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## Special Day Foundation

Dear SDF Supporter,

Pumpkin spice, apple cider and s'mores, all things we love about the holidays! We hope everyone had a safe holiday season and is looking forward to a wonderful new year. This past July we started another year at the Special Day Foundation and it's been nothing shy of busy! Healthy changes are happening thanks to your encouragement and support.

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

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Meet a Dental  
Program Participant!

So far the Community Outreach Dental Program is funding treatment for over 130 patients. In just 6 months about 400 dental procedures have been completed! 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. The Community Outreach Dental Hygienist, Whitney, provides dental 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, 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 continue to provide customized care specific to patient's with special needs. With over 200 dental appointments being completed in the last 6 months, the dental residents are doing 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, 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!

Sincerely,  
The Special Day Crew

[www.specialdayfoundation.org](http://www.specialdayfoundation.org)



# Brian

*Brian is in supported living and lives with a roommate and staff.*

School/Education/Job

*He is a Countryside High School graduate and works at the ARC four hours a day, five days a week.*

How has the Special Day Foundation helped you?

*They taught me proper dental hygiene and provided dental treatment I couldn't afford.*

What have you learned from your monthly visits?

*To properly brush my teeth and floss.*

Hobbies/Interests?

*Collecting coins, going to the movies and Pokemon Go.*

Favorite Food?

*Pizza, Lasagna, Sheppard's Pie*

Favorite Movie?

*"It's so hard to pick just one..Marvel Movies"*

Anything else he would like to include?

*Whitney, my hygienist is excellent.*

## Feature Article

### A CAREGIVER'S GUIDE TO A HEALTHY MOUTH

As a caregiver, you play an important role in maintaining the oral health of your patient's. Getting staff and patients involved with routine oral care is not an easy task, and brushing and flossing someone else's teeth can be just as difficult. With patience and proper training, a healthy mouth can be accomplished. It is important to remember that our mouth and body are connected. To maintain overall health should begin with the area of our body that we use to nourish it, **OUR MOUTH** . To make life **easier** on your patient and staff think of the body and mouth as a gateway to one another. A healthy mouth will help the immune system sustain a healthier body, and vis versa, a healthy body will aid in maintaining a healthier mouth.



Just as the bacteria in our body can cause us to not feel well, the same goes for the bacteria in our mouths. There is a direct link between bacteria and cavities, bacteria and gum health and bacteria and bone health. According to the American Dental Association, studies have shown that the bacteria causing periodontal disease (the destruction of the bone that supports our teeth) are also linked to heart disease, stroke and bacterial pneumonia<sup>1</sup>. Likewise, patients that already have systemic issues such as diabetes, HIV/AIDS, and blood cell disorders may be at a higher risk for infection due to the body's immune system being weaker<sup>1</sup>. This makes keeping a healthy mouth critical in helping your patient maintain the best possible overall health. Why cause the body to work harder to stay healthy when it takes a simple remedy such as brushing and flossing.

Prevention is key when it comes to overall health. Brushing should be done **at least** two times a day for two minutes and flossing one time a day. Let us look at a few tips to help with daily dental care.

### Getting Started

#### -#1 Rule- PATIENCE

- \* Pick a place where the person is comfortable. The bathroom does not always have to be the area of choice<sup>2</sup>.
- \* Have a set routine i.e.; always after breakfast and always after dinner<sup>2</sup>. Repetition helps form habits.
- \* Reward cooperation with praise (not food).
- \* Set out all supplies (toothbrush, toothpaste, floss picks, mirror, cup of water) to be used in front of the patient. This allows for a checklist or a way for the patient to see "The End".
- \* Wherever the location is, be sure there is good light<sup>2</sup>.
- \* Allow the patient to try brushing and flossing first. Praise their efforts.
- \* Try the TELL-SHOW-DO approach. Allowing the patient to watch you brush and floss while you explain what you are doing<sup>2</sup>.
- \* Be creative to allow cooperation. Example: play a favorite song or let them hold a favorite item<sup>2</sup>.

#### Your Positioning

- \* If the person is in a wheelchair sit/stand behind them. If able, lock the wheels and tilt the chair back into your lap allowing for a better view in to the mouth<sup>2</sup>.
- \* Stand behind the person or lean against a wall. Tilt the person's head gently against your body<sup>2</sup>.

Daily dental care is just as important as your patient taking their daily medications. Yes, it takes time and skill to manage behavioral and physical challenges. As a caregiver, this is your specialty. Use that expertise to make a healthy mouth and a healthy smile.



<sup>1</sup> Healthy mouth, healthy body | American Dental Association. (2006). [http://www.ada.org/~media/ADA/Publications/Files/patient\\_61.ashx](http://www.ada.org/~media/ADA/Publications/Files/patient_61.ashx)

<sup>2</sup>Dental Care Every Day: A Caregivers Guide | National Institute of Dental and Craniofacial Research. (2012). [http://www.nidcr.nih.gov/oralhealth/Topics/DevelopmentalDisabilities/DentalCareEveryDay\\_mobile.htm](http://www.nidcr.nih.gov/oralhealth/Topics/DevelopmentalDisabilities/DentalCareEveryDay_mobile.htm)

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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

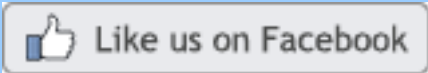
Brian



# 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!

