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Special Day Foundation

Dear SDF Supporter,

"Write on your heart that everyday is the best day in the year." - Ralph Waldo Emerson

Phew, we made it! A new year, a new chapter and a whole new appreciation for health and family. We hope everyone's Holidays are going well and that time with family and friends has been refreshing and enjoyable. In July of 2020 we started another year at the Special Day Foundation and though treatment care has looked a little different, we still managed to accomplish so much. Healthy changes are always happening thanks to your encouragement and support!

Issue Number

18

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Meet a Dental Program Participant!

Kristine

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

SPECIAL DAY FOUNDATION, INC.

11523 Palmbrush Tr. #198

LAKEWOOD RANCH , FLORIDA 34202

So far this year, the Community Outreach Dental Program has funded treatment for about **125** patients. In just 6 months over **270** dental procedures were completed! The dental care provided has 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 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 **150** dental appointments completed in the last 6 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, 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!

- **School/Education/Job/accomplishments:**
 - Graduate of Mitchell High School, New Port Richey, Florida
 - Worked for 10 years at Goodwill
 - Former Volunteer at Friends of Strays
 - Currently recuperating from foot surgery

- **How has the Special Day Foundation helped you?**
 - They are nice people and it's very convenient to have my teeth cleaned at home.

- **What have you learned from your monthly visits with Whitney?**
 - Brush my teeth twice a day and after meals
 - Use mouthwash
 - Floss of course!

- **Hobbies/Interests?**
 - Going to parks
 - Watching tv
 - Playing with my kitten
 - Eating takeout
 - Shopping

