

RECAP: Oral Health with Andrew Donald, DDS

Thursday, March 17, 2022

Recap by Janet S. Weinstock, MDSC Secretary

Photos by Shunling Lee

Seventy five (75) MDSCers donned an array of green and/or orange outfits and flocked to the Schweinhaut Senior Center in Silver Spring, MD on Thursday, March 17, 2022 to celebrate St. Patrick's Day and the beginning of the spring season. It certainly was good to see everyone in person once again! We are thrilled to declare that we have a total of 220 members now (165 renewing members and 55 brand new members) for the 2021–22 year! That certainly keeps our Treasurer Cathy busy. ***OH YES!***

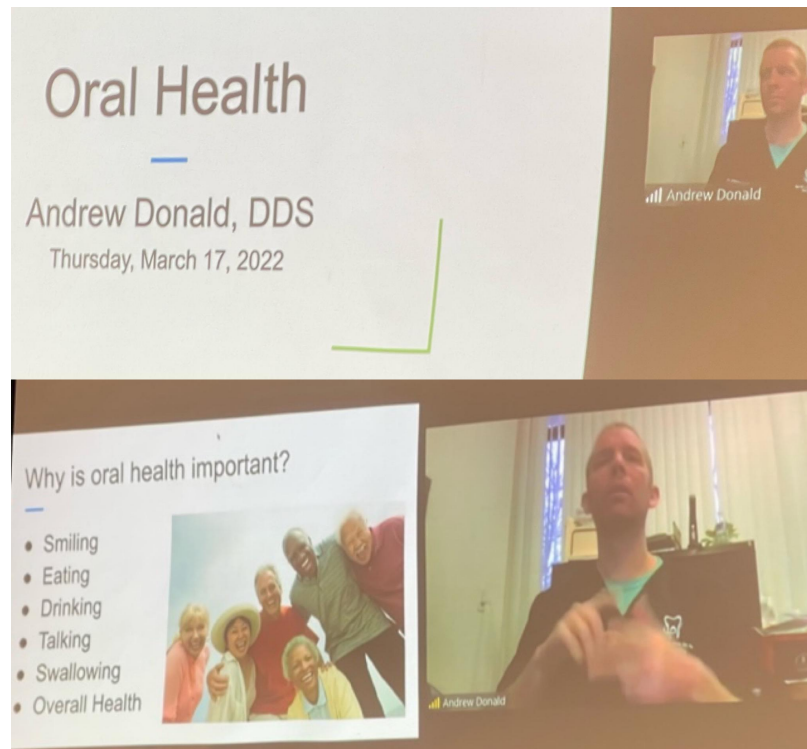


Secretary Janet asked (nicely!) **Ricky Drake** to help collect money from the MDSCers for the 50/50 Raffle and he did a terrific job! Janet and her former student **Michele Mulligan** chatted before they got too involved with the MDSC activities of the day!

Andrew Donald, DDS, gave a virtual presentation from his office stressing the importance of maintaining an overall Oral Health. See his PPTs attached in this email. His signing was so clear and the information that he shared were detailed that there was no need for us to ask questions. ***HOW IMPRESSIVE!***

Key Takeaways from Donald's Presentation:

- How important bone, gums, and saliva are to keep our teeth healthy.
- Brush your teeth with toothpaste with fluoride T-W-I-C-E a day, after breakfast and before bedtime.
- Floss once a day E-V-E-R-Y day.
- Tartar is H-A-R-D to remove so see your dentist at least T-W-I-C-E a year.
- Risk is greater as we get older.



We took a break for lunch from Panera with our choice of sandwiches, potato chips, and cookies. **MDSC Food Chair Jeff Dunefsky** delivered and provided water bottles for us all to quench our thirst after eye-listening to Donald's presentation. Donald did stress the importance of keeping our mouth moist. ***SO THERE!***



TOP: Volunteer Coordinator Bev checks to make sure our Panera lunch boxes are organized before giving them to the MDSCers. **BOTTOM: Shunling Lee, Wai Ying Yeung-Louie, and Margaret Huang** get to enjoy their lunch, courtesy of MDSC! ***HOW NICE!***

Vice President Thelma led a HEART-TOUCH farewell sendoff for **Art Roehrig** who will be moving to Westerville, Ohio near Columbus on March 31st. He shall be missed!



Before we got into revealing the winners of the Guess Jar and Bank Day drawings, we played the Left-Center-Right (LCR) dice game starting with five nickels each. We had so much fun playing L-C-R which created teamwork and, more importantly, laughter whenever a player got confused when we threw the dice to show us where we needed to pass our nickels - to the left, to the right, to leave as is, or to put in the center plate. The last player with the remaining chips is the winner of the center plate filled with nickels. **WHOA!**



Vice President Thelma and Treasurer Cathy made sure everyone understood the rules of the L-C-R game. See how MDSCers got into the green and orange spirit!



The Winners of the L-C-R Game: **Rose Bradley, Earnestine Coleman, Olin Miers** who was congratulated by a very good sport **Pauline Spanbauer!**, **Margena Hubbard, Ron Sutcliffe, Rita Ahrens, and Robert Walker!**

Secretary Janet gently persuaded her husband **Mike Weinstock** to team up with her to announce the winners of NOT-ONE-BUT-TWO Guess Jars. He certainly did a great job! Right? Mike announced that **Tony Lee** was very close to the exact number – 175 of 176 - in the guess jar with green-lime-beige M&Ms mixed with orange tic tacs. Janet intentionally counted up to 176 in honor of the year that MDSC was founded, 1976. **Carrie White** guessed 45 of 47 of Andes Mint Cookie Crunch Thins Candy bars in the other guess jar. Janet attended P.S. 47, an oral day school in New York City! **HOW CLEVER!**



Pauline Spanbauer took a wild guess how many M&Ms and tic tacs were in the jar that she held. **Eve Mitton** wrote down her best guess. **Tony Lee** got excited when **Mike Weinstock** announced that he was the winner of the Guess Jar with the M&Ms/tic tacs. **Carrie White** was thrilled that she won the Guess Jar with Andes mint bars as she KISSFIST them! ***WHEW!***



If you were not with us in person, be sure to take a close look at **Treasurer Cathy** from the pictures taken by our **Volunteer Photographer Shunling Lee**. **Ms. Cathy** certainly topped us all with her ALL OUT spirit. Gotta L-O-V-E her adorable green tutu! What's more, she has YET to fail to entertain us with her colorful commentary as she announced the Bank Day and 50/50 Raffle winners.

This month's Bank Day Winners got on the stage to receive their winning prizes! **Art Roehrig** was the Bank Day Grand Winner of \$75.00. Our 2nd Chance Winners are **Wai Ying Yeung-Louie** got \$15.00, **Pauline Spanbauer** got \$20.00, and **Eve Mitton** got \$25.00. **Kay Lam** was the lucky winner of half of the 50/50 raffle sales of \$206 that the attendees purchased for a chance to win.

