-Kuehl is co-chair of the Oral Cancer Foundation in Wisconsin, and is passionate about providing oral cancer awareness education to health care professionals and consumer groups.

She can be contacted at [happywisconsinfaces@gmail.com](mailto:happywisconsinfaces@gmail.com)

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Brent Molen, RDH, MA. Ed., has been associated with and has worked in the dental field for more than 25 years and has practical experience in dental assisting, dental laboratory technology, dental front office management, and dental hygiene. He has been teaching dental hygiene students since 2008, and currently serves as College President and Program Director at the Utah College of Dental Hygiene (UCDH) in Orem, Utah.

Molen divides his time between teaching and administration duties at UCDH along with lecturing and consulting for dental and post-secondary educational institutions.





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**AADH Members Speaking/Moderating at Dental Meetings**

**2016**

**CDHA CLL 2016, 93<sup>rd</sup> Annual Session, June 6-14 • David Lawrence Convention Center, Pittsburgh, PA**

<https://www.eiseverywhere.com/ehome/115947/ce>

**Lillian Caperila, RDH, BSDH, MEd**

Speaker: It's (Medically) Complicated! (with Thomas Viola, RPh, CCP, PhRS) • Thursday, June 9, 2016, 9:30 AM-12:30 PM

**Kris Johnson, RDHAP, BA**

Moderator, Lunch & Learn #1: Dental Hygienists' Role in Functional Medicine • Thursday, June 9, 2016, 1-2:30 PM

**Jodi Olmsted, RDH, PhD**

Educator Workshop (on the ADHA National Dental Hygiene Research Agenda) • Wednesday, June 8, 2016, 1:00-3:00 PM

**RDH Under One Roof, July 28-30, 2016 • Gaylord National Resort & Convention Center, National Harbor, MD**

<http://events.pennwell.com/RDH2016/Public/Calendar.aspx?SuperTrackId=&TrackId=&AssociationId=&DateId=&FormaId=&DurationId=&SpeakerId=&AbilityLevelId=&SessionTypeId=&SubExpId=&Keyword=&&SearchEvent=>

**Edie Gibson, RDH, MS, PhDc**

STOP the Peri-Go-Round: Problem Solving Strategies to Help Patients OWN Their Infection and Say YES to Treatment • Saturday, July 30, 2016, 10:30 AM-12:30 PM

**Anne Guignon, RDH, MPH, CSP**

General Session: Exploring the Oral Microbiome – Stunning Revelations About How Microbes Actually Create Disease • Thursday, July 28, 2016, 10:30 AM – 12:30 PM

Workshop: Stop the Pain! A Scientific and Hands-On Approach to Preventing the Ultimate Career Killers – Neck, Shoulder, and Back Pain (with Cindy Purdy, RDH, BSDH, CEAS) • Friday, July 29, 2:30-4:30 PM

**Dianne Glasscoe Watterson, RDH, BS, MBA**

Workshop: What You Can't See Can Harm Your Patient...and YOU! • Thursday, July 28, 8:00-10:00 AM

**Kristy Menage Bernie, RDH, MS RYT • AADH Sponsored Program**

General Session: Postural Health & Ergonomic Considerations for the Dental Clinician • Thursday, July 28, 8:00-10:00 AM

**Tricia Osuna, RDH, BSDH, FAADH**

General Session: New Products, New You! What We Need to Know to Create the Most Value in Our Health Care Industry (will be presented twice) • Thursday, July 28, 2016, 10:30 AM – 12:30 PM • Friday, July 29, 10:30 AM-12:30 PM

**Maria Perno Goldie, RDH, BA, MS**

Moderator, Special Session: Evolve Your Dental Hygiene Career • Wednesday, July 27, 2:00-5:00 PM

Panelist, Mega Session: The RDH View LIVDE! The Eight Simple Secrets to Ensuring YOU are Indispensable in the Dental Practice • Saturday, July 30, 8:00-10:00 AM

