

### Mobile dental hygienist gives residents a reason to smile

Natalie Miller

Brighter, cleaner teeth are bringing smiles to the faces of Temiskaming Lodge residents these days.

Having wanted to offer dental hygiene services in-house to residents for some time, the Haileybury long term care home recently connected with the Mobile Dental Hygiene Clinic.

Hygienist Nicole Edworthy arrived equipped with a portable dental chair, instruments, sterilizing equipment and toothbrushes for the residents. After spending a day at the Jarlette-owned 82-bed long term care home, she saw eight residents who were "thrilled with the service," says Margaret Catt, director of care.

Edworthy cleaned residents' teeth and made recommendations to see a dentist for further assessment as appropriate.

Catt says having a dental hygienist come to the home provides a service that previously wasn't accessible to residents. While there are dentists and hygienists in the small community of Haileybury, they have busy practices and the home is 100 miles away from North Bay, the closest larger centre.

Having residents travel from a long term care setting to the dentist isn't realistic in most cases, notes Catt.

"Some people aren't very mobile and it's a challenge getting them there."

"There are other ways to get service," says Catt, referring to the mobile hygienist program discovered by administrator Francine Gosselin.

Catt says it's an important service.

"Oral health is a really important part of overall good health. It's a very big deal."

If issues like tooth decay, gum disease and abscesses go undetected they have the potential to lead to problems for some people, like poor chewing and/or decreased appetite related to the discomfort.

Meanwhile, some residents are unable to communicate the problem. Their overall health can "really deteriorate," she explains.

The home is planning to have the hygienist visit once a quarter.

Residents and/or their families pay for the service while others qualify for assistance from the Ontario Disability Support Program or the Veterans Independence Program. **LTC**

## The Morning Report



Making A Difference in LTC

### Executive chef Joseph Stephens' kitchen creations a hit with residents at Christie Gardens

Jason Thompson and Christine Thomas

Take a stroll through the halls at Christie Gardens on any given day and you'll likely come across the aroma of executive chef Joseph Stephens' culinary efforts.

Referred to affectionately as 'Chef' by staff and residents at the Toronto long term care home, Stephens is a world-renowned chef who brings nearly four decades of experience to the kitchen at Christie Gardens.

Stephens, who began working at Christie Gardens in July 2008, says it's nice to know the residents appreciate the effort he devotes to the food he prepares.

"Meal time is a big time for them and they long and wait for it," Stephens says. "We're all here to pay our bills but that gratification for me is more important than anything else."

Although Stephens has prepared food for a number of celebrities including Elizabeth Taylor, Roger Moore, Mohammed Ali and Cyndi Lauper, he says there are a couple of reasons he decided to give up his globe-trotting lifestyle.

"I have been around the world," says Stephens, who was born in India. "My family is here and the kids are grown up now. We've been gallivanting like gypsies and they said, 'come home.'"

The other reason Stephens decided to take a job at Christie Gardens is that in Indian culture, elders come first.

"We really cherish and value the opinions they give us," Stephens says, adding he is happy to come to work everyday to prepare food for the residents.

"It's entertainment. It's an experience," Stephens says.

"The food that we're serving this evening would compare to any of the Hilton or Four Seasons hotels I've worked at."

Stephens' cooking has certainly been a hit among the residents.

"I chose Christie Gardens because it has the best food in the city," says Winifred Stewart.

In addition to preparing the resident's meals, Stephens also hosts cooking classes at Christie Gardens demonstrating the tools of the trade, how to look at ingredients differently and how to embrace the unknown. **LTC**

**The full story is available at <http://www.oltca.com/axiom/DailyNews/2009/January/January28.html>**

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