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# The Wire

Volume 2 Issue 6

April 2019

## April is National Oral Health Month Seniors' Oral Health

Due to healthier lifestyles, as well as advances in professional care, we can expect to keep most, if not all of our natural teeth as we enter our senior years. But keeping those teeth healthy can be a challenge.

### What items pose a risk?

A number of medications can cause dry mouth, a condition that can contribute to cavities and other oral problems. Seniors also develop more cavities on the roots of their teeth than younger adults. Perhaps most worrisome, bacteria from the mouth can travel and develop into serious infections affecting overall health.

In addition, many people do not realize the importance of maintaining the health of their mouth after they lose all or even some of their natural teeth. Food debris and bacteria continue to accumulate throughout the mouth, including on the tongue, remaining teeth, and dentures, forming plaque, which has the potential to cause cavities, odours, sores, and irritation.

### What can each of us do?

Good oral hygiene coupled with regular care by a dental hygienist can help to prevent more serious health problems. Together, you can plan a daily oral care routine that will keep your teeth, and you, healthy for life.

## Dry Mouth

Dry mouth (*xerostomia*) is a serious condition that can arise when there is a decrease in saliva flow in the mouth. Dry mouth is an important problem to address because it can put you at greater risk for cavities and oral infections, and lead to pain, discomfort, and difficulty swallowing.

*Continued on page 4*

# Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!



If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!

## Individual No-Bake Nutella Cheesecakes

### Ingredients

12 Oreo cookies, crushed into crumbs  
3 tbsp unsalted butter, melted  
1 (8 oz.) pkg cream cheese softened  
2/3 c Nutella  
1 tsp. pure vanilla extract  
1 (8 oz.) tub frozen whipped topping, thawed  
Whipped topping  
Chocolate shavings

### Instructions

1. In a medium bowl, stir together the Oreo crumbs and the melted butter
2. Evenly divide the crumbs between 6 individual serving dishes. Press the bottoms of the dishes to form a crust.
3. With an electric mixer, beat the cream cheese and Nutella until smooth. Stir in vanilla.
4. Fold in the whipped topping until well blended. Divide among the individual dishes
4. Cover and refrigerate for at least 2 hours before serving. If desired, garnish with whipped topping and chocolate shavings.



## Upcoming Programs

### Medical Marijuana: Is it Right for me?

**Friday, April 5, Oak Bluff Rec Centre, 1:00 p.m. – 2:30 p.m.**

**Cost: Free!**

**Please pre-register by calling Leanne at 204-735-3052 or MHRD office at 204-885-2444**

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### Internet Safety

**3 hours held over 2 Mondays: April 8 and 15**

**12:00 p.m.—1:30 at Caisse Community Centre, La Salle**

**Cost: \$25**

**Learn how to stay safe when using the internet.**

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### Let No One Be Alone Community Family Pancake Breakfast

**Saturday, April 27, Starbuck Hall**

**9-11 a.m. Tickets: \$8 per person (10 years and up), \$4 per child (2-9), Free children under 2**

**Call up someone you know who is living alone and invite them out for pancakes.**

**For tickets, call 204-735-3052**

**Gluten free pancakes and sausages made upon request**



## Oral Care Continued from page 1

### What Causes Dry Mouth?

Dry mouth has been associated with:

- medication use (see below)
- radiation and chemotherapy
- dehydration
- diseases, such as Sjögren's syndrome and diabetes, and other chronic conditions
- salivary gland dysfunction
- smoking

### Which Medications may Cause Dry Mouth?

The following is a list of medications that may produce dry mouth:

- blood pressure medication
- antidepressants and anti-anxiety medications
- decongestants and antihistamines
- pain relievers and sedatives
- Parkinson's disease medications
- certain medications delivered through inhalers (e.g., bronchodilators)

### What Can I Do About My Dry Mouth?

- Visit your oral health professional, such as your dental hygienist, for preventive oral care and to discuss ways to reduce the impact of dry mouth.
- Brush your teeth and mouth daily, and clean in between your teeth.
- Sip water frequently
- Use sugar-free chewing gum and/or lozenges
- Avoid foods and drinks that cause your mouth to dry (e.g., caffeine or spicy, acidic, and cinnamon-flavoured items).

