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D200

“ Visit to a senior center”

10/31/2019

My very first thought when I found out about this assignment, was that of fear and panic. I felt very unprepared and unexperienced to face this type of task. The thought of speaking in front of a big group of people terrified me. What is more, I didn't feel knowledgeable enough to speak of proper toothbrushing techniques or denture care after just 5 weeks of classes. As time passed and the due date for the assignment got closer, i decided to face my fears and dive in head first in preparation for this project. First obstacle I overcame was finding a facility that would accommodate us. I write us, because at that point Courtney, Tatiana, Samar, Olga, Angela K. and I decided to team up and do the presentation together. The facility's staff was very accommodating and even enthusiastic about our presentation, which lessened my previous fears. With the date set only six days away, we met up to plan our presentation. We agreed to divide material of the presentation amongst each other, as well as demonstrate proper toothbrushing and flossing techniques with the help of our tyodonts. We also made sure to have some toothbrushes, sample size toothpaste and denture cleaning tablets as a give- away at the end of the presentation. Planning, research and material preparation involved in this assignment, allowed us to get to know each other much better, and bond as new classmates, adding to overall positive feeling of this experience.

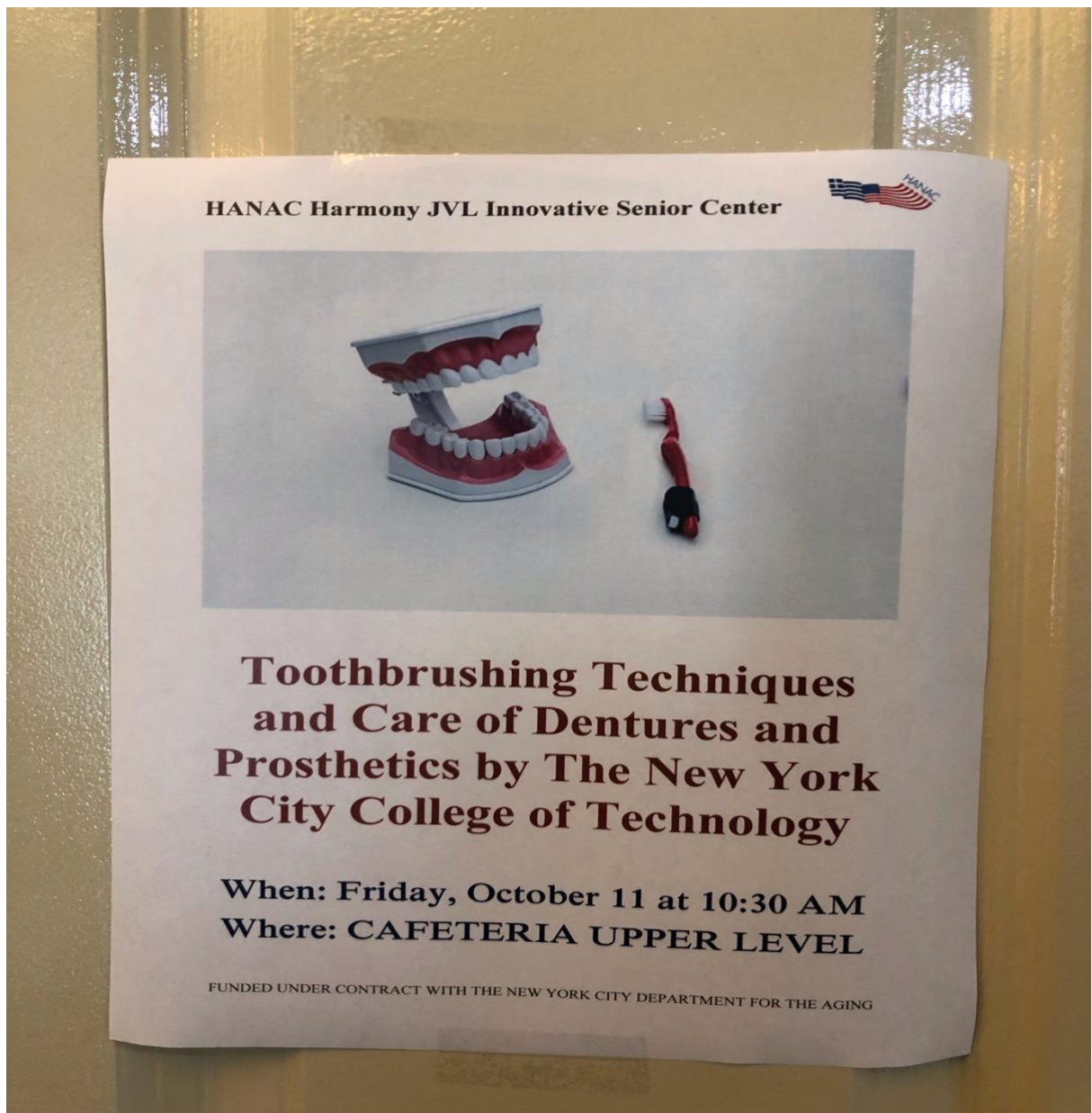
Our presentation took place on Friday, October 11th at HANAC JLV Innovative Senior Citizen Center in Astoria, Queens. I had a previous knowledge of this center from a family

member, who attended some of their programs and activities. It was also very important to me to visit a senior center in my beloved neighborhood of Astoria, where I live.

We started our presentation by introducing ourselves by our names, as well as freshman students of New York City Collage of Technology- Dental Hygiene department. We mentioned our clinic and multiple services it provides for general public. Next, we proceeded to talk about proper brushing technique, which was my responsibility. I described and demonstrated modified Stillman technique, as it provides massage and stimulation to gingiva, as well as it's usefulness for open embrasures and proximal surfaces. I also talked about importance of using soft and extra-soft filament toothbrushes, importance of removing biofilm for overall health and selecting best toothpaste for individual needs. Subsequently, Angela K., Tatiana, Olga, Courtney, and Samar talked about flossing, mouthwash use and denture and prosthetic care. We listed and specified all of the reasons why those every day, home care procedures are essential. We emphasized their importance for not only the oral cavity's health, but also the whole body's well-being and vitality. At the conclusion of our presentation, we thanked our hosts for having us, and the audience's participation. We received few additional questions about denture care, which we answered to the best of our knowledge. Most of our audience politely listened, and only few actively participated by commenting or asking questions. We offered our audience free toothbrushes and toothpaste we brought, which were taken in a matter of seconds. This occurrence alerted us to the fact, that there is a great need for those products. I plan on reaching out to the dental product websites to ask for samples, and deliver them to this senior center.

Overall, despite my earlier fears and hesitation about the assignment, I consider it an extremely valuable and positive learning experience. It gave me an opportunity to face and most importantly, to overcome my fears of speaking in front of a big group of people. I also got a

chance to research, as well as, learn more about the subject of our presentation. My hope is, that participants of our informational session and demonstration learned something new and valuable from us. Lastly, this assignment created a wonderful bonding experience for me and my fellow classmates in those first few weeks of our first semester.



FLAYER OF OUR PRESENTATION

