

Active Aging

October 2024

A health & wellness newsletter for enhanced living

How the "Daily 4" May Improve Your Dental Health



Halloween brings costumes, tricks, and lots of sugary treats. It may not be a coincidence, then that National Dental Hygiene Month is also observed in October. To survive an entire holiday centered around candy, there are ways to handle the potential damage that sweets may cause to your teeth. The American Dental Hygienists' Association (ADHA) has just the solution.

According to the ADHA, every adult should incorporate four activities—appropriately dubbed the "Daily 4"—into his or her daily life. 1. Brushing twice a day. Cleaning your teeth at least two times a day can help keep your teeth plaque-free and strong.

While brushing your teeth in the morning helps combat bad breath, brushing again at the end of the day is just as important. Cleaning your teeth in the evening helps remove the sugars and bits of food from the day in order to avoid staining, plaque, and cavities.

2. Flossing every day. Though brushing cleans the surfaces of your teeth, flossing helps clean out the gaps in between your teeth where excess bacteria often builds up. Failing to floss often could lead to severe consequences, such as gum disease, cavities, and tooth decay.

3. Using mouthwash. Besides the apparent benefit of freshening

your breath, antimicrobial mouthwash helps prevent plaque buildup on and in between the surface of your teeth and on your gums. Also, using mouthwash before you floss can loosen food particles in your mouth to enhance the effects of brushing and flossing. As with brushing and flossing, using mouthwash can also help prevent cavities.

4. Chewing sugar-free gum. In addition to helping prevent cavities, sugarless gum also reduces the sensitivity of your teeth, causing them to grow stronger. Sugar-free gum has also been shown to strengthen enamel, which protects your teeth against decay.

Working the Daily four into your everyday routine takes a minimal amount of effort and helps better your dental hygiene down the road. If age-related changes, illness, or an injury has made activities of daily living like brushing your teeth difficult, did you know occupational therapy can help? Call Outpatient therapy or Home Health Care to see how they can help.

What is a Non-negotiable?

It is a top priority that you are 100% committed to that brings value and makes you feel good about yourself. Your non-negotiables may be things you do daily or even weekly without negotiation. It involves setting rules according to your personal preferences and desires rather than those of others. Non-negotiables helps bring order and give life structure, and by doing so results in joy and happiness.

One of the first steps in identifying your non-negotiables is determining what is important to you. Take the time to reflect on

what is important to you, write them down, and determine how you will manage them. With your predetermined rules set in place, your focus won't waiver from what you truly believe.

Suggestions to give you peace of mind:

- Be kind to yourself. Ensure that your physical, mental, spiritual and emotional wellbeing are met.
- Remove clutter in your living space.
- Engage with positive people. The people you spend time with directly impact how you think and act.

- Identify what matters most to you. Live your life according to those values.
- Communicate with others what you decide on to help you with follow through/ accountability.
- Have fun! A good belly laugh triggers healthy physical & emotional changes in the body.
- Check out the “Non-negotiables Resources” on the last page of this newsletter.

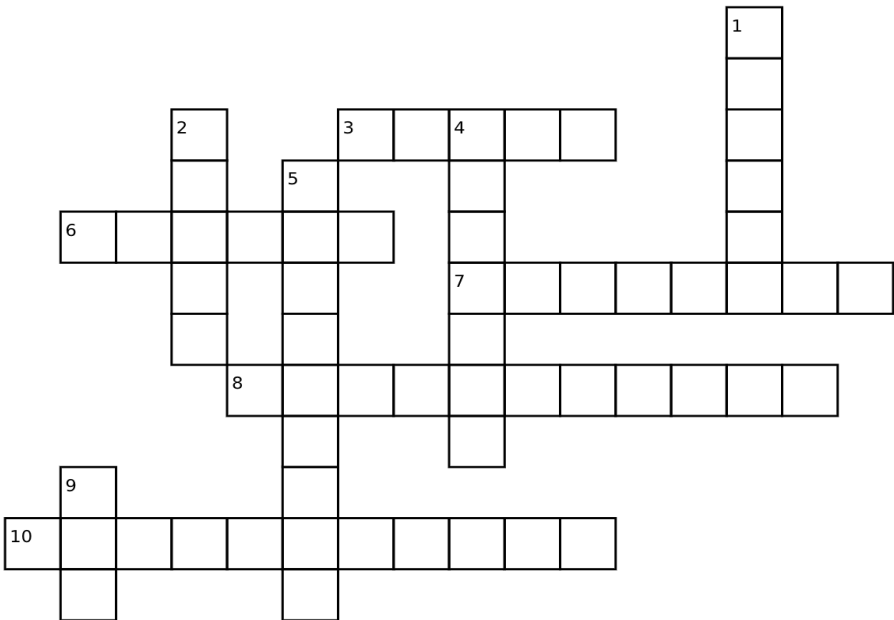
Crossword Puzzle: Non-negotiable

Down:

