

**Manhattanville in West Harlem Implementation Plan Report
October 15, 2026 Submission**

Declaration Reference and Key Data

Obligation Section Number: **5.07(c)(iv)**

Obligation Title: **Dental Health Screenings for Senior Citizens**

Obligation Page Number: **53**

Obligation Trigger: **Acquisition by ESD or CU of all Initial Stage 1 Condemnation Parcel(s)**

Obligation Start Date: **March 12, 2012**

Obligation End Date: **March 12, 2037 (25 Years from Commencement)**

Obligation Status: **In Compliance**

Obligation

Dental Health Screenings for Senior Citizens through the ElderSmile Program. During the summer months, the Mobile Dental Center offers northern Manhattan's elderly population free dental screenings and referrals for further dental treatment at senior centers throughout Washington Heights/Inwood and Harlem. Commencing with the acquisition by ESDC or CU of all Initial Stage 1 Condemnation Parcels, and continuing for a 25-year period from commencement, dental health screenings for senior citizens shall be extended to include NYCHA residents in Manhattanville Houses and General Grant Houses.

Innovation; Changed Conditions

While the Declaration states dental health screenings for senior citizens are offered through the Mobile Dental Van during the summer months, the service provider has modified the program based on program experience. Dental health screenings for senior citizens are offered year-round through the ElderSmile Program, including residents in Manhattanville Houses and General Grant Houses. Visits to each host site by the mobile health clinics are scheduled in coordination with the leadership of each host site. The frequency of visits is determined in collaboration with each site based on site availability and preference. Follow-up appointments are made in accordance with each individual patient's dental requirements and in coordination with each site.

The dental screening follows a standard protocol using light and tongue depressor, the standard services remain the same. The modification clarifies the program through which the services are provided.

Evidence of Compliance

1. Link to website
2. Annual report

Columbia University's Implementation Plan and all supporting documentation are made available on the Columbia Neighbors Webpage at <https://neighbors.columbia.edu/content/community-commitments>.

Manhattanville in West Harlem Implementation Plan Report

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EOC Checklist for Obligation 5.07(c)(iv):

Please check to verify EOC items submitted for review.

- ☐ 1. Link to website
- ☐ 2. Annual report

Monitor's Notes / Comments:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Status:

Please check to indicate the status of Obligation 5.07(c)(iv):

- ☐ In Compliance
- ☐ In Progress
- ☐ Not In Compliance
- ☐ Not Triggered

Dental Health Screenings for Senior Citizens

Link to website:

<https://www.dental.columbia.edu/about-us/community-and-global-engagement/community-dentcare-program>

COLUMBIA UNIVERSITY IRVING MEDICAL CENTER

 COLLEGE OF DENTAL MEDICINE

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Our Mission

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Leadership and Administration

Culture

Community and Global Engagement

Community DentCare Program

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Community DentCare Program

Bringing Care to the Community

Many members of our community face barriers to accessing dental care and other health care. Recognizing this, Columbia University College of Dental Medicine launched its Community DentCare program in 1996 to help address these disparities, with special focus on children and the vulnerable elderly. We partner with around 70 neighborhood organizations to provide health screenings and dental services at sites around Northern Manhattan and the South Bronx. DentCare offers these services regardless of ability to pay.

DentCare has so far logged more than 150,000 patient care visits.

How We Work

Columbia fosters relationships with community partners—collectively called the Community DentCare Network—to coordinate visits to their locations. Partners include Head Start centers, schools, foster care facilities, senior citizen and community centers, and child care centers. Dental faculty, hygienists, and trainees provide care onboard our Mobile Dental Center or directly on site.

Mobile Dental Center

DentCare operates two mobile clinics. Both outfitted for comprehensive dental care and oral health education. Inside the clinic are two state-of-the-art dental chairs, X-ray equipment, and a patient education and reception area. The Mobile Dental Center also has a lift to bring wheelchair-bound patients on board.

We offer a number of services aboard the mobile clinic including exams, cleanings, fillings, extractions, crowns, sealants, and fluoride treatment. Additionally, the newest van, launched in the spring of 2023, is equipped to offer interdisciplinary preventive care, including vaccinations, and is outfitted with dental instruments that capture biometric information to improve clinical care through the college's Center for Precision Dental Medicine.



Annual Report: Dental Health Screenings for Senior Citizens

State Submission Annual Reporting Period: **October 2025 - September 2026**

The mobile clinic is staffed by faculty and students at Columbia University's College of Dental Medicine and travels to neighborhood schools, Head Start programs, daycare centers, foster care facilities, schools, nursing homes, rehabilitation centers, and health clinics in Harlem, Inwood, Washington Heights, and the South Bronx. The mobile clinic provides onsite oral health care and preventive health services to members of the population with a focus on children and seniors through Columbia's DentCare program. Only those sites located within the "local" catchment area as defined by the Declaration of Covenants and Restrictions have been included in the report below.

