

Mouth Healthy Eating

From the Columbia University of Dental Medicine

If you want to prevent cavities, how often you eat can be as important as what you eat. That's because food affects your teeth and mouth long after you swallow.

Changes begin in your mouth the minute you start to eat certain foods. The bacteria in your mouth make acids, which start the process which leads to cavities.

How does this happen?

All carbohydrates break down into simple sugars, but fermentable carbohydrates break down in the mouth, producing the sugars that bacteria use to make acid.

Fermentable carbohydrates include sugary foods and beverages, and also less obvious foods such as breads, crackers, bananas, and breakfast cereals.

With sugar as a fuel, certain bacteria produce acids that dissolve minerals inside the tooth enamel, producing demineralization and cavity-prone teeth. Teeth can also remineralize. Saliva helps remineralization, as well as fluoride and some foods.

Here are some tips to help keep the amount of acid created by bacteria on your teeth to a minimum.

1. Limit between meal snacking, and try to choose foods that are not fermentable carbohydrates.

- Best choices - Cheese, chicken, or other meats, or nuts. These foods neutralize acids and provide minerals to put back into the teeth.

- Moderate choices - Firm fruits such as apples and pears, and vegetables. The fruit sugar is diluted by the high water content, and these fruits help stimulate the flow of saliva. Vegetables do not contain enough carbohydrate to be dangerous.

- Worst choices - Candy, cookies, cakes, crackers, breads, muffins, potato chips, French fries, pretzels, bananas, raisins, and other dried fruits. These are very fermentable, and the worst offenders stick to the teeth or get caught between the teeth.

2. Limit the amount of soft drinks or other sugar-containing beverages. Some examples are coffee or tea with added sugar, lemonade, and cocoa.

Fruit juices contain natural sugars that can also cause decay. Limit the amount of time that you take to drink any of these beverages and avoid sipping them throughout the day. A can of soda that you finish with a meal exposes your teeth to acids for a shorter time than a soda that takes you two hours to drink.

- Better choices - Unsweetened tea and water, especially fluoridated water. Tea also has fluoride, which can strengthen tooth enamel. Water helps flush away bits of food and can dilute the sugar acids.

3. Avoid sucking on hard candies or mints, even the tiny ones. They have enough sugar to increase the acid being produced to decay levels. Try using sugarless varieties.

4. Brush your teeth after eating and after drinking sugary drinks, to remove the plaque bacteria that create the destructive acids. If you cannot brush after every meal, brush at least twice a day.

5. Chew sugarless gum that contains xylitol. This can help reduce the risk of cavities. The gum helps dislodge some of the food stuck to your teeth. It also increases saliva flow to help neutralize acids.

Regarding Bequests

Prescott Meals On Wheels

gratefully accepts bequests and gifts of cash, checks, and credit cards. You can also make Meals On Wheels a beneficiary of your life insurance, IRA or pension plan. Additionally, remembering Meals On Wheels in your will or trust is another way to provide a lasting gift to ensure the continuation of our valuable and much needed service.

July - August 2013

www.prescottmealonwheels.com

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Prescott Meals-On-Wheels

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April & May
Total Volunteer Hours
2,665 Hours
Total Meals Served
11,354 Meals



With a little help from our friends!

BOARD OF DIRECTORS

- Pam Montgomery - President
- Brenda Eakin - Vice-Pres.
- Larry Culver - Treasurer
- Murry Smolens - Secretary
- Judy Cooksey
- Dick Denogean
- Ron Eddy
- Chip McLaughlin
- Judy Rigenbach

Partially funded by
NACOG/AAA & DES

On June 1, 2013, the New to You Boutique was reopened at Prescott Meals on Wheels.

It was a big undertaking, and yet with the generous help of many volunteers, the project was completed in record time, and with excellent results.

Not all of the people who stepped forward to help were PMOW volunteers. On the left is a picture of Sayers and Betty Morley, regular dining room clients, who came up with some wonderful ideas to help with



organizing merchandise, and then donated poster boards and pegs. Betty said that some nights she laid awake thinking about it! They also donated many nice items to help with the initial stocking.

To the right is pictured, from the left, long term volunteers Dot Hottinger, Julia Pelusi, and Shirley Johnson, busy organizing the storage room. They also helped with cleaning the store. Julia donated jewelry stands and other merchandise, and Dot and Shirley have always helped sort donations.

Shown below, are the store volunteers at work. We are very lucky to have their support and help.



From left Josephine Danner and Miranda Chatham
Rita Rabellino & Olga Rodstrom

From left, Betty Morley, Marilyn Strain, & Millie Preston

Anna Page & Terry Baseman

Bobby Jean Pollock and Barbara Hynds

Clemene Alascano & Marge Tisch

Jack Rodstrom

Terry Charette & her mother, Dotty

And to everyone who has donated items for resale, we give our heartfelt thanks!

Prescott Noon Lions

Newspaper recycling is the Noon Lions Club's principal fundraising project. There has been a reduction in paper deposits in the bins, resulting in a decrease of available funds for community outreach Programs. Prescott Meals on Wheels has benefited many times from the Noon Lions paper program, as have many other nonprofits in the community. To support this worthwhile project, we encourage you to bring your paper recycling to one of the bins or trailers located throughout the community. To find a location go to:

prescottnoonlions.org

Hannie's Last Day



Hannie Blaauw and his late wife, Nelly, joined PMOW as volunteers 14 years ago, and Hannie has worked in the dining room ever since.

Hannie is of Dutch Indonesian heritage, and was imprisoned by the Japanese as a teenager in WWII, driven out of his home country to Holland because of his mixed ethnicity, and then found himself unwelcome in Holland for the same reason.

The Blaauw's immigrated to the USA and ended up settling in Los Angeles, CA, where Nelly worked for the DMV, and Hannie for the City of Los Angeles. Hannie, who is a highly skilled martial arts practitioner, volunteered in Los Angeles, teaching Aikido at the Sheriff's Department.

Hannie has now moved to Palm Desert, CA, to be closer to his daughter Agnes and her family, and he is very much missed by his Meals on Wheels family.

Dave Marston



After 9 years of service on the Board of Directors at PMOW, Dave Marston will be taking a breather from Board activities, but will continue to volunteer as a delivery driver. Dave started 10 years ago as a driver, and then joined the Board, serving as the President for five years, and then as Treasurer. Above, Board President Judy Rigenbach presents Dave with a commemorative gift.

Holiday Closure Independence Day Thursday, July 4, 2013



Jim Robak of the Evening Lions, center, presenting checks to local nonprofits. On right, Larry Culver, representing PMOW

The Evening Lions raise money for local nonprofits, and once a year hold a dinner meeting to present donations to several organizations. This year, Prescott Meals on Wheels was chosen as a beneficiary, and Larry Culver, PMOW Board Treasurer, received the gift on behalf of PMOW. We would like to thank the Evening Lions for their generous support.

In Memoriam



Above left, Sue Frey presents a check to Pam Hanno, Director of PMOW, on an annual Cruiser "Donation Drive By"

Prescott Meals on Meals joins the community in mourning the loss of Sue Frey, who as a longtime member of the Yavapai Classic Cruisers, helped support local Meals on Wheels programs in Prescott, Prescott Valley, and Chino Valley.

Annual Sponsorship Program

Annual Sponsorship Program allows local businesses to become a partner in our service to the community.

We would like to thank the following organizations for partnering with Prescott Meals On Wheels:

Platinum Sponsors:

Highgate Senior Living
The Peridot

Gold Sponsor:

Fann Contracting

Silver Sponsors:

Daily Courier
APS



Bronze Sponsors:

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