



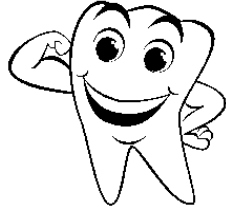
Open Arms Senior Connection

October 2017 Newsletter

October is National Dental Hygiene Month

How Do I Maintain Good Oral Health in My Senior Years?

Your teeth can last a lifetime with proper home care and regular dental checkups. No matter what your age, you can keep your teeth and gums healthy by brushing twice a day with a fluoride toothpaste, flossing daily and seeing your dentist regularly for professional cleanings and checkups.



What Special Oral Health Issues Should I Know About as a Senior?

Even if you brush and floss regularly, you may face certain issues in your senior years when it comes to your oral health. Wearing dentures, taking medications and general health conditions are some of the issues many seniors face. Luckily, your dentist and physician can help you meet most of these challenges quite successfully.

- Cavities and decay on the root surfaces of the teeth are more common in older adults. So it's important to brush with a fluoride toothpaste, floss daily and see your dentist regularly.
- Sensitivity can be an increasing problem as one ages. Your gums naturally recede over time, exposing areas of the tooth that are not protected by enamel. These areas are particularly prone to pain due to cold or hot foods or beverages. In severe cases cold air, as well as sensitivity to sour and sweet drinks and foods, can occur. If you experience sensitivity, try an anti-sensitivity toothpaste. If the problem persists, see your dentist, as the sensitivity may be an indication of a more serious condition, such as a cavity or a cracked or fractured tooth.

- Dry mouth is a common condition in seniors, and one that may be caused by medications or certain medical disorders. Left untreated, dry mouth can damage your teeth. Your dentist can recommend various methods to restore moisture in your mouth, as well as appropriate treatments or medications to help prevent the problems associated with dry mouth.
- Existing health conditions such as diabetes, heart disease, or cancer, can affect your oral health. Be sure to let your dentist know of any general health issues you're facing, so that he or she understands the whole situation and can help you meet your special requirements.
- Dentures can make life easier for many seniors, but they require special care. Follow your dentist's instructions carefully and see your dentist if any problems arise. An annual checkup is recommended for long-term denture wearers.
- Gum disease is a potentially serious condition that can affect people of all ages, but especially people over 40. A number of factors can increase the severity of gum disease, including:
 - Bad diet
 - Poor oral hygiene
 - Systemic diseases, such as diabetes, heart disease and cancer.
 - Environmental factors such as: stress and smoking
 - Certain medications that can influence gum condition

Because the earliest stages of gum disease are reversible, it is important to spot it early on. Regular dental checkups can insure early detection and treatment of gum disease. Best of all, it is easy to prevent gum disease from developing in the first place, by practicing proper oral hygiene.

Dental Hygiene for Dentures

Like your teeth, your dentures should be brushed daily to remove food particles and plaque. Brushing also can help keep the teeth from staining.

- Rinse your dentures before brushing to remove any loose food or debris.
- Use a soft bristle toothbrush and a non-abrasive cleanser to gently brush all the surfaces of the dentures so they don't get scratched.
- When brushing, clean your mouth thoroughly—including your gums, cheeks, roof of your mouth and tongue to remove any plaque. This can help reduce the risk of oral irritation and bad breath.
- When you're not wearing your dentures, put them in a safe place covered in water to keep them from warping.
- Occasionally, denture wearers may use adhesives. Adhesives come in many forms: creams, powders, pads/wafers, strips or liquids. If you use one of these products, read the instructions, and use them exactly as directed. Your dentist can recommend appropriate cleansers and adhesives; look for products with the ADA Seal of Acceptance. Products with the ADA Seal have been evaluated for safety and effectiveness.

If you have any questions about your dentures, or if they stop fitting well or become damaged, contact your dentist. Be sure to schedule regular dental checkups, too. The dentist will examine your mouth to see if your dentures continue to fit properly.

<http://www.mouthhealthy.org/en/az-topics/d/dentures>

Celebrate October at Open Arms The Autumn Leaves...

As we head into the colder months, we have much to be thankful for at Open Arms. Every Tuesday and Thursday as we 'open for business' we feel blessed and look forward to beginning another day with you. We hope you feel the same.

