



DELIVERING THE MILK

The American Academy of Pediatrics recommends that children between the ages of 9 and 18 need at least 1300 to 1500 mgs. of calcium each day. That's 3 glasses of milk and an ounce of cheese. The majority of bone formation occurs during this period of growth therefore more calcium is needed for strong bones. However, for low income families this is a problem because WIC is the only program available that provides milk and that is specifically for children up to age 5. Also studies show milk is now more expensive than popular sugary drinks such as soda and some juices.

Before the Samaritan Center received the Missouri Foundation for Health dental grant, the only milk the pantry was able to consistently give to their families was instant - the same instant milk that most children and adults turn up their noses at due to the smell or taste. Now, the gallon jugs roll in from the dairy truck by the hundreds and then they roll right out almost as fast. Cheese is now a regular item on the pantry refrigerator shelf as well. It too is stacked in large quantities ready to be given out to those in need.

Both the milk and the cheese were able to be purchased through the dental grant provided by the Missouri Foundation for Health for the purpose of strengthening the teeth of the clients to help fight off the onslaught of bacteria. Low income children are most at risk of dental caries though especially when they don't get enough calcium to form strong bones. The Centers for Disease Control has found that although tooth decay is largely preventable, it remains the most common chronic disease of

children aged 5 – 17 years – 5 times more common than asthma (59% versus 11%). Poor children have nearly 12 times more restricted – activity days because of dental related illness than children from higher – income families. Pain and suffering due to untreated tooth decay can lead to problems in eating, speaking and attending to learning. So more than ever it's important for the children of those who come to us to drink their milk.

So often when Samaritan Center clients come in to register for dental services from the Ossman Free Dental Clinic, they're forewarned of the lengthy wait. This is due to the large number of people waiting ahead of them who also need services. Even with additional dentists the drum beat of clients in need, continues at a much faster heavier beat. The next words are always, "I'll wait where else would I go?"

The families that come to the Samaritan Center's Ossman Free Dental Clinic are desperate. Most are in a great deal of pain and have waited a very long time. The children aren't scheduled usually due to the long wait, unless there is a problem. More dentists are needed to alleviate the wait, pain and anguish of so many Help the Samaritan Center's Ossman Free Clinic deliver more services to the needy.

Thanks for the milk. In the last 11 months the Samaritan Center has given out, 10,576 gallons of milk.



MARYLYN'S MESSAGE

"When you give alms, do not let your right hand know what your right hand is doing."

Matthew 6, 3

Each month brings more for us to be thankful for here at the Center. This is Dental health month and we cannot thank enough those dentists that give of their time to help those who are hurting who have no insurance or money to pay for their dental needs. We who work here at the Center know what it means to our friends in need and it is so wonderful to see them pain free with smiles on their faces. So thank you Drs: Dulle, Protzman, Henningsen, Kemmer, Tuebner, Tungesvik, Ganz, Gassen, Sodeifi, Hanson, Graham, Richter and Rowan. You make so many people Happy!

We thank those Missouri State Employees who so very generously checked their pledge boxes for the Samaritan Center. This year their gifts will top \$60,000. These quarterly checks mean that we can say "Yes" to those in need. God bless all of you!

Thanks to our donors that give to the Center each month to help us to feed the hungry, keep their heat on; provide gasoline for medical trips, give them city bus passes and much, much more. Without your listening to God's call we could not provide those who are hurting with so many services.

Our doctors, nurses, medical records and support staff that come every Thursday night to see those without insurance that have so many diverse health problems. We know how appreciative these patients are and we thank you from the bottom of our hearts.

Thanks too, for all those men and women volunteers who are helping our clients file for their Earned Tax Credit, Personal (rental) Tax Credit, Child Tax Credit and Refunds. When our clients come in they often have no idea they could receive money back from the government. We explain that this is possible and make an appointment for them to see one of our volunteers. They also must do this before we help them with any financial assistance so they can help themselves.

Thanks to all the Attorneys, Mediators and Law School Students that make the Legal Care Clinic such a success. Many long hours are spent helping those who have no funds. Those who think they have no voice in our legal system. With compassion and common sense these volunteers have successes every day.

Many THANKS to the volunteers that work here in the food pantry, drive to Columbia for Second Harvest food, meet families at our furniture storage space once a month for furniture, pick up breads and pastries, teach our cooking class, maintain our clothing closet, assist with Book Buddies, help organize the warehouse, answer doors and phones, all sorts of secretarial work, aid the elderly in filling out the long prescription applications so they can have their prescriptions sent to them free and many other things that just pop up that need attention.

