



NEWSLETTER

Dear SDF Supporter,

"Why fit in when you were born to stand out!" - Dr. Seuss

Another year at the Special Day Foundation is ending. Despite all the changes, delays and inevitable unknowns, we have made it another successful year of dental care and fishing tours.

Healthy changes are always happening thanks to your support!



Contact Info

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

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[Visit our website](#)



So far this year, the Community Outreach Dental Program has funded treatment for about **150** patients. In just 12 months over **860** dental procedures were completed! The dental care provided has varied between exams, x-rays, fillings, extractions, crowns, implants, dentures, IV sedation, hospital appointments with general anesthesia, dental hygiene recall visits and so much more. The Community Outreach Dental Hygienist, Whitney, provided dental hygiene education offsite visits to 30-40 of the participating patients. This allows participants to receive one-on-one attention in dental hygiene home care education as well as obtain a fluoride treatment, once a month. Whitney also provided dental hygiene education for staff at group homes, ADT programs and schools.

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 continued to provide customized care specific to patient's with special needs. With over **470** dental appointments completed in the last 12 months, the dental residents have done an amazing job tailoring dental care to each patient's individual needs. 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 that encompasses tooth brushing, flossing and fluoride treatments. We were 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. Captain Mark is always ready to fish or to take participants on a boat ride. We have had close to 150 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. We love to take out new people, especially those who have never fished or been on a boat before, so please give us a call!

At your request, Captain Mark 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!

Sincerely,
The Special Day Crew

[Refer a participant](#)



WHY WE CANT JUST "PULL ALL THE TEETH OUT"

As a caregiver, you play an important role in maintaining the oral health of your patient's. Getting staff and patients involved with routine home care is not an easy task, and brushing and flossing someone else's teeth can be just as difficult. However, what if I told you HELP is available! That is right; there are trained professionals ready and willing to help maintain your patient's oral health. Routine dental checkups with a dentist and dental hygienist can assist in keeping dental frustrations and concerns under control.

Regular dental visits are important because this helps with maintaining healthy teeth and gums. A dentist should be seen two times a year and regular cleanings completed, at minimum, every 3-4 months. Some special needs patients may require cleanings more often, such as every 1-2 months.

Often times caretakers ask, **"Why can't we just pull all the teeth out and give them dentures?"** This may seem like an easy solution in avoiding dental concerns; i.e. no more cavities, no more root canals, no crowns or bridges and no more dealing with insurance. Nevertheless, simply put there is no substitute for your natural teeth. Natural teeth help us chew and digest food, help us talk and pronounce sounds clearly, and natural teeth help give our face shape¹. To just "replace them" downgrades the significant change a patient goes through when dentures are placed into a treatment plan.

Let us look at some paralleled differences between dentures and natural teeth.

- Bite force with natural teeth: 200-250 lbs
- Bite force with dentures: 50lbs²

This is a significant difference, think eating steak versus eating oatmeal².

- Natural teeth are set solidly in our jawbone, rigid and strong.
- Dentures REST on our gums, set by a gel or paste².

This is the difference between having confidence in blowing out the birthday candles and being worried I may blow the teeth out of my mouth.

- Natural teeth = full use of taste buds
- Dentures = taste bud coverage²

We not only have taste buds on our tongue, but on the top of our mouth too. An upper denture would cover these taste buds making food lose its luster².

- When going out to eat or even eating at home, natural teeth allow us to choose anything we want.
- When going out to eat or even eating at home, dentures make the menu a list of what we cannot have³.

Natural teeth provide dental function. Dentures provide a plastic prosthesis that make it difficult to bite and chew foods we would normally enjoy³.

Dentures are designed to provide a cosmetic, prosthetic stand in for natural teeth. Usually remade every 3-5 years due to bone loss that takes place in the jaw from lack of bone stimulation natural teeth provide. There is no amount of money that can restore the dental function and appearance of natural teeth³.

Utilize the help around you! Trying to maintain proper oral health for your patient's can be overwhelming. However, the dental professionals nearby are there to help sustain that smile, and with natural teeth too.

Author: Whitney Haley

¹Caring for my teeth. | Oral Health Foundation. <https://www.dentalhealth.org/caring-for-my-teeth>.

²Think dentures can replace your teeth? Think again. | Life. (2011). https://www.huffpost.com/entry/natural-teeth-vs-dentures_n_996228

Think life will be better if you just pull all your teeth and get dentures? Think again! | Texas Wisdom Teeth, Dental Implants. (2013). <https://www.texaswisdom.com/blog/2013/12/think-life-will-better-just-pull-teeth-get-dentures-think/>

MEET A SPECIAL DAY FOUNDATION DENTAL PARTICIPANT

Lauren

- School/Education/Job/accomplishments:

My education is in the fine arts.

- How has the Special Day Foundation helped you?

It always helps me whole lot.

- What have you learned from your monthly visits with Whitney?

- Hobbies/Interests?



Bathroom dancing, video games and making music

- Favorite Food?

Italian, seafood, Thai, Indian

- Favorite Movie?

Wedding crashers and 27 Dresses

- Favorite Music?

Classical Rock

- Anything else he/she would like to include:

"I am not defined by my disability"



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 the 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!

Like and follow us on Facebook



For improved access to SPECIALIZED DENTAL CARE we encourage you to contact **Whitney**, our Community Outreach Dental Hygienist from the University of Florida.

[CONTACT](#)