

To: Members of the Community Towers Tenants' Council

From: Staff of Project GOH! (Good Oral Health)

RE: Introduction to an oral health project at Community Towers

The UCONN School of Dental Medicine and the Institute for Community Research, a community-based research organization located in Hartford, are working together to understand the oral health needs of older adults and people with disabilities. One reason that we are interested in this subject is because studies have shown that some older adults are not receiving adequate oral health care. Another reason is that oral health care is important to your general health. In the past year we have conducted presentations on oral health in Community Towers and have been very pleased with the interest residents have shown through their participation in those sessions. We are looking forward to collaborating with the residents of Community Towers, including the support of the Tenants' Association, on a project about the care of people's teeth, gums and mouth called Project GOH! - Good Oral Health. The goals of the project are 1) to understand what senior housing residents know about their own oral health and how they take care of their teeth and mouth and 2) to help residents identify ways that they can improve their own oral health.

The project activities for building residents will include:

1. Participation in 2 surveys on topics related to oral health;
2. An examination of teeth, gums and mouth by dentists from the UCONN School of Dental Medicine;
3. Working with Project GOH staff to develop individual care plans to understand and improve residents' oral health habits; and
4. The organization of a Good Oral Health Campaign Committee in the building. Members of this committee will receive training from project staff in order to teach other residents about the importance of practicing good oral health.
5. Residents will be compensated for their participation in the surveys and Campaign Committee

Through their voluntary participation in this project, residents will receive information on how to maintain good oral health, have an opportunity to share their experiences and opinions regarding the care of their teeth, gums and mouths, and become oral health advocates in their building.

We would appreciate the opportunity to meet with you and give you more details about the project. If you have questions, please feel free to contact Colleen Foster-Bey at 860-286-0751 X300 or Clara Acosta-Glynn (who speaks Spanish) at 860-286-0751 X236 at the Institute for Community Research, 2 Hartford Square West, Suite 100, Hartford, CT 06106.

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