- **Favorite Food?**
 - Taco Bell Tacos

- **Favorite Movie?**
 - Anything horror, especially Stephen King

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

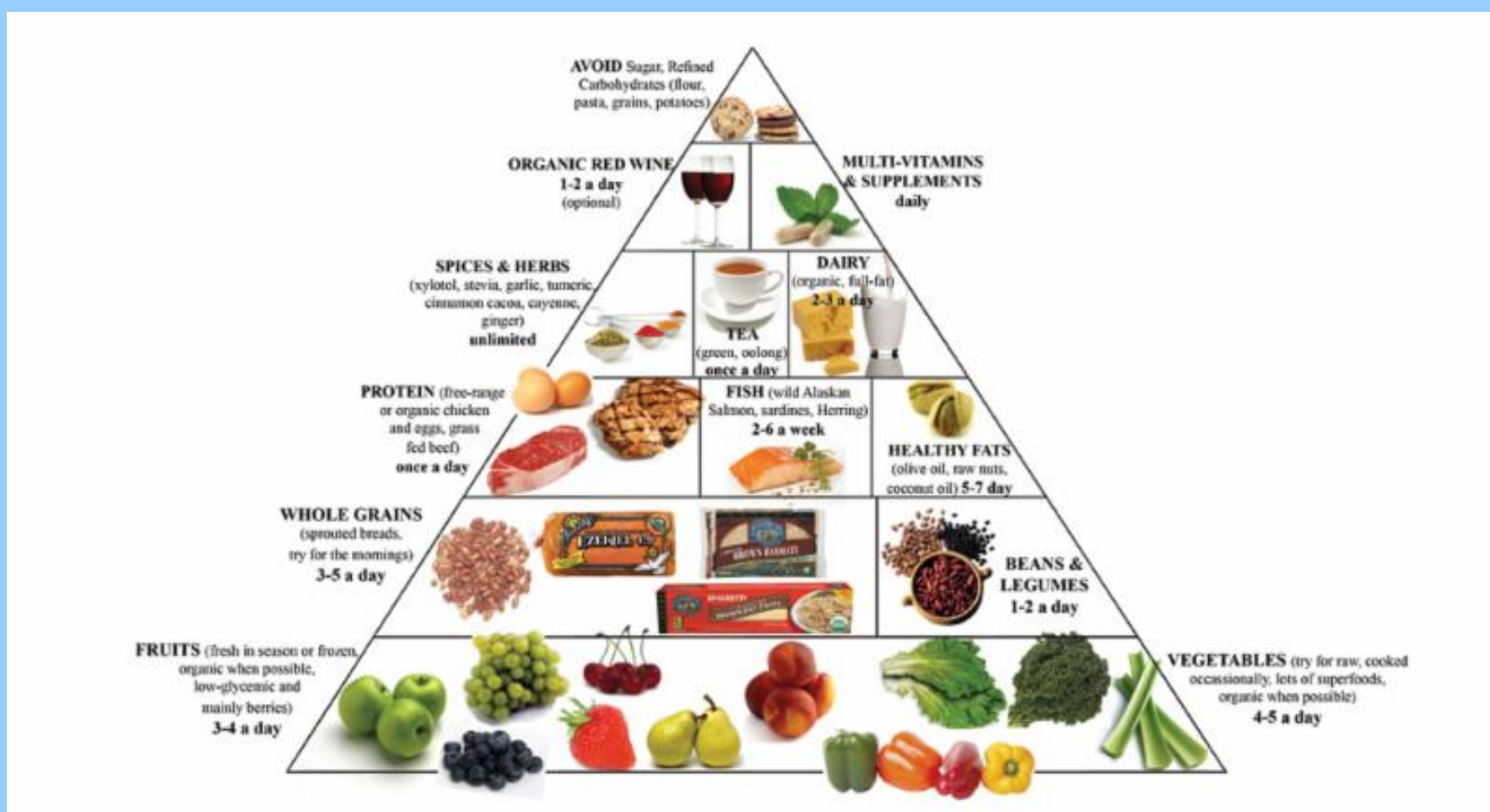
www.specialdayfoundation.org



Feature Article

NUTRITION TIPS FOR CAREGIVERS

With the Holiday's flying by and New Years resolutions in full swing we thought it wise to discuss some nutrition tips.



It is important for all people to eat a healthy 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 exercising 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 care giver the key to providing