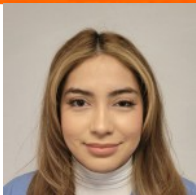


SHOUT OUT!



Congratulations to Maria, RDA (Mariposa Dental): "A patient said you were very good at your job and appreciated your care."

Our first runner-up was Heaven, HR Assistant (Administration), for "performing some challenging job duties with so much honesty and integrity."

Our second runner-up was Genny, Compliance Associate (Administration): "Thanks so much for dealing with difficult issues."

From the Desk of

John Alexander

Executive Director

The time just flies by! When I saw the photo on the back of this newsletter, I thought it was the museum site.

It's also a gentle reminder to take care of ourselves: get your check-ups and complete your screenings. Life is short/precious!

March is Colorectal Cancer Awareness Month

How common is colorectal cancer?

Colorectal cancer is a life-threatening disease, but it's a highly curable form of cancer if found early. Here are a few key facts you should know about colon and rectal cancer.

- Colorectal cancer is the fourth most common cancer in the U.S. among men and women combined.
- Each year, about 150,000 Americans are diagnosed with colorectal cancer.
- More than 50,000 people will die from colorectal cancer this year.
- One in 24 people will be diagnosed with colorectal cancer in their lifetime.
- The average age of diagnosis among men and women is 66.

- There are more than 1.5 million colorectal cancer survivors in the U.S.
- Colorectal cancer is rising in young adults

In the U.S., about 10% of colorectal cancer cases are diagnosed in people under 50. Those numbers are rising about one to two percent colorectal cancer, and each year, and researchers are still finding out why. Young adults are the only population group experiencing an increase in colorectal cancer. It's currently the deadliest cancer among young men and the second deadliest among young women.

Colorectal cancer screening saves lives

Colorectal cancer is the second deadliest cancer in the United States. Yet it's one of the few cancers that's preventable thanks to screening. Here are two reasons why getting checked matters:

- #1. Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease.
- #2. Screening can also find colorectal cancer early, when treatment is most effective. Talk with your medical provider about screening and prevention.

Source Colorectal Cancer Alliance website.

Can you guess?



If you are familiar with Angels Camp you just may recognize this lot. Look real closely! Because today it is the home of The MACT Health Board Inc., Administration and Dental Office.



Slow-Cooker Turkey Chili

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 red onion, finely chopped
- 1 green Bell Pepper, chopped
- 1 1/2 lb. ground turkey
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 (28-oz.) can chopped tomatoes
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15-oz.) can kidney beans, rinsed and drained
- 1 1/2 c. low-sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano

YIELDS: 8 serving(s)
PREP TIME: 20 mins
TOTAL TIME: 4 hrs 20 mins
CAL/SERV: 276

Directions

In a large skillet over medium-high heat, heat oil. Add onion and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook until fragrant, about 2 minutes. Transfer mixture to a slow cooker.

To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste.

Garnish with cheese and green onion, if desired.

Upcoming Events & Holidays

March 17, 2024

St. Patrick's Day



March 30th 2024

National Doctors Day



March 31st, 2024

Easter