**Cindy Purdy, RDH, BSDH, CEAS**

Workshop: Stop the Pain! A Scientific and Hands-On Approach to Preventing the Ultimate Career Killers – Neck, Shoulder, and Back Pain (with Anne Guignon, RDH, MPH, CSP) • Friday, July 29, 2:30-4:30 PM

**Angie Stone, RDH, BS**

Panelist: Wrap-Up/General Session: Patient-Centered Care Through the Ages: It Takes a Dental Hygiene Community • Saturday, July 30, 2:30-4:30 PM



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MEMBER PEER-REVIEWED PUBLICATIONS

**Lorraine Frey, RDH, LDH, BAS, COM, FAADH**

Frey, L., Green, S., Fabbie, P., Hockenbury, D., Foran, M., Elder, K. (2014). *The essential role of the COM in the management of sleep-disordered breathing; a literature review and discussion*. IJOM, v40

**ABSTRACT:** The origins of Orofacial Myofunctional Therapy began in the early 1960's by orthodontists who recognized the importance of functional nasal breathing, proper swallowing, and more ideal oral rest postures. Re-patterning these functions through myofunctional therapy assisted with better orthodontic outcomes and improved stability. Experts in orofacial myology have concluded that improper oral rest postures and tongue thrusting may be the result of hypertrophy of the lymphatic tissues in the upper airway. Orthodontists are aware of the deleterious effects these habits have on the developing face and dentition.

Click here to access the entire article. <http://www.iaom.com/journals.html>

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**Diana Macri, RDH, BSDH, MSED**

Macri, D. Utilizing dental hygienists to improve health outcomes in long-term care. *Ann Longterm Care*. 2015;23(9):21-24.

**ABSTRACT:** Poor oral health practices contribute to negative health outcomes for residents of long-term care facilities. The abundance of current information on the oral-systemic connection underscores the need for improved oral hygiene among all citizens but specifically for older adults, who face challenges for self-care due to sensory, mobility, endurance and cognitive deficits. Dental hygienists are oral disease prevention specialists and are trained to perform dental procedures that significantly improve a person's oral health. Dental hygienists are legally permitted to provide many oral healthcare services to residents of long-term care facilities independent of dentist supervision or in collaborative agreements with dentists. Models of collaboration between long-term care facilities and dental hygienists have proven efficacious in enhancing overall health outcomes for residents.

Click here to access the entire article: <http://www.annalsoflongtermcare.com/article/utilizing-dental-hygienists-improve-health-outcomes-long-term-care>

Macri, D, & Parness, J. Strategies for improving patient compliance. *Dimens Dent Hyg*. 2015;13(12): 27-29.

**ABSTRACT:** Patient compliance is the degree to which an individual adheres to the advice provided by health care professionals. Aside from potentially compromising health, noncompliance is a waste of resources and productivity. The monetary cost of medical noncompliance has been estimated at \$300 billion a year. In dental hygiene, which is intrinsically focused on prevention, motivating patients to practice healthy behaviors remains a challenging aspect of practice.

Click here to access the entire article:

[http://www.dimensionsofdentalhygiene.com/2015/12\\_December/Features/Strategies\\_for\\_Improving\\_Patient\\_Compliance.aspx](http://www.dimensionsofdentalhygiene.com/2015/12_December/Features/Strategies_for_Improving_Patient_Compliance.aspx)

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### **PRESIDENT-ELECT**

The President-Elect is a position elected by membership and held for a term of two years, before ascending to the position of President. The President-Elect serves as a member of the Executive Committee and the Governing Council. The President-Elect assists the President as directed.

