

Cavities are not just for kids

Everyone knows the importance of caring for our children's teeth, but what about older adults? Too often we assume the need for regular dental care diminishes as we age, but nothing could be further from the truth. Senior citizens often face serious and complicated dental needs, frequently caused or exacerbated by other existing health conditions or the medications used to treat them.

Some common dental problems that senior citizens face include:

Xerostomia: A big word for a common problem, dry mouth. A frequent side effect of many common medications is a reduction in saliva flow. The more medications being taken, the more likely you are to have some degree of dry mouth. Saliva plays an important role in neutralizing acids produced by bacteria in our mouths and in the foods we eat. Dry mouth can be very uncomfortable by itself, but it also puts you at increased risk for more serious dental issues, like decay or opportunistic oral infections.

Tooth decay: Cavities, they're not just for kids! Older adults are at higher risk for tooth decay than children. This can be due to medications or health conditions that can cause dry mouth, a lifetime of existing dental work that may be

wearing out, or changes in manual dexterity that may make brushing and flossing more difficult.

Root decay: As we age our gums may recede, exposing the root surfaces of teeth. The root surfaces of teeth lack the protective covering of enamel and are at increased risk of decay. Decay on the root of a tooth will progress faster than on enamel and treatment is often more complicated. Root surface decay can lead to the loss of the tooth.

Periodontal disease: Another big word for another common problem, gum disease. This is an inflammatory disease that can have serious consequences to your overall health. Untreated periodontal disease can make it much more difficult to manage blood sugar in diabetic patients, increase the risk of contracting pneumonia and of developing coronary artery disease. Periodontal disease affects the bone and supporting structures of the teeth and is the number one cause of tooth loss in adults. Periodontal disease is a chronic condition and must be managed throughout life.

Dentures: Even if you no longer have teeth, you still need to see a dentist for

Getting On and Beyond

By Liz Reed

regular check-ups with your dentures. Bone levels in your mouth will continue to change over the course of your life and the fit of your dentures will also change. Dentures will need to be

adjusted and relined every few years to keep them fitting properly. Ill fitting dentures can produce sores on your gums and can make eating painful and difficult. Dentures also increase the risk of developing an oral infection, such as thrush.

Implants: But what if I have implants, do I still need to see the dentist? Absolutely! Implants are becoming more popular as a replacement for individual teeth and to anchor dentures. While implants are immune to decay, they are not without problems. Implants can develop an infection in the surrounding bone called peri-implantitis, very similar to periodontal disease, that can cause loss of the implant. The best way to help keep your implants healthy is to have them regularly cleaned and checked by a dentist or hygienist.

While age is not the dominant or sole factor in oral health, it's important to remember that dental health is important to your overall health at any stage of

life. If you're a senior citizen on a fixed or limited income and cannot afford dental care, there is assistance available. There are several clinics in the area that offer sliding fee discounts based on income, Health and Human Services can also help put you in contact with charitable organizations that can help pay for dental services and finally Colorado has several dental schools that can provide dental care at greatly reduced costs.

River Valley Family Health Centers

Delta: 970-874-8981

Montrose: 970-497-3333

Olathe: 970-323-6141

Other Resources:

Marillac Clinic, Grand Junction

970-298-6320

Uncompahgre Medical Center,

Norwood: 970-327-0527

CU School of Dental Medicine, Aurora:

303-724-2273

Colorado Northwestern Community College, Rangely: 970-675-3250 (hygiene care)

Liz Reed is a Registered Dental Hygienist for River Valley Family Health Center.

From a former club kid

This week's article lets me touch base with another former club member which I have noted has come to be my favorite type of article since starting this series. I love to see how former club kids grew up and how the club impacted their future.



