Working in an electronic environment has always been exciting and I have loved being around all the changes in dentistry because of technology. I am comfortable with social media, email, electronic meetings, webinars, navigating the ADHA website, sharing by Google Drive, and Microsoft Word. I have also had some experience with Mail Chimp this year as I have worked on IDHA newsletters. I enjoy gaining new insights on how to more effectively communicate through technology and am interested in finding ways to incorporate practical application of these tools.

I am pursuing the opportunity to be a Delegate for IDHA at this time because I enjoy contributing to good causes and I see a need for more hygienists to take a turn in leadership positions for IDHA. I gained invaluable experience by being an alternate delegate the past two years and I am excited to continue and add to that knowledge. Preparation and study of the proposed resolutions and proposed bylaw changes was completed by each Idaho delegate and alternate delegate prior to ADHA annual session held virtually in June of this year. Multiple mandatory district XII meetings and reference committee meetings were held to discuss the issues that would be voted on during the House of Delegates. Control and administration of ADHA is vested in the House of Delegates, the policy-making body of the association. The organization and leadership of our profession in Idaho, in district XII and at a national level is impressive and the overall experience was enlightening and informative. It was a pleasure to serve as 1st alternate delegate for Idaho this year with dental hygienists from around the country, united for the common good of our association. It would be an honor to represent Idaho Dental Hygienists at a local, State, and National level again this year as a delegate.
Leadership skills that I have gained through many years of involvement in my community, church, and in Dental Hygiene include honesty, commitment, passion, and empathy. I have good communication skills and am willing to work to acquire other necessary skills to improve myself. I am also inclined to listen and learn from those around me, but designate responsibilities and ask for help.

Thank you for your consideration!

**Education**
- 2001 Bachelor of Science in Dental Hygiene; Idaho State University

**Association Experience**
- Member of SADHA, IDHA, ADHA since 1999
- Served as USRDHS Trustee for IDHA
- Helped Organize 2006 Annual Session in Idaho Falls
- 2\(^{nd}\) Alternate Delegate for IDHA 2018/2019
- 1\(^{st}\) Alternate Delegate for IDHA 2019/2020

**Professional Experience**
- Rural Private Practice; 19 years
- Volunteer for previous State Health Department Fluoride rinse programs and WIC clinic fluoride varnish programs.
- Volunteer for previous Special Olympics Special Smiles
- Provide yearly oral hygiene education for schools in rural areas
- Served many years on ISU Dental Hygiene Advisory Committee as a representative of USRDHS
- Mentor to high school students pursuing careers in Dental Hygiene