



CCA NEWSLETTER – MAY 2020

Message from CCA President

Greetings Members and Friends,

On behalf of the Board, we hope that you and your family are staying safe and well. So many of our plans had to be put on hold in this rapidly changing environment of COVID-19 pandemic. With that said, **ALL monthly gatherings for 2020 are cancelled until further notice.**

Our May gathering would have been hosted by the Health Committee with guest speakers or a presentation on health related topics. However, since we are unable to meet in person, we are bringing the information to you via this newsletter. We hope you find the health articles useful and interesting and the others, informational.

We are all doing our best to get through these challenging times. Many of you have had to seamlessly pivot from working in your regular environments to working from home, becoming your child's teacher, making sure your family stays healthy, safe and entertained more than before; yet you do it with such ease. To **ALL** essential workers, especially the health care workers on the front lines, caring for COVID-19 patients while managing family at home and performing your best at work, we are so **grateful** and **thankful** for all that you do!!

To ALL the high school seniors who are graduating this year, we are so proud of you and wish you all the best in the next exciting chapter of your lives!

We will continue to stay connected with you either by newsletter or email until we are able to reconnect in person. Please continue to social distance and stay healthy!

Respectfully,
Carol Price
President

Math Tutorial Program

To our Math Tutorial participants, parents and volunteer tutors, a **HUGE thank you!**

Although our Math Tutorial classes were cut short this year due to the pandemic, we would like to thank our amazing volunteer tutors for their outstanding support. Several tutors continued to provide tutoring to students while they are social distancing. We especially like to thank Ms. Angelique Robateau, Ms. Evie Larmond, Ms. Michelle Williams and the Education Committee for their dedication and unwavering support to the program.

We are busy planning for the next school year and, look forward to welcoming the return of students and parents in the fall.



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Diabetes and the Oral Cavity

Diabetes is a disease that affects the bodies' ability to process sugar. There are two types, Type 1 and Type 2. Both result in high sugar levels which place individuals at a higher than normal risk for oral health problems. Left untreated, diabetes may cause a host of issues in the oral cavity.

One issue faced by individuals with uncontrolled diabetes may be a decrease in the amount of saliva (dry mouth), which leads to soreness, ulcers, tooth decay, and infections. Common oral infections include periodontal disease (bacterial infections) and oral candidiasis or oral thrush (fungal infections). And yet another issue encountered is poor healing of oral tissues after surgery, such as extractions; this occurs because blood flow to the treatment site can be adversely compromised.

All in all, oral health problems faced by individuals with uncontrolled diabetes cause a host of issues in the oral cavity. However, the great news is that you can keep your teeth and gums healthy by controlling your blood sugar using your diabetes related medications, maintaining a healthy diet, avoiding smoking, brushing twice a day and flossing regularly. It is equally imperative that you visit your dentist regularly. Teamwork involving self-care and professional care from you and your dentist is paramount in maintaining that healthy smile.

Remember to Brush and Floss . . . your body will thank you!

Dr. Everet Lake, DDS
CCA Executive Board Member

High Blood Pressure (Hypertension)

Many factors can increase your risk of high blood pressure. By following a few heart healthy tips, you can reduce your risk and improve your health and well-being.

Signs and Symptoms of High Blood Pressure

High blood pressure, also known as Hypertension, can often have no apparent signs and symptoms. Some refer to it as '*The Silent Disease*.' Stay informed about your blood pressure by knowing your numbers and getting your blood pressure checked regularly. Learn more about the myths and facts of symptoms of blood pressure [here](#).

How Much Salt is in My Food? Research shows that a diet high in salt can contribute to high blood pressure. It is recommended that adults, in general, should consume no more than 2,300 mg of sodium per day, but the average American consumes twice that amount. Food doesn't have to taste salty to contain high levels of sodium. Here are some examples of sodium amounts in commonly used foods from the [Center for Science and Public Interest](#).



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These amounts are approximate.

Item	mg Sodium
1 teaspoon salt	2,300
1 tablespoon of soy sauce	1,160
½ cup jarred tomato sauce	660
1 order of cheese fries	4,890
1 baked biscuit	600
1 serving of fried rice	2,680

Spice up Your Side Dishes

Side dishes liven up any main course meal. Use fresh herbs and spices to enhance your side dishes while decreasing salt. Here are some tasty recipes from the American Heart Association that are low in salt and high in flavor and can be found on the Internet.