a healthy diet starts with having a plan. Organizing meals on a weekly basis could 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 care giver 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.

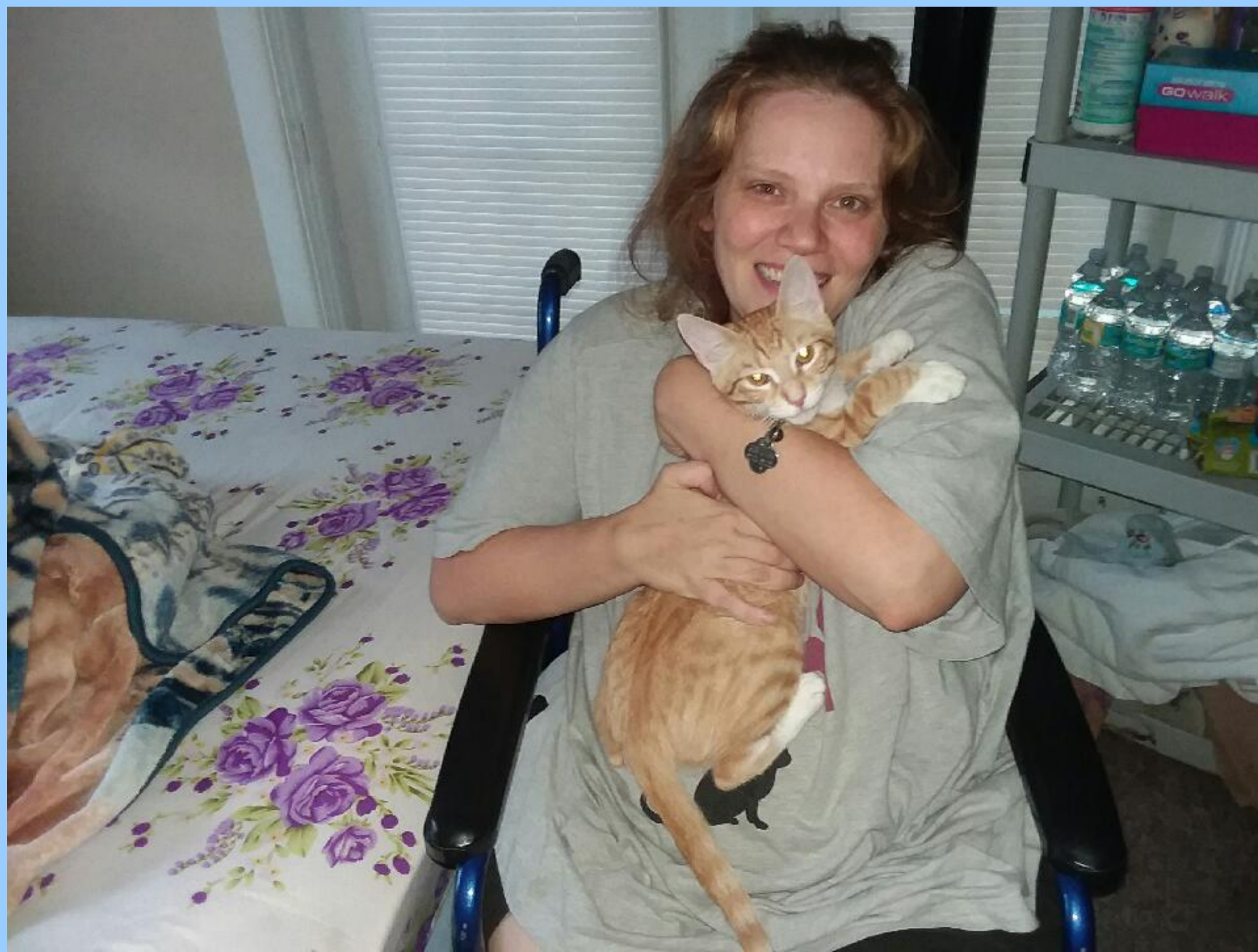
There are a growing number of organizations that serve persons with disabilities by conducting nutrition educational programs. Try contacting the primary care provider of your patient or group home as well as other local independent living centers for information. The educational courses provided by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

