

Annual Rock, Roll 'n' Rumble set for Aug. 22

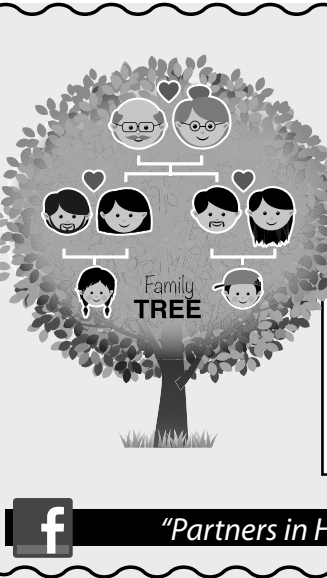
With Covid 19 restrictions, this year's Rock, Roll 'n' Rumble event will be somewhat scaled down from years past. On Aug. 22, KNND and the Coast Fork Kiwanis Club will host a classic car cruise from 6 to 8 p.m., starting at Cottage Grove High School and proceeding down River Road before going through the Main Street historic district and looping back. The entrance fee will be \$10. Dash plaques and

goody bags will be included and a limited number of T-shirts will be available and sold separately. Following the cruise, KNND and Stacy's Covered Bridge restaurant will host an after cruise party featuring the 50s and 60s music by the Men From Surf from 8 to 9:30 p.m. Face coverings and social distancing will be required, and all other public health guidelines will be strictly observed.

Library curbside service available as Community Center remodel begins

This past Monday, Aug. 10, the Cottage Grove Library began its curbside library service. Library patrons can call, email or request material from the library from the online card catalogue at: www.cottagegrove.org/library. The requested items will be gathered and prepared for pickup. When ready, library staff will contact the phone number on the account and schedule a date and time for pickup of the materials. Since July 1, the Cottage Grove Library has also been open for residents to use computers in the mornings. During July, about 13 individuals took advantage of the computer time.

At 9, 10 and 11 a.m., Monday through Friday, the library opens for up to five people to enter the library and use the computers for 30 minutes. Meanwhile, remodeling in the Community Center has begun. The remodeling will include the demolition of walls and create a space for the Genealogical Library where the therapy pool was formerly located. The Senior Center will also be remodeled to make the space more useable and to accommodate the Genealogical Library and Senior and Disability Services. Senior and Disability Services will be moving into the Reception Hall temporarily while the room is being converted.



Delve into YOUR past at our library, located in the Cottage Grove Community Center!
Our library is open Wed - Fri 11:00-4:00


COTTAGE GROVE GENEALOGICAL SOCIETY
700 Gibbs Ave.
P.O. Box 388
Cottage Grove, OR 97424
541-942-9570

"Partners in History"

RiverBend Stroke Center earns 'Gold Plus' award

PeaceHealth Sacred Heart Medical Center at RiverBend has once again received national recognition for its success and commitment to providing excellent care for stroke patients, according to nationally recognized, evidence-based practice guidelines. This year marks the ninth consecutive year the RiverBend stroke team has earned the American Heart Association/American Stroke Association's Get With The Guidelines* — Stroke Gold Plus Quality Achievement Award, and the fourth year of recognition among those listed on the Target: Stroke Honor Roll Elite. RiverBend earned Comprehensive Stroke Center certification from Det Norske Veritas (DNV) GL-Healthcare—the highest level of certification a stroke center can achieve — earlier this year. RiverBend is the only stroke center between Sacramento and Portland. "We are honored to be recognized by these awards and with Comprehensive Stroke Center certification," said Dr. Elaine Skalabrin,

Stroke Medical Director at Sacred Heart at RiverBend. "Our specialists are trained and equipped to treat even the most complex strokes — at any time. To receive the Gold Plus award, Sacred Heart at RiverBend achieved 85 percent or higher adherence to all required achievement measures and achieved 75 percent or higher compliance with all 10 quality measures. These measures include aggressive use of medications aimed at reducing death and disability and improving the lives of stroke patients. To qualify for the Honor Roll Elite designation, RiverBend met specific quality measures developed to reduce the time between the patient's arrival at the hospital and treatment. Each year, nearly 795,000 people in the United States suffer a stroke. Stroke is the fifth-leading cause of death and the leading cause of adult disability in the U.S. In 2019, the stroke team at RiverBend's Comprehensive Stroke Center treated 1,000 strokes in the local and regional area.



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NATIONAL SAVE YOUR SMILE WEEK

Why dental hygiene is essential for overall health

The importance of maintaining clean teeth and healthy gums goes beyond having fresh breath and a white smile. Many people are surprised to discover that oral hygiene plays an integral role in overall health. Research indicates that oral health mirrors the condition of the body as a whole. Also, regular dental visits can alert dentists about overall health and pinpoint if a person is at a risk for chronic disease. An oral health check-up also may be the first indication of a potential health issue not yet evident to a general medical doctor.

Heart disease
According to the Academy of General Dentistry, there is a distinct relationship between periodontal disease and conditions such as heart disease and stroke. Joint teams at the University of Bristol in the United Kingdom and the Royal College of Surgeons in Dublin, Ireland, found that people with bleeding gums from poor dental hygiene could have an increased risk of heart disease. Bacteria from the mouth is able to enter the bloodstream when bleeding gums are present. That bacteria can stick to platelets and subsequently form blood clots. This interrupts the flow of blood to the heart and may trigger a heart attack. Brushing and flossing twice daily and rinsing with mouthwash can remove bacteria and keep gums healthy.

Facial pain
The Office of the Surgeon General says infections of the gums that support the teeth can lead to facial and oral pain. Gingivitis, which is an early stage of gum disease, as well as advanced gum disease, affects more than 75 percent of the American population. Dental decay can lead to its own share of pain. Maintaining a healthy mouth can fend off decay and

infections, thereby preventing pain.

Pancreatic cancer
In 2007, the Harvard School of Public Health reported a link between gum disease and pancreatic cancer. In the ongoing study, 51,000 men were followed and data was collected beginning in 1986. The Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease. The greatest risk for pancreatic cancer among this group was in men with recent tooth loss. However, the study was unable to find links between other types of oral health problems, such as tooth decay, and pancreatic cancer.

Alzheimer's disease
Various health ailments, including poor oral health, have been linked to a greater risk of developing Alzheimer's disease. In 2010, after reviewing 20 years' worth of data, researchers from New York University concluded that there is a link between gum inflammation and Alzheimer's disease. Follow-up studies from researchers at the University of Central Lancashire in the United Kingdom compared brain samples from 10 living patients with Alzheimer's to samples from 10 people who did not have the disease. Data indicated that a bacterium — Porphyromonas gingivalis — was present in the Alzheimer's brain samples but not in the samples from the brains of people who did not have Alzheimer's. P. gingivalis is usually associated with chronic gum disease. As a result of the study, experts think that the bacteria can move via nerves in the roots of teeth that connect directly with the brain or through bleeding gums.



These health conditions are just a sampling of the relationship between oral health and overall health. Additional connections also have been made and continue to be studied. TF16A492

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