



October 2013

Community Connection

University of Nevada

Clark County Cooperative Extension

Healthy Teeth

A lifetime of good dental health needs the right start. Even though baby teeth eventually fall out, good tooth care now sets children up for healthy permanent teeth. If baby teeth are lost or damaged, permanent teeth can be severely affected. Also, children need healthy teeth to chew food easily and to speak properly and clearly. And that smile is worth a million dollars!

The foods we eat play a large role in preventing cavities. Good sources of calcium like low-fat milk,

cheese and yogurt (dairy products) should be included daily.

Vitamin C from citrus fruits and juices, strawberries, tomatoes, peppers, potatoes and cauliflower, is needed for healthy gums. Dark green vegetables, like broccoli, provide calcium and vitamin C. All of these

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foods need to be eaten often. The way we eat is as important as what we eat for cavity prevention. Many small snacks a day mean lots of opportunities

for cavities to develop. Children usually do not brush their teeth after snacks.



This allows food to remain in the teeth for bacteria to feed on. The bacteria produce acids that attack teeth and cause cavities. Brushing often and rinsing the mouth with water can be helpful.

There are some foods that make healthier snacks

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“Treat Shopping” Tips

Halloween is just around the corner so before you go "treat shopping," consider offering treats that are healthier. Sugarless gum, cereal bars, low-fat granola, small packs of animal or peanut butter crackers, or packs of raisins, nuts, or string cheese make tasty, healthy treats. Non-food items such as stickers, pencils, fun erasers, or a dime or a quarter or even a new toothbrush make good, alternative Halloween treats.

Parents of young children should check their trick or treaters' bags for items that could cause choking such as nuts, seeds, popcorn, hard candy, gum drops, jelly beans, coins and balloons. Remember to have your children brush their teeth after eating their



Halloween candy. Sugar, as well as other carbohydrates, does cause tooth decay. ~

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We're on the Web
www.unce.unr.edu
www.unce.unr.edu/blogs/southernarea
www.YouTube.com/UNRextension

Healthy Teeth



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“teeth-wise.” Reduced-fat cheese is a healthy snack that increases the amount of saliva produced in the mouth. The saliva washes away starches and sugars. Raw fruits and vegetables can “scrub” the teeth when eaten. Avoid sticky foods (like candies and even raisins) as these will stick to teeth and cause decay.

Most importantly, make sure your child has a good, soft toothbrush and toothpaste available to use after every meal. Show your child the proper way to brush and inspect their teeth when they have finished. Setting a timer for three minutes per brushing session will help to ensure that the job is being done. Regular visits to the dentist, proper brushing and healthy foods from all five food groups will help your child grow toward a lifetime of dental health.

~ [Susan Lednicky](#), Nutritionist

Preventing falls in your home

One in three Americans over the age of 65 will fall every year. These falls can result in emergency room visits, surgery, hospitalization or disabilities. One serious consequence of falling is a hip fracture. Of the more than 200,000 older adults who experience hip fractures each year, less than half return to full function, 30% of survivors require long-term care and nearly one third results in death. Most often accidental falls are due to hazards that are overlooked, like a spill on the floor, but are easily fixed. Being aware of these environmental risk factors, or making changes, can reduce your risk of having an accidental fall.

How can you reduce your risk at home? Accidental falls are the leading cause of home injury and death for those 65 and older. Check your home for hazards that might cause you to trip, slip or fall. Also, look at entryways to your home. When you spot a safety hazard, correct it as soon as possible. Also keep large print, emergency numbers near each phone. Have a phone near the floor in case you fall and are not able to get up. Consider wearing an alarm device that you can use to call for help or establish a daily “buddy check” system with a neighbor.

Provide Adequate Lighting

Changes in vision occur with aging. Older adults require up to three times more light and their eyes do not adjust as quickly to changes in light conditions, such as those experienced when walking from a brightly

lit room to a darker room.

- ⇒ Keep lights on in the rooms that you are using or walking through; it is not an extravagant expense when you consider this safety technique helps you avoid falling.
- ⇒ Create consistent lighting that is free of shadows and glare. If lights cause glare try frosted bulbs.
- ⇒ Keep outside entrances lighted for when you come home or so you can see visitors at the door.
- ⇒ During the day, open the curtains and shades to let in more sunlight. If glare is a problem, try opening them only partially.
- ⇒ Are your lamps working? Do light bulbs need to be replaced? Is there a working light switch to light a room at each entrance? Consider additional lamps and use a nightlight for dark passageways.

Clear Loose Objects & Clutter from the Floor

- ⇒ Keep things off the floor like magazines, books, shoes, boxes or other objects.
- ⇒ Anything blocking passageways through a room or hallway should be removed.
- ⇒ Furniture placement should be designed to assist with balance.

Check Electrical & Phone Cords

- ⇒ Electrical and phone cords should be set against a wall, or behind furniture, where people can't trip over them.
- ⇒ Watch for vacuum cleaner (or any household electrical item) cords that may get in the way during use. Also watch

for dog leashes, garden hoses or even oxygen tubes!

Remove or Secure Loose Area Rugs

LOOSE RUGS, runners, or mats in all areas of your home SHOULD BE REMOVED. They catch heels and toes and cause many in-home falls. *If you insist upon using rugs*, particularly for the bathroom, check them for slip-resistance. Always secure rugs using double-faced adhesive *carpet tape* or *rubber matting*. Check them often for wear and tear and replace tape or backing when needed.