#### **GENERAL**

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- Performs duties and carries out responsibilities as delegated by the Bylaws, President, Governing Council, and/or policies and procedures
- Participates as an elected officer of AADH
- Participates as required in meetings of Executive Committee and Governing Council
- Follows all Administrative Policies
- Promotes membership
- Submits reports to the President and Governing Council in a timely manner

#### **SPECIFIC**

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- Serves as a member of the Executive Committee
  - Serves as a member of the Governing Council
  - Serves as a member of the Finance Committee
  - Serves as a member of the Annual Meeting Committee
  - Serves as a member of the *TIMES* Review Committee
  - Submits expense vouchers in a timely basis to the Administrative Assistant and Treasurer
  - Specific procedures to be performed at beginning of term
    - Shadow and assist the President as directed by President
    - Distribute information as directed by the President or as needed
  - Specific procedures to be performed for Governing Council Meetings
    - Provide a written report submitted to the Governing Council quarterly
    - Chair the meeting in absence of President
  - Specific procedures to be performed for the Annual Meeting
    - Provide a written report submitted to the Governing Council no less than thirty (30) days prior to the Annual Meeting
-



## TREASURER

The Treasurer is an AADH elected position and serves a two-year term as a member of the Governing Council and Executive Committee. The Treasurer maintains the accounting records for the Academy and provides historical review when needed.

### GENERAL

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- Performs duties and carries out responsibilities as delegated by the Bylaws, President, Governing Council, and/or policies and procedures
- Participates as an elected officer of AADH
- Participates as required in meetings of Executive Committee and Governing Council
- Follows all Administrative Policies
- Promotes membership
- Submits reports to the President and Governing Council in a timely manner

### SPECIFIC

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- Maintains all financial information, inputting receipts and paying charges in a timely manner to facilitate actions of AADH
  - Receives all financial records from the administrative assistant who scans and records information in the AADH computer as the historical document
  - Pays expense vouchers with receipts in a timely manner to the appropriate members as deemed appropriate by the President and/or Governing Council
  - Shall monitor expenditures by Committees and Officers to ensure they are in the boundaries of the approved budget
  - Records all income in a timely manner
  - Maintains AADH checkbook in manner deemed appropriate (digital [Quicken software] and/or paper) by the President and/or Governing Council on a monthly basis
  - Submits financial reports in a timely manner to the President and Governing Council
  - Serves as a member of the Finance Committee
  - Submits own expense vouchers in a timely basis
-

## GOVERNING COUNCIL

The Governing Council consists of the Executive Committee, and (6) six elected members. The Governing Council is an AADH elected position for a two (2) years term.

### GENERAL

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- Represents the interests of the AADH Membership
- Participates as required on all AADH conference calls and at meetings
- Serves as a voting member of the Governing Council
- Chair of Governing Council is appointed by the President
- The Governing Council Chair shall serve on the Executive Committee

### SPECIFIC

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- The Governing Council Chair, with input from the entire Governing Council, prepares an annual report summarizing the activities of the Academy, available to all members 30 days prior to the Annual Meeting
  - If a vacancy occurs on the Governing Council between meetings of the Academy, the vacancy shall be filled by the Governing Council, with the exception of the President-Elect
  - Submits expense vouchers in a timely basis to the Administrative Assistant and Treasurer
- 

