

# Lake Mills Graphic

*Health, Mind & Body*



### Winnebago County Public Health

Whether young or elderly, Winnebago County Public Health offers a wide range of services.

Young families can take advantage of their work with the Healthy Family of America Program, with services geared toward prenatal mothers, up to the child reaching the age of five. This is a free program, paid for by Early Childhood North Central Iowa.

For families of any age and size, public health offers free water testing, pool and tattoo inspections, well capping, septic system inspections and radon education—all geared toward ensuring a healthy living environment under the guidance of a healthy home specialist. Radon test kits are also available.

Seniors and their families need to be aware of the extensive services offered, in hopes that patients will be able to remain in their homes. These services include in-home vaccinations; dental screenings; diabetic and cardiovascular assessments; IV therapy, blood draws; mental health care; lead testing; skin and wound care; and, other services. Director, Jayne Shaffer, RNC, noted that her team works in conjunction with the patients physician to determine the frequency and extent of care needed for home visits.

In addition to the in-home care, Shaffer said that her office also offers regular clinics both in the office and throughout the county such as the monthly foot clinics. One is held every second Thursday at Mills Harbor in Lake Mills and in the Forest City office, the last Wednesday and Thursday of each month. Services are provided by a nurse who will assess the condition of the feet, and cut the nails and consists of a service similar to a pedicure. Call for an appointment to 641-525-4763.

Another clinic offered is cholesterol testing, held in the office in Forest City, the last Thursday of each month. Results are immediate and the information is given to the patient, who in turn can submit the results to the doctor.

An additional service is QuitLine Iowa, with trained Quit Coaches who will help you fend off cravings and offer you a personalized quit plan.

More information can be found at [www.winncoph.org](http://www.winncoph.org), or calling 641-585-4163 or 1-800-749-6235. The office is located at 216 South 4th Street, Forest City.

### Five reasons to take your hearing health seriously in 2016

CONTRIBUTED BY LISA PACKER, staff writer, Healthy Hearing

When is hearing loss not just about hearing?

Although it sounds like the beginning of a riddle, the truth is hearing loss affects you in many ways beyond just having to turn up the volume on the TV or asking someone to repeat something they just said. Hearing loss is connected to your overall health and well-being in ways you might not realize.

Hearing loss is a hidden disability; while not obvious to the outside observer, it often manifests itself in myriad psychological, emotional and physical health problems. And since hearing loss is usually gradual and progressive, worsening over time, it tends to be minimized or ignored by those who have it. Unfortunately, the average time that elapses prior to seeking treatment is seven to ten years.

These top five health risks associated with hearing loss are important reasons to take your hearing health seriously in 2016:

#### 1. Mental health

To begin with, many individuals with untreated hearing loss experience feelings of embarrassment and frustration. A person who can't hear well might stop going to parties, socializing with friends or participating in hobbies or activities that they used to enjoy. That social isolation can then lead to feelings of loneliness and depression.

But loneliness and depression aren't the only psychological or emotional issues to result from hearing loss. Irritability and anger are common, resulting from the inability to hear what others are saying. Fatigue is common as well; it can be exhausting trying to keep up with conversation if you can't hear a good portion of what is being said. The bottom line is the numerous emotional and psychological issues associated with untreated hearing loss can lead to compromised emotional health. But it doesn't stop there; poor emotional health resulting from untreated hearing loss can lead to stress, which can then lead to a decline in physical health.

#### 2. Heart conditions

The vestibular system and the cardiovascular system are inexorably linked. As such, hearing loss has been linked to an increased risk of conditions such as heart disease.

According to Charles E. Bishop, AuD, an assistant professor in the University of Mississippi Medical Center's Department of Otolaryngology and Communicative Sciences, the ear is actually a window to the heart. A healthy cardiovascular system means that there is adequate blood flow to the blood vessels of the inner ears; conversely, a poorly functioning cardiovascular system reduces blood flow to the inner ear, causing trauma to the blood

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From Page 2

vessels and leading to hearing loss.