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## Oral Care continued from page 4

- Use lip lubricants and salivary replacements
- Schedule routine visits with your health care provider to closely monitor your health condition.
- Reduce or discontinue tobacco use

### Daily Denture and Mouth Care

Did you know?

Dentures require just as much care as your natural teeth. Many people do not realize the importance of maintaining the health of their mouth after they lose all or even some of their natural teeth.

Food debris and bacteria continue to accumulate throughout the mouth, including on the tongue, remaining teeth, and dentures, forming plaque, which has the potential to cause cavities, odours, sores, and irritation.

If you wear dentures, it is important to take them out daily for appropriate cleaning and visit your oral health care provider, including your dental hygienist, regularly to ensure the overall health of your mouth.

### Advice for Caregivers

If you provide denture care to others, have the appropriate supplies on hand that will make your work much easier.

Note that, while brushing the individual's teeth, gums, tongue, and roof of mouth, it may be helpful to use a mouth prop. Once the dentures and mouth have been cleaned, look for any changes and ask them how their mouth and dentures feel.

Remember to store the dentures as recommended by the individual's oral health professional. Encourage and/or arrange for the individual to visit an oral health professional, including their dental hygienist, regularly to maintain oral and overall health. For more information, visit <https://www.dentalhygienecanada.ca>

## Hidden Colours Trivia

This trivia will stretch your long term memory , working memory and executive functioning.

Can you identify the colours that complete the words in this list? For example, the colour that completes “bo\_ \_ \_ om” is red (boredom). For a more strenuous activity try not using the hints listed below.

- |                   |                   |
|-------------------|-------------------|
| 1. Ch_ _ _ _ maid | 8. T _ _ _ worthy |
| 2. P_ _ _ cutor   | 9. S_ _ _ th      |
| 3. _ _ _ rium     | 10. Stin_ _ _     |
| 4. _ _ _ _ puff   | 11. _ _ _ fish    |
| 5. C_ _ its       | 12. Pi_ _ _ st    |
| 6. Comp_ _ _ nt   | 13. Im _ _ _ _    |
| 7. Bo_ _ _ y      |                   |

### Hints

1. This hard worker cleans up in a hotel
2. Lawyer who conducts the case against a criminal defendant
3. Home for guppies
4. A yummy dessert, or a weak, ineffectual person
5. List of names at the end of a movie
6. A polite expression of praise or admiration
7. The scientific study of plants
8. Honest, honorable, reliable
9. Military plane built to be undetectable by radar
10. Fish with a long tail that ends with a barb
11. A domesticated carp, often a child's first pet
12. This holds the lemon meringue or banana cream
13. To charge the holder of a public office with misconduct.

Answers on page 7

## Famous Bunnies:

**Peter Rabbit:** The Easter Bunny is famous, no doubt, but probably the most famous bunny is Peter Rabbit! He is known in many countries around the world. He was created almost 100 years ago by an English woman named Beatrix Potter. He first appeared in a letter that she wrote to a young friend. Eight years later, she turned it into a book. There were many publishers that turned her down before it was finally published in 1902. For another 10 years she wrote and illustrated many children's books. After that, she became interested in the farm that she and her husband worked, and had little time for writing or drawing.

**Peter Cottontail:** The song "Peter Cottontail" was written by Steve Nelson and Jack Rollins about 46 years ago. These two men also wrote the popular story "Frosty the Snowman".



**Bugs Bunny:** The Bugs Bunny cartoon character was created in the late 1930's. He got his name from the person who created him, Ben Hardaway, whose nickname was "Bugs". Bugs Bunny has starred in over 160 animated cartoons. Do you know his famous saying?" What's up Doc?" Who was the voice of Bugs Bunny? (Mel Blank.)