As patient needs require, the clinic provides comprehensive care and treatments (such as deep cleanings and fillings). As such, fewer patients may be seen as those services require more time and resources than screenings and referrals.

Date of Service	Site Name	Site Address	Total Patients Seen	Dental Screenings	Dental Exams	Treatments Performed	Dental Referrals
October 1, 2025	NYC Food Pantry	252 W 116th Street, New York, NY 10026	26	26	3	1	0
October 20, 2025	ARC Randolph	108 W 146th Street, New York, NY 10039	3	0	3	2	0
October 29, 2025	MBD Community Housing	1441 Boston Road, Bronx, NY 10460	5	1	4	1	2
November 11, 2025	ARC Randolph	108 W 146th Street, New York, NY 10039	2	1	0	1	1
November 13, 2025	NYC Food Pantry	252 W 116th Street, New York, NY 10026	1	0	0	1	0
November 19, 2025	ARC Jackie Robinson	1301 Amsterdam Ave, New York, NY 10026	1	0	1	0	1
December 4, 2025	MBD Community Housing	1441 Boston Road, Bronx, NY 10460	4	0	4	1	1
January 15, 2026	NYC Food Pantry	252 W 116th Street, New York, NY 10026	3	0	3	0	0
March 5, 2026	NYC Food Pantry	252 W 116th Street, New York, NY 10026	2	1	0	1	0
April 14, 2026	Isabella Corazon	530 W 166th Street, New York, NY 10032	5	1	4	0	3
April 15, 2026	MBD Community Housing	1441 Boston Road, Bronx, NY 10460	6	2	4	0	1
April 29, 2026	ARC Central Harlem	120 W 140th Street, New York, NY 10020	25	25	0	0	5
May 11, 2026	NYC Food Pantry	252 W 116th Street, New York, NY 10026	2	1	1	0	0
June 2, 2026	Isabella Corazon	530 W 166th Street, New York, NY 10032	6	1	5	0	3
September 29, 2026	ARC Randolph	108 W 146th Street, New York, NY 10039	5	0	5	1	0
Total			96	59	37	9	17

Site visits are coordinated in conjunction with the organizations and the Dental Services professionals. During this reporting period, the mobile clinic was scheduled to visit the Manhattanville Houses Senior Center but due to extensive repairs occurring at the center, every scheduled date had to be canceled. The dental team tabled outside of the center but was unable to offer screenings, exams, or treatments at this site.

Columbia University dentists supervise a team of dental students who conduct the screenings. The screenings consist of an extraoral and intraoral assessment, caries and gum disease assessment, prosthesis evaluation, blood pressure screenings and general education on healthy diet and lifestyle habits. Referrals for immediate concerns are given as needed, including general medical referrals for hypertension.

The HIPAA Privacy Rule establishes national standards to protect individuals' medical records and other personal health information and applies to health plans, health care clearinghouses, and those health care providers that conduct certain health care transactions electronically. The Rule requires appropriate safeguards to protect the privacy of personal health information, and sets limits and conditions on the uses and disclosures that may be made of such information without patient authorization. The Rule also gives patients rights over their health information, including rights to examine and obtain a copy of their health records, and to request corrections. Columbia University follows the HIPAA Privacy Rule.

Additional Supporting Documentation

- Copies of public notifications and/or announcements of clinic visits
- Copies of information and materials distributed to patients



Columbia University College of Dental Medicine Dental Van

- *Exams*
- *Cleanings*
- *Fluoride application*
- *Oral health counseling*
- *Dental sealants*
- *Referrals*

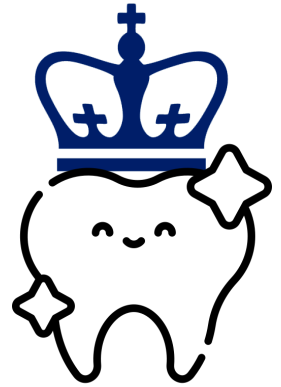


www.dental.columbia.edu

Dentcarecdm@cumc.columbia.edu



Columbia University College of Dental Medicine Mobile Dental Clinic



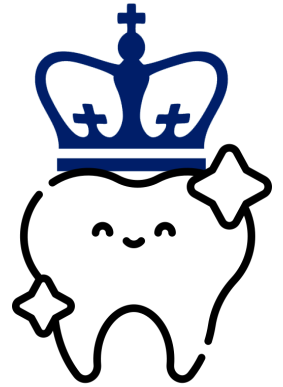
- Exams
- Cleanings
- Fluoride Application
- Adult & Child Oral Health Counseling
- Dental Sealants
- Referrals