So experts such as Bishop have established that cardiovascular issues can lead to hearing loss, can hearing loss lead to cardiovascular issues? Well, indirectly, the answer is yes. Indisputably, hearing loss causes stress. Stress leads to a process in the body known as vasoconstriction, or reduced blood flow and oxygen to vital organs including the heart. In addition, stress increases heart rate, damages blood vessels and raises blood pressure, all of which increase the risk of cardiovascular disease.

### 3. Cognitive decline

A recent study out of the University of Colorado looked at the link between hearing loss and cognitive decline, specifically dementia and Alzheimer's disease. The researchers found in individuals with hearing loss, the brain's ability to process sound is significantly compromised. That decline in ability to process sound then results in a reduced ability to understand speech. Even with mild hearing loss, the hearing areas of the brain atrophy, or become weaker. What happens next is the stronger areas of the brain, already necessary for higher level thinking, step in to compensate for the weaker areas. When these stronger areas of the brain are otherwise occupied, they are unavailable to do their primary job.

Hearing loss must be taken seriously, especially when it comes to dementia, because the brain begins to re-organize itself from the earliest stages of hearing loss. Knowing this, the solution could be as simple as early hearing loss screening programs for adults. Getting ahead of the decline through early intervention with hearing aids could prevent long term cognitive issues down the road.

### 4. Personal safety

It is difficult enough to hear approaching cars, the beeps of a truck in reverse or the shouts of pedestrians and cyclists among the sounds of urban life. Add in hearing loss and you are engaging in risk every time you leave the house. It is vital to be able to hear what is going on around you when you are on the streets, whether as a driver, cyclist or pedestrian. Diminished hearing loss causes danger not only for you, but for those around you.

And what about in the home? Imagine the danger involved in being unable to hear the smoke alarm, or even a weather alert from the television telling you to take shelter. Unfortunately the high pitch of many alerting sounds makes them inaudible to those with hearing loss. In addition, someone with untreated hearing loss might inadvertently compromise the safety of someone else if they are unable to hear a cry for help.

### 5. Maintaining balance

Falls are the leading cause of death among the elderly, especially for those over the age of 65. Now, a recent study out of Johns Hopkins has determined that that even a mild hearing loss triples the risk of an accidental fall among the elderly. Although experts differ on the exact link between an increased risk of falls among those with hearing loss, one aspect is not debatable: that the hearing system is necessary to deliver the cues needed to walk safely. Whether falls result from too much brain capacity being used for hearing, leaving not enough energy left over for balance and walking safely, or whether hearing loss and a compromised vestibular system interferes with spatial awareness, the result is the same: a potentially dangerous fall.

Make 2016 the year to take care of your hearing and your health. Your body, and your mind, will thank you for it.

# The Importance of Exercise in Senior's Lives

BY PAM LAIR, LMFFC board member

Whatever our age group is referred to—Baby Boomers, Senior Citizens, Retirees—what matters in life is how we feel and think, not just our age. Most research indicates the key to feeling better, enjoying a longer lifespan and having reduced risk of chronic disease lies in physical movement; i.e. physical exercise. I know this personally as I am in my late 60s and have had three major physical issues in five years; reconstructive surgeries of my right shoulder and right foot and a herniated disc, have affected my physical strength, stamina and flexibility.

Many in my age group find physical activity is hard. It's hard to start, hard to do, and hard to keep going. Yet we all know the pluses—increased energy, more strength, better thought processing, the ability to say "yes" to things we want to do, less risks of major falls and injuries and a sense of well-being.

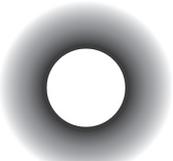
I have lived in major cities and my travels have taken me to many cities where I have used mega fitness centers. Lake Mills should be extremely proud to have a facility such as the Lake Mills Family Fitness Center. I became involved six years ago when I moved to this area; first as a staff member and then a board member. I am passionate about the importance of people including exercise in their lives.

It's great to see people of all ages who go to the fitness center to walk. For only a \$35 a year membership investment, they are increasing their cardio health in a safe, controlled environment. Others join with a full membership (which by the way is only \$16/month) and use the cardio, free weights and weight resistance equipment. It's an excellent bargain for their long term health.