Boys & Girls Club

By Bud Taylor

Karrin Rizzuto started attending the Black Canyon Boys & Girls Club (BCBGC) as a club kid when she was 10, in 2000. When she was 15, she became a club volunteer before moving on to a junior staff position until she was 18 in 2008. She attended the Olathe club unit. The Olathe unit at this time was initially housed at the Olathe Middle School before moving to a building by the downtown park and then to a trailer next to Colorow Care Center. When asked about one of her fondest memories of her time at club she recalled: "we had a girl's group and Candy Baxter was the leader. When it was time for girl's group, she would blast the song 'This One's for the Girls' by Martina McBride down the hall and we had to be to the group before the song was over." She noted the value she sees in the BCBGC as there is not a lot to do in a small town and it gave the kids something fun to do after school where they could hang out with friends in a safe environment and gain experience about being responsible.

Karrin's sister was also a BCBGC member. She stated she keeps in contact with a few different former kids and staff from club, including local magician, Ty Gallenbeck. Karrin even worked for him part-time at one point as a magician's assistant. Although her magic days are behind her, Karrin works wonders in other ways by having one of the toughest jobs as a stay-at-home mom and wife with a step-daughter and two kids of her own. She also has a CNA license and is skilled in massage therapy. With her kids in mind, I asked if she would ever think about sending them to a Boys & Girls Club. She replied

that she would definitely tour the facility first but thinks it would be valuable to have something for them to do without the aid of a cell phone or TV.

Karrin no longer lives in the immediate area, moving to Grand Junction after her time at club in 2008. In her limited spare time, she likes to go camping with her family. If she had one piece of advice for the BCBGC kids of today she noted: "never be afraid to express yourself. Always do what makes you happy. You are the most beautiful when you're happy." Thank you Karrin for letting me interview you for this article series and to learn more about your personal experience at the BCBGC.

On a final parting note, the BCBGC is doing a donor drive through December 31, 2019. Anyone who becomes a monthly donor, for any monthly amount, during that time will be entered into a drawing to win two VIP tickets to the Montrose Wine & Food Festival (valued at \$200). The winner will be chosen and announced on March 1, 2020 (existing monthly donors will be automatically entered to win).

As an added bonus, any amount you donate to the BCBGC will be eligible for a Child Care Tax Credit on your Colorado state taxes (so if you donate \$15 a month, totaling \$180 for the year, you would be eligible to receive \$90 back on your taxes). You can sign up to become a monthly donor today at <http://coloradogives.org/BlackCanyonBoysGirlsClub>. For more information on the Montrose Wine & Food Festival, please visit www.montrosewinefestival.com. For more information on the Colorado Child Care Tax Credit, visit <https://www.coloradokidstaxcredit.org/>.

Bud Taylor is the Executive Director for the Black Canyon Boys & Girls Club (BCBGC) and had been for the past three years. Prior to that, he was a BCBGC kid, junior staff member, and board director. Feel free to contact Bud Taylor by email at btaylor@bcbgc.org or visit the Club's website for more information, www.bcbgc.org.

Recalling fun times

Second Chance Pet Column

By Kelly Goodin

Most dog parents will agree that their dog's behavior they get most frustrating with is an unreliable recall (recall as in coming when called, not to be confused with a "product recall"). As one of the tenets of this Second Chance Pet Column is supporting life-long pet-person bonds, I offer you some sage advice on improving your dog's recall, and thus your relationship with your dog.

I'll begin with a reminder that another tenet of the Pet Column is that the foundation of any humane and effective training approach should be positive reinforcement rather than punishment. Also, anything you try to teach a new learner strengthens in direct proportion to how many times it is rewarded. And, every time the new learner does the behavior without the reward attached, the behavior weakens.

