



NEWSLETTER

Dear SDF Supporter,

New dreams, New days, New desires, New ways! Happy New Year!

While one year has ended and a new one has begun, the Special Day Foundation is half way through their 2021-2022 fiscal year. We are still battling changes, delays and inevitable unknowns, but 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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So far this year, the Community Outreach Dental Program at the University of Florida Dental Clinic in Seminole, has funded treatment for about **130** patients.

In just 6 months over 450 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 provided dental hygiene education for staff at group homes and ADT programs.

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 year's 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 over 230 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. 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 **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 New Year!

Sincerely,
The Special Day Crew

[Refer a participant](#)



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, 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 pneumonia¹. 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 weaker¹. 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 choice².

- Have a set routine i.e.; always after breakfast and always after dinner². Repetition helps form habits.
- Reward cooperation with praise.
- 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 light².
- 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 doing².
- Be creative to allow cooperation. Example: play a favorite song or let them hold a favorite item².

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 mouth².

• Stand behind the person or lean against a wall. Tilt the person’s head gently against your body².

Daily dental care is just as important as your patient taking their daily medications is. 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.

Created by: Whitney Haley, BASDH

¹Healthy mouth, healthy body | American Dental Association. (2006).

http://www.ada.org/~media/ADA/Publications/Files/patient_61.ashx

²Dental 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

MEET A SPECIAL DAY FOUNDATION DENTAL PARTICIPANT



Deyana

Deyana lives at home with her parents Derrick and Lisa.

- School/Education/Job/accomplishments:

She graduated from Notheast Highschool in 2019

- How has the Special Day Foundation helped you?

"The Special Day Foundation helped fix my teeth and my cavities. No more pain in my teeth anymore."

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



"Whitney helped me brush better and floss."

- Hobbies/Interests?

Singing and watching TV

- Favorite Food?

Seafood- crab legs and craw fish

- Favorite Movie?

Cars

- Favorite Music?

Showtunes for movies

- Favorite color?

Pink



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 Martha! Our dental hygienist for the University of Florida NCEF Pediatric Dental Center in Naples.



Martha Bedoya, CRDH

Martha was born in Colombia, and grew up in Cali, one of the biggest cities of her country and is well known for Salsa music. She graduated as a dentist in 2001 and moved to Australia in 2006 where she lived for 10 years. She also became a dentist in Australia, and worked there until 2016. In 2016, she and her husband decided to move to the U.S. to be closer to her stepdaughter and to their families. She currently lives in Naples - FL, where she enjoys the beautiful sunsets and dining with her family and friends in front of the sea. Since Martha became a Dental Hygienist, she has been promoting a healthy lifestyle and loves educating her patients to improve their oral and general health.

We welcome Martha to the SDF as she has been doing such a fantastic job at the NCEF Pediatric Dental Clinic in Naples!

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](#)