



Check out all of our great San Clemente Village Smiles!
We are quite the happy group!



Gavin Zanella, Volunteer and Dorothy Bickner, Member. Dorothy requested help with a CR&R Bulky Item Pick-Up and Gavin was there to help!

Look at all these smiling faces at the Village Potluck



Fun Dine Around at Harpoon Henry's



October is National Dental Hygiene Month



The Importance of Oral Health as We Get Older

By Dr. Anmar Obaidi, , DDS, BDS, MFDSRCS, SCV Advisory Board Member

Oral health is interconnected with overall health and well-being. There is indeed a proven mouth-body connection, and the importance of oral hygiene stems from evidence-based facts that poor oral hygiene, leading to oral disease, is a risk factor for multiple systemic diseases. In the aim of keeping this article succinct due to the limitations of space, I will focus one of the most prevalent yet under-diagnosed and under-treated oral diseases - periodontal disease. Periodontal disease (aka 'gum disease' to the public) is a disease that causes a breakdown of the supporting structures of the dentition - the bone and gum surrounding and supporting the teeth.

A study titled "Prevalence of Periodontitis in Adults in the United States": 2009 and 2010 estimates that 47.2 percent, or 64.7 million American adults, have mild, moderate or severe periodontitis. In adults 65 and older, prevalence rates increase to 70.1 percent. Periodontal disease itself is indeed a proven risk factor for atherosclerotic heart disease, stroke & diabetes. Other diseases that could be related to periodontal disease include rheumatoid arthritis, respiratory disease such as pneumonia and cancer.

Should seniors already suffer from any of the above ailments, then you should be aware that periodontal disease often causes a worsening of these diseases. For example, in the case of diabetes, periodontal disease may make it more difficult for diabetics to control their blood sugar. This indeed is a two-way relationship in that those who are diabetic have a significantly increased risk of developing periodontal disease in the first place.

Seniors who are on medications also have to be aware that such medications often cause a dry mouth. Dry mouth in turn is an increased risk factor for periodontal disease as well as tooth decay. One final point to bear in mind is that the incidences of oral cancer increases with age.

At our practice, O Dental, in San Clemente, we work with our seniors to overcome a multitude of challenges, including working closely with their physicians and caregivers to customize their health needs. We customize each patient's treatment plan and indeed we have all the tools and tricks required to achieve excellent oral hygiene. We strive to be a resource and a refuge for those seeking a caring and gentle dentist with a focus on treating seniors.

In recognition of National Dental Hygiene Month" the team at O Dental are opening our doors for anyone who may need a complimentary consultation regarding any aspect of their oral health. Please call Irina, our practice manager, for any questions and to schedule your free visit. We promise she will put a smile on your face!

O Dental, Dr. Anmar Obaidi, DDS, BDS, MFDSRCS and SCV Advisory Board Member

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Happy Birthday!

San Clemente Village would like to take you out on the town for your birthday! Every member will receive a free meal and beverage, during their birthday month! If your birthday is in October, call us right away and register for one of the Dining Events. Check the Event Calendar to [register on-line](#) or call the SCV Event Line at 949.441.1348 to register.

Here are the lucky Members for October:



Tom Shoden 10/3

Debby Verk 10/14

Sue Lueders 10/26

Jane Mertens 10/28

Let's enjoy a meal together at one of the area's dining spots. Remember to sign up through the SCV Event Calendar or by calling the SCV number at 949.441.1348.

Here's where we are going in October. Join the fun!

[Dine Around: Avila's El Ranchito 6-7:30 PM](#)

[Lunch Bunch: Shwack Cantina 12-1:30 PM](#)

Heartfelt Welcome to our new Members and Thank You to Renewing Members

Sophie Kostechko and Ruth Ryan- New Full Members

Eleonora Whittaker, Lois Stansel-Renewing Full Members

Kathy Oshima – Renewing Social Member

San Clemente Village Extends a HUGE **Thank You** to the McBeth Foundation



Save These Dates!