This past year a Cybex ARC machine was added to the cardio room that is especially designed for those who have hip, knee, or back issues as it is easier on the joints, designed for natural movement, and also elevates heart rates. There are recumbent bikes, lighter weights, and other small equipment to help improve balance. When my shoulder was reconstructed the medical experts predicted I would have "functional" use of my right arm "at my age." Those are words that cause me to shudder. The fitness center had all the equipment I needed to not only continue after my physical therapy sessions ended, but also to work out the tightness to allow me to return to normal full function.

Consider how you feel. Is this year the time to make changes? Take control of your health. You will be glad you did.

My motto is always . . . doing something is better than doing nothing. Consider improving the quality of your life. If you are interested but are unfamiliar with how to start an exercise program or how to use the equipment, any board member would be happy to meet with you and help you get started.



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# Good Samaritan offers many amenities for residents

“A nursing home is something you might think you won’t ever need,” said Barb DeVries, Director of Marketing and Resource Development at Good Samaritan Society–Forest City. “But when you do, it’s nice to have options. Whether you are here for outpatient therapy, a short-term rehab stay or are making your home with us, our goal is to help each person live their life to the fullest.”

DeVries noted that 45 percent of their admissions return home after receiving therapy. Other community members are able to remain in their own homes longer by utilizing outpatient therapy to become stronger and regain lost abilities. Many people don’t realize that they are able to choose where to receive therapy and what a difference it can make to have the expertise and encouragement from your therapists—people who listen to your wants, needs and even fears—and help you reach your fullest potential.

For residents making their home at Good Samaritan Society–Forest City, the 56-bed facility offers many amenities, such as the Seventh Street Diner, a spa-like whirlpool with a TV and towel warmer, and a wide variety of activity offerings. Gjellefald Manor provides memory care to those who require a therapeutic environment, along with staff who are specially trained to understand the unique needs of a person with Alzheimer’s disease or other form of dementia.

A “Care and Share” support group meets at 3:15 p.m. on the third Wednesday of each month and is open to anyone caring for or about someone with health care needs. Being able to share feelings and concerns is helpful and guest speakers provide education and insight into various health issues.

Good Samaritan now offers *A Matter of Balance* classes that focus on reducing the fear of falling, increasing activity levels and confidence, offering practice suggestions to prevent falls, and learning simple exercises that help strengthen muscles and improve balance. April Gambell, a registered nurse and nurse manager, is a certified master trainer for *A Matter of Balance* classes. “We want to be here when you need help,” April says, “but we also want to help you not need us.” Classes are free to all participants. If you have a group or organization that would like to host a future *A Matter of Balance* class, please call April Gambell or Barb DeVries at 641-585-2232.

Good Samaritan Society–Forest City believes in treating the whole person: body, mind and spirit; so that each person feels loved and valued. Residents and staff share stories, laughter, prayers and hugs. Find out more on their website at [good-sam.com/forestcity](http://good-sam.com/forestcity) or stop by for a visit to find out more about their community.



# Need help with Medicare expenses?

The State of Iowa offers the QMB and SLMB programs to help pay for certain Medicare related expenses. For example, both QMB and SLMB pay your Medicare Part B premium. The payment of the Medicare premium is a major cost savings for many retirees. This premium is ordinarily deducted directly from your social security. It is one of those expenses that you never really see, and so don’t often think about—kind of like the money an employer withholds from a paycheck. You pay this premium in order to receive Medicare Part B healthcare benefits, which pay, among other things, 80 percent of the cost to visit your doctor’s office.

To be eligible for QMB and SLMB, you must receive Medicare and meet certain income and resource guidelines. The resource guidelines are the same for both QMB and SLMB. As of March 2015, you can have resources of up to \$7,280 for an individual and \$10,930 for a couple. Resources include any cash, savings, investments, extra vehicles, real estate other than your home and various other kinds of property. Resources do not include your home, one car and household possessions. Some burial funds or set asides are also not included.