We have the best job in the world working with all of these dedicated volunteers who quietly make such differences in the lives of those who come to the Center where they know they are treated with dignity and kindness.

They do not come here for Thanks but because they love their Neighbors!

God Bless All of You!!

Dent

Qualifications:

Benefits:

All dentists are suppo

DISPELLING LITTLE PEOPLE'S FEARS

Remember when you had to make your first visit to the dentist? You were both curious and scared. Well our little Maggie that came to our dental clinic was the same way. She saw the dentist with his mask, gloves and glasses and wondered what is he going to do in my mouth? Our dental assistant talked with her and told her why he was wearing those things. She answered all of Maggie's questions and why they had to do these things to her mouth. By the end of her appointment she had had x-rays, and three of her teeth filled. When she left she promised to brush twice a day with her new toothbrush and toothpaste. She also agreed to let her Mom brush her teeth for her once a week. Her next visit was even better when she had one more filling done and she wasn't afraid at all. She left with a big decay free smile and said she would tell her friends that they should not be afraid of the dentist because he was a really nice person. Maggie was having trouble studying in school before she came because of her toothaches. Now whenever we see her she gives us a great big grin!

In Missouri, for those at 125% of the federal poverty level (i.e., a family of four can make no more than \$1,964.00 per month), there aren't many alternatives. In the six counties the Samaritan Center serves, there's only 1 dentist that accepts Medicaid and is taking new patients for the more than 14,000 that possibly qualify. Then add to that this data from a report by the Missouri Coalition for Oral Health Access:

The number of Missouri dentists in 1994 to 2000 declined from 1,913 to 1,830.

Missouri is averaging a net decrease each year of 40-50 actively practicing dentists.

49% of active Missouri dentists in 2000 were 50 years old or older.

The number of retiring dentists each year is estimated at 70 while new dentists are less than ½ that much.

The number of UMKC graduates (the only active dental school in the state) practicing in Missouri has also declined to 20 graduates per year.



Dr. Spencer Kemmer and Marijane Juricic at work in the Ossman Free Clinic

A REAL NEED

BE PREPARED FOR BOY SCOUTS

Scouting for Food, the annual food drive coordinated by the Boy Scouts of America, is coming soon! Bags will be distributed by area scouts and volunteers the week of March 5th. Gather the non perishable food items you wish to donate and place them in that bag or any others and then leave the filled bag outside your front door for pickup. Scouts will collect food beginning in the morning of March 12th and continue through to the early afternoon.

Items in need are cereal, peanut butter, meals in a can, and macaroni and cheese. These are meals that are easy for children in the upcoming summer months when they are home from school.

Please avoid glass in the bags, the items get jostled so much that more often than not, glass breaks making a hazardous mess.

Second only to the Letter Carrier food drive in poundage of food collected, Scouting for Food is vital to the ability of Samaritan Center to deliver services to the needy. The food collected is food that does not have to be purchased, allowing for monies to be spent on needs such as utility bills, rental costs, and purchase of perishable items such as meat and eggs.

Volunteers will descend on the Samaritan Center warehouse and parking lot to unload, sort, weigh, and shelve food brought in by the Scouts. An, all day process starting around seven in the morning and ending at five in the evening, the work can be grueling but the reward is well worth it.

GREAT THANKS TO OUR VOLUNTEER DENTISTS

Working out of Ossman Clinic

Paul Dulle DDS
 Matthew Gassen DDS
 Joseph Ganz DDS
 Brian Henningsen DDS
 Spencer Kemmer DDS
 Robert Protzman DDS
 Michael Sodeifi DMD MD
 Daniel Teubner DDS
 Nathalie Tungesvik DDS

Seeing In Office Referrals

Richard Gramh DDS
 Johnathan Hanson DDS
 Harry Richter DDS
 Kenneth Rowan DDS MS

Part Time Dental Hygienist Needed
 Would you like to work in a great place with wonderful people?
 Here's your chance. Great pay, benefits and a flexible schedule.
 Send resume to: Post Office Box 1687,
 Jefferson City, Mo. 65102.

DATES TO REMEMBER

March

12 Boy Scout Food Drive
 16 Book Buddies
 24 Holy Thursday, no evening hours
 25 Good Friday -Closed
 28 Easter Monday -Closed

April

1-30 Mothersday Basket Collection
 18-24 National Volunteer Week
 20 Book Buddies

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Hours of Operation
 Open to Public: 9:30am-11:30am Monday-Thursday
 4:00pm-6:00pm Thursday
 Medical Clinic: 4:00pm-6:00pm Thursday
 Dental Clinic: by appointment Only,
 call (573)761-3473 for information
 Staff Office Hours: 8:00am-5:00pm Monday-Friday

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