

SHARE: [f](#) [t](#) [+](#)

Join Our Email List



Special Day Foundation

Issue Number

Dear SDF Supporter,

12

Wow! Another year has started. 2017 may have come to an end but the Special Day Foundation cycle is just getting started. January

In This Issue

marks our half-way point for the 2017/2018 cycle and we are every bit of busy. Take a step back from the Holiday madness and enjoy a brief update on what the Special Day Foundation has been working on.

Remember, we can be reached by phone [\(941\) 225-3103](tel:9412253103), by e-mail at info@specialdayfoundation.org, Facebook, or by mail at:

SPECIAL DAY FOUNDATION, INC.
P.O. BOX 110382
BRADENTON , FLORIDA 34211

As you may know the Community Outreach Dental Program started a new cycle of patients in July 2017, through its partnership with the University of Florida Dental Clinic in Seminole. We have had a great 6 months of patients thus far and currently are able to provide dental care for over 70 patients. Over 500 dental procedures have already been completed this cycle! The dental care provided varies between exams, x-rays, fillings, extractions, crowns, implants, dentures, IV sedation, hospital appointments, regular dental hygiene recall visits and so much more. Whitney provides dental education offsite visits to 50 of the participating patients. This allows them to receive one on one attention in dental hygiene home care education as well as a fluoride treatment, once a month. She can also provide dental hygiene education for staff at group homes and ADT programs. Contact us if you would like to reserve a time for her to come visit! Remember, this program provides oral hygiene training, dental screenings, and serves as a referral source to the University of Florida Dental Clinic for treatment, so if you know anyone in need please do not hesitate to make a referral.

This years licensed dental residents at the University of Florida Dental Clinic continue to provide customized care specific to patient's with special needs. So far, over 500 dental procedures have been completed in the first 6 months of the 12 month cycle. With professional staff being trained in IV sedation and general anesthesia, the clinic is able to provide safe treatment to many people with developmental disabilities. Participants are also provided with oral hygiene education, tooth brushing, flossing and fluoride treatments. We are also able to provide SDF participants a new Sonicare Electric Toothbrush! The Community Outreach Dental Hygienist, Whitney, visits several Group Homes and Adult Day Training programs to provide these services.

As always, our **Outdoor Recreation/Adapted Fishing** continues to be an exciting program. We have had over 124 eligible participants fish with us since the program began. Many of them continue to fish with us regularly. Our Anglers range from age 4 to age 70, showing that fishing is fun for everyone! By offering trips 7 days per week we have seen many working families be able to join us on the water. We continue to launch from Bradenton Beach or Sarasota and have had participants from 20 different towns stretching north to Port Richey and south to Englewood. No individual fishing licenses are required and all life vests, fishing equipment, bait and bottled water are provided.

At your request, our captain will provide information about the local ecology and how we can all better support a healthy environment. Please see the link below for more information on all our programs.

[-Feature Article](#)
[-How to Help](#)
[-Meet our Adapted Fishing Team](#)

Quick Links

[Home Page](#)
[AdmitOne4Fun](#)
[Adapted Fishing](#)
[Dental Program](#)

Meet a Dental Program Participant!

Garret Buice

Garret lives with his mom and dad.

School/Education:
He graduated from Oak Park School in 2017!

How has the Special Day Foundation helped you?

After searching for several years for a way to have Garret's teeth fixed, Special Day was a true answer to prayer. I feel so blessed to have their help.

Hobbies/Interest:
Garret loves field trips at The Haven, going to the beach, being on his computer and singing.

Favorite Food:
Chicken and rice
Pizza

Favorite Movie:
Garret loves all movies!

Garret also loves going to Rays baseball games and the beach at sunset.

Have a great New Year!

Sincerely,
Rene, Whitney and Captain Mark



www.specialdayfoundation.org

Feature Article

DRY MOUTH WHAT IS IT and HOW TO PREVENT IT

What is Dry Mouth?

Dry mouth is a result of decreased saliva in the mouth. This will cause a person's mouth to not feel moist often-



experiencing stickiness of the mouth, trouble swallowing, burning sensation, cracked lips, mouth sores, reduced ability to swallow and taste things, metallic taste in the mouth and frequent bad breath.

What causes Dry Mouth?

Everyone has four sets of salivary glands in their mouth. Three of these produce the majority of the saliva needed for daily function. These glands if not functioning properly cause Xerostomia (dry mouth). There are three main factors that may cause persons with special needs to experience dry mouth regularly.