While the resource guidelines for QMB and SLMB are the same, the income guidelines are different:

For the Qualified Medicare Beneficiary (QMB) program, the maximum monthly income in 2015 is \$1,001 for one person or \$1,348 for a couple. Income includes Social Security benefits, pensions, wages and interest. As explained above, the QMB program pays the monthly Medicare Part B premium. It also pays the hospital deductible, daily coinsurance for extended hospitalizations and skilled nursing care, the Part B deductible and the 20 percent coinsurance for Part B expenses. Thus, the QMB program generally pays all of the expenses that a Medicare Supplement insurance policy would pay, plus the Medicare Part B premium.

For the Specified Low-income Medicare Beneficiary (SLMB) and Expanded SLMB (E-SLMB) programs, the maximum monthly income is \$1,197 for one person and \$1,613 for a couple. These programs pay only the monthly Part B premium, a major cost saving for many retirees and others on Medicare.

Other programs are also available, Qualifying Individual (QI) for Part B premiums only. Maximum monthly income for one person is \$1345 and \$1813 for a couple.

There is also Qualified Disabled and Working Individuals (QDWI) which has maximum monthly income limits of \$4,009 for one person and \$5,395 for a couple.

For more information on Medicare Savings Programs contact Elderbridge Agency on Aging at [www.elderbridge.org](http://www.elderbridge.org), or by calling 800-243-0678. You may also contact LifeLong Links at [www.lifelonglinks.org](http://www.lifelonglinks.org), or by calling 866-468-7887.



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## Lake Mills Family Fitness Center grows in popularity and equipment

Pam Lair, board member for Lake Mills Family Fitness Center, (LMFFC) has stated that membership at the center has shown 70 percent growth over the past two years.

“That’s exciting that more people are using the facility and improving their health in different ways,” said Lair. “There’s a lot of activities on top of general use.”

Becky Peters, LMFFC office manager, believes that is, at least in part, due to the center’s addition of four new classes/groups using the facility, and to the six new pieces of equipment they have acquired.

“The new classes and groups are Boot Camps (Mondays, Wednesdays, Fridays); Dance Fitness (Mondays); Parks n ‘Rec Tumbling (Mondays after school); and Cammi’s Dance Studio,” replied Peters.

The six new pieces of Cybex equipment recently acquired, include: the ARC, a low impact, cross trainer; a hip machine; back extension machine; a recumbent bike; one new treadmill, and a Tri-tower multi-three piece.

Continued on page 6



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“The busiest hours probably are from 3:30-6:30 p.m. (after school and when businesses let out) and, the second busiest time—probably 2-4 a.m.,” said Peters. “The fitness center is open 24/7 and members have their own key fob.”

Also at the Fitness Center, there is a walking track, a basketball court, cardio room and weight room (separated by an open doorway) and a dance corner with mirrors and bars which can be curtained off for privacy. There are also a women’s and a men’s bathroom, as well as two separate showers—one which is handicapped accessible.

Located in the cardio room are three treadmills, two ellipticals, the ARC trainer, two recumbent bikes, one Airdyne bike, and a stairstepper. In the weight room there are a lot of free weights, squat racks, weight resistance machines, kettle bells, ropes, weighted rods and exercise balls. The LMFFC offers two memberships: either walking, or walking with cardio and weight room access. A walking membership is \$35 a year, and the other is \$192 total, which they encourage members to use the ACH withdrawal from their checking accounts for \$16 a month.

For more information or a tour of the facility, call Becky Peters at Citizen’s Community Credit Union, 641-592-0900, email [lmfitness@wctatel.net](mailto:lmfitness@wctatel.net), or leave a message on Facebook.

## Get fit and stay fit at LMPT

Getting fit, and staying fit and active are two priorities for Brian Budach, and the staff at Lake Mills Physical Therapy, and he wants people to know that they may be missing the boat on a way to help themselves in those areas—direct access physical therapy.

“It is not well known, but Iowa is a direct access state for physical therapy,” he said, noting that this means individuals can seek the advice and assistance of a professional physical therapist without the order of a physician. He noted that most insurance, save for Medicare and Medicaid, are partners in this approach.

Budach said that the ability to go directly to a physical therapist to treat aches and pains has several benefits for the patients.

“It allows quicker access to therapy—meaning typically a shorter recovery time—and it also usually proves to be less costly for the health care system,” he said.