Does this mean that you have to reward your pet for every single behavior? Only when initially teaching the behavior. After the behavior is well trained, using intermittent reward can maintain its effectiveness. Also of relevance, if the training isn't fun for dogs or lacks a "pay-off" your efforts act to extinguish a behavior rather than reinforce it

"Drilling" on a particular behavior, repeating it over and over without reward, can actually be detrimental to the training process (and at minimum hamper enthusiasm). Would you repeat an action over and over again (repeatedly sitting on the floor and getting up) in the absence of intrinsic or



My name is Radar. And no it is not because of my radarish, ginourmously adorable ears. It is because of my humongous radar heart that can ultrasonically identify good hearted people from long distances. I am a 2.5 year-young Shepherd mix with golden fuzzy hair. I would make a great family member for an active person or family. I love to play fetch but I can also entertain myself with toys when you need a rest. I would love a new home for the holidays. (Submitted Photo)

extrinsic reward?

Just as important, what is fun for one dog may be scoffed at by another. Thus you want to "audition" various "reinforcers" such as different treats, toys, games, massage, playing fetch, etc. In learning the reinforcement that works best for your dog you develop a deeper understanding of your dog's unique personality and quirks (the special spot he likes to be scratched, the best tone of voice, favorite kind of toy, etc.).

Next week the Pet Column can offer more specific training techniques for a solid recall but most importantly - keep training fun. Dogs, like people, are one of the few species of animals who play throughout their lifetimes (perhaps one of the reasons we share such incredible bonds with one another). As a fun factoid, scientists refer to both our species as neotenous,

defined as "retaining many of our juvenile behavioral traits".

Indeed, dogs and people both share a lifelong interest, sometimes obsession, with our "toys". Although a human's obsessions can slightly alter as they age (transforming from a Fisher-Price boat to a motorized speed boat). Both species share a lifetime love for ball games, although I think football is silly and not even really a true ball.

Second Chance Humane Society's Animal Resource Center and Thrift Shops have been servicing San Miguel, Ouray & Montrose Counties for over 25 years. Call the Second Chance Helpline at 970-626-2273 to report a lost pet, learn about adopting a homeless pet, or about Spay/Neuter, Volunteer, Feral Cat, or other services. View our shelter pets and services online: www.adoptmountainpets.org.

Birth announcements

Azaylee Rose Segura

Azaylee Rose Segura was born on November 30, 2019 to Aliana Benitez and Manny Segura of Montrose. She was 5 pounds and 9 ounces and was 17 inches long. She was born at Montrose Memorial Hospital.

Zamara Idalie Marie Perez

Zamara Idalie Marie Perez was born on November 30, 2019 to Cierra Sanchez and Osbaldo Perez of Montrose. She was 5 pounds and 3 ounces and was 19 inches long. She was born at Montrose Memorial Hospital.

Karter Abeyta

Karter Abeyta was born on December 1, 2019 to Airiton Phillips and Michael Abeyta of Delta. He was 7 pounds and 9 ounces and was 18 inches long. He was born at Montrose Memorial Hospital.

Billyhollis Koch

Billyhollis Koch was born on December 1, 2019 to Joanna and Lance Koch of Delta. He was 3 pounds and 14 ounces and was 16 inches long. He was born at Delta County Memorial Hospital.

Ximena Santillan

Ximena Santillan was born on December 6, 2019 to Anayansi and Francisco Santillan of Delta. She was 6 pounds and 9.6 ounces and was 20 inches long. She was born at Delta County Memorial Hospital.

Pavilion menu

Monday, December 9

Chicken enchilada casserole, spanish rice, refried beans and fruit crisp.

Tuesday, December 10

Chicken pot pie, carrots, wheat roll and fruited gelatin.

Wednesday, December 11

Roast beef with brown gravy, mashed potatoes, green beans, wheat roll and assorted cookies.

Thursday, December 12

Baked glazed ham, scalloped potatoes, harvard beets, wheat roll and apple pie.

Friday, December 13

Salisbury steak, mashed potatoes with gravy, broccoli, wheat roll and fruit cobbler.

Each meal is \$5, \$6, or \$7; you choose. Reservation is preferred 24 hours in advance by calling 970-964-3419, Monday - Friday. Cancellations are due before 9 a.m. Meals are provided by Volunteers of America, the Homestead of Montrose, and served at noon at the Montrose Pavilion, 1800 Pavilion Drive.