

Fairhaven Wellness Committee

Nov 2019/Dec 2019



Maintain, Don't Gain!

The average person gains up to 5-10 pounds during the holidays! The Wellness Committee will be running a "Maintain, Don't Gain!" program, starting November 22 and ending January 10, 2020. The objective is to *keep the weight off* while enjoying yourself over the holiday. The best way to do this is through a buddy system. We are asking you to form your own groups of 2-10 people (not to exceed 10).

Groups will be weighed on November 22 at the following locations:

- Recreation (8 am)
- Town Hall (8 am)

The group who gains the least amount of weight will receive a gift card prize (each member!) Sign up your group with our Benefits Coordinator: Paula Medeiros at pmedeiros@Fairhaven-MA.gov. **Deadline for sign-up: November 21**

The best time to plant a tree was 20 years ago. The second best time is now. –Chinese Proverb

Wellness Committee

Patricia Pacella

Mary Freire-Kellogg

Warren Rensehausen

Robert Espindola

Tara Kohler

Paula Medeiros

Anne O'Brien

Dental Health is Overall Health

The Oral Wellness Connection

It is becoming increasingly clear that there may be some connection between chronic oral disease (such as gum disease and dental abscesses) and other chronic diseases of the cardiovascular system or in patients with certain high risk situations such as heart valve replacement or orthopedic implants. It is also clear that the best way to prevent oral infection and maintain your oral health is to routinely visit your hygienist.

Dental appointments shouldn't just be made when you have a problem that needs to be addressed. Prevention is always better than needing a cure and there are plenty more reasons why it's important to maintain regular visits to your local dental practice.

Regular dental exams help protect not just your oral health, but also your overall health. For instance, signs and symptoms of some systemic diseases, such as rheumatoid arthritis, lupus and diabetes, might show up in the mouth first. If your hygienist or dentist finds indications of disease, he or she will suggest that you see your doctor.

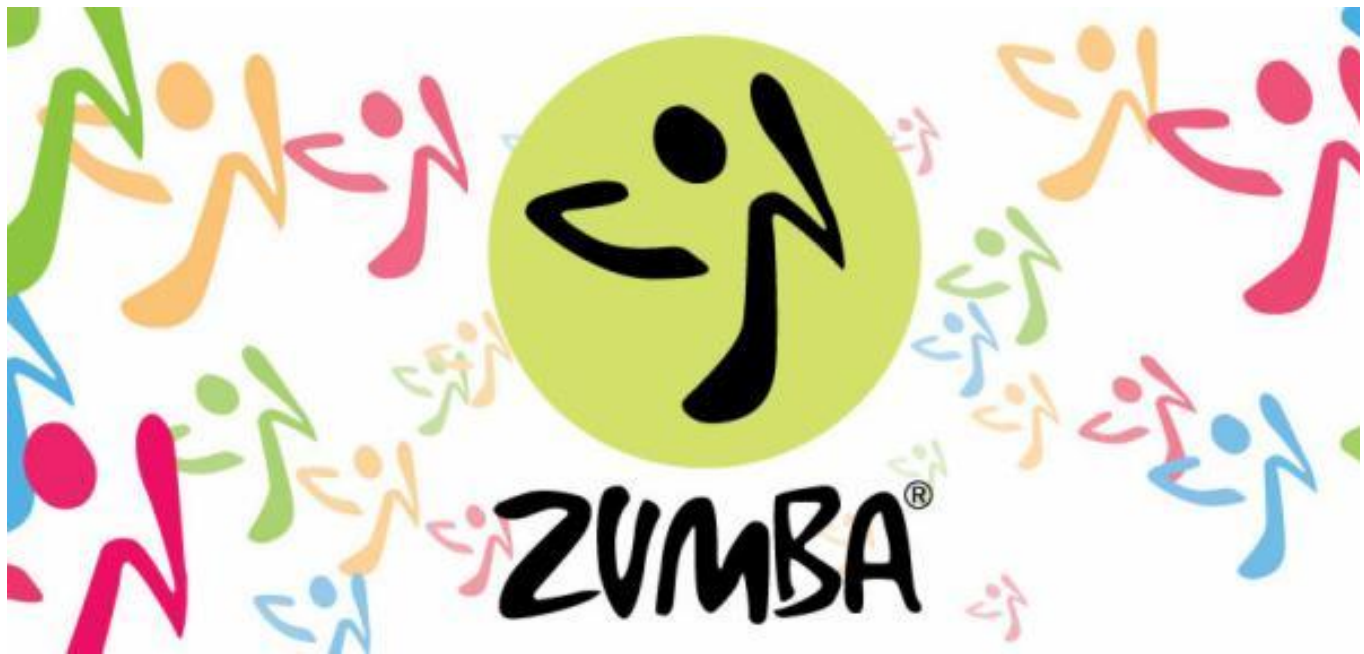


The following are also very important reasons to get your cleanings and checkups every 6 months.

Check for mouth cancer: This is one of the most important things your dentist will do at every check-up. During your dental exam, your dentist or hygienist will look for signs of oral cancer. They can catch things early or prevent them from happening: Potential problems they can spot include the onset of gum disease and dental decay. When it comes to your oral health it is important you are proactive and seeing your dentist regularly so that they can catch any issues early, before they become a problem.

Plaque, Tartar, and Cavities and Gum Disease: Even with the most diligent daily brushers and flossers, there are still small areas in the mouth that are missed by a regular brushing and flossing. When plaque builds up it becomes more difficult to remove, solidifying and turning into tartar, which is extremely difficult to get rid of without professional help. Plaque and tartar buildup not only cause tooth decay but can also erode the mouth's gum tissues. This happens when tartar buildup causes an infection where the gum is connected to the tooth, making the gum pull away from the tooth. This infection is known as gingivitis and as it progresses the tissue that attaches gums to the teeth breaks down.

Regular dental cleanings and exams are a critical part of preventive health care. ***If you are on the Town's Dental Plan, these services are covered in full.***



Zumba STRONG coming to Town of Fairhaven!

Sheri Souza of the Marine Resources department, a certified instructor, will be offering a Zumba Strong class on Wednesday, December 4 at 5 pm in the Town Hall auditorium. Sheri describes Zumba Strong as:

"(Combining) body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge, every burpee is driven by the music which is designed to help you make it to that last rep."

Based on the turnout of this class, the Wellness Committee may hold additional classes if there is interest. Please come dressed comfortably with sneakers and a water bottle. Hope to see you Wednesday, December 4 at 5 pm!

Fall Step Challenge Winners

The Wellness Committee would like to congratulate everyone who participated in the six-week Fall Step Challenge. Everyone did a great job with achieving a total of 18,363,102 steps for this challenge. Congratulations to the winning team, BPW! The members of this team are Kim Nogueira, Charlene Paulson and Rebecca Vento. Not only were they the winners of the challenge but also were the most improved team. They will each receive a \$50.00 gift card.

We would also like to congratulate the winner as the most improved individual, Suzanne Welch with the School Department. She will also receive \$50.00 gift card.