

SHOUT OUT!



The Grand-prize winner this month is Johnathan, San Andreas Medical Receptionist- "...for adjusting to your surroundings and helping the front run smooth."

First runner-up was Nicole, NAS Referrals, Jackson Medical- "Thank you for ensuring offices are scheduling patients, no matter how many times you have to call them."

Second runner up was Sandra, NAS Specialist, Mariposa Medical – "...for taking care of NAS supplies and referrals. Thank you for your hard work!"

This month we had a RECORD number of shout-outs submitted (58), so it's terrific to see how much our staff appreciate each other!

From the Desk of
John Alexander
Executive Director

After sixteen years of planning, we are breaking ground on our Miwok Cultural Museum.

The community turnout and support is inspiring.

MIWOK CULTURAL MUSEUM GROUND BREAKING PHOTOS



Make sure your information is up to date.

Medi-Cal covers vital health care services for you and your family, including doctor visits, prescriptions, vaccinations, mental health care, and more. So, if you have Medi-Cal, make sure you renew it when it's time.

Update your contact information

Report any new changes to your name, address, phone number, and email address, so your county can contact you.

Check your mail

Counties will mail you a letter about your Medi-Cal eligibility. You may need to complete a renewal form. If you're sent a renewal form, submit your information by mail, phone, in person, or online, so you don't lose your coverage.

Create or check your online account

You can sign up to receive alerts on your case. Create or log into your account to get these alerts. You may submit renewals or requested information online.

Complete your renewal form (if you get one)

If you received a renewal form, submit your information by mail, phone, in person, or online to help avoid a gap in your coverage.

Keep yourself and your family covered.

Take action to keep your Medi-Cal

Your local county office will mail you a letter about your Medi-Cal coverage.



For more details and to learn how to update your contact information, visit [KeepMediCalCoverage.org](https://www.KeepMediCalCoverage.org)



The letter will tell you if:

- Your county needs information from you to renew your Medi-Cal
- or
- Your Medi-Cal was renewed automatically

If you get a renewal form, please fill it out and return it right away.

Banana Ice Cream

Ingredients

- 4 medium bananas, peeled, sliced, and frozen
- ¼ cup refrigerated unsweetened coconut milk or preferred nondairy milk
- 2 teaspoon vanilla
- 1 recipe chocolate shell (optional)

Two-Ingredient Chocolate Shell

- 1 11 ounce package semisweet or bittersweet chocolate pieces
- ¼ cup coconut oil

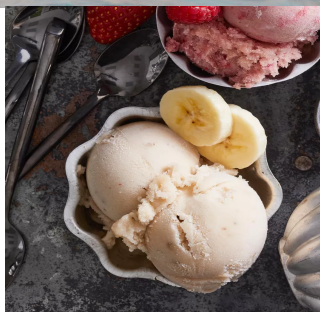
Directions

In a food processor combine all of the ingredients. Cover and process until smooth. Serve immediately for a soft-serve ice cream, or freeze at least 4 hours for a scoopable ice cream. Drizzle with chocolate shell, if desired. Store in freezer up to 1 week.

Two-Ingredient Chocolate Shell

Place chocolate and coconut oil in a medium microwave-safe bowl. Cook on 50% power (medium) for 1 minute; stir. Continue to cook at 30 second intervals, stirring after each, until almost melted. Remove and stir until completely melted. Pour over ice cream in dishes. Allow to harden 30 to 60 seconds.

Store remaining mixture in a glass jar at room temperature up to 1 week. If mixture hardens, uncover and reheat in the microwave on 50% power (medium) about 40 seconds or until just softened but not warm; stir.



Upcoming Events & Holidays

We will be closed July 3-4th in observation of the 4th of July Holiday.



September 29-
Health and Wellness Fair 10am-2pm
Boulder Plaza

October 14-
Health and Wellness Fair San Andreas
Gathering Area 10am-2pm

November 3rd-
Health and Wellness Fair 10am-2pm
Mariposa Facility

Sonora Motherlode Fair	June 29 – July 2
Amador County Fair	July 27- July 30
Mariposa County Fair	Sept. 1 - Sept. 4