Check out our mobile clinic by scanning this QR Code:



www.dental.columbia.edu
dentcarecdm@cumc.columbia.edu

Columbia University College of Dental Medicine Mobile Dental Clinic



- Exámenes
- Limpiezas dental
- Aplicaciones de fluoruro
- Consejería de salud dental familiar
- Sellantes dental
- Referidos

Escanee este código para ver nuestra clínica dental móvil:



www.dental.columbia.edu
dentcarecdm@cumc.columbia.edu

COLUMBIA UNIVERSITY NEIGHBORS

SUMMER/FALL 2025 NEWSLETTER

INSIDE

- Look Skyward with Columbia Astronomy
- Celebrating 20 Years of a Free Health Clinic
- McDonald's Return to West Harlem
- Remembering Two Community Champions



From Morningside Heights to the Moon



Growing up, Columbia PhD candidate Daniel Yahalomi would peel through the pages of books like *The Hidden Reality* and *Cosmos*, sparking his curiosity for the world of astrophysics. Attending STEM-focused summer camps in high school and interacting with mentors would deepen his affinity for the field.

Now, through the creation of the **Columbia Student Training in Astronomy Research (STAR) Mentoring Program**, launched in 2024, he's on a mission to ensure local youth have access to the same learning

opportunities. Cognizant of the dearth of STEM education programs in New York City, Yahalomi and a collective of other PhD students from Columbia's Department of Astronomy are using Columbia STAR to fill the gaps.

Rooted in discovery and mentorship, the community-driven initiative offers paid research opportunities for high school students in Morningside Heights. Students participate in projects that cover a wide range of topics, from asteroids to astrophysical simulations.

You can learn more about the program at neighbors.columbia.edu/star-mentoring.

You're Invited: Look Skyward!

Once or twice a month, Columbia Astronomy hosts Public Astronomy Nights on the Morningside Heights campus, where guests hear from a lecturer on a variety of topics, followed by a Q&A and stargazing through the department's many telescopes.

You can find upcoming dates at outreach.astro.columbia.edu.



A Lens on Local



From pop-up markets to public celebrations, recent events brought together neighbors, nonprofit leaders, and small business owners on Columbia's campuses. Each moment reflects the power of partnership and the vibrant community spirit that animates Uptown. Clockwise from top left:

Columbia Community Service Grantee Reception | June 12, 2025

In 2025, donations from 477 Columbia, Barnard, and Teachers College faculty, staff, and retirees funded \$240,000 in grants to 47 local nonprofits, and the community came together to celebrate.

Manhattanville Community Day | June 7, 2025

Saturday Science activities were a hit at the annual celebration of community on Columbia's Manhattanville campus.

State of New York Women | April 30, 2025

The New York Women's Chamber of Commerce hosted its annual State of New York Women in Business event at the Lee C. Bollinger Forum.

A'Lelia Bundles Community Scholars Mixer | April 10, 2025

The Incite Institute hosted a mixer for the A'Lelia Bundles Community Scholars of current and previous cohorts.

Meet a 2025 Columbia Grad from Inwood: Jordana Suriel

For Inwood native Jordana Suriel (School of Social Work '25), growing up on Dyckman Street gave her a nuanced lens into how socioeconomic complexities can shape the human experience.

In the shadows of the neighborhood's cultural vibrancy, she witnessed the impacts of intergenerational cycles of poverty and crime. Seeking a better understanding of the intricacies of the incarceration system and its disproportionate impact on communities like the one she calls home, she decided to embark on a path in social work.

"A lot of my motivation comes from my culture and community," Suriel said. "Staying connected to where I'm from reminds me of my purpose. I do this work for myself, my family, my community, and to lend a hand to other people."

Through her journey at Columbia School of Social Work, where her studies have taken her from lecture halls in Morningside Heights to Medellín, Colombia, she's been able to work on international projects that center youth



advocacy, economic empowerment, immigration, and justice for system-impacted communities.

You can learn more about her experience at neighbors.columbia.edu/jordana-suriel.

Scholarships for Local Students

Dyckman Institute Scholarship

Each year, the Dyckman Institute provides financial support to four outstanding undergraduate students who live in the Upper Manhattan neighborhoods of Washington Heights and Inwood.

neighbors.columbia.edu/dyckman

Thompson-Muñoz Scholarship

Each year, Columbia University provides a scholarship fund to financially assist up to 40 aid-eligible undergraduate students who are admitted to Columbia College and/or The Fu Foundation School of Engineering and Applied Science.

neighbors.columbia.edu/thompson

George Van Amson Fellows Who Made an Impact with Local Nonprofits

Every summer, Community Impact at Columbia provides stipends and summer housing resources for Columbia and Barnard undergraduate students to participate in New York City-based, unpaid nonprofit or service-learning work. The fellowship program is named for George Van Amson (Columbia College '74), a trustee emeritus and longtime Wall Street executive.

