



WEEKLY WEDNESDAY UPDATE

The Weekly Wednesday Update is our newsletter which we email every Wednesday with oral health, health and policy updates from around the state and nationally.

To view past issues [click here](#).

March 8, 2023

Volume 14, Issue 10

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**Weekly
Wednesday
Update.**

Lived Experience Advisory Members Share Stories

Our lived experience advisory group had their first meeting on February 23. The group members shared their stories and struggles they have had finding the dental care their family member needs. Stories such as these, although heartbreaking, are the ones that can help all of us work towards improving access to dental care in Kansas.



If you are interested in becoming part of the Lived Experience Advisory Group and want to help us make change, fill out the short application form [here](#). The group will meet virtually every quarter and you will be given a stipend for your time.

If you have any questions, email Devaki Menon at dmenon@oralhealthkansas.org. If you know someone who would be interested in joining, please share our [flyer](#).



Passing of Human Rights Icon

On International Women's Day today we are marking the passing of a civil and human rights icon today. [Judy Heumann](#), who was known as the mother of the disability rights movement, passed away on Saturday, March 4.

Judy was at the forefront of disability rights in 1977 when she helped lead the fight to enforce the federal law that prevented discrimination against people with disabilities in schools, hospitals, and government during a month-long sit-in in San Francisco.

Over the course of her career, Judy became the Assistant Secretary of Special Education and Rehabilitation Services in the 1990s in the Clinton administration. When she was younger she was a camper and counselor at Camp Jened, which was a Catskills summer camp for children with disabilities. In 2020 that camp became the subject of the Oscar-nominated documentary "[Crip Camp](#)."

Judy's civil rights leadership was well-known across the country. [She presented a "Brief But Spectacular"](#) segment that was re-aired on PBS this week to mark her passing. In it she discussed the intersection between disability rights and other civil and human rights movements. She said, "There is a shift, I believe, going on in our society, where we're looking at race and gender, equality, and disability as issues that we need to address, that diversity is something that makes our companies stronger, that diverse businesses provide better services for customers."

At Oral Health Kansas we have been inspired by Judy Heumann's leadership in human rights, and we will continue to follow her example as we work to ensure Kansans are able to lead healthy, happy, and productive lives.



National Nutrition Month

This year is the 50th anniversary of National Nutrition Month. During the month of March, we encourage you to choose healthy eating and drinking habits as well as getting out and doing physical activity. Some healthy

eating and drinking habits may be:

- Eat more fruits and vegetables during meals and for snacks.
- Avoid eating carbohydrates and sugar sweetened snacks in between meals.
- Opt to have sweets as desserts immediately after a meal instead of waiting to snack on sweets in between meals – less dental decay is seen in the teeth of people who only eat sweets as desserts right after their meals.
- Remember that carbonated sodas like colas and fruit drinks are “double trouble” - the carbonation and sugar produce acid that eats at your tooth enamel.
- Drink tap water to stay hydrated while you are exercising instead of energy drinks that contain high amounts of sugar.

Our [website](#) provides resources for healthy eating and healthy beverage choices such as:

- [Infused water recipes](#)
- [Healthy snacks](#) - these are especially for kids but adults can have fun too! ([In Spanish](#)).
- Here is [some information](#) on how to choose healthy drinks for your child.
- Our [Sugary Drink Display](#) is a great hands-on resource to show how much sugar is in beverages.

Visit our [website](#) for more information!



Kansas Mission of Mercy Needs Volunteers

The Kansas Mission of Mercy (KMOM) is just around the corner and they're still looking for volunteers. The event will take place March 24- 25 in Topeka at the Stormont Vail Event Center. This is a great opportunity to give back to the community, help consumers in need and celebrate the 20th

anniversary of KMOM! There will be some fun celebrations happening that you can join in on. Register here to volunteer: <https://www.ksdentalfoundation.org/about-kmom/>.

Oral Health Kansas staff will be at KMOM doing exit surveys. The exit surveys are short questions we ask the patients at the end of their visit. We are looking for volunteers to help us during this time as well as Spanish speaking volunteers. You do not need to volunteer the entire day, although the help is extremely appreciated. If you have questions, you can email us at info@oralhealthkansas.org.



Rally for Medicaid Expansion

On Wednesday, March 15 at 1:15pm, the Alliance for a Healthy Kansas along with other advocates and concerned citizens will hold a rally for KanCare (Medicaid) Expansion. The rally will take place on the 2nd floor North wing. They're asking for you to wear your 8-in-10 t-shirt (if you have one; if not, they'll have buttons for you).

[RSVP](#) for the KanCare Expansion Rally.



Upcoming Events

- **KanCare Rally**, March 15 at 1:15pm at the Kansas Statehouse. For more information and RSVP, click [here](#).
- **Kansas Mission of Mercy**, March 24 and 25 in Topeka. Click [here](#) for more information.
- The WSU Community Engagement Institute 2023 Virtual Workshop Series (CST): [*Self-Management for Improving Interactions Using the Process Communication Model*](#), March 22 at 11am.

[*Conscious Communication Culture*](#), March 29 at 11am.

[*Workplace Belonging*](#), April 5 at 11am.

[*Healthy Boundaries*](#), April 12 at 11am.

[*Self-Care*](#), April 19 at 11am.

[*Navigating Conflicts and Difficult Situations*](#), April 26 at 11am.

- **2023 National Oral Health Conference**, April 17 - 19. Click [here](#) to register.



This week we are happy to celebrate Amber Sellers as she is recognized with a [2023 Shine Award](#). Storytime Village presents the annual Shine

Awards to celebrate Kansas women who are shining examples for others. The awards event is held on March 8 and raises funds to support early learning in Kansas. Amber has been inspiring us for a long time as a member of Dental Champions Class IV, a board member, and a member of our advocacy committee. Congratulations, Amber!



Sugary Drink Display

We have Adult and Children's Sugary Drink Displays available for reservations. We only have a limited amount so please sign up soon if you're interested in reserving one. Click [here](#) to learn more about sugary drink display reservations!

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