



Northern Dental Access Center Healthy Smiles, Healthy Communities

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Issue 4

Greetings from the Northern Dental Access Center

It's hard to believe that we have been open 18 months already; and have seen an astonishing 3,867 patients during that time. We feel great about the work that we have been doing, and hope that the people and communities we serve share our excitement.

Here's a couple of updates on NDAC projects:

Our Anishinaabe Arts Initiative grant has produced some wonderful community artwork, and we are very proud to display those works in our facility. We have more than a dozen different art pieces in many styles and mediums, including stone and wood carvings, ink and pencil drawings, birch bark and even a handmade fishing pole. This was a fun project, and we appreciate all the contributions we received from our patients and their families.

NDAC recently updated our website. The new site includes photo galleries, patient information sections and useful links to other great websites. You can access health, nutrition and safety information on our site, as well as information about caring for your dental work and dental pain. There is an email form to contact us, and a page where you can meet our staff. Please check us out, and look for a Northern Dental Access Center FaceBook page coming soon!

Thanks, and have a wonderful summer everyone

Jessica Trueblood, Programs Director

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Patient Appreciation Picnic

Thank you to all those who joined us at Diamond Point Park for our patient appreciation picnic Saturday, June 12. Despite they gray weather we had a fantastic time chatting, playing games, and, of course, eating. The Northern Dental Access Center truly appreciates all that our patients and the community have done to make our first year such a success. Lets hope for sunnier skies at next year's picnic.



Building healthy smiles in our community,
one tooth at a time...



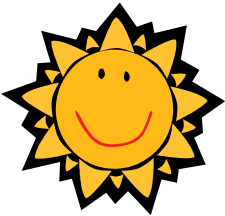
Patriotic Dessert

This colorful, fruit-packed dessert is sure to be a perfect ending to any summer meal!

- 1 Angel Food Cake, baked
- 1 12-16 oz package frozen or fresh raspberries
- 1 12-16 oz package frozen or fresh strawberries
- 1 12-16 oz package frozen or fresh blueberries
- 1 6 oz. box instant vanilla pudding, prepared
- 1 24 oz container low-fat Cool Whip

Cut Angel Food cake into small squares. Fold $\frac{1}{2}$ container of Cool Whip into prepared vanilla pudding. Layer in clear glass bowl or individual glass dessert cups, Angel Food cake squares, vanilla pudding, raspberries, strawberries and blueberries. Repeat layers, ending with a fruit layer. Dessert can be prepared a few hours ahead, and refrigerated. Just before serving, top with a dollop of Cool Whip and garnish with fresh fruit.

Sun Basics from the American Cancer Society



Having fun in the sun is one of the best parts of summer, but we need to remember the importance of

protecting ourselves and our children from the harmful effects of too much fun in the sun! The American Cancer Society gives the following tips for safe summer fun:

Play in the Shade - the sun's rays are strongest between 10 am and 4 pm.

Cover Up - wear hats that shade your face, neck and ears. Also wear clothing made from tightly woven fabrics that you can't see through.

Use Sunscreen Every Day - choose a sunscreen with an SPF 15 or higher, and remember to reapply after swimming, sweating or toweling dry.

Look Cool in Shades - sunglasses that block UV rays are a must on sunny days, especially at the beach. They protect your eyes and the surrounding delicate skin.

Avoid that Artificial Tan - tanning booths and sunlamps are not a safe alternative to natural sun. They use UV rays, which can cause damage to skin.

Check Expiration Dates - Sunscreen loses its effectiveness when it expires, so remember to check the expiration dates on any sunscreen before you use it.

Building safe sun habits into your family's daily routine will show your kids how important sun protection is. Leading by example is the best way to teach children good habits.

