

Tooth Talk

By: Linda Kreutzer RDH
Siletz Community Health Clinic
DENTURE AND PARTIAL DENTURE
CARE

Everyone knows what dentures and partials are, but some confusion remains as to how to take care of them. It is very important to keep the denture and your mouth clean.

Brush dentures and partials with a denture brush. This is a special brush with longer bristles to reach all of the nooks and crannies where bacteria love to hide. Use toothpaste, soda, denture cleanser, or any pure soap. Never use scouring powder like Ajax or Comet. Bleach is not recommended either. Be sure to place a towel in the sink to avoid breaking the denture or partial if they should accidentally drop. Dentures and partials are made out of special hard plastic that will break.

Don't forget to brush your tongue with a regular toothbrush and toothpaste. Rinse your mouth daily with either plain warm water or a mild salt-and-warm water rinse. This keeps your mouth clean and healthy.

At night time---take both dentures and partial dentures OUT. Your mouth needs some air, and the gums need a rest from the constant pressure of the denture rubbing on them all day. So give your mouth a break and leave them out all night. Be sure to soak both dentures and partials in either plain water or a denture cleaning product (like Efferdent). Dentures and partials are made with a special hard plastic that is made to be constantly wet. Avoid letting them dry out.

Remember to have your mouth checked once a year by a dentist. Dentists are specially trained to check for early signs of mouth cancer. It is wrong to think that not having teeth is a good reason not to visit the dentist! Perhaps the denture or partial will need a slight adjustment. that can usually be taken care of at the yearly check-up appointment.

Keeping your denture or partial clean is important in order to keep your breath fresh and your mouth healthy.

SILETZ CHILD CARE PROJECT

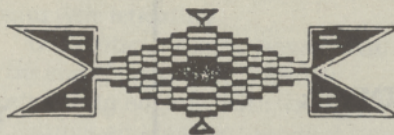
By Amy Wechter

The Siletz Child Care Project is a two year program that is designed to assist families with the cost and acquisition of quality child care. As we near the end of our funding period, it is necessary to inform you of some important changes and dates that will affect you as a participant.

Funding for child care services will end May 31, 1995. This means that no claims for payment will be accepted after that date. Due to budget limitations the following actions are necessary:

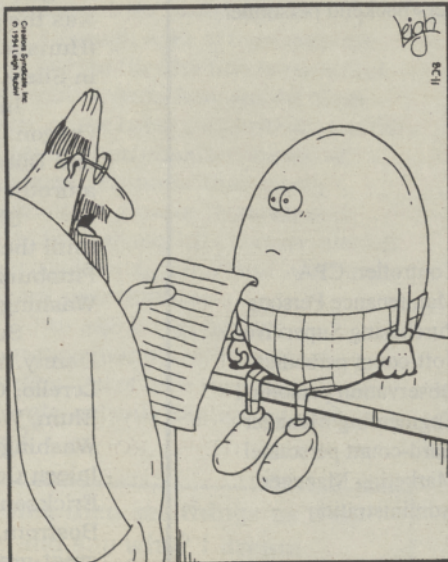
- 1) The SCCP will be unable to accept new clients requesting assistance for child care either on an on going basis or case by case basis. A waiting list will be developed for new clients. Those clients participating in counseling services or parenting classes will be given priority.
- 2) Increased hours will be denied for clients currently receiving regular hours.
- 3) Clients with time approved on a regular basis for respite care, continuing education, or other activities could see a reduction in the number of hours approved. If this action is necessary prior notice will be given.
- 4) All requests received by Tribal Members for assistance with child care to attend training sessions will be referred to the Child Care Assistance Program (CCAP) coordinated by Ardella Parr.
- 5) All requests received by Tribal Members for assistance with child care to participate in high school equivalency programs or post-secondary education courses will also be referred to Ardella Parr.

The Siletz Child Care Project will be seeking sources for continued funding and every effort will be made to continue to serve you with your child care needs. I will keep you informed on the status of funds and other resources to assist you with the cost and acquisition of quality child care.



RUBES®

By Leigh Rubin



"Well, Mr. Dumpty, the results of your tests indicate an abnormally high cholesterol level, but since it appears to be an entirely hereditary condition, there's really nothing you can do about it."

CONTRACT HEALTH SERVICE NEWS.

DEFERRED EYE CARE IS NOW AVAILABLE.

TO RECEIVE EYE GLASSES. WE HAVE MONEY AVAILABLE, FOR ANYONE WHO HAS NOT HAD A PAIR OF GLASSES OR CONTACTS PAID BY CHS IN THE PAST YEAR.

ANYONE WHO LIVES WITHIN 25 MILES OF CHEMAWA IS REQUIRED TO USE THE OPTICAL DEPARTMENT AT THE CLINIC. PLEASE CALL THEM DIRECTLY FOR AN APPOINTMENT.

ALL PERSONS WHO HAVE PRIVATE VISION COVERAGE PLEASE REMEMBER TO SHOW YOUR INSURANCE CARD.

CHS CLERKS: DORENE MASON
RONDA WILLIAMS
BARBARA BENNETT

CHS SUPERVISOR: SHANNON CASE

CHS PHONE #'S

503-444-1236

1-800-628-5720

**PLEASE CALL FOR
APPROVAL NUMBER**