He noted that the direct access availability is ideal for athletes, weekend warriors, or those starting an exercise program—even if that exercise is merely a walking program or doing yard work.

“Direct access is a great tool for getting these people in quicker, and the faster access we have to an injury, the more efficiently it heals and the less they need to be seen,” he said.

While encouraging more people to take advantage of direct access, Budach is aware that not all injuries are candidates for physical therapy—at least not initially.

“We are highly trained in screening procedures,” he noted. “If the individual is not a candidate for therapy, I will send them to their doctor or specialist, as appropriate.” He said the initial screening is a “pretty



smooth process.” They perform free injury screens for people who have tweaked themselves and need to know their next steps, whether that be rest, therapy or a visit to their doctor.

“Not every ankle sprain needs an x-ray,” he stressed, pointing out the advanced screening procedures in place.

He stated that the best candidates for therapy, are typically those who realize they hurt themselves, whether it be golfing, raking leaves, or falling over a curb. “You never know what life will bring your way.” The individuals that tend to be referred on are those who are unsure what may be causing their pain. “There are certain symptoms we look for ‘red flags’ that we refer to the medical doctor.

He noted that many of the injuries they see are caused by muscle imbalances, that people do not realize they have. “We can screen them and fix them up so they can continue their program.

The goal is to allow individuals to lead healthier, and more active lifestyles, while minimizing the cost and impact on the health care system.

“We advocate for people to get healthier and be more active,” he said. “That does not mean necessarily working out, but doing yard work or walking.” He concluded, “As a society, we are too sedentary. We are here for people to stay active and fit.”



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# Health activities for the mind and body

The staff at the Lake Mills Care Center and Mills Harbour strive to individualize activities to meet the neighbors and tenants preferences. An individualized, well thought out activities program is at the heart of a quality life for the residents and assisted living tenants.

Activities are not just about bingo and watching television. In fact, their activity programs can be quite creative and stimulating for the mind and body. The health and well-being benefits of a good program are well documented. Lake Mills Care Center and Mills Harbour staff encourage residents and tenants to explore from a variety of options, including: Art Therapy, Music Therapy, Pet Therapy, Massage Therapy, Music Programs, Group Exercises and much more.

Social activities provide many benefits to people of all ages. As children, the more socially active we are, the more likely we are to form solid friendships as we grow to understand and value the importance of interaction. Throughout adulthood, if we are able to successfully maintain a healthy balance between work, home life and social activities, we are more likely to enjoy an overall sense of happiness and fulfillment.

Participation in social activities during our older adult and senior years is important, so that we may maintain our connection to other people. When your social interaction

is confined to the same people day in and day out, your brain does not receive the diverse social stimulation it needs to maintain its health. Seniors who enable themselves to experience new challenges, have the chance to succeed at their chosen activities.

By discovering new talents and realizing their true potentials, seniors are able to build confidence, establish control in their lives, and achieve their personal goals. Staff strive to come up with fresh material to put seniors' minds to enjoyable work, such as discovering the fun in clicking a mouse at the computer, tossing a bean bag, or interacting with someone they've never met before. Social activities give seniors the enjoyment they need, and simultaneously feed their brains with the essential nutrients required to keep sharp.

We all have a need to feel as though we belong. Studies show there are significant health benefits for those who are socially active and involved in activities.

Neighbors, tenants, and staff members of Lake Mills Care Center and Mills Harbour Independent and Assisted Living enjoy community involvement in their activities. They want their visitors and friends to feel comfortable joining in the fun and the community is always welcome. So take a few moments and visit them today.

# Tiny houses for seniors

You say you're making plans to downsize? You're retired, or getting ready to retire and want to "un-nest?"

Are you willing to really downsize? Say to the point of joining "Tiny House Nation?"

According to home owner surveys from 2015, 40 percent of tiny house owners are over the age of 50. Tiny houses or micro homes average from 100 to 400 square feet and have to be less than 1000 square feet to be officially recognized as "tiny."

