

MARCH NEWSLETTER

SHOUT OUT!



The Grand Prize winner this month was Shelby, Sonora Medical (Administrative Assistant), thank you for always helping us out and taking mean calls." She won a ring light set.

The second Runner-up was Taylor , Sonora Dental (DA) for "always keeping track of our lab cases". She won a LED music light bulb.

First Runner-up was Melissa , San Andreas Optometry (Receptionist) "helping a new patient so quickly and efficiently!" She won a set of wireless earbuds.

I applaud all of your efforts to make positive vibes a standard in our workplace and I look forward to seeing all of the great things we, as a team, will accomplish in 2023.

From the Desk of

John Alexander
Executive Director

This month's newsletter includes recognition, nutrition ideas, and safety updates.

It is essential to balance our services, and our newsletter goes to that point.

Staff member recognized by the MACT Board

For her "Star performance, and impeccable attention to detail," are the words expressed to Margaret Metcalf, Controller.



Justin Baugh, Board Chair presenting Margaret with a plaque of appreciation.

March is National Nutrition Month!

"Fuel for the Future" is this year's theme, which encourages people to be mindful of Mother Earth when choosing their food. An example could be buying foods that are in season and shopping locally to support your community farmers and ranchers.

To promote sustainability, one could begin a backyard garden, or simply have pots with hardy plants like parsley, chard, beans or peas. Make your own plant fertilizer by using food scraps and leaves.

Try a new fruit or vegetable during this month and expand your food options. If you'd like to receive more nutrition information to meet your health goals, call our office and schedule an appointment with Nina to learn more!

Practice gratitude for your body by giving it the fuel it needs.

Nina Bloom, RN, BSN

Your Dental Care Team



Pictured: MACT staff members at PALS training.

What is PALS training you may be asking? PALS stands for 'Pediatric Advanced Life Support.'



Sage-Rubbed Salmon

Ingredients

- 2 tablespoons minced fresh sage
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 skin-on salmon fillet (1-1/2 pounds)
- 2 tablespoons olive oil

Directions

1. Preheat oven to 375°. Mix first 4 ingredients; rub onto flesh side of salmon. Cut into 6 portions.
2. In a large cast-iron skillet, heat oil over medium heat. Add salmon, skin side down; cook 5 minutes. Transfer skillet to oven; bake just until fish flakes easily with a fork, about 10 minutes.

STAFF FEBRUARY FUN- DECORATING VALENTINE BAGS



Upcoming Events & Holidays

March 30th

is

National Doctors Day

Happy St. Patrick's Day

March 31st