Meet two fellows who recently made a difference in their community-driven internships.



Obse Abebe | The Bronx Defenders

Obse Abebe (Columbia College '27) believes addressing human rights requires an intersectional approach—a perspective shaped by her family's immigration from Ethiopia, her exploration of identity in high school, and her work at The Bronx Defenders (BxD).

"If you face charges and turn to BxD, in addition to being supported by a criminal defense attorney, you can also be supported by one of their benefits specialists if you have a qualifying need," Abebe said. "This approach stood out to me because it acknowledges how an individual's identity traits interact to shape their lived experiences."

Learn more at neighbors.columbia.edu/obse-abebe.

Eloise Benoit | The Fortune Society

Eloise Benoit (Barnard College '25) has witnessed how restorative justice drives social change. From seeing the impact of grassroots programs making the arts accessible in her hometown of New Haven to her work at The Fortune Society's Bronx office, the transformative efforts of dedicated changemakers at the local level sparked her passion for social justice.



"When it comes to restorative justice, The Fortune Society practices what it preaches, a large part of its workforce are formerly incarcerated individuals," Benoit said. "It feels like a well-rounded space because of that. It was amazing to be part of an organization that emphasizes community building."

Learn more at neighbors.columbia.edu/eloise-benoit.

A Cinematic Celebration of Heritage

The African Diaspora International Film Festival has a fruitful partnership with Teachers College.

For Afro-Cuban educator and film enthusiast Dr. Reinaldo Barroso-Spech (Teachers College '02), cinema is a universal language that builds cross-cultural bridges.

Growing up in Cuba—during an era when there was a dearth of diverse stories on the silver screen—watching films like the Cuban drama *Maluala* and the American romance *Carmen Jones* illustrated multilayered narratives across the Black diaspora and became a source of education and empowerment for Barroso-Spech.

Now, through the **African Diaspora International Film Festival** (ADIFF), which he and his wife Diarah N'Daw-Spech (Columbia Business School '92) co-founded in Harlem 33 years ago through their **ArtMattan Productions**,

Barroso-Spech hopes to conjure that same sense of pride and discovery by celebrating culturally relevant films that center the human condition.

The film festival, with screenings in New York, Chicago, Washington, D.C., and Paris, has partnered with **Teachers College** for 30-plus years, utilizing the campus for open-to-the-public screenings.

“The Harlem audience has been very supportive of what we’ve created,” Barroso-Spech shared. “They don’t hesitate to come and ask us about titles they’d like to see. The interaction we’ve had with the Harlem audience is different from other cities. It’s all about proximity.”

Learn more about the history of the festival at neighbors.columbia.edu/adiff and find the next film festival dates at nyadiff.org.



McDonald's Makes a Highly Anticipated Return to West Harlem



McDonald's made an exciting return to West Harlem in April 2025, opening on the ground floor of Columbia University's new residential building at **125th Street and Broadway**—the same location where it previously operated before construction began.

The restaurant is owned by Fonseca Group, a family-owned franchise that owns and operates 35 restaurants in the New York metro area. The group is committed to giving back to the local community through food donations, sponsorship of local school programs, and mentorship opportunities.

"We are thrilled to open a new location in West Harlem, and look forward to providing an enjoyable dining experience for the local community," said PJ Fonseca, owner of the McDonald's West Harlem location.

The restaurant's hours are 6:00 a.m. to 11:00 p.m., Sunday through Thursday, and 6:00 a.m. to midnight, Friday and Saturday.

Learn more at
neighbors.columbia.edu/mcdonalds.

Calling All Local Vendors!

Columbia's commitment to local hiring crosses all aspects of our work, including the businesses we contract with, retail tenants we lease to, and the workforce of our construction contractors and vendors.

From locally helmed pop-up markets at the Lee C. Bollinger Forum to our renowned CU Grow: Vendor Development Program, you can learn more at cufo.columbia.edu/content/locally-owned-vendors and cugrow.columbia.edu.



IN CONVERSATION WITH . . .

Community School District 5 Superintendent Sean L. Davenport

Harlem Community School District 5

Superintendent Sean L. Davenport's deeply rooted passion for education stems from a storied journey of self-discovery and service. Growing up, he rarely saw himself reflected in his learning environments, from the pages of his textbooks to the people he was surrounded by.

Now, sitting at the helm of Harlem's District 5—a collective of 23 schools throughout Central Harlem and Morningside Heights—Davenport is cultivating culturally responsive learning spaces where local youth can feel seen, heard, and celebrated; schools that center the neighborhood's rich history and empower young scholars to be active participants in building its future.