The cost of a tiny house is one of the main benefits seniors can enjoy, roughly 10 percent of the price for the average home in the United States. Bought and paid for at around \$23,000 versus the average standard size home (2500 square feet) going for \$272,000, plus mortgage interest. Nearly seven of 10 tiny house owners are mortgage free compared with less than 30 percent for all homeowners in the U.S.

Besides the cost-cutter, turn-key price for a tiny home start-up there are other positives seniors should consider:

- Tiny houses are mobile, often built on wheels to easily re-locate.
  - If they are mobile, they may not be eligible for property taxes.
  - Less home maintenance costs.
  - Less heating and cooling costs. Electric AC and heat are the most popular. Other methods to keep your small space toasty are propane, kerosene and wood burning stoves. If you go electric, tiny houses consume less than 10 percent of the kilowatts of an averaged sized home.
  - Less room for accumulating "stuff" (aka junk)
- And of course—no room for extended

stays by annoying relatives.

Okay, most of the time we enjoy the company of our family, but there's always that excuse if it's really needed.

Another positive Iowa seniors should also take note of, the majority of tiny homes are located in rural or small town settings where zoning regulations are often less stringent and more accommodating to alternative forms of housing.

However, the tiny house movement isn't for everyone. Of course there are downsides.

- Lack of room for your "stuff" (aka priceless possessions)

- Limited room for food storage and refrigeration space, going to the store more often to buy groceries.

- Having to use the laundromat for the first time since moving out of Mom and Dad's in the 50s, 60s, 70s or 80s (depending on age or failure to launch). Few tiny houses have space for a washer and dryer.

- Small bathroom facilities. Cramped showers, sink and toilet where water and waste disposal relies on either septic, incinerator, composting or a holding tank that has to be pumped out every so often.

- Grandkids, who live in a "McMansion," think it's a playhouse. But they'll still love to visit and the close quarters will only further the bonding between generations.

For more information on tiny houses for seniors, visit these links:

<http://www.aarp.org/livable-communities/housing/info-2015/tiny-houses-are-becoming-a-big-deal.html>

<http://www.thetinyhouse.net/tiny-house-retirement/>

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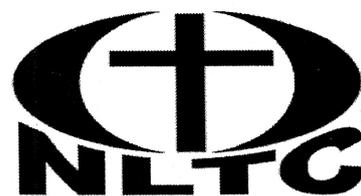
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# Seven mistakes parents make with their kids' teeth

You know regular brushing, a healthy diet and dental visits are some of the best ways to prevent cavities, yet experts say many parents are falling short when it comes to oral hygiene.

In fact, 42 percent of children ages two to 11 have had cavities in their baby teeth. And 21 percent of children ages six to 11 have had them in their permanent teeth, according to the Centers for Disease Control and Prevention (CDC).

Here, find out the biggest mistakes dentists say parents are making and learn what you can do to keep your children's teeth healthy throughout their lifetime.

## 1. Letting kids brush alone

Since most children don't have the motor skills to brush effectively until they're eight years old, parents need to supervise brushing and check to make sure every surface of each tooth is clean.

"It's not that they don't want to do a good job, they're just not physically capable yet," said Dr. Edward H. Moody, Jr., president of the American Academy of Pediatric Dentistry.

## 2. Putting baby to bed with a bottle

It's the easiest way to cause tooth decay, yet parents are still doing it, experts say. In fact, according to a survey by the American Academy of Pediatric Dentistry, 85 percent of parents said it wasn't a good idea to put their babies to bed with a bottle of milk or juice, yet 20 percent did it anyway.

Whether it's a bottle at bedtime or a sippy cup all day long, the habit keeps the sugar and bacteria levels in the mouth elevated all the time, Moody said. If your baby wakes up at night for a bottle or to nurse, wipe out her mouth with gauze or a soft cloth or brush if she has teeth.

"If you start early on, it becomes part of the normal routine," he said.

## 3. Making the first dentist appointment too late

Experts say it's common to see children 2 or 3 years-old who need to go under general anesthesia to treat cavities and infections. One of the explanations for this is that parents aren't bringing their babies to the dentist early enough.

The first trip should either be when the first tooth erupts or by your baby's first birthday. Dental visits every six months from the get-go will also help your child feel comfortable—and even excited—to go every time.