**Brer Rabbit:** Most Americans know the story about Brer Rabbit and the Tar Baby and Brer Rabbit and the Briar Patch. The folk hero of these tales was Brer Rabbit. He outsmarted all the other animals, especially Brer Fox. Joel Chandler was the first person to write folk tales about Brer Rabbit. Uncle Remus was an old storyteller he created

## Answers to Hidden Colours trivia

1. amber
2. rose
3. aqua
4. cream
5. red
6. lime
7. tan
8. rust
9. teal
10. gray
11. gold
12. ecru
13. peach

Macdonald Services to Seniors has a Website!

Check us out at

**MacdonaldSeniors.ca**

- You may be Interested In:



## Lunch & Learn Ask the Pharmacist

Wednesday, April 24  
12:00 pm - 2:00 pm  
Starbuck Hall

Lunch is \$8.00 and starts at 12:00 pm register with Leanne on the Monday prior to the program.  
(Presentations start at 1:00 pm and are free!)



**Macdonald-Headingley**  
RECREATION DISTRICT

## FIT & FLEX

9 THURSDAYS  
APRIL 4 - MAY 30  
10:00 AM - 11:00 AM  
STARBUCK HALL  
Fee: \$90.00

Register by: MARCH 28  
visit [mhrd.ca](http://mhrd.ca)  
call 204.885.2444  
email [info@mhrd.ca](mailto:info@mhrd.ca)



Macdonald-Headingley  
RECREATION DISTRICT

## Introduction to the iPad

with Marly Mustard

5 Thursdays,  
May 2 - May 30  
10:00 am - 12:00 pm  
Headingley Community Centre

Learn the basics and gain some confidence to explore it further on your own!

Register by Thursday, April 25  
visit [mhrd.ca](http://mhrd.ca)  
email [info@mhrd.ca](mailto:info@mhrd.ca)  
or call (204) 885-2444



**Macdonald-Headingley**  
RECREATION DISTRICT

Have plenty of  
vegetables and fruits

Eat protein foods



Make water  
your drink  
of choice

Choose  
whole grain  
foods



## Lunch & Learn Canada's New Food Guide!

Thursday, April 25  
12:00 pm - 2:00 pm  
Sanford Legion

Lunch is \$8.00 and starts at 12:00 pm register with Leanne on the Monday prior to the program.  
(Presentations start at 1:00 pm and are free!)



## **Macdonald Services to Seniors**

Leanne Wilson  
Box 283  
5-38 River Ave  
Starbuck, MB R0G 2P0  
Phone: 204-735-3052  
E-mail:  
[mssi@mymts.net](mailto:mssi@mymts.net)

### **Macdonald Seniors Ad- visory Council (MSAC)**

Ray & Joyce Kasur:  
204-736-3734

Vic & Viviane Bossuyt:  
204-895-0049

Carol & Dennis  
Pascieczka:  
204-736-2681

Cindy Bestland:  
204-736-2667

Becki Ammeter:  
204-735-2380

Judy Shirtliff:  
204-997-7966

Rodney Burns:  
204-735-2751

Bernice Valcourt:  
204-272-5586

Barry Feller:  
204-736-4433

Susanne Moore:  
204-885-2444

Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

### **Service Providers Featured in Previous Issues:**

#### **Foot Care:**

A Step in Time Foot Care: Brenda Grom—204-509-1817

#### **Hair Care:**

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

## **Macdonald Services to Seniors is in Need of Drivers, and House cleaners in all communities.**

**If you are interested in putting your name forward to be contacted when someone requires help with transportation or light house cleaning, please call Leanne.**





# GEMS

## A Meal and Social Program for Older Adults living in the R.M. of Macdonald April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Hamburger Steak	4 Teriyaki Chicken	5	6
7	8	9	10 Liver n' Onions	11 Meat Loaf	12	13
14	15	16	17 Easter Meal	18 Easter Meal	19	20
21	22	23	24 Sesame Chicken Birthday Cake	25 Pork Roast Birthday Cake	26	27
28	29	30				



Please call Leanne at 204-735-3052 to sign up by the Monday before each Wednesday or Thursday meal.  
Lunch served at noon at Starbuck Hall on Wednesdays and Sanford Legion on Thursdays  
We will try to accommodate special dietary requests.  
Menu subject to change.

**Good Friday**

**Easter Sunday**

**\$8 per person**