



## November '23 NEWSLETTER

### NOVEMBER 1 - NATIONAL BRUSH DAY

Just in time, as we get through the Halloween sugar frenzy, this day serves as a good reminder of how important the oral health of our children is. Parents are encouraged to put healthy toothbrushing habits into place at an early age, as recommended by dental professionals. Parents and children alike are reminded to brush their teeth for 2 minutes, twice a day, and floss at least once per day.



### ORAL HEALTH ADVISORY COMMITTEE

PLEASE JOIN US VIA  
ZOOM ON  
NOVEMBER 17TH, 2023  
9:30 AM - 11:00 AM



To be added to our meeting list  
please contact  
[eldoradosmiles@edcgov.us](mailto:eldoradosmiles@edcgov.us)



### Head Start

#### Setting an Example in Oral Health

Head Start programs in El Dorado County are committed to improving the oral health of their students. With many children experiencing oral health issues in their early school years, brushing their teeth in a classroom setting will provide some children with the only option of oral hygiene during the day. Toothbrushing at the classroom table is a more structured and faster way than having students brush separately at the sink. Using fluoridated toothpaste in an age-appropriate amount will help children's teeth stay strong and keep them healthier. Offering water stations in each classroom, readily available to children when they are thirsty, will help children build a habit of choosing water over any sugary drinks.



**LESS IS  
MORE**



**EDCOE** EXCELLENCE IN EDUCATION  
FOR THE 21ST CENTURY  
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FREE PRESCHOOL  
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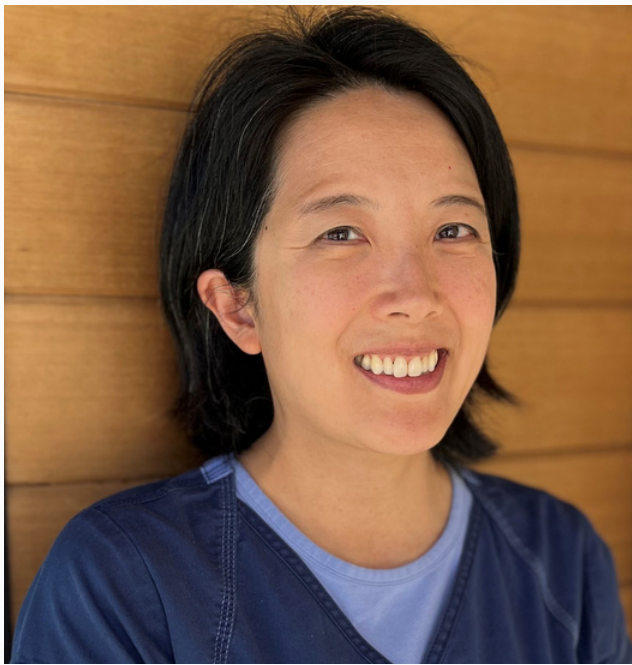


Placerville (530) 295-2270  
South Lake Tahoe (530) 543-8200

<http://edcoe.org/educational-services/child-development-services>

# Community Spotlight

## CASSANDRA KRUPANSKY DDS, MS DENTAL DIRECTOR & PEDIATRIC DENTIST EL DORADO COMMUNITY HEALTH CENTER



I've been with EDCHC, a non-profit federally qualified health center since July 2022. I'm the Dental Director and Pediatric Dentist.

I'm a big believer in preventive dentistry and being part of the team to increase quality of life and improve oral health for children. Cavities are preventable and I want to help achieve this goal. Our passion is to make dental visits fun and enjoyable for children.

Educating our community, about the value of oral health is part of attaining good overall health for children. Children may be suffering from chronic dental pain and abscesses that parents are unaware of. We need more advocates for children's oral health in our county.

### On a personal note...

Dr. Krupansky likes spending time with her children, biking, reading, and playing board games.



The cavity rate in our county is very high. Regular preventive visits starting from the first tooth can prevent more extensive dental treatment, including hospital dentistry. If left untreated, it can lead to life-threatening infection, disturbance with growth and development, and destruction of permanent dentition. We also need to provide more nutritional education, as this plays a big role in the process of cavities.

There are no oral surgeons or endodontists (root canal specialists) who take Medi-Cal in the region. Both Placerville and Cameron Park Dental Clinics offer pediatric dental services, including nitrous oxide (laughing gas)

We offer preventive services through the Dental Van at multiple schools in our county. EDCHC's focus is on comprehensive health care, with primary care, optometry, pharmacy, and behavioral health services.

### DENTAL VAN SCHEDULE

November 2023						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November
Georgetown School of Innovation
Golden Sierra Jr. Senior High School
Northside STEAM School
Maintenance
Pinewood Elementary

December 2023						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

December
Camino Elementary
Sutter's Mill/Gold Trail
Maintenance
Maintenance

## EARLY HEAD START SOCIAL DENTAL SCREENING

The local oral health program likes to take any opportunity to bring services to children in our community. In collaboration with El Dorado Community Health Center, we were so excited to participate in the annual pumpkin patch social for the families of the Early Head Start program on the Western Slope.

We had a wonderful turnout, and families enjoyed the weather, company, and getting their children's teeth checked at the same time. We screened 19 children, one pregnant mom and applied fluoride to 17 participants.



### First Tooth - 1st Birthday & Pregnant and Postpartum Campaign.

- 1. Families that will take their child to see a dentist before the age of one, will receive a Gift card for \$25.
- 1. Women that see a dentist while pregnant or in their first 12 months postpartum, will receive a gift card for \$25.

(In order to receive a gift card, families must qualify and provide proof of dental services received to the local oral health program or an affiliated community program like WIC or Head Start)



**OCTOBER 27TH**  
**FALL HARVEST FEST -**  
**SOUTH LAKE TAHOE LIBRARY**  
 12:00 PM - 3:00 PM

**NOVEMBER 17TH**  
**OHAC MEETING (VIA ZOOM)**  
 9:30 AM - 11:00 AM

# Community Outreach

## YOUTH EXPO - GARDEN VALLEY

What an exciting day at Garden Valley Park for the annual Youth Expo! Our incredible community partners joined hands, and families from the Divide came together, treating their little ones to a day brimming with learning and fun activities!



## BARTON COMMUNITY HEALTH FAIR SOUTH LAKE TAHOE

"What an amazing outreach event in South Lake Tahoe at Bijou School! This event was beyond expectations! An estimated 300 families gathered to discover community services, while little ones had a blast learning about oral hygiene and snagging some fresh toothbrushing essentials!



LET'S KEEP SPREADING SMILES! 😊

### CHECK OUT OUR SOCIAL MEDIA!



WELL DORADO

ORAL HEALTH

