

FEBRUARY NEWSLETTER

SHOUT OUT!



This month, our grand prize winner was **Dr. Ha**: “Thank you for making our veterans patient care go so smoothly! Pre-auths are always submitted quickly.”

Runners-up included:

The first runner-up was **Melissa** for “Going above and beyond and helping other clinics with insurance. You’re a team player!”

The second runner-up was **Alyssa**: “Welcome to your new home! The clinic is much livelier with you here!”

MACT Gains another Dentist!

Susan M. Abeldt, DDS

Dr. Abeldt was born in Stockton and raised in Lodi (fourth generation), and worked in her family’s meat company, Victor Fine Foods and in their walnut fields as a teenager, then for her orthodontist, as a dental assistant.

She attended San Joaquin Delta College, Cabrillo College, then graduated with a BA in Home Economics from San Jose State University with a specialization in Foods and Nutrition, and worked for the Marriott Corporation as a Service Standards Supervisor, then taught as a college professor at Ohlone College in the Foods and Nutrition Department.

This career wasn’t as fulfilling to her as she hoped, and she reassessed her career path. At a young age, she was strongly influenced by her orthodontist and became very interested in dentistry. She decided to follow her creative talents and desire to help people in the field of dentistry, graduating from The University Pacific School of Dentistry in 1984. Dr. Abeldt has worked in private practice as a general and cosmetic dentist, for corporate dentistry, community dentistry and public health, and has spent almost half of her dental career working in pediatric dentistry. She has also been the Supervising Dentist for the Hygiene Department at Carrington College in Sacramento and also a Dental Hygiene Instructor there.

Through the years, she has been active in dental community service events throughout the San Jose and Sacramento areas. Dr. Abeldt strives to provide patient-center care by taking the time to listen and get to know each patient’s oral health wants and needs. She looks forward to meeting everyone in the MACT community.

In her free time, she enjoys knitting and crocheting, making jewelry, cooking, eating out, crafts, traveling, studying health and wellness, and spending time with family and friends.



From the Desk of
John Alexander
Executive Director

As we move into the New Year, an exciting group of NEW PROVIDERS joins MACT. Read all about them in this months issue of the newsletter.

URGENT CARE SERVICES

NOW AVAILABLE AT OUR IONE CLINIC

Need to get a cough checked or have a prescription refilled and can't wait for your next scheduled appointment with your primary care doctor?

The MACT Health Board clinic in Ione is now offering Urgent Care services! See Dr. Shane Patterson for your urgent medical needs.

Visit us!

HOURS

Monday | 8:00 a.m. – Noon
Friday | 9:00 a.m. – 1:00 p.m.

305 Preston Ave
Ione, CA 95640

(209) 674-6182



WELCOME! Chrystal Bradley – MD, FACOG – Sonora Women’s Health

Dr. Bradley, a board certified obstetrics and gynecology specialist, is now seeing patients at the Sonora Women’s Health clinic for pregnancy and postpartum care, as well as concerns related to fertility, contraception, and ovulatory disorders. She has been practicing in Tuolumne County since 2015 after relocating to Sonora from Southern California along with her husband and their two children. Originally from Vancouver Island, Canada, Dr. Bradley appreciates the peace, beauty, and easy access to nature made possible by living in the Sierra foothills.

Dr. Bradley both earned her medical degree and completed residency in Obstetrics and Gynecology at the Keck School of Medicine at the University of Southern California. During her residency she was awarded the Resident Research Award as well as being named the resident that the USC Ob/Gyn residents would most want to have as their own personal physician. She was drawn to the specialty of Obstetrics and Gynecology after discovering her passion for helping women through the emotional peaks and valleys of their reproductive years. She is committed to continuing to provide compassionate and respectful healthcare to the women of the Sierra foothills and is excited for the opportunity to work together with Dr. Jones in providing comprehensive Ob/Gyn care at the Sonora Women’s Health clinic, while continuing to provide inpatient labor and delivery care.



Dr. Chrystal Bradley
Sonora Womens Health

Potato Cheddar Broccoli/Cauliflower Soup

INGREDIENTS

- 2 onions, chopped
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 tablespoon minced garlic (6 cloves)
- 2 1/2lbs potatoes, peeled and quartered
- 2 carrots, peeled and coarsely chopped
- 5 cups chicken stock or 5 cups chicken broth
- 8 ounces broccoli
- 8 ounces cauliflower
- 3/4 cup milk
- 3/4 cup whipping cream
- 1 cup shredded cheddar cheese (4 oz.)
- 1 teaspoon kosher salt
- 1/4 teaspoon ground black pepper



DIRECTIONS

In a Dutch oven cook onions in hot oil and butter until soft and golden brown.
 Add garlic and continue cooking.
 Add potatoes, carrots, and chicken stock.
 Bring to boiling; reduce heat.
 Cover and simmer for 1 hour.
 Meanwhile, separate broccoli into small flowerets (reserve) and tender stems, discarding tough stems.
 Coarsely chop tender stems.
 Core and separate cauliflower into small flowerets.
 Add broccoli stems and cauliflower to potato mixture.
 Cover; simmer 45 minutes.
 Add broccoli flowerets and cook, covered, for 15 minutes more. Add milk, cream, cheese, salt, and pepper to vegetable mixture. Lightly puree with a potato masher until coarsely blended to desired texture.
 Add water, if needed, to desired consistency.



Meet Emma Roots, FNP candidate MACT Lone Medical Office

Emma grew up in Lone, CA. She went to nursing school at CSU Stanislaus in Turlock, CA and graduated in December of 2020.

She worked in progressive care as a nurse and later became a charge nurse in a telemetry unit until she returned to Amador county and worked in Home Health throughout Amador and Calaveras. After this, she obtained her MSN in Family Nursing Practice through Samuel Merritt University.

She has been at MACT in Lone, Jackson and San Andreas throughout her schooling. She is very excited to be back in her home town and helping with care in the community she has grown up loving.

Welcome

Upcoming Events & Holidays

February 14
Valentines Day
 All sites will be open

February 19
Presidents Day
 All sites will be closed