- [America's Favorite - Four-Onion Dip](#)
- [Sugar Snap Peas with Sweet and Sour Sauce](#)
- [Savory Sweet Potato Fries](#)
- [Lemon-Thyme Roasted Potatoes](#)
- [Eggplant with Roasted Bell Pepper Relish](#)

Be Active

Being active has positive health benefits for everyone regardless of age. As we grow older, it is important to keep active in order to stay healthy. With growing demands at home and at work, it is easy to avoid exercise. Here are [10 tips](#) on how to incorporate exercise into your daily life.

Take a Break

Taking a short break during the day can help you to refocus and re-energize. Here are a few examples of activities you can do to increase your sense of wellbeing:

- Go for a short walk to clear your mind
- Change tasks to get a different perspective
- Stand up while taking a conference call to stay alert and energized
- Try closing your eyes for a minute, as closing your eyes can improve your short-term memory
- Take five minutes to read a few pages of a book or magazine
- Call a friend and have a five minute conversation
- Consider scheduling time for yoga, meditation, tai chi, or other meditative exercise class during your day

Dr. Biliston Clarke, MD
CCA Health Committee Member

Learning Solutions and Educational Resources

Free Distance Learning Solutions and Educational Resources

Thanks to the pandemic, schools across the U.S. are closed, sending students home for an uncertain future -- and in most cases, it is unclear if studies will resume at all this Academic year. Of course, most institutions are falling back to some form of online instruction, but if you are a parent looking



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for a way to keep your kids engaged academically during this very challenging time, there are many tools you can try:

- Scholastic Learn at Home (Pre-K–Grade 9)
- Khan Academy (scheduled classes from Preschool to Grade 12) – Great tutoring option
- PBS Kids
- Age of Learning
- Mystery Science (Kindergarten – Grade 5) – Great for ‘Why’ and ‘How to’ questions)

PricewaterhouseCoopers (PwC) Digital Fitness – PwC is offering this for **free until the end of July**. “Choose from over 60 Digital trend categories.” This will still apply to the post-pandemic world more now than before. This is the same curriculum that PwC continue to use to up-skill ALL of its employees globally since 2017.

Audience: Serious-minded middle and high school students who are interested in digitalization. It is recommend that parents should also review this information for awareness, to know where the schools are heading due to the digital world.

How to get started?

Download the PwC Digital Fitness app for free (Apple store/Google play).
Use the invite code “**LRNALL**” to get started.
<https://www.pwc.com/us/en/products/digital-fitness.html>

Additional tool: Free Audio Children Books via Audible (see link enclosed) – This is a good tool and age-appropriate as well.

<https://stories.audible.com/start-listen>

2020 Census – Reminder

It is not too late to complete your 2020 Census. To do so, please complete your form online, by phone, or by mail when your invitation to respond arrives, or visit [My2020census.gov](https://my2020census.gov) to begin, or for overall timeline and information.

Why do we need to participate in Census 2020?

The 2020 Census provides an opportunity for everyone to be counted. The primary **goal** of the **2020 Census** is to count everyone once, only once, and in the right place. Community influencers create localized messaging that resonates with the population in their area. They are trusted voices and are best suited to mobilize community resources in an efficient manner.

Friendly Reminder - Disaster Care Package Project



Although events are cancelled, just a reminder that the Disaster Care Package project is ongoing and we still need your help!



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Hurricane season begins June 1st. If you are able, please collect needed items from the enclosed list and we will begin collecting those items when we return to the new normal.

Toothpaste, toothbrush, dental floss
Lotion, shampoo, hand sanitizer, soap
Mouthwash
Wash cloth, toilet paper
Feminine napkins
Shaving kits
Diapers, wet wipes, baby bottles, baby blankets
First Aid kits
Gallon Ziploc bags
Mini flashlights, batteries



For questions, please contact Disaster Relief Committee Chair, **Michael Anderson**
email: kikicj25@yahoo.com; cell: 954-588-6874

Calendar of Events

Again, please note that ALL events are cancelled this year.

Please visit our website, www.cca91.org for the latest calendar updates and information.

For questions or comments, please reach out to the Editor, Valencia Bonner.

Mailto: bonnerjuiliet@gmail.com