



Northern Dental Access Center Healthy Smiles, Healthy Communities

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Issue 2

Hot Topic: State Dental Cuts

Due to budget cuts at the state level, there will be changes to adult dental services starting January 1st, 2010. As far as we know, there have been no changes made to children's dental services (anyone 20 or under), or those offered to pregnant women.

Services no longer available include:

- *Molar root canals
- *Periodontal cleanings
- *Denture relines and repairs
- *Nitrous Oxide gas



Services which will continue to be offered, but with less frequency include:

- *Basic cleanings – these will be offered once a year rather than every 6 months
- *Comprehensive exams – these will be offered every 5 years instead of annually
- *Complete denture sets – every 6 years instead of every 3 years

We would like to remind everyone that these are not cuts initiated by Northern Dental Access Center, but are statewide cuts made at the legislative level to Minnesota Healthcare Program services and coverage. We are doing all we can to ensure that these services remain available, and will offer inexpensive payment options to our patients. These payment options will not be open to the general public.

Some of these cuts may affect you and your family, so please be aware of your plan coverage and call your plan provider if you have any questions or concerns. Medical Assistance can be reached at 1-800-657-3739; Prime West can be reached at 1-866-431-0801; and MinnesotaCare can be reached at 1-800-553-9536.

Inside this issue:

<i>February is American Heart Health Month</i>	2
<i>Healthy Chili Recipe</i>	2
<i>GAMC Ends in March</i>	3
<i>Stress and Your Teeth</i>	3
<i>Puzzle Page</i>	
<i>Calling all Artists</i>	4
<i>Meet the Staff: Melissa</i>	4

Hunger and Homelessness Awareness Dinner

For more than 10 years the Bemidji Hunger and Homeless Awareness Week Committee has hosted a chicken dinner during National Hunger and Homeless Awareness week in November. Due to the rampant spread of flu in early fall, the 2009 dinner was postponed.

All proceeds gained for the annual dinner go directly to Bemidji area programs that help meet

the needs of local individuals who are homeless and/or hungry.

The 2009 annual chicken dinner will take place January 19th from 5:00pm-7:00pm at United Methodist Church, 9th and Beltrami Ave. Tickets are \$7.00 for adults, \$4 for children.



**Happy 1st Birthday
Northern Dental Access
Center!**

February is American Heart Health Month

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of choices that counts.

Use up at least as many calories as you take in

Start by knowing how many calories you should be eating and drinking to maintain your weight. Don't eat more calories than you know you can burn up every day. Increase the amount and intensity of your physical activity to match the number of calories you take in. Aim for at least 30 minutes of moderate physical activity on most of the days of the week. If you can't do at least 30 minutes at one time, you can add up 10 minute sessions through out the day. Swimming, cycling, jogging, skiing, aerobic dancing, walking, and many other activities can help your heart. Whether a part of a structured exercise program or part of your daily routine, all physical activity adds up to a healthier heart!

Eat a variety of nutritious foods from all food groups.

Nutrient- rich foods have vitamins, minerals, fiber, and other nutrients but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products

most often.

Vegetables and fruits are high in vitamins, minerals, and fiber- and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

As you make daily food choices, base your eating pattern on these recommendations:

Choose lean meats and poultry without skin and prepare them without added

saturated and trans fat.

Select fat-free, 1 percent fat, and low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.

Cut back on beverages and foods with added sugar.

Choose and prepare foods with little or no salt. Aim to eat less than 2,300 milligrams of sodium per day.

If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.

Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.



“A healthy diet and lifestyle are your best weapons to fight cardiovascular disease”

Keep Warm with Healthy Chili

Ingredients:

- 1 lbs extra-lean ground beef
- 1/2 c chopped onion
- 2 large tomatoes (or 2 cups canned)
- 4 c canned kidney beans, rinsed & drained
- 1 c chopped celery
- 1tsp sugar
- 1 1/2 tbsp chili powder or to taste water, as desired
- 2 tbsp cornmeal
- Jalapeno peppers, seeded and chopped, as desired

Directions:

In a soup pot, add the ground beef and onion. Over medium heat, sauté until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery and chili powder. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.

Ladle into bowls and garnish with jalapeno peppers, if desired.

(per serving) Calories	254	Cholesterol	40 mg
Protein	20 g	Sodium	348 mg
Carbohydrate	27 g	Fiber	10 g
Total fat	8 g	Potassium	378 mg
Saturated fat	3 g	Calcium	74 mg
Monounsaturated fat	3 g		

General Assistance Medical Care Ends in March

The 2009 legislative year has been hard on Minnesota Human services. In an effort to balance the state budget, the MN Legislature and Governor Pawlenty made a number of changes to the Minnesota Health Care Programs. The biggest of these changes was the unallotment of General Assistance Medical Care (GAMC) which provides care for low income adults who do not have dependent children under the age of 18.