**ALL CANDIDATES MUST SUBMIT A BRIEF BIO & PHOTO NO LATER THAN April 1, 2016 to:**

**Kristy Menage Bernie, RDH, MS, RYT at [kmenageb@aol.com](mailto:kmenageb@aol.com)**



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## AADH Leadership

### Executive Committee

<u>Office</u>	<u>Officer</u>	<u>Term</u>	<u>Contact Info</u>
<u>President</u>	<u>Lynn Southerland, RDH, BS, FAADH</u>	<u>2014-2016</u>	<u>president@aadh.org</u> <u>llsjds@earthlink.net</u>
<u>President Elect</u>	<u>Cynthia Koons, RDH, MBA</u>	<u>2014-2016</u>	<u>presidentelect@aadh.org</u> <u>cynkoo@wcoil.com</u>
<u>Treasurer</u>	<u>vacant</u>		<u>treasurer@aadh.org</u>
<u>Secretary</u>	<u>Lisa Harper Mallonee, BSDH, MPH, RD, LD</u>	<u>2013-2015</u>	<u>secretary@aadh.org</u> <u>LHarperMallonee@bcd.tamhsc.edu</u>
<u>Immediate Past President</u>	<u>Kristy Menage Bernie, RDH, MS, RYT</u>	<u>2014-2016</u>	<u>pastpresident@aadh.org</u> <u>kmenageb@aol.com</u>
<u>Administrative Assistant</u>	<u>Mary Calka, RDH</u>		<u>admin@aadh.org</u> <u>tmcalka@att.net</u>

### Governing Council

<u>Winnie Furnari, RDH, BS MS, FAADH, Chair</u>	<u>Term 2014-2016</u>	<u>wfurnarirdh@gmail.com</u>
<u>Lucinda B. McKechnie, RDH, BS</u>	<u>Term 2014-2016</u>	<u>lmckechnie@aol.com</u>
<u>Becky Pugh, RDH, BS</u>	<u>Term 2015-2017</u>	<u>Ppugh253013@comcast.net</u>
<u>Diana Macri, RDH, MSED</u>	<u>Term 2015-2017</u>	<u>dmrhd@aol.com</u>
<u>Nancy Ryan Barnes, RDH</u>	<u>Term 2015-2017</u>	<u>PBarFam@aol.com</u>
<u>Kris Potts, RDH, BS</u>	<u>Term 2015-2017</u>	<u>kris@xylitoleducators.com</u>



AMERICAN ACADEMY  
OF DENTAL HYGIENE

*Presents!*

## **Yoganomics: Postural Health & Ergonomic Considerations for the Dental Professional**

*Thursday • July 28, 2016 • 8:00 am – 10:00 am • RDH Under One Roof General Session*

- This course overviews the benefits of yoga in postural health and sound ergonomic practices essential in maintaining optimal clinician health. A review of ergonomic standards will include OSHA, ADA and CDC resources and incorporate specific methods to enhance ergonomic clinical positioning and techniques to prevent repetitive stress related injuries. In addition, yoga research as it relates to postural and total health will be presented as well as the impact of yoga on the various body systems. Participants will also be introduced to the various styles of yoga practice and basics including specific yoga practices designed to maximize postural health.

### **Learning Outcomes:**

1. Identify ergonomic issues relating to clinical practice and site resources to maximize postural health.
2. Define the practice of yoga as it relates to the profession, postural health and ergonomics and site research relating to the health benefits associated with yoga.
3. Identify precautions and considerations for yoga practice.

### **Topics:**

- Review of CDC, OSHA and professional association ergonomic standards/guidelines.
- Ergonomic solutions and technologies for clinical practice.
- Yoga and the practice of dental hygiene.

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### **Our Speaker!**

Kristy Menage Bernie, RDH, MS, RYT, the Immediate Past President of the American Academy of Dental Hygiene celebrated her 30<sup>th</sup> year in dental hygiene by going back to school! She graduated with honors in June, 2015 from the Masters of Science in Dental Hygiene program at the University of California, San Francisco, where she is also an Assistant Clinical Professor. Kristy, an international speaker and author, has served on editorial boards for state and national publications for the past 20 years and authored a chapter in the latest edition of Mosby's Dental Hygiene textbook on oral malodor. She has been quoted in Esquire Magazine, Women's Health Magazine, interviewed by ESPN Radio and featured on the December, 2011 issue of RDH Magazine. She received her yoga teacher certification in 2004 from White Lotus.



**THIS SESSION IS OPEN TO ALL REGISTRANTS – CLICK HERE TO REGISTER!**

**RDH • UnderOneRoof™**  
15TH ♦ ANNIVERSARY

**JULY 28 - 30, 2016**  
Gaylord National Resort & Convention Center,