

**WIHD Self Advocacy Group Meeting  
Monday May 21, 2018 6:30- 8:00 PM**

**PLEASE JOIN US FOR THIS MEETING**



**MEETING AGENDA**

- Introductions and healthy snacks
- **Discussion Topic: Taking Charge of Our Dental Hygiene and Oral Health**



Our discussion leader will be PATRICIA SEAGRIFF, DDS, Director of WIHD Dental Services at WIHD, and a member of the NYS OPWDD Task Force on Special Dentistry. She will be talking with us about why oral health is essential to the general health and well-being of all people. *“You cannot have good overall health if you do not have good oral health”*. We will talk about some barriers to dental care specifically for individuals with disabilities, and learn some ways to overcome these obstacles. Discussions will include good oral hygiene practices and the causes of dental decay and gum disease. We will find out how to prevent these infectious diseases. We will have a chance to share any concerns about getting good dental care; and how our dental experiences can be more pleasant and successful. This meeting should help us advocate for ourselves in having better oral health.

**Join Hear Our Voices Self Advocacy Group at WIHD to:**

Connect to the Hudson Valley Region of the Self Advocacy New York State Association (SANYS) for meetings, trainings, conferences, networking and fun activities; learn useful information to have a more independent and self-directed life; and become a self-advocacy leader and speaker.

**Our meeting will take place at:**

**Westchester Institute for Human Development  
Cedarwood Hall- First Floor Boardroom**

**If you are planning on attending, please contact Mitchell Levitz at (914) 493-8119 or Email: [mlevitz@wihd.org](mailto:mlevitz@wihd.org)**

**Please bring along an interested friend or share this announcement with other self-advocates who may wish to join and their house staff or family members. Feel free to share with appropriate people in your programs. New members always welcome to join!!!!**