

Taking Care of Your Teeth and Gums

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Oral health is important at any age but especially for older adults. According to Nutrition and Aging Resource Center’s Oral Health Guide for Older Adults, nearly 96% of older adult have a cavity and 2 out of 3 older adults have gum disease.

Oral health can look different in every individual. Not only are cavities and gum disease concerns for older adults, but also loss of teeth, untreated tooth decay and dry mouth can often make eating a well-balanced diet difficult. Maintaining proper oral health can help decrease stress around meal times and help manage chronic diseases.

Proper oral health consists of treating any concerns described by the dentist. It is recommended to see a dentist at least 2 times a year for a cleaning. The Nutrition and Aging Resource Center’s Relationships to Oral Health and Nutrition, oral health is maintained by avoiding smoking and using tobacco products, drinking water that contains fluoride, limit sugary foods and beverages, and brushing your

teeth thoroughly at least 2 times a day. Talk with your dentist to see if dentures or other alternatives may be appropriate.

Older adults should make sure that their diet is well-balanced that includes calcium, phosphorus and vitamin C. These nutrients help teeth and other bones strong and gums healthy. Foods high in calcium are milk, yogurt, and cheese. Other foods may have calcium added to them (fortified) if it is not naturally already found in those items. Phosphorus food items are: dairy products, nuts, beans, lean meats, fish, and eggs. Fruits (especially citrus), tomatoes, green vegetables, and sweet potatoes are great sources of vitamin C.

If you have any dental concerns, please discuss with your dentist and develop a plan to achieve optimal dental health.

<https://acl.gov/sites/default/files/nutrition/Oral%20Quick%20Guide.pdf>



A Note from Commissioner Elridge:

Greetings Kentuckians,

Many of us have long held memories of walking into a family member's home to the smell of grandma's marinated roast with honey glazed carrots and roasted potatoes seasoned with salt, pepper, garlic, and rosemary permeating throughout the home. Do you remember waking up to the sound of sizzling bacon in a skillet and smelling a pan of Mom's famous flaky buttermilk biscuits cooking in the oven? Nothing says home like the sights, sounds, and smells of family preparing a meal together in the kitchen. Then there's that special moment when you go from a kid in the kitchen watching family work together to prepare a meal to being asked to join in the traditions of snapping green beans or cut out the stems of collard greens.

Those same sights, smells, and sounds happen daily across Kentucky's senior citizens centers. Everyday, Kentuckians gather around tables in local senior centers to eat a meal and discuss the latest events across their communities. All 195 senior centers hold a special place to each 120 counties across our beautiful bluegrass state. There are countless staff and volunteers who work passionately and tirelessly to support Kentucky's 60+ population.

As Commissioner for the Department for Aging and Independent Living, it is a distinct honor to serve over 1 million Kentuckians who are age 60 and older. I grew up around my Nanna's kitchen learning how to make orange juice cake, snickerdoodles, and strawberry break. Years later, she would share new recipes with me that were passed on to her from the Bardstown Senior Center. Every Kentuckian has a story to tell, and most are told around the kitchen table.

As I have had a chance to visit some of Kentucky's senior centers, I have learned that many stories are also told around the tables at the center. Friendships are strengthened, stories are exchanged, and communities become stronger because of a senior center. If you are reading this and have not had a chance to visit your local senior center, please stop by, say hi, and share your story.



Victoria L. Elridge, MS, OT
Commissioner

Elder Abuse Awareness Month

8,865 investigations of abuse, neglect or exploitation of adults were completed from July 1st, 2021 – June 30th, 2022, in Kentucky. This number represents a small fraction of the amount of adult maltreatment that is occurring each year in this great commonwealth.

Although there are many contributing factors to the low reporting levels of adult maltreatment, the lack of awareness of Adult Protective Services is the most identified factor. Most Kentuckians are unaware that Adult Protective Services is obligated by law to conduct investigations of abuse, neglect and exploitation and offer protective services to remedy any identified safety threats.

How do you educate yourself on abuse, neglect, and exploitation? Great question. If you have access to the internet, visit the KY Empowering Solutions To End Adult Maltreatment website at www.kyesteam.ky.gov. This site is a wealth of information about all things related to adult protective services. Here you can learn about the indicators of maltreatment, available resources, how to report and how to reach an adult protective services worker.

While browsing the website, consider sharing your ideas and suggestions about how adults in Kentucky can be protected from abuse, neglect, and exploitation. Also consider making recommendations, through the “contact us” feature, about resources that could help adults maintain their independence in the least restrictive environment.

If you do not have access to the

internet and you have some general questions, please feel free to contact the adult protection branch at (502) 564-7043 and talk with one of our knowledgeable staff members.

Now that you have established some basic knowledge about how to access information about adult maltreatment, make sure that you share this information with your friends and family. Word of mouth is one of the most effective ways to spread awareness.

If you have a passion for prevention and awareness efforts, consider joining a Local Coordinating Council on Elder Abuse (LCCEA). You can check out the map under the LCCEA tab on the www.kyesteam.ky.gov website. If you do not see a council in your community, consider starting one. (Do not be scared! We have resources to help with that as well.)

At a minimum, remember that if you suspect that an adult is being abused, neglected, or exploited, report it to the hotline or via web portal.