Columbia Neighbors spoke with Davenport, a proud Norfolk State University alum, about his path in the education space, his foundational contributions to Thurgood Marshall Academy Lower School, engaging the local community through education, and his key priorities and vision for District 5.

"When this opportunity to serve as the superintendent of Harlem Community School District 5 [presented itself], I saw it as a chance to help change the mindsets of families and speak to the greatness of Harlem through education," Davenport said. "Coming back, my message was to let the kids know how great they are, and where they live is probably the most important community in the whole wide world."

Read more at neighbors.columbia.edu/sean-davenport.

Remembering Two Community Pillars

Columbia University joins community members in honoring the impact and influence of Hazel N. Dukes and Charles B. Rangel.



Hazel N. Dukes

Dr. Hazel N. Dukes, a fierce advocate for civil rights and a fixture in the Uptown community, passed away on March 1, 2025, at 92. Dukes, a longtime Lenox Terrace resident, leaves behind a legacy built on the pillars of equality and empowerment.

Coming of age in the Jim Crow era in Montgomery, Alabama, propelled her to pursue a path in activism. Throughout her storied career, she sat at the helm of organizations dedicated to social

justice, including serving as the national president of the National Association for the Advancement of Colored People, and leading the nonprofit's New York State conference from 1977 until her passing.

While she made an indelible mark nationally, her dedication to grassroots community organizing shaped the neighborhood of Harlem. She served on Manhattan Community Board 10 until February 2024.

Read more about her legacy at neighbors.columbia.edu/hazel-dukes.

Charles B. Rangel

Charles B. Rangel, a Harlem-born political powerhouse who blazed a monumental path on Capitol Hill, passed away on May 26, 2025, at 94. Rangel, one of the longest-serving members of the U.S. House of Representatives, was a champion for community empowerment and civic engagement.

Although Rangel—often called the Lion of Lenox Avenue—used his political prowess to effect global change, he never strayed from Harlem. In 1994, he founded the Upper Manhattan Empowerment Zone, which officially became a nonprofit a year after its launch and is dedicated to economically uplifting under-resourced communities.

Inspired by his commitment to addressing socioeconomic barriers to healthcare, the Rangel Community Health Center, staffed by Columbia doctors, opened in Harlem in 2015.

Read more about his legacy at neighbors.columbia.edu/charles-rangel.



A Free Clinic's 20 Years of Service

Columbia Student Medical Outreach (CoSMO) recently celebrated a major milestone—20 years of operating as a free clinic serving uninsured patients in Washington Heights and Northern Harlem.

The student-run free clinics help fill a gap in the Washington Heights neighborhood, which has the second-highest rate of uninsured adults in New York City. More than 20% of adults in Washington Heights lack health insurance, compared to the citywide average of around 12%. The clinic offers a wide array of services, including checkups, chronic condition self-management education, nutritional care, behavioral health care, and physical therapy.

The first and largest student-run free clinic at **Columbia University Vagelos College of Physicians and Surgeons (VP&S)**, CoSMO is a team effort, staffed by volunteer medical and physical therapy students and faculty from the medical school, and students from the School of Social Work, Mailman School of Public Health, and the School of Nursing. NewYork-Presbyterian provides the physical space for the clinic and medical staff while it's in operation.

In a small clinic setting, student volunteers provide one of the most valuable and scarce resources of all in healthcare—time.

“For many of our patients, there just hasn’t been someone to sit down and explain what’s going on, why they feel ill, and what they can do to help,” says Kishan Bhatt, CoSMO co-chair and fourth-year medical student at VP&S. “As medical students, we have the time. I think it fills a niche for those patients, and it makes them really motivated to help themselves and continue to come back to the clinic.”

Learn more and watch a video about CoSMO’s history of service at neighbors.columbia.edu/free-clinic.





Programs and Resources Directory

To find details on more than 100 public programs, resources, and services at Columbia University, visit our directory at neighbors.columbia.edu/resources, which includes everything you need to know about programs like these:



English for Speakers of Other Languages

12-week classes are held by Columbia Community Impact in September, February, April, and July.



The ElderSmile Program

by the Columbia College of Dental Medicine offers prevention and treatment services for seniors in northern Manhattan through mobile van visits to senior centers.



The **Girls Who Code** chapter at Columbia is dedicated to closing the gender gap in the technology and engineering sectors and runs classes for local K-12 students on Saturdays.



Graduate Scholarships for Elementary School Teachers

are awarded to qualified elementary school teachers either currently teaching or interested in teaching elementary school within Community District 9.



Host Your Community Event at Columbia

Did you know local nonprofits based in or serving Manhattan Community District 9 (Morningside Heights, Manhattanville, and Hamilton Heights) can rent space at Columbia for special events?

