

Bulletin for Health and Wellbeing

April
2017

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VISION
Gaspé - Percé **Now**

418-368-3212
info@vgpn.ca
visiongaspeperce.ca
facebook.com/visiongaspe

The Importance of Dental Health

The mouth is a window into our overall wellbeing and a number of health-related problems that are common in seniors are related to oral health, such as diabetes, heart disease, and stroke. This means that oral health is as important as ever!

Some medications can cause dry mouth, leading to tooth decay and gum disease

Talk to your dentist about:

- Sensitive, swollen, or bleeding gums
- Pain during chewing
- Missing teeth or detectable holes in teeth
- Bleeding or open sores for prolonged periods of time
- Lumps inside the mouth: on the gums, roof of mouth, or tongue
- Perpetual bad breath



Preventing oral disease is easy and simple! The biggest hurdle is creating new, good habits such as:

- Brushing a half hour after eating
- Flossing at least once a day
- Regularly visiting your dentist
- Avoiding tobacco products
- Eating well and snacking on mouth-friendly foods

Source – Canadian Dental Association: http://www.cda-adc.ca/en/oral_health/cfyt/good_for_life/

– Seniors Oral Health: <http://seniorsoralhealth.org>

This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.

Frozen Meals Update:

In June 2016, Frozen Meals was temporarily shut down as we restructured the program.

Recently, Vision launched a Crowdfunding campaign to raise money for the program. This campaign for *very* successful, we raised almost \$4000, which is twice as much as our original goal.

The money will go towards producing meals when the program begins again. We're hopeful that this will happen in 2017, although no date has yet been set. We are working hard with our local partners to get Frozen Meals re-launched as soon as possible.

Spring Cleaning: Clean Your Home, Order Your Mind

Source – Psychology Today: <https://www.psychologytoday.com/blog/the-new-you/201504/the-psychology-spring-cleaning>

Planning your spring cleaning can seem like a daunting task, especially as your energy levels and dexterity start to decline, or you find you don't have the time or inclination to clean. You may even feel like skipping spring cleaning this year, or having someone else do it for you.

While it is a good idea to have some help with the physical aspects of these chores, spring cleaning isn't just about *cleaning*. It's an opportunity to organize and pare down your possessions, reducing the amount of unwanted or unneeded "stuff" that tends to collect so that you can reorganize yourself at the same time. And a tidy and well-organized house leads to lower levels of stress, increased creativity, and an overall improved outlook!



Here are some good tips to get you started:

- *Plan your cleaning and discuss what you want with those who will help you*
- *Schedule a realistic amount of time to accomplish what you want to do*
- *Clean one room at a time systematically, from top to bottom*
- *Try using vinegar and baking soda to reduce your exposure to chemical cleaners*
- *Change the batteries in your smoke detectors and update any fire extinguishers*
- *Evaluate your living conditions – is there anything you need to change? Furniture you keep tripping over? Are your counters too crowded?*
- *Take the opportunity to sort through old bills and papers*
- *And don't forget to clean out your medicine cabinet!*

Activity Corner

Magic Squares

Fill in the grid so that each row, column, and diagonal add up to the given sum!

The sum is 34.

			1
	11		14
3	10		
	5	9	4