Hotline: 877-KYSAFE-1

-or-

(877) 597-2331

[https://
prd.webapps.chfs.ky.gov/
reportabuse/home.aspx](https://prd.webapps.chfs.ky.gov/reportabuse/home.aspx)

Dept. for Aging &
Independent Living
275 E. Main St. 3E-E
Frankfort, KY
40621

Phone:
502-564-6930

Email:
DAILAging@ky.gov

Website:
[chfs.ky.gov/
agencies/dail](https://chfs.ky.gov/agencies/dail)

Recognizing LGBTQ+ Older Adults During Pride Month

There are many ways to write the story of the LGBTQ+ civil rights movement. We can start in the 1920s, when the Society of Human Rights was founded, or in 1955 when the secretive Mattachine Society was founded, or with the 1965 gay march in front of Independence Hall in Philadelphia. The LGBTQ+ community has been fighting for their civil rights for decades; however, it wasn't until the 1968 Stonewall Riots that issues facing the LGBTQ+ community attracted attention from mass media in the United States.

The Stonewall Riots united many different LGBTQ+ groups to take back their civil liberties, which were unfairly stripped away because of who they were and who they loved. The events of 1968 started a revolution inspired by many other movements of the time, such as the anti-Vietnam war movement and the Black Power Movement. Activism on all fronts during this period empowered the LGBTQ+ community to keep working towards justice and encouraged others to “come out of the closet” and join the fight. Although chaotic, the late '60s could be characterized as a time of unity and inspiration between diverse groups fighting for the same things: human rights.

However, the fight is far from over. The legalization of same-sex marriage was only codified five years ago in 2015! Even more recently, the US Supreme Court upheld federal laws to protect LGBTQ+ workers from discrimination on June 15th, 2020—the same issue that prompted the 1965 Philadelphia gay parades. We must honor the intersectionality that exists within the LGBTQ+ community and stand with those most impacted by oppressive forces in society. Black transgender and gender non-conforming people face enormous discrimination and violence. The fight for LGBTQ+ rights does not end with marriage or parades; it will not end until all LGBTQ+ people are safe, supported, and free.

As we celebrate Pride Month this year, we must remember that there would be no Pride Month if it wasn't for the efforts of the LGBTQ+ elders who fought against unfair laws and treatment. We still have a long way to go to achieve equity, but as long we follow the footsteps of those who came before us as we fight for the same freedoms, we will get there. Happy Pride Month!

This article provided by the National Council on Aging: <https://www.ncoa.org/article/celebrating-pride-month-with-history> (article was written June 23, 2020)



CABINET FOR HEALTH
AND FAMILY SERVICES

Senior Health & Wellness Newsletter

Kentucky Dept for Aging & Independent Living

Exercise Series:

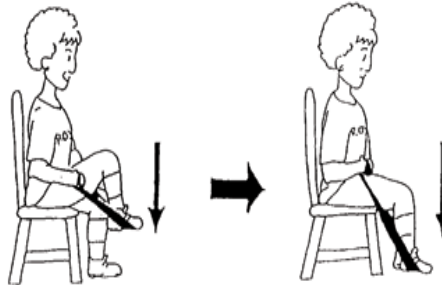
Only perform exercises you feel comfortable doing. Do not do anything that causes pain. Always consult your doctor before beginning any exercise regimen.

Foot Circles *



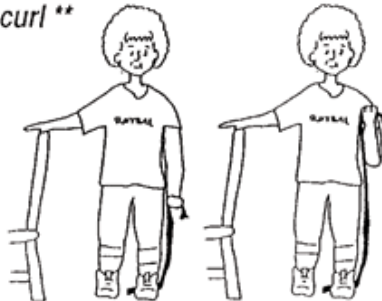
Straighten knee, move your foot to draw a circle with your toes. Repeat 10 times each foot.

8. Hip extension **



Use a resistance band if you have one. Lift knee up and push your foot down. Repeat 10 times each leg.

9. Arm curl **



Use a resistance band or can of soup if you have one. Hold one end of the band under foot, the other end in your hand. Start with elbow straight and hand at hip. Bend elbow 10 times and repeat with other arm.

Holidays In June:

Flag Day– June 14th, 2023

Father's Day– June 18th, 2023

Juneteenth- June 19th, 2023

First day of Summer-June 21st, 2023

Sudoku Puzzle #8

LEVEL: Medium



1	5		2		9			4
	4				6			
				4			6	3
	7					8		6
6								5
2		8					1	
4	6			8				
			6				7	
8			5		1		4	9

Source:
https://www.rd.com/wp-content/uploads/2020/12/Sudoku-Puzzle_08.pdf

Cobb Salad for One

- 2 cups chopped romaine or iceberg lettuce
- 2 tablespoons blue cheese crumbles
- 2 slices cooked bacon, crumbled
- 1 large hard boiled egg, peeled and chopped
- 1 (4-ounce) cooked boneless skinless chicken breast, chopped
- 1/2 small avocado, chopped

For the Vinaigrette:

- 1 teaspoon olive oil
- 1 teaspoon red wine vinegar
- 1/2 teaspoon lemon juice
- 1/8 teaspoon Worcestershire Sauce
- 1/8 teaspoon garlic powder

1. Arrange the lettuce over a large plate. Top with the blue cheese, bacon, egg, tomato, chicken and avocado.
2. In a small bowl, whisk together the olive oil, vinegar, lemon juice, Worcestershire sauce, and garlic powder. Drizzle over the salad and enjoy immediately.

Source:
<https://onedishkitchen.com/cobb-salad-recipe-for-one/#recipe>