The University has committed to making a range of facilities, services, and amenities available to local nonprofits through its In-Kind program at no charge!

Columbia University, West Harlem Development Corporation, and Community Board 9 host an online application that is made available to nonprofit applicants every first week of the month.

[Learn more and begin your in-kind space request at neighbors.columbia.edu/in-kind.](https://neighbors.columbia.edu/in-kind)

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neighbors@columbia.edu

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Toothbrushing



Cleaning in between your teeth



Nutrition advice



Preventing Disease



Cavities



Gum Health



Jaw Problems



Columbia Referral Numbers / Números de Referidos General:

- ☐ Columbia University College of Dental Medicine / Columbia Escuela Dental
(212) 305-6100 (*Medicaid or cash, seguro Medicaid o paga en efectivo*)
- ☐ Columbia-Presbyterian Primary Medical Care / Columbia Atención Primaria
(212) 305-2500
- ☐ Columbia-Presbyterian Emergency Room / Sala de Emergencias
Emergencies after 5pm / Emergencias después de 5pm.
(877) 426-5637
- ☐ Columbia Doctors - Dental Faculty Practice
(877) 426-5637 (*Private insurance or cash, seguro privado o paga en efectivo*)

Scan the links below for low-cost clinics.

Escanee los códigos QR a continuación para clínicas de bajo costo.

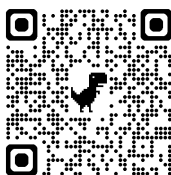
Manhattan



Brooklyn



Queens



Bronx



Staten Island



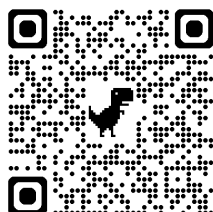
Columbia-Harlem Health & Medical Partnership
521 W. 126th St. New York, NY 10027 (347) 614-2121



Follow the link or scan the following code for a guide to Columbia University College of Dental Medicine services and information.

Siga el enlace o escanee el siguiente código para obtener una guía de los servicios y la información de la Facultad de Medicina Dental de la Universidad de Columbia:

www.tinyurl.com/ColumbiaDentalServices



Brushing and Flossing

SENIOR DENTAL CARE



Older adults are at risk for getting cavities and gum disease. **Brushing** helps remove plaque (white, sticky layer of germs), food and bacteria from the surface of the teeth. **Flossing** helps remove plaque, food and bacteria from areas that a toothbrush cannot reach, such as between teeth and below the gum line.

Brushing and flossing teeth daily help keep your teeth and gums healthy and prevent bad breath.

How to brush your teeth:

1. Squeeze fluoride toothpaste on a soft or ultra-soft toothbrush.
2. Place your toothbrush at a 45-degree angle to your gums.
3. Move the brush back and forth using gentle, short strokes.
4. Brush the outer surfaces, inside surfaces and chewing surfaces of all teeth.
5. Clean the inside surface of your front teeth by holding the brush vertically and making several up-and-down strokes.
6. Brush your tongue to remove bacteria and prevent bad breath.
7. Rinse both your mouth and toothbrush with room temperature water.

The frayed bristles on this toothbrush means it cannot clean well. Replace your toothbrush every 3 months.



Brushing and Flossing

Senior Dental Care

Brush after every meal or at least twice a day.

If you have trouble holding a toothbrush, ask a family member or friend to wrap a small washcloth around the handle of the toothbrush and secure it with a rubber bands. This will make the handle easier to hold.

How to floss your teeth:

1. Cut off a large section of floss (about 18 inches), and wrap one end around your middle finger. Wind the other end around the middle finger of the opposite hand.
2. Hold the floss tightly between your thumbs and forefingers.
3. Gently guide the floss between your teeth, using a rubbing motion.
4. When the floss reaches the gum line, curve it into a C shape against the side of the tooth. Gently slide it into the space between the gums and the tooth.
5. Holding the floss tight, gently rub it up and down the surface of the tooth several times. Repeat this method on both sides of all teeth, making sure to use a new section of floss with each tooth.

If you find this method difficult, try a different one, such as using a pre-threaded flosser or an inter-dental brush (a small brush designed to clean between teeth).

Floss at least once each day.

If you wear dentures, please see the *Denture Care* fact sheet.

Contact your dentist or medical provider promptly if you are in pain or need care.



COLUMBIA UNIVERSITY
College of Dental Medicine



Gum Disease



SENIOR DENTAL CARE

Gum disease, or swollen gums, can get worse with time. It is often painless until very advanced and can cause people to lose their teeth. When that happens, eating, talking and smiling are difficult.

What causes gum disease?

Bacteria found in plaque – a film that forms around teeth – causes gum disease.

What are the signs and symptoms of gum disease?

