

# Happy July 2017 Salem Seniors

Join us for our Annual Salem Seniors Picnic hosted by Salem Volunteer Fire Company July 11, 2017 at 10:30 am at Witch Meadow Campground Pavilion 10:30 am at the Witch Meadow Campground Pavilion.

Healthy Aging: Empowering older adults to live healthier. Please visit The National Council on Aging at [www.ncoa.org](http://www.ncoa.org) click on the “Healthy Aging” tab for information about; Navigating Longer Lives: The Basics of Aging Mastery, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, Falls Prevention and so much more available on this website.

## Reminder:

**United Way Mobile Food Pantry; 1st Wednesday of the month 5pm @ the back of Salem School.**

**For more Senior Services**

**[www.211.ct.org](http://www.211.ct.org)**

**Dial 2-1-1**



Check our NIA on Twitter (for exercise tips and alzheimer's and dementia news), and on Facebook for more health information for older adults.

# ORAL HEALTH

Help your Community Smile: Start or Enhance an Oral Health Program for Older Adults

- 1. A new website on helping communities to promote the oral health of older adults has been launched by the U.S. Department of Health and Human Services (HHS), Administration for Community Living (ACL), and Office on Women's Health (OWH). This website includes a searchable database of nearly 200 community-based oral health programs, as well as an Oral Health Guide designed to help local organizations start or enhance their own programs. See below for information!**

There are often large gaps in availability and accessibility of services for older adults for maintaining good oral health and getting regular check-ups, and this new resource aims to close those gaps and assist communities, governments, and other organizations in improving access to high quality oral health care for older adults.

This website aims to help communities, governments, nonprofit organizations, foundations, and private businesses start or enhance community-based oral health programs for older adults.

With two main components—a searchable database of community-based oral health programs and The Community Guide to Adult Oral Health Program Implementation (Oral Health Guide): <https://oralhealth.acl.gov/oral-health-guide> this website offers access to essential tools for planning, designing, and implementing a new program or replicating or expanding an existing program.

If you are an individual seeking oral health care, please visit the ToothWisdom website: <http://www.toothwisdom.org/care> for help finding oral health care across the United States.

[Click here](https://oralhealth.acl.gov/) to view the website: <https://oralhealth.acl.gov/>