## 4. Offering "healthy" foods

Bananas, raisins, and whole-grain crackers seem like healthy fare, but foods that are sticky and have concentrated sugars like these, will sit in the grooves of the teeth and create cavities. Instead of nixing them entirely, eat them with meals—when there's more saliva—and always brush afterwards, said Dr. Joseph Banker, founder of Creative Dental Care in Westfield, N.J.

## 5. Thinking cavities are no big deal

You might think treating a cavity is an easy fix, but cavities can affect your child throughout his lifetime. For starters, healthy baby teeth are necessary to maintain space for adult teeth. They help guide the jaw so it can grow.

Plus, if a cavity becomes infected, it can affect the development of the adult teeth and if there's an abscess, the child will likely need sedation to treat it, Banker said. Cavities at an early age, especially if they're not treated, can also lead to problems with speech articulation, poor sleep, and even low self-esteem and school performance.

## 6. Not using fluoride

Last year, the American Dental Association revised its recommendations and now suggests children age two and under, use fluoride toothpaste, too. Although fluoride is controversial, experts agree that the research is clear: it's one of the best ways to prevent cavities.

The appropriate dose, however, is key. For children three years old and younger, use the equivalent of a grain of rice, and for children three to six years old, a pea-sized amount is enough. Nevertheless, if you're concerned about your child's exposure to fluoride in the water and toothpaste, talk to your dentist.

## 7. Loading up on sports drinks

A common cause of tooth decay in older kids is sipping on sports drinks and soda at lunch, at games and at home. By bathing their teeth in acid all day, there's no opportunity for the PH to re-balance, Banker said. If you can't persuade your child to completely nix it from his diet, encourage him to limit the amount, then drink it and be done with it.

*Julie Revelant is a health journalist and a consultant who provides content marketing and copywriting services for the healthcare industry. She's also a mom of two. Learn more about Julie at [revelantwriting.com](http://revelantwriting.com).*

# Forest Plaza Assisted Living

If you're having more and more difficulty with everyday activities, an assisted living facility may be the answer. You can get the daily support you need, while remaining as independent as possible. Making the decision to leave your home can be difficult for you and your family, but you can make the transition easier by taking time to find the right fit and being honest about your needs and concerns.

Assisted living is a residential option for seniors who want or need help with some of the activities of daily living—things like cooking meals, getting to the bathroom in the middle of the night, keeping house, and traveling to appointments.

An assisted living facility may be a good choice if you need more personal care services than you can get at home or an independent living retirement community, but you don't need the round-the-clock medical care and supervision of a nursing home.

Assisted living facilities offer the safety and security of 24-hour support and access to care. Day or night, help is only a phone call away. However, privacy and independence are encouraged. A good facility will develop a personalized plan that meets your needs and accommodates your disabilities, while giving you the freedom to do what you can for yourself.

At Forest Plaza Assisted Living, a country setting welcomes residents, while only being a few minutes from downtown. The caring and highly-trained staff will make sure you receive the personal attention you want and need, whether it's management of your medication, or help with bathing and dressing, the staff will be there with a smile to help start each day.

Each resident at Forest Plaza has their choice of an apartment and services. The apartments are available for rent on a month-to-month basis, with no "buy-in" fees or leases. The monthly rent includes a full range of amenities. All apartments include large bathrooms, kitchenettes, individual climate controls, cable television, and utilities (except telephone).

Assisted living services at Forest Plaza include: 24-hour nursing availability; ongoing health and wellness program; personal emergency response system; housekeeping services; three nutritious meals daily; diabetes management; social and activity programs; barber/beauty salon; complimentary laundry facilities; reading room, TV lounges, coffee bars; patio and courtyard with seating; and onsite, independently-operated medical clinic, pharmacy, and rehabilitation services.

In addition to basic services, residents may choose from a variety of personal services according to individual needs and preferences. A service plan is created with family, staff and the resident's input. Residents only pay for services they want. They can have as little, or as much, assistance as they wish.



## Forest Plaza Assisted Living

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*For additional information, contact:*

**Rick Burke, Manager**

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