- Swollen gums
- Bleeding gums after brushing teeth
- A change in how partial dentures fit
- Loose teeth
- Bad breath that won't go away

The recessed gums here are caused by gum disease. Gum disease can cause tooth loss.



How to prevent gum disease:

1. Brush your teeth at least twice a day with a soft toothbrush and fluoride toothpaste.
2. Floss your teeth at least once a day.
3. Visit your dentist regularly for a checkup and cleaning.
4. Speak to your doctor or dentist if you have diabetes. People with diabetes may have worse gum disease. Gum disease may also make diabetes worse.

Contact your dentist or medical provider promptly if you are in pain or need care.

Tooth Care and Cavities

SENIOR DENTAL CARE



Seniors may be at greater risk for developing cavities due to dry mouth and shrinking gums. Dry mouth can be caused by diabetes and medications commonly taken by seniors.

What causes cavities?

Eating sugary or starchy foods can lead to cavities. These foods, when combined with bacteria found in the mouth, can cause tooth decay.

Why are cavities bad?

Cavities can cause pain. Untreated cavities may cause infection, tooth damage and tooth loss.

How to prevent cavities:

- See your dentist regularly
- Limit starchy and sweet foods
- Limit sugary drinks
- Brush your teeth after each meal with a soft toothbrush and fluoride toothpaste

This dark spot is a cavity. This type of cavity is common when gums shrink.

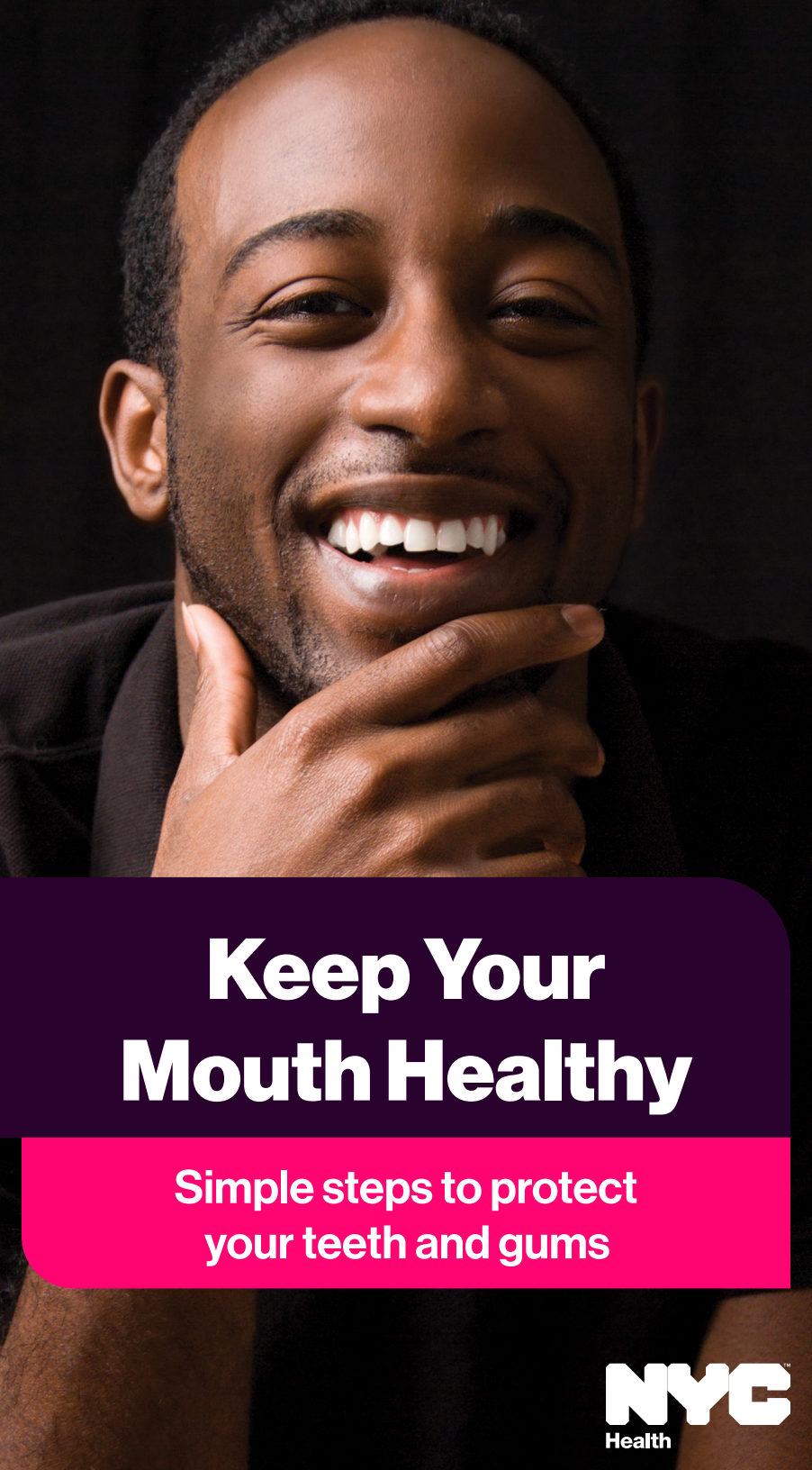


Contact your dentist or medical provider promptly if you are in pain or need care.



