



# NEWSLETTER

Dear SDF Supporter,

Sunshine is our favorite accessory! Summer time is here and the 2021-2022 fiscal year at the Special Day Foundation is coming to an end.

We are still battling changes, delays and inevitable unknowns, but we have made it another successful year of dental care and fishing tours. See below for the details of this year.

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](mailto:info@specialdayfoundation.org), Facebook, or by mail at:

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The 2021-2022 fiscal year has allowed us to adjust to a new normal around the pandemic. The Community Outreach Dental Program at the University of Florida Dental Clinic in Seminole, has funded treatment for about 115 patients!

This year over 1400 dental procedures were completed! The dental care provided has varied between exams, x-rays, fillings, extractions, crowns, implants, dentures, IV sedation, 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 provides dental hygiene education for staff at group homes and ADT programs as well as teach-ins at special needs schools.

Remember, this program provides oral hygiene training, dental screenings, and serves as a referral source to the University of Florida Dental Clinics 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 in Seminole, continued to provide customized care specific to patient's with special needs. With about 350 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. Professional staff are trained in IV sedation, general anesthesia, and general management of special needs patients, allowing the clinic 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 160 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 New Year!

Sincerely,  
*The Special Day Crew*

[Refer a participant](#)



## HELPFUL TOOLS FOR AT HOME DENTAL CARE

We have compiled a list of tools that may help with dental care at home as well as easing the stressors of going to the dentist.

### DISCLOSING TABLET

The purple tablet is called a Disclosing Tablet. It will turn plaque the color purple when chewed in order to see what areas in the mouth were missed during brushing. It is not harmful to swallow the chewed up pieces of the tablet.

#### DIRECTIONS FOR USE:

1. Brush as your normally would
2. Chew tablet
3. Look in mouth to see any purple areas that were missed while brushing.
4. Brush off remaining plaque/purple.
5. Tablets can be purchased here

<https://www.walmart.com/ip/PlakSmacker-Plaque-Disclosing-Tablets-30/424601968?athcpid=424601968&athpgid=athenalttemPage&athcgid=null&athznid=PWVUB&athieid=v0&athstid=CS020&athguid=747d37da-6ea-1727506a7df6b0&athancid=null&athena=true>

## SURROUND TOOTHBRUSH

- The Surround® Toothbrush has 3 bristle pads to efficiently clean all surfaces at the same time. This means more cleaning occurs in the limited time that toothbrushing is tolerated.
- The full length of the toothbrush is covered with a soft, rubber-like material to help protect the mouth if the person moves unexpectedly during brushing or falls with the brush in hand. The soft, end-rounded bristles and compact head make brushing safe and comfortable.
- <https://specializedcare.com/collections/surround-toothbrushes/products/surround-toothbrushes?variant=14015123947562>
- OR <https://www.amazon.com/Surround-Toothbrush-Pack-of-4/dp/B007MRORWQ>

## ELECTRIC TOOTHBRUSHES

With so many options on the market it is hard to go wrong with any of the brands. A few helpful options for when comparing would be:

1. Does it have a two minute timer
2. Are the toothbrush bristles soft
3. Does it offer replaceable toothbrush heads
4. Does it sense when brushing is too hard on the gums
5. Can the vibration intensity be adjusted
- 6.

These aren't must have options but rather tools that may help with compliance.

Here is one with three bristle pads [https://triplebristle.com/pages/best-offer-gl?gclid=EAlalQobChMlleLcvKTj6QIVaobICh1klQ2dEAAYASAAEgIR4\\_D\\_BwE](https://triplebristle.com/pages/best-offer-gl?gclid=EAlalQobChMlleLcvKTj6QIVaobICh1klQ2dEAAYASAAEgIR4_D_BwE)

## SHOWER WATER PICK

Flossing our own teeth is a hard habit to start, let alone finding the time and gaining compliance to floss someone else teeth.

One tool that might help with this is a water pick. But rather than buying one for a counter top, purchase one that can be utilized right in the shower. Less mess and possibly more acceptance.