[Cannabis-Get the Facts – Tuesday, Oct. 1st](#)

[Outlets Shopping Extravaganza Fundraiser for SCV – Saturday, Oct. 5th](#)

[SCV Member and Volunteer Appreciation – Saturday, Nov. 16th](#)

[SCV Ruby's Diner Fundraiser – Friday, Dec. 6th](#)

Meet Jan Williams

Interviewed by Ret Wixted, SCV Member Services Chair



Maybe you saw her at the recent Potluck. Maybe you have talked to her on the Village phone. Perhaps when you decided to be a Village member she was there. Or maybe she took you to the hair salon or a doctor's appointment. If after all this, you don't recognize Jan, let us introduce her to you. Jan Williams is a very active member/volunteer. Jan serves as a volunteer on the Membership Team, the Phone Team and provides direct services (transportation) for our Members. Jan is one of our longest serving volunteers. She joined the Village at our first launch in 2016.

Jan has had quite a journey getting to San Clemente. Jan's parents lived in San Clemente since the mid-70s. Her Dad was active in the Boys & Girls Club. Jan, however, took root in Washington DC, where she worked in the Department of Agriculture in Employee Services, Her career focused upon employee training, workforce development and conflict resolution. Jan, of course, visited San Clemente often and considered maybe eventually settling here. She loved the weather and the San Clemente "vibe".

In 2012, when Jan had lost both parents and was in the middle of retiring, she began to think more seriously that it might be possible to relocate to San Clemente. Jan was still working and living in Washington DC. She began to frequently travel back and forth, caring for her mom and eventually living at both properties. In the middle of retirement planning and trying to figure out what retirement would be for her, time moved along. Jan managed both properties, renting one and updating the other. It was like living in two places at once. Jan eventually decided on San Clemente and began to settle in. It took a while and the relocation is not quite complete, but Jan is here and rooted. Yay Jan!

"I am still working on my home. I just put in a nice garden and am learning how to take care of it." Jan is going to have an Avocado Tree!

She is in California now. Coming from Washington DC, Jan loves the San Clemente weather and has become an avid walker. She is also a walking advocate, so if you aren't walking, Jan will give you some advice on the benefits of walking. Jan also volunteers for the Children's Hospital. Jan has become a Villager full force.

"I think the Village members and volunteers are very special people. I continue to learn something from each member or volunteer I meet. There is no better way to spend my time."

Jan Williams, We are glad you are here.

General Information

San Clemente Village
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Board of Directors

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Planned Events

Educational Programs
Living Well Initiatives
Social Activities

Programs & Services

Computer Assistance
Indoor & Outdoor Services
Transportation
Village Guide Program
Phone Check-Ins
Pet Assistance
Village Scribe

On-Going Activities

Bridge & Lunch
Dine Around
Lunch Bunch
Movie Matinee
Exploring Technology
Volunteer Opportunities

SC Village Advisory Board

Julie Schoen, JD, Deputy Director, National Center on Elder Abuse
Kevin Middleton, First VP, Branch Manager, F & M Bank San Clemente
Jeff Hartmann, Attorney, Estate Planning, Wills & Trusts
Kathy Carchidi, Alzheimer's Orange County, Family Services Specialist
Debbie Rose, PhD, CSUF, Dept. Kinesiology & Center for Successful Aging
Dr. Anmar Obaidi, ODental, San Clemente
Carolyn Novotny, CEO, Access to Senior Services
Mark Kosins, MD, Mark Kosins and Associates





**San Clemente
Village**

October 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Bridge 11:30-2:30 Cannabis 6:00-7:30	2 Movie Matinee TBD	3	4	5 Outlets Extravaganza Fund Raising Event
6	7	8 Yom Kippur	9	10 Dine Around Avila's El Ranchito 6:00-7:30 PM	11	12
13	14 Columbus Day	15	16 Lunch Bunch Shwack Cantina 12:00-1:30	17 SCV BOD Strategic Planning Retreat	18 New Volunteer - Orientation	19
20	21	22 Exploring Technology - TBD	23	24	25	26
27 Sunday Brunch at Sundried Tomato 11:00-12:30	28	29	30 Dine Around Avila's El Ranchito 6PM-7:30PM #2	31 Halloween		

Notes

To register for programs or events, call the SCV Office at 949.441.1348 or on the Event Calendar at www.scvillage.org