COLUMBIA UNIVERSITY
College of Dental Medicine





Keep Your Mouth Healthy

Simple steps to protect
your teeth and gums

Oral Health Tips

People who are pregnant

- Pregnancy can increase your risk for oral health problems. Pay special attention to your teeth and gums during this time.
- Dental treatment (such as X-rays or local anesthesia) is safe during pregnancy. Tell your provider if you are pregnant at your visit.
- Cavity-causing germs in your mouth can be passed to your newborn baby through saliva. Treat your tooth decay before your baby is born.

Parents and caregivers

- Start brushing your child's teeth with a soft-bristle toothbrush as soon as your child's first tooth comes in. Use a smear of fluoride toothpaste.
- Begin regular dental visits when the first tooth comes in, and no later than age 1.
- Ask your child's dentist about fluoride varnish and dental sealants, which are treatments to help stop cavities.

Older adults

- Adults age 65 and older are at higher risk for diseases of the mouth, including infections, cavities on the roots of the teeth, tooth loss and oral cancer.
- Dry mouth, often caused by certain medicines or oral health conditions, can lead to tooth decay or trouble eating. Drink water often and brush with fluoridated toothpaste.
- If you have dentures, remove and clean them after eating and before going to sleep.

Take care of your teeth and gums.

- Oral health means keeping your mouth healthy, which is also an important part of keeping your whole body healthy.
- Gum disease and tooth decay are common oral health issues. If untreated, they can lead to pain, infection, loss of teeth, and trouble eating and speaking.
- You can prevent many oral health issues by practicing good oral hygiene, including regular brushing and flossing.

What is gum disease?

- Gum disease is an infection of the gums that makes them swell and turn red. It can lead to tooth loss and other health problems.
- **Risk factors** for gum disease include not brushing or flossing regularly, using tobacco, or having health conditions such as diabetes.

What are signs of gum disease?

- Red, swollen or tender gums
- Bleeding when brushing, flossing or eating
- Pain when chewing and sensitivity to cold
- Loose teeth or gums that have pulled away from the teeth
- Bad breath or a bad taste that does not go away



What is tooth decay?

- Tooth decay is damage from bacteria eating away at the teeth. Over time, holes in the teeth called cavities can form.
- **Risk factors** for tooth decay include not brushing or flossing regularly, consuming foods or drinks high in sugar or starch, or eating many snacks during the day.

What are signs of tooth decay?

- Tooth discoloration
- Toothache
- Pain when biting, chewing, or eating or drinking something sweet, hot or cold
- Cracked or broken teeth



Simple Steps to Improve Oral Health

- **Brush at least twice per day, including before bedtime.** Use toothpaste with fluoride and a soft-bristle toothbrush. Use mouthwash if recommended by your dentist.
- **Floss every day.** The spaces between your teeth and under your gums cannot be reached with a toothbrush.
- **Eat healthy.** Limit daytime snacking and snacks high in sugar or starch, such as sodas, cookies or candy. Visit choosemyplate.gov for healthy eating tips.
- **Drink tap water.** The fluoride in New York City's tap water helps keep your teeth strong.
- **Avoid tobacco.** Tobacco use greatly increases your risk of gum disease, as well as mouth and throat cancer. Visit nysmokefree.com or call 866-NY-QUITS (866-697-8487) to apply for a free starter kit and to talk to a quit coach.
- **Limit alcohol.** Drinking a lot of alcohol increases your risk of mouth and throat issues, including cancer. If you need support to limit alcohol, call **311** or NYC Well at 888-NYC-WELL (888-692- 9355).
- **Know your risk.** Your habits, health conditions, age and family history can all increase your risk of dental disease. See your health care provider regularly, and talk to your dentist about possible risks and any special care you may need.
- **Visit your dentist.** Regular dental visits (at least once per year) help find problems early, when they are easier to treat.

Insurance Information

Dental care is covered by Medicaid and the Child Health Plus health insurance plan, regardless of immigration status.

For more information about enrolling in health insurance, visit nyc.gov/health/healthcoverage. To find a low-cost dental provider, call **311** or visit nyc.gov/health/teeth.

For information about oral health,
visit nyc.gov/health/teeth.