Here is a very basic and simple option - [https://www.amazon.com/ShowerFloss-Professionally-Irrigation-Recommended-Strengthening/dp/B0018AGB7M/ref=sr\\_1\\_3?dchild=1&keywords=shower+flosser&qid=1591102330&sr=8-3](https://www.amazon.com/ShowerFloss-Professionally-Irrigation-Recommended-Strengthening/dp/B0018AGB7M/ref=sr_1_3?dchild=1&keywords=shower+flosser&qid=1591102330&sr=8-3)

## GAMES, SONGS AND APPLICATIONS

What better way to gain compliance for any "chore" than with making it into a game OR song!

App - "Brush Hero" Become a knight that fight monsters by brushing your teeth.

- <https://apps.apple.com/us/app/brushing-hero/id1317198419>
- [https://play.google.com/store/apps/details?id=jp.co.litalico.brushinghero&hl=en\\_US](https://play.google.com/store/apps/details?id=jp.co.litalico.brushinghero&hl=en_US)

Songs

- <https://www.youtube.com/watch?v=btGqUT2HEKU>
- <https://www.youtube.com/watch?v=Ku-ForS6G3I>
- <https://www.youtube.com/watch?v=hDZXSMU2IAk#t=174>

## SOCIAL STORIES

A social story is a short story that describes to an individual the relevant social cues and

common responses in a specific situation. It explains what happens and why the situation occurs. A social story is designed to prepare an individual for an uncertain event, to share information, or to provide him/her with a strategy to deal with an event effectively with a thought-out plan and guide. The story should be read to the patient several times before the first appointment. Here are links to two different social stories for a dental office.

- <https://www.dentalcare.com/en-us/professional-education/ce-courses/ce402/social-stories>
- <https://pathfindersforautism.org/articles/healthcare/social-stories-for-going-to-the-dentist/>

Here's a link to a social story for the University of Florida Dental Clinic in Seminole.

<file:///C:/Users/wtilman/Desktop/Social%20Story.pdf>

## DENTAL TOOL KIT

Next time you are at the dentist (or before going for a first visit) ask for a few tools/supplies to take home that can be utilized as practice for the next visit. I have attached an example tool kit below, but I would try asking the family dentist if any of these items could be taken home before purchasing on my own.

Watch the video attached to the link that explains how each tool can be used.

<https://triplebristle.com/collections/special-needs/products/brush-and-bite-starter-kit>

## MEET A SPECIAL DAY FOUNDATION DENTAL PARTICIPANT



### *Sean*

**Group Home Name**  
Sunwave Group Home

**Group Home Manager**  
Quantal Green

**School/Education**  
Battle elementary, John Young Middle School,  
Mishawaka High School

**How has the Special Day Foundation helped you?**  
It helped me have better dental hygiene of taking better care of my teeth and the importance of brushing them after every meal.

**What have you learned from your monthly visits?**  
I've learned that its is important to brush between the gums and the entire teeth including flossing them between each tooth.

**Hobbies/Interests?**

My hobbies are playing video games, watching tv, weather, news and sports and listening to music.

**Favorite Food?**

My favorite food is pizza.

**Favorite Movie?**

My favorite movie is the Simpsons.

**Anything else he/she would like to include:**

I would like to include that I work at Publix and I also attend at the day program and the name of the ADT is Ever Green Life Services.



**The Special Day Foundation has expanded!**

**We now have dental outreach programs in the Naples and Hialeah areas.**

**Both programs will continue to reach our special needs population while customizing care and the program to each locations unique needs.**

**In this Newsletter we will introduce Marielys! Our dental hygienist for the University of Florida Hialeah Dental Center.**



### **Marielys Acosta-Quintero, RDH**

**My name is Marielys Acosta-Quintero. I was born in the country of Cuba in the Caribbean, and I was raised in Miami, Florida. I have a son and a daughter, and I am married to my husband which I met in the dental field. I enjoy practicing yoga, nature, traveling and getting to experience different cultures and foods. I started working in the dental field right after I graduated from high school. That was when I discovered my passion for dentistry. I became a dental assistant and then went to school to become a dental hygienist. I love working with patients, and I have found helping patients with special needs especially rewarding.**

**Welcome to the crew Marielys! We are excited to have you part of the SDF family.**

## **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](#)