

November



GREETERS SCHEDULE

NOV 3 8:00 TRAVIS & BRINDAH BIRKHOZ
10:30 ANN TREWIN
NOV 10 8:00 MIKE DOWLAND
10:30 SUE REPP
NOV 17 8:00 JANE FELL
10:30 JOE & NANCY BIRKHOZ
NOV 24 8:00 HEIDI & BRUCE ZABEL
10:30 CHRIS, COURTNEY, BRAYDEN,
SOPHIA, & AUBRI STOLPER



ALTAR GUILD

NOV 1-15 NOV 16-30
TERESA SAMUEL JOAN VOSS
BARB KRUG MARY DEMMON

CHURCH CLEANING SCHEDULE

WEEK OF:



NOV 4 JANE FELL
NOV 11 RICK BEEKMAN
NOV 18 MARV & VICKI MORTENSEN
NOV 25 TERRY REYNOLDS

MEMBERSHIP MATTERS

The matters of membership listed below were acted upon or recognized by the Coordinating Council at its October meeting

TRANSFER OUT

ALYSHA KORTH TO BETHEL, MENASHA

REMOVE UNABLE TO SERVE

RILEY LUEDKE
JOSH MEYER
ANDREW REYNOLDS
ERIK SCHULTZ
DIANA STAHLA

RELEASE

KELLY GROVER

FUNERAL/DEATH

SANDRA SCHULTZ
WYN WORKUN



Dental Health and Bad Breath

Bad breath, medically called halitosis, can result from poor dental health habits and may be a sign of other health problems. Bad breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits. You can take steps to prevent and treat halitosis, at home and with the help of your dentist or doctor.

HOW DOES FOOD AFFECT BREATH?

- Basically, all the food eaten begins to be broken down in your mouth. Also, foods are absorbed into your bloodstream and move to the lungs, affecting the air you exhale. If you eat foods with strong odors (such as garlic or onions), brushing and flossing – even mouthwash – merely covers up the odor temporarily. The odor will not go away completely until the foods have passed through your body. Other common foods that can cause bad breath include:
 - Cheese
 - Pastrami
 - Certain spices
 - Orange juice or soda
 - Alcohol
- Dieters more prone. When your body breaks down fat, the process releases chemicals that can give your breath an unpleasant smell.

WHY DO POOR HABITS CAUSE BAD BREATH?

- If you don't brush and floss teeth daily, food particles can remain in your mouth, promoting bacterial growth between teeth, around the gums, and on the tongue. This causes bad breath. Inflammation of the gums (gingivitis) from poor dental hygiene can also cause bad breath
- Odor-causing bacteria and food particles can cause bad breath if dentures are not properly cleaned.
- Smoking or chewing tobacco-based products also can cause bad breath, stain teeth, reduce your ability to taste foods, and irritate your gums.

HEALTH PROBLEMS ASSOCIATED WITH BAD BREATH

- Seasonal allergies
- Respiratory tract infections such as pneumonia or bronchitis
- Long-term (chronic) sinus infections
- Postnasal drip
- Diabetes
- Chronic acid reflux
- Gastrointestinal issues
- Chronic lung infection
- Liver or kidney problems

HOW TO PREVENT BAD BREATH

- Brush twice a day (replace toothbrush every 2-3 months)
- floss daily
- Rinse your mouth (Antiseptic mouthwash)
- clean/scrape your tongue
- avoid foods that sour your breath
- keep mouth moist
- keep dental devices clean
- see dentist regularly
- stop smoking/chewing tobacco
- eat more fruits/vegetables

WHO TREATS BAD BREATH?

- In most cases, your dentist can treat the cause of bad breath.
- If your dentist determines that your mouth is healthy and the odor is not of oral origin, you may be referred to your family doctor or to a specialist to determine the odor source and treatment plan. You can go over a list of your medications with them to see if any of them could be adding to the problem. Work with them to keep diabetes, allergies, and other conditions under control.