Watch for Slippery Substances

- ⇒ Be careful in the kitchen, bathroom and laundry area where water might be splashed from a sink or other source.
- ⇒ Floors in these areas should be easy to care for and slip-resistant when wet. Avoid waxing floors and clean up grease, water and other spills immediately.

Safety Proof Your Bedroom & Bathroom

- ⇒ Lamps and/or switches should be near doors and the bed.
- ⇒ Rearrange furniture to create clear passageways.
- ⇒ Use a night light, especially the ones that come on automatically when it gets dark (also consider a flashlight on the bedside table).

Avoid falls in the shower or tub by:

- ⇒ Installing grab bars (*Never substitute with a towel bar!*)
- ⇒ Using shower seats, or transfer benches
- ⇒ Placing non-skid strips or decals in tub or shower

Avoid Kitchen/Garage/Storage/Repair Hazards

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Always pay attention to your surroundings and never be in a hurry as this can cause accidents!

Preventing falls

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⇒ Store cabinet, closet or shelf items that you use often where they are easily reached.

⇒ STANDING ON A CHAIR or some other makeshift stool is DANGEROUS.

Consider buying a stepstool, particularly one with handrails. Make sure the stepstool is fully open and stable before you climb onto it. Tighten

any screws or braces and get rid of stepstools with broken parts. Always wear proper footwear when using stepstools or ladders.

Consider buying a reach extender (grabber), which is a long rod with a gripper on the end that you control with a lever. This may be helpful to reach light/medium weight items.

Do not attempt to do activities you are unsure about, like standing on a ladder

to change a light bulb. Ask for help from a neighbor or friend. Don't risk an injury!

Safeguard Stairs & Steps

⇒ Every day older adults trip on stairs they know well. Both in and outside your home always remember to:

⇒ Use handrails for support. Install handrails at home if you don't have them on both sides and/or fix them if

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Calcium program honored 5 schools & teachers



University of Nevada Cooperative Extension

The "Calcium, It's Not Just Milk" program, presented by the University of Nevada Cooperative Extension, honored five schools and teachers for their ongoing excellence and commitment to the program.

The Calcium, It's Not Just Milk Program is taught to 8th grade health students in the Clark County School District the importance of bone health. Adolescence is the best time for teens to build strong bones. Weak bones break easily and can lead to osteoporosis.

Developing peak bone mass early in life is the best protection against osteoporosis, a

Adolescence is the best time for teens to build strong bones.

disease process that starts in childhood, but people often don't feel or see the results until they are older. The five-day curriculum helps students realize the importance of calcium in their diet to build the strongest bones and teaches them to identify calcium-rich foods from dairy and non-dairy sources as part of an overall healthy lifestyle.



Previously in Nevada, nutrition was a part of the 6th grade science curriculum but when the state changed the nutrition requirement to 8th grade the program curriculum was updated and re-started as a pilot program in 2007. Four of the five schools being honored were part of the pilot program and the fifth school came on board immediately after that. These teachers, with the support of their school administrators, have been instrumental in the success of the program and thus were honored.

The schools received a certificate of appreciation for their dedication and

commitment and the teachers received a plaque for making a difference for our students and their outstanding contributions to the calcium program.

Front row from the left: Scott Goldstein Mack Middle School; Nancy Eichten, Woodbury Middle School

Back Row: Dan Schell, Robison Middle School; Raymond Afleje, Cashman Middle School; Robin Collins, Program Administrator, Calcium, It's Not Just Milk Program; James Barney III, Sedway Middle School. For more information, [email](#) or call Robin at 702-257-5543.



Plan to attend the free, second annual Solarbration Festival on Saturday, October 5, 2013, from 2-7 p.m. at the University of

Nevada Cooperative Extension Lifelong Learning Center located at 8050 Paradise Road. The purpose of this FREE festival is to blend art, technology and outreach to promote renewable energy, inspire conservation, and support sustainable communities.

For more information visit <http://www.cdsn.org/events/solarbration.html> or like the Solar Festival – Las Vegas page on [Facebook](#).

For 17 years, the Desert Green Foundation has brought green industry professionals together to learn, network and share knowledge, skills and new technologies.

This year makes a new partnership with the Las Vegas Springs Preserve. Desert Green XVII is an outstanding, affordable educational opportunity at an award-winning garden that serves as a model for landscape sustainability.

Please plan to join us on November 14-15, 2013, at the Springs Preserve. Register online at www.desert-green.org (additional fees apply). For more information, call 702-454-3057.



Preventing falls

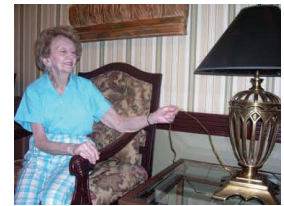
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not secure to the wall.

- ⇒ For all stairs, inside and out, have adequate lighting. At home, light switches, operating flashlights or nearby nightlights should be at the top and bottom of stairways.
- ⇒ Look for objects that might be on stairway. Don't store items on stair steps.
- ⇒ For the more visually impaired, paint the edge of each stair in a color that contrasts with the color of the stairs to help you see where one stair ends and the next one starts.

Outside of the Home Be Cautious of:

- ⇒ Uneven pavement or sidewalks, loose gravel, curb height differences
- ⇒ Being in unfamiliar surroundings
- ⇒ Unexpected spills on the floor, loose objects, slippery flooring or rubber mats



FS-07-24 By Claudia Collins, Ph.D. (Emeritus) and Heidi Petermeier, Program Officer

Cooperative Extension's mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

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