Most of you know that the concept for Open Arms began when a small group of folks at Arndt's got together and explored ideas for our little suburban church to have a hands-on impact for those in the community. We quickly realized that while a suburb is an ideal place to raise a family, it might also be a very isolating

place for an older adult. One is very tied to driving everywhere. So...we came up with a simple plan to simply open our doors for older adults no matter where they lived geographically. After 7½ years, Open Arms still thrives thanks to all of you.

THANK YOU to all who helped with and/or supported Open Arm's fourth annual Oktoberfest. You helped make it a big success. We couldn't do it without you!

Open Arms cares about your health!


Everyone has changes in their health and different needs as they age. Periodically, we will ask you to update your files, by simply filling out a new application form and/or medical information sheet (to be placed inside your nametag). This is just to make sure everything is current. Throughout the month of October, we'll set aside time for these updates.

~ Alice & Karen

Special thanks to:

- **The "Apple Dumpling Gang"** for making 190+ apple dumplings for Oktoberfest and as an Open Arms fundraiser – thank you from the bottom of our hearts!
- **Ruthann** for arranging to get the pie dough, apples and sauerkraut
- **Jackie** for her **"Sit & Be Fit"** gentle chair exercise
- **Our special September Lasagna Lunch – delicious!**
- **All** for your support and help at Oktoberfest

You won't want to miss:

- **Tuesday, Oct. 3rd – Noon** – "Lunch of the Month" (Note: our lunch is early this month!)
- **Tuesday, Oct. 3rd – 2:45 p.m.** – **FLU SHOTS** courtesy of Walgreens. 
- **Thursday, Oct. 26th** – help us make treat bags for the Arndt's Preschool children
- **Tuesday, Oct. 31st** – Enjoy some Halloween fun with us. Wear a costume...if you dare
- **Tuesday, Oct. 31st** – Celebrate October birthdays with us!

Smart Snacks for Older Adults

Choose snacks based on your individual tastes and dietary needs. While prepackaged goodies are handy in pinch, natural snacks are the best choices, as they are unprocessed and free from additives and excess salt and sugar. Here are some healthy snack ideas:







- **Precut Veggies.** A mixed bag of broccoli, carrots and cauliflower are a colorful treat, packed with essential vitamins. Make a tasty dip to dollop on, or eat them as is.
- **Fresh Fruit.** Apple wedges, orange slices and banana halves make a sweet snack in summer or winter. If you are making a platter, toss cut fruit in a bowl with a few tablespoons of lemon juice to preserve the color (brown bananas and auburn apples are not appealing!).
- **Nuts.** Nuts are a crunchy alternative to chips. They are a rich source of antioxidants, healthy fats and calories.
- **Cheese.** Sticks, slices or wedges. Cheese makes a satisfying snack.
- **Popcorn.** Make your own in an air popper or on the stove. Season lightly with salt or cinnamon.
- **Boiled Eggs.** A great source of protein.
- **Finger sandwiches.** Make your own tuna on rye, peanut butter, cucumber or cheese sandwiches. Cut them in small squares to make them more appealing.



SNACK SMART

October 2017

Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
1	2	3 10:00 AM – “Gathering” 10:30 AM – * NOON – “Lunch of the Month” 2:45 PM – FLU shots (Walgreens) 	4	5 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	6	7
8	9 	10 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise Bingo	11	12 10:00 AM – ”Gathering” 10:30 AM – Cards, games, socializing 	13	14
15	16	17 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Wii Bowling 	18	19 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	20	21
22	23	24 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	25	26 10:00 AM – ”Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Make trick or treat bags for Arndt’s Preschool (wrapped candy donations welcomed) 	27	28
29	30	31 <i>Dress for Halloween...if you dare!</i> 10:00 AM – “Halloween Fun” 10:30 AM – Cards, games, Socializing 12:30 PM – October Birthdays celebrated 				
<p>*Optional Worship Service – an optional worship service with communion is offered the 1st Tuesday of the month PLEASE BRING A BAG LUNCH unless the calendar says that lunch is provided. Need transportation? Call Karen at 610-392-2840 Questions? Call Karen at 610-252-2338(home) or Karen at 610-392-2840(cell phone), or the church office at 610-253-3732.</p>						