- 1. to handle
- 2. guide for conduct or action
- 4. scattered or disordered things
- 5. to settle or decide by choice
- 9. a state of happiness

Across:

- 3. center of activity or attention
- 6. worth of something
- 7. initiating a process or reaction
- 8. one that is preferred
- 10. to convey information



Word Search: Dental Health

BREATH
BRUSH
CANDY
CAVITIES
DAILY
DECAY
DENTAL

DISEASE
ENAMEL
FLOSS
GUMS
HALLOWEEN
HYGIENE
MOUTH

OCTOBER
PLAQUE
PROTECT
SENSITIVE
STAINS
STRONG
SUGAR

SURFACE
SWEET
TEETH
THERAPIST
TOOTHPASTE
WASH

Z B W P R O T E C T Z B C F X W N H E W M C P I A O
Y I E L B P P E B J J X Q L T A I O C F I O V U X A
H A L L O W E E N W E Q M X C S A O B A M Y U M M Q
H L O Y M G N G U M S V A S W H A C R T V W W T L N
O J A E T B A I I S S W E E T G L T U H C I S B H B
X K K E V M M W Z T H V P Z W H Z O S E E T T Q M O
L C X H D S E P Y R D I N J O T Z B H R V S M I P S
P B Y R P E L C F O P U F A I B R E L A D T G N E P
U L M C L F C N T N H Q T L A F X R M P I A M P B S
P D A T N W W A Z G S Y S X K X U G W I S I Y I F K
A A A Q E S N G Y V L Y G Y I T P P H S E N O W M P
B W T I U E U Q F L O S S I S U T K O T A S V P Y K
X R N S L E T R Z N L M B V E U B Y Y R S Z C I C J
Y U E G B Y P H F O R G G C R N Z V Z O E K F X P U
C J K A U C R S U A D T H G T F E A Q R S U G A R L
D L V F T F Z D U F C Y K G T O O T H P A S T E T F
S H H O J H M Z X W W E C M V L F S E N S I T I V E
P Z X T U T E C A N D Y Y W E L D E N T A L R H L U

Did you know?

Facts from the American Dental Hygienists' Association



Toothbrushes should be replaced every two to three months and after an illness.



Snacking on celery, carrots, or apples helps clear away loose food and debris.



Tobacco is the primary cause of oral cancers. Smoking a pack a day increases oral cancer risk by four times.

Waterman Village

HOME HEALTH CARE &
OUTPATIENT THERAPY

Waterman Village Home Care: (352) 385-1138
WV Outpatient Therapy: (352) 383-0051 ext 303

October Events: By Home & Community Based Services

October 4: 8:30-12:30pm Flu Clinic (Lakeside Card Room)

October 8: 9-10am Coffee Social - Speech Therapist - "What is involved with Eating, Thinking, and Talking?"

October 11: 8:30-12:30pm Flu Clinic (Oaks Multipurpose Room)

October 15: 9-10 Coffee Social and Breast Screening (Oaks Multipurpose Room)

1 0:30-11:30am Heart Disease Support Group (Lakeside Multipurpose Room)

2 -3pm Parkinson Support Group (Lakeside Card Room)

October 17: 9-10 Java Social Speech Therapist - "What is involved with Eating, Thinking, and Talking?"

October 25: 11:30-2:30pm Covid Vaccine Clinic (Oaks Multipurpose Room)

Mark your calendar - Upcoming Events:

November 14: 2-4pm Come learn what services we have on campus while having some fun playing Poker going table to table. Prizes and take home gift for all who attend.

Highlights: Classes for mind, body, and harmony

Flexibility & Relaxation

Unwind through tailored stretches, from upper body energizers to lower body soothers and basic yoga flows, fostering tranquility.

Strength & Toning

Energize with targeted exercises for core, upper body, and lower body strength, sculpting muscles and enhancing fitness.

Mindful Movement & Wellness

Embrace balance with chair yoga, seated Tai Chi, and memory-enhancing exercises for mental clarity and physical harmony.

Word Search Key



Crossword Puzzle Key