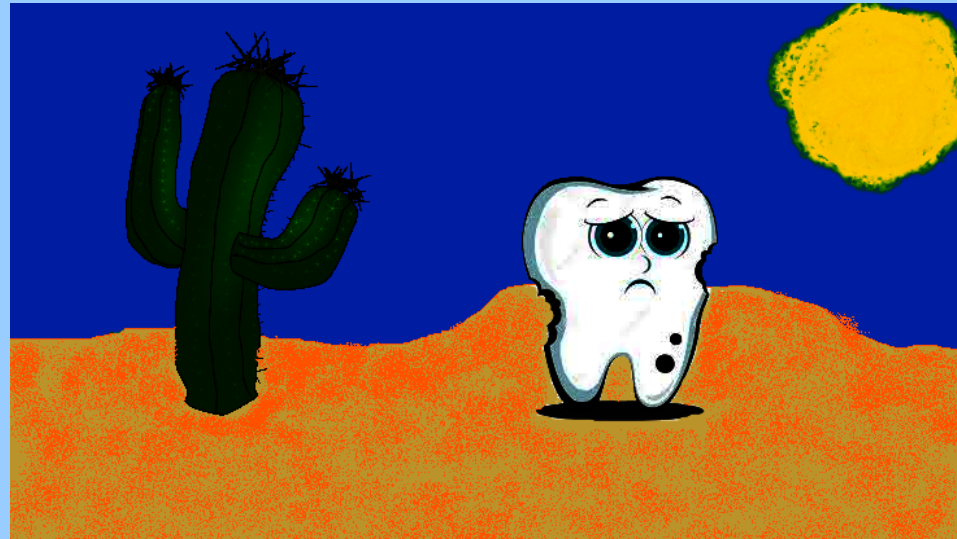
- Medications
- Disease
- Smoking

Medications - This is the most common cause of dry mouth. Surgeon General's Report on Oral Health in America states that there are over 400 over-the-counter and prescription medications that contribute to or worsen dry mouth. The most common of these medications has an anticholinergic property, i.e. antidepressants, antihistamines, antihypertensive, and antiseizures. Pain medications, decongestants, diuretics, muscle relaxants and antidepressants also have hyposalivation properties. Patients that take any combination of these drugs are likely to be at a higher risk for dry mouth.

Disease - Sjorgren disease is the second most common connective tissue autoimmune disease. It is a systemic condition affecting any body organ or system but primarily affects the mouth and eyes causing dryness. Patients with other diseases; rheumatoid arthritis, lupus, scleroderma, hypertension and diabetes can occur in addition to

Sjorgrens.

Smoking - The use of cigarettes, pipes and cigars are not necessarily direct reasons for dry mouth but can aggravate symptoms. Smoking slows down saliva production, mix this with alcohol and one has a concoction of dry mouth and bad breath.



Why is Dry Mouth damaging?

Cavities thrive in an acidic environment. Saliva is a natural PH balancer in our mouth so without it, the acidity level increases. Making cavities more common. Patients with dry mouth may often get painful mouth sores in and outside of their mouth. Keeping up with oral home care also becomes difficult. In a dry mouth environment, plaque becomes very sticky and difficult to remove; this can cause gingivitis and possibly eventually periodontitis.

How to prevent/help Dry Mouth?

- * Sip water often throughout the day.
- * Chew sugar free gum or suck on sugar free candy.
- * Use dry mouth products such as Biotene rinse or ACT rinse. As well, use a fluoride toothpaste to help with remineralization of the teeth.
- * If smoking, STOP!
- * Avoid, salty, spicy, sticky and sugary foods.
- * Maintain regular dental visits and excellent oral home care.

What is Dry Mouth?. (2010). <http://www.colgate.com/en/us/oc/oral-health/conditions/dry-mouth/article/what-is-dry-mouth>

Xerostomia (Dry Mouth). (2016). <http://www.ada.org/en/member-center/oral-health-topics/xerostomia>

For improved access to SPECIALIZED DENTAL CARE we encourage you to contact Whitney, our Community Outreach Dental Hygienist from the University of Florida. See the Quick Links section for a direct link to the Dental Program.

**MEET A SPECIAL DAY FOUNDATION
DENTAL PARTICIPANT**

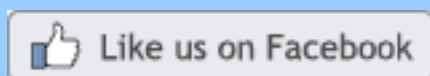
Garret Buice



How to Help

How can you help Special Day Foundation?!

The biggest way you can help Special Day Foundation is to help us spread the word! Whether you have a special needs person in your family or know of someone who does, if you know a business who is interested in giving back to the community or you know a boat captain who may enjoy hearing about our fishing trips, please forward them our newsletter.



To the many individuals and businesses who have already supported Special Day Foundation and continue to do so... **Thank you!** And to those of you who are new to Special Day Foundation... we look forward to hearing from you!

