

SHOUT OUT!



The winners this month are:

“HUGE thanks to Marie (Sonora Medical) for always saving the day when help is needed. Patients are in great hands!”

“Dr. Ngo, (San Andreas Dental) thank you for coming to work for MACT. You sure fit in with our team, you have a fun laugh and cheerful...”

Stacie (Sonora Medical), “thank you for your professionalism and caring interactions with patients”.

From the Desk of

John Alexander
Executive Director

There’s something for everyone in this month’s newsletter: Education on Oral Health, Education for Kids, and even a new way to get prescriptions filled at MACT!

EFFECTS OF THE COVID-19 PANDEMIC ON ORAL HEALTH

The oral health effects that we have seen in our offices due to the COVID-19 pandemic are many. They are not due to the virus itself but mostly due to the following:

- Lack of proper oral health care for over a year. This involves the treatment of decay, being unable to restore teeth and a general lack of periodontal (gum/soft tissue) care. Because of this we are actually playing “catch up” with our treatment plans and many times we have to start over. Patient’s periodontal (gum) conditions that we have maintained in the past have regressed and now need additional care to help patients get back to an adequate level of health.
- Cracked/fractured teeth. The COVID-19 pandemic has been extremely stressful for a lot of reasons. Loss of jobs, income, being unable to meet financial requirements, fear, uncertainty and not being able to be social, to visit friends, family or go to a movie or dinner. All of this stress sometimes causes people to clench their teeth or grind their teeth. We see cracked teeth everyday as a result of this stress. We used to make about 4 night guards a month to help those who clench or grind their teeth. Now we make that many in a week.

WHAT WE CAN DO NOW:

Please be assured that we have done everything in our power to make sure that you have a safe dental visit. We have and are doing everything we can do to protect you and your family. As you probably know, it is a federal mandate that all health care providers in California are vaccinated. It is safe to come to the dentist today and if you have questions, we are more than willing to listen and address any concerns that you may have.

We cannot take back the time and treatment lost over the past 1 to 1.5 years but we can help you now.

Scott Wheadon, DDS – MACT Dental Director

Native Youth Camp

June 26-29, 2022

Asilomar Conference Grounds

**Applications due by
May 16, 2022**



**Limited space
Reserve your spot NOW**



**Native Youth 10-15 yrs old
Chaperones 16-18 yrs old**



We are excited to announce this year's annual Native Youth Camp will be held at Asilomar Conference Grounds in Pacific Grove, CA. There is no cost, but to participate, kids must have worked hard and exhibited good behavior throughout the year. Participant ages will range from 10 to 15 years old. Native youth that are interested in being a camp counselor and are 16-18 years old, can request an application to be considered.

Applications can be found at all MACT facilities, online at www.macthealth.org, or by contacting your local NAS Case Manager. We strongly encourage you to turn your application in early to assure a spot on the trip. Due to a limited number of room reservations, we are unable to accommodate more than the reservations allow.

Now Open, MACT Pharmacy

On Monday, April 4, 2022 we celebrated the grand opening of our first pharmacy! It is located at 13975 Mono Way, Suite H, Sonoma, CA 95370. Any questions, please feel free to reach out directly to our pharmacists at (209) 677-5424.



Lemony Green Hummus

Ingredients

- 1 (15.5 oz) can white beans (cannellini, great northern or navy)
- 1/3 cup plain low-fat yogurt
- 3 cups loosely packed baby spinach or kale, torn in small pieces
- 1 clove garlic
- 1 lemon, juiced
- 2 Tbsp. olive oil
- salt and pepper to taste

Preparation

In a food processor or blender, combine all ingredients except olive oil. On low speed slowly add olive oil until smooth. Season with salt and pepper. Serve with veggies or crackers.



Upcoming Events & Holidays

One Parade
May 14

Calaveras Fair and Jumping Frog Jubilee
May 19-22

Memorial Day
May 30

Our offices will be closed