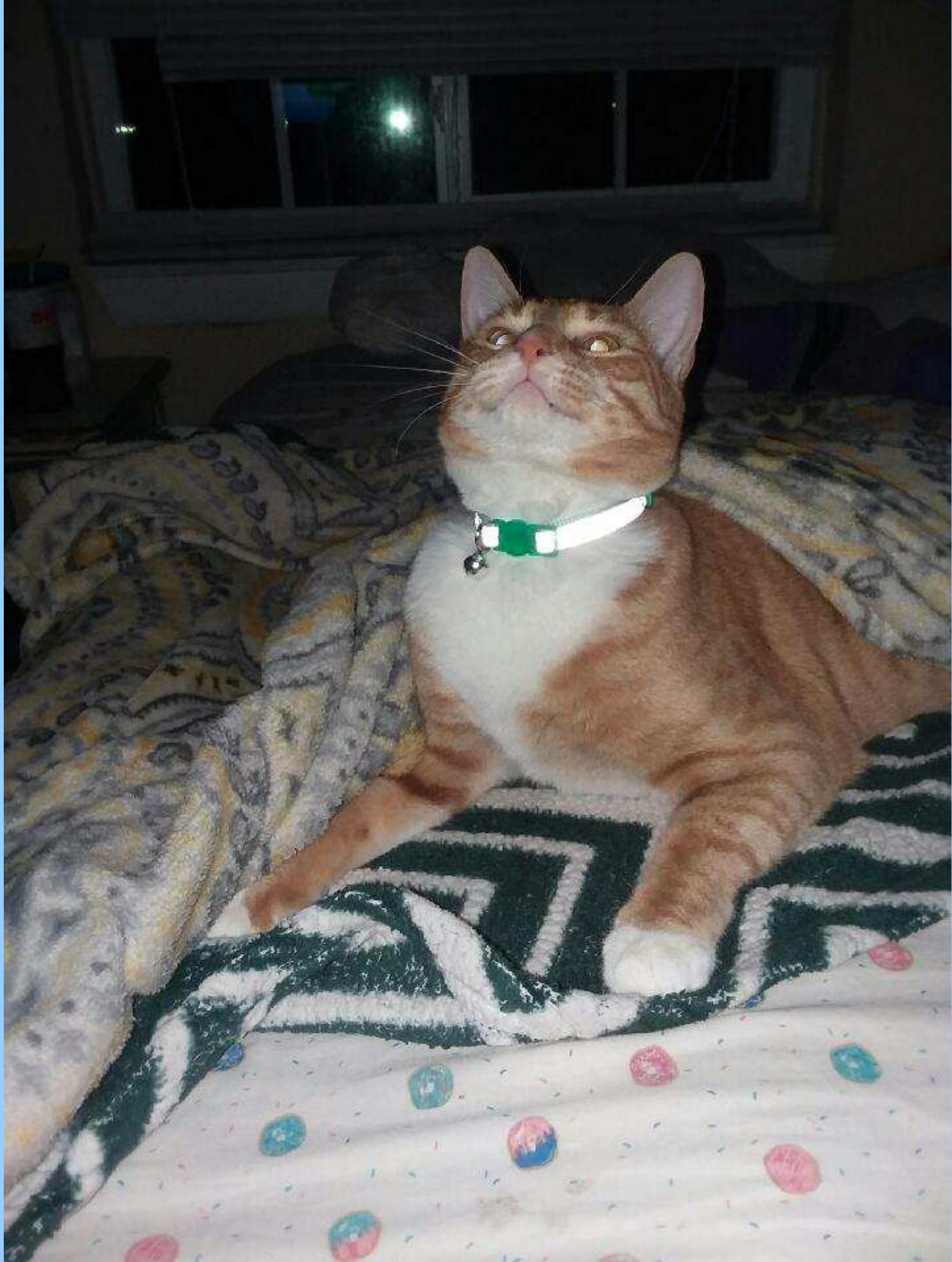
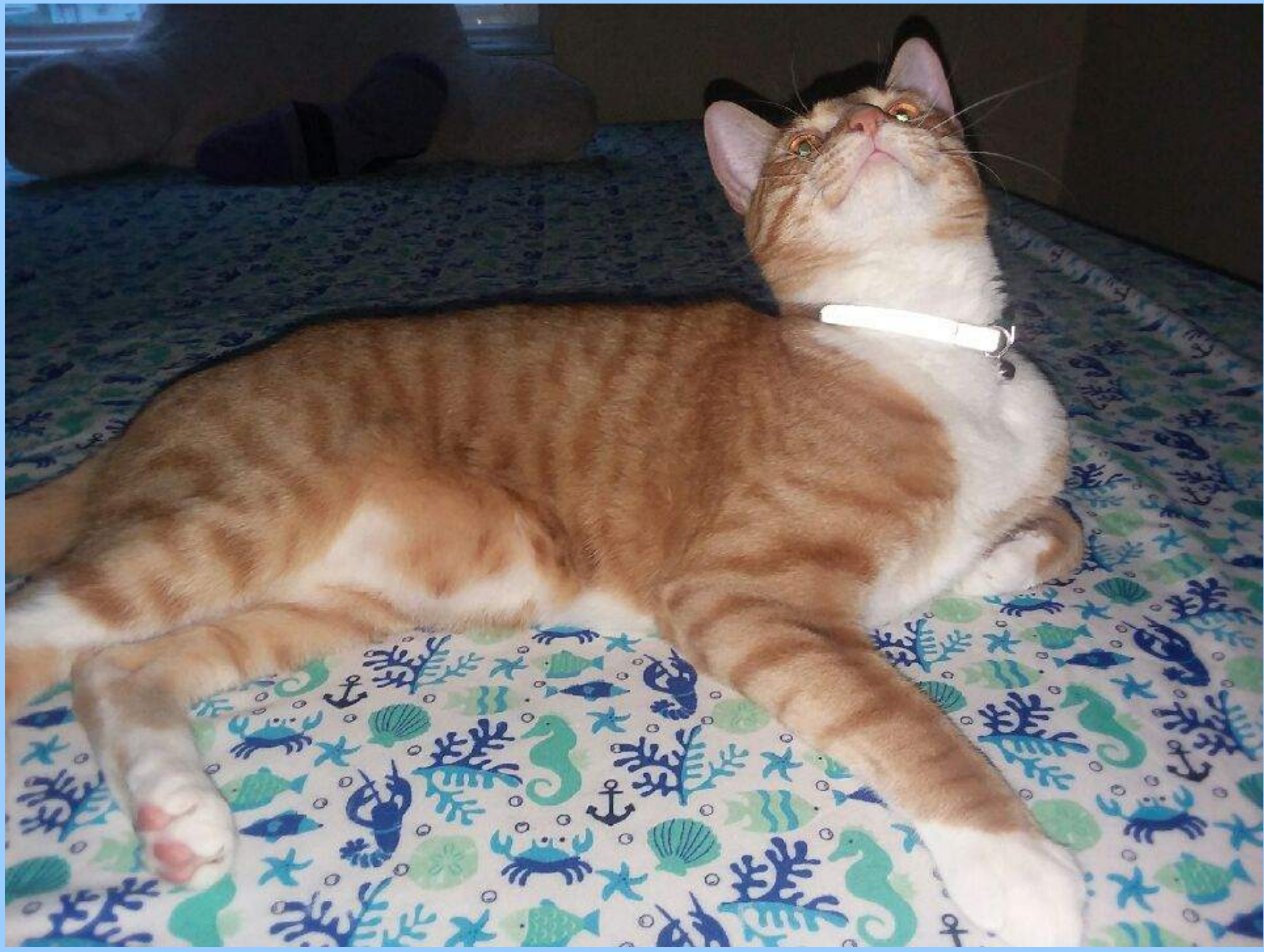


For improved access to SPECIALIZED DENTAL CARE we encourage you to contact Whitney, our Community Outreach Dental Hygienist from the University of Florida. See the Quick Links section for a direct link to the Dental Program.

MEET A SPECIAL DAY FOUNDATION DENTAL PARTICIPANT

Kristine and her cat Butterscotch

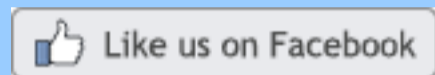




How to Help

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!