Stay Sun Safe - teach your kids these simple, healthy habits to keep them safe in the sun. Always remind them to:

Slip! On a shirt

Slop! On sunscreen (minimum SPF 15)

Slap! On a hat

For more information about staying Sun Safe, visit the American Cancer Society at www.cancer.org

Choose Fruits and Vegetables this Summer

Do you know how to properly choose and care for fruits and veggies? Here's a handy guide to some of our favorite summer snacks:

Bell Peppers:



- Choose firm, glossy peppers with unwrinkled skin and green stems.
- Refrigerate peppers in a plastic bag—do not wash them prior to refrigeration
- Add red, green and yellow peppers to salads, and stir fry or stuff them for a delicious main course.



Cantaloupe:

- Look for melons with a sweet aroma and a slightly soft stem end.
- Let stand at room temp for 2-3 days, then refrigerate in a tightly sealed plastic bag (the gas given off by ripening melons will spoil other produce).
- Serve fresh wedges for breakfast or stuff with chicken salad for a healthy, refreshing lunch. Top wedges with low-fat ice cream or frozen yogurt for a sensational summer dessert.

Strawberries:

- Select fully colored berries that are firm, plump and have a sweet aroma. A stained container may mean the berries are too soft.
- Eat fresh berries within a few days of purchase. Do not wash them or remove the green leaves until ready to use.
- Slice and add to cereal, blend with yogurt in a smoothie or use as a topping for just about anything from waffles to ice cream.



Tomatoes:



- Ripe tomatoes are completely red or reddish-orange. They have a sweet aroma and are slightly soft to gently pressure.
- Most store bought tomatoes are not fully ripe—set them in a bowl at room temp to ripen. Do not refrigerate.
- Add to salads and main dishes or use as a base for sauces and soups.
- Try stuffing a large tomato with cooked pasta and veggies or tuna salad for a light, healthy

Watermelon:

- Look for a melon that is symmetrical and feels heavy for its size. Ripe watermelon will have a healthy sheen and buttery yellow underside.
- Store uncut melon at room temp for up to 2 weeks. Cut watermelon should be loosely wrapped and refrigerated.
- Use for fresh fruit salad or cut into wedges for a classic picnic favorite.



Lettuce:

- Choose varieties that are darker green in color—they are more nutritious.
- Store in a plastic bag in the crisper bin of the refrigerator.
- Mix several types of green, leafy lettuce for a fun salad or add to a sandwich for lunch. Lettuce can be used as a colorful base for chicken or tuna salad or fresh fruit.



Farmers' Market Coupons Available Through WIC

Farmers' Market Nutrition Program checks are now available for Beltrami County WIC participants. Each check is worth \$5.00 and are good from June 1st until October 31. Bring your WIC ID book to the WIC office to receive your check. Bring your FMNP checks and WIC ID book to the market with you. Look for the growers that have the "Farmers' Market Nutrition Program Checks Welcome Here" sign. FMNP checks can only be spent at a farmers' market; they can not be used at the grocery store. The checks can be used on locally grown vegetables, fruits, and herbs only. Out of state products, eggs, meat, honey, bread, and juice are ineligible.

Bemidji Farmers' Market:

Pamida Parking Lot—
200 Paul Bunyan Dr. S

Sunday	11:00am—4:00pm
Tuesday	10:00am—5:00pm
Thursday	Noon—7:00pm
Saturday	9:00am—3:00pm

Kraus Anderson Parking Lot—
1st Ave & Bemidji Ave

Tuesday	8:30am—3:00pm
Thursday	Noon—7:00pm
Saturday	8:30am—3:00pm



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Northern Dental Access Center is a non-profit, community agency operated by the Mississippi Headwaters Area Dental Health Center—a consortium of community stakeholders who share a commitment to assuring access to oral health by children and families in northern Minnesota.

Northern Dental Access Center's vision is to be a non-profit, non-competitive dental service for the underprivileged and underinsured

Meet the Staff: Ashley, Front Desk/Reception

I am the first face you see when you walk in the door at the Northern Dental Access Center. I graduated from Grand Rapids High School and am a certified paraprofessional. I enjoyed my years of working in customer service, and also worked at the elementary school in Deer River. My fiancé and I are the proud parents of a little girl. Here at the clinic I schedule both new and existing patients and will help you check in for your appointment when you arrive.

