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Special Day Foundation

Dear SDF Supporter,

Happy New Year! Thank you for all your support thus far in the 2018-2019 Special Day Foundation cycle. Healthy changes are happening thanks to your encouragement.

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

Issue Number

14

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Quick Links

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As you know a new SDF cycle started in July 2018. The Community Outreach Dental Program has been able to provide dental care for over 100 patients so far, equaling over 375 dental procedures completed in just 6 months! The dental care provided varied between exams, x-rays, fillings, extractions, crowns, implants, dentures, IV sedation, hospital appointments, regular dental hygiene recall visits and so much more. The Community Outreach Dental Hygienist, Whitney, provided dental education offsite visits to 40 of the participating patients. This allows participants to receive one-on-one attention in dental hygiene home care education as well as a fluoride treatment, once a month. Whitney also provides dental hygiene education for staff at group homes, ADT programs and schools. 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. With over 180 dental appointments being completed in the last 6 months, the dental residents are staying very busy. With professional staff being trained in IV sedation, general anesthesia, and general management of special needs patients, the clinic is able to provide safe treatment to many people with developmental disabilities. Participants are provided with oral hygiene education, tooth brushing, flossing and fluoride treatments. We are also able to provide SDF participants a new Sonicare Electric Toothbrush! Whitney visits several group homes and Adult Day Training programs to provide these services. If you would like Whitney to provide training or educational materials at your facility please contact us!

As always, our **Outdoor Recreation/Adapted Fishing** continues to be an exciting program. We have had over 140 eligible participants who have fished with us since the program began. Some join us regularly! Our Anglers are of all ages and come from many parts of Florida. We continue to offer trips 7 days per week so that many working families are able to join us on the water. Our two launch sites are Bradenton Beach or Sarasota. Remember that 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.

Have a safe and fun summer!

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

Meet a Dental Program Participant!

John

John lives at home with his mom and dad.

School/Education/accomplishments:

He attends Seminole High as a 9th grader. He was on the honor roll all through Middle School.

How has the Special Day Foundation helped you?

It has helped 100% with the high cost of his dental issues and has provided a Sonicare Pro electric toothbrush that helps tremendously. It is allowing us to provide for other health issues, appointments, as well as prescriptions. Also, helping to reinforce the importance of brushing after meals, flossing, etc.

What have you learned from your monthly visits?

How to take the best care of teeth and dental issues.

Hobbies/Interests

John enjoys bowling, swimming & Xbox games.

Favorite Food

Chicken tenders

Favorite Movie

John does not have one particular favorite movie. However, he has really been enjoying the Hallmark's Christmas Stories!

"John is very grateful for all provided. Both the dentist & hygienist have been great. We see Goldy more often and he looks forward to his visits with her. She is so great with him; patient & kind. Much appreciation to all!"

Sincerely,
The Special Day Crew



www.specialdayfoundation.org

Feature Article

NUTRITION TIPS FOR CAREGIVERS

It is important for everyone to eat a diet containing the nutrients to sustain a healthy body. People without disabilities find this balance difficult to sustain. Imagine the difficulties a dependent person with disabilities encounters as well as the caregivers responsible for every meal. With limitations on exercise, and medications causing weight gain, this makes nutrition extremely important for the developmentally disabled. Not only does nutrition play a role in our overall health but it also plays a role on our oral health. After all, our mouth and body are connected!

As a caregiver the key to providing a healthy diet starts with having a plan. Organizing meals on a weekly basis can help make sure all food groups are covered during each meal. It will also make going to the grocery store easier and quicker. Choosing meals ahead of time will aid in another tool that allows for a healthier regimen; meal prepping.

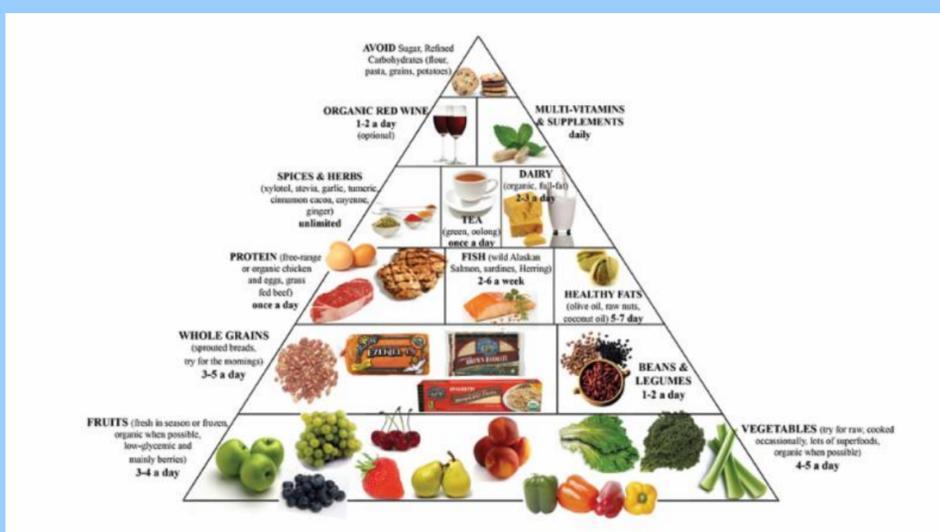
Meal prepping will help in eliminating the decision to order fast food or making TV Dinners. If possible cook meat and starches in the beginning of the week in the quantity desired. Not all meals may be covered by this technique but it will help with prepping lunches and with providing a meal on busy nights where cooking may not be possible.

Foods such as canned soups and prepared meats may be prepped in advanced and stored for an easy meal but these are not healthy choices for food. A caregiver lacking experience and education in cooking may not feel comfortable with meal planning and prepping. Thus why education is key!

Being able to stretch food for dollars is important to everyone, but being able to do this while still cooking a nutritional meal is even more important. Using coupons and looking at the quality and units on packages are a couple ways to reduce spending. One can also learn to cook simple meals while changing the ingredients to make them healthier.

There are a growing number of organizations that serve persons with disabilities by conducting nutrition educational programs. Try contacting the primary care provider of your child or group home, as well as other local independent living centers for information. The educational courses provided by these organizations may allow for personal encouragement and motivation to become better educated on nutrition.

This website is a good place to start: <https://www.fns.usda.gov/get-involved/provide-nutrition-education>



Nutrition and Weight

Management for People with Disabilities, Volume 10. (2011).

http://www.health.ny.gov/community/disability/on_target/target10.htm .

<http://theindiantelegraph.com.au/the-food-pyramid/> .

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

John

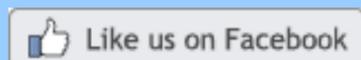




How to Help

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!