GAMC is scheduled to end March 1, 2010. If you or someone you know are on this program, do not worry. The

Minnesota Department of Human Services has announced that it plans to continue providing health care coverage for people enrolled in GAMC through MNCare.

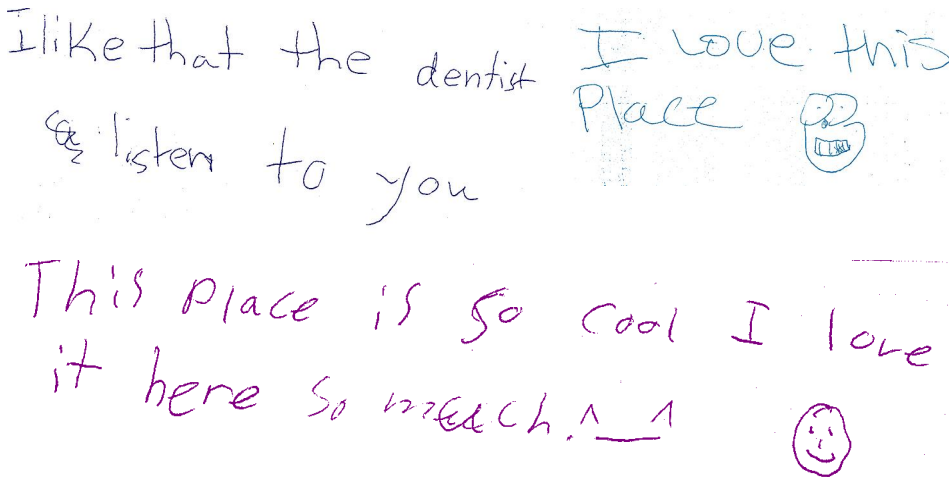
On March 1, 2010, people who are enrolled in GAMC will be automatically transitioned to MNCare. No action is required by the enrollee. You will receive a notice from the Department of Human Services telling you that your enrollment has changed to Transitional MNCare. This will be your health plan until your next scheduled renewal. Counties will pay the MNCare

premiums for up to 6 months, depending on the time remaining in your eligibility period. At the end of your eligibility period, you must renew your eligibility and assume responsibility for your premium payment.

If you have any questions about this process please contact Community Resource Connections at:

Bemidji: (218)333-8260

Blackduck: (218)835-5768



From Our Comment Box

Stress and Your Teeth



Unfortunately, we all experience stress in our everyday lives, but did you know that stress

may actually be damaging your teeth?

Bruxism is the clenching and grinding of your teeth, and since it often occurs while you are sleeping, you may be completely unaware of it. When you brux, the force on your teeth is many times greater than during normal chewing. This pressure can cause flattened or worn down teeth, teeth

that are chipped or cracked at the gumline, loose teeth and even damage to the bone around your teeth or your jaw joints. Some of the most common symptoms of bruxism are:

- *A sore, tired jaw
- *Difficulty in opening and closing your mouth
- *Sensitive teeth
- *Earaches or pain in your jaw joint
- *Headaches/migraines

Though not all the causes of bruxism are known, stress is a major factor. Other contributing factors include anxiety and sleep disorders, as well as abnormal bites caused by missing or crooked teeth. If you think you may be

suffering from bruxism, your dentist may be able to fit you with something called a nightguard, a plastic device that fits over your top or bottom teeth and protects them from the damage caused by grinding. Other effective treatments include stress relief activities, jaw and facial exercises, dental restorations and even counseling services. Please be sure to check with your dentist or healthcare provider before seeking treatment.

RELAX – it's good for your teeth!



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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



Northern Dental Access Center is putting out an artist call to our patients, their families and communities.

We have a grant through the Region 2 Arts Council Anishinaabe Arts Initiative to create a community arts project featuring Native American artists. Purchased art pieces will be displayed prominently in our facility with a nameplate identifying the artist. You do not need to be a professional to apply, and all art styles are welcome. Some restrictions do apply. There is purchase price maximum of \$150 for each piece selected, and submissions must be made by February 26th, 2010.

For more information or to pick up an application packet, please see the front desk.

Meet the Staff: **Melissa, Community Resource Connections**

Hello and boozhoo! My role at Community Resource Connections and the Northern Dental Access Center is simple to explain. My job is to help you find what you need in the community. I will help you walk through the MN Health Care programs and the paper work and act as your advocate to the county. I will also help you with any other paperwork you may have questions about and ensure that you have access to the community programs that serve your needs. If you need more information about housing, food, clothing, education, parenting, veteran's services, community events, or anything else just stop by my office or give me a call and I will be glad to help you. I also help decide what goes in this newsletter. If you have any questions or issues that you would like to see addressed, please let me know. I hope to hear from you soon.
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