

AUGUST NEWSLETTER

SHOUT OUT!



There were some fantastic shout outs this month, but we narrowed it down to a sample size. The winner of this month's grand prize drawing was Neva (Mariposa Dental) for "being sunshine to many of our elderly patients". Runners up included Nicki (Administration) for "a tremendous amount of help completing pending projects during my absence. You are a blessing.", and Heather for "working so well with Dr. Pettersen and Dr. Siegler and taking care of both their pt's needs and always being a great team player."

From the Desk of

John Alexander

Executive Director

The News from MACT is just like our summer: Bright and Shiny! From educating our patients to opening up our new Dental site, the news is always good! Enjoy!

Get Back on Track with Routine Vaccines

Dr. Deborah Wong MACT Primary Care Provider

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Immunization with vaccines is one of the most important things we can do for ourselves, for our children and for each other. Most of us know we should have screening tests such as a mammogram to look for diseases in their earliest stages. This is called secondary prevention. Immunization, however, is primary prevention, which means diseases are prevented before we can get sick from them. Immunization protects against serious illness and death, not only for ourselves, our families and our communities, but for future generations as well.

Smallpox is one example. In 1972, the disease of smallpox was eradicated worldwide by the smallpox vaccine, and we no longer need to give our children this vaccine. Another example is rubella. Because we have been vaccinating against rubella since 1969, pregnant women are protected against passing this virus to their unborn babies, and birth defects from rubella are no longer seen in the United States. Those of us who were around in the 1990s got to bear witness to the miracle of the Hib vaccine as it virtually eliminated Haemophilus influenza B bacterial meningitis, a heartbreaking disease that affected children under 5 years and left them with paralysis, hearing loss, epilepsy and mental disabilities.

We all want to protect our children and keep them healthy and safe. Vaccinations are one of the very best and most important ways to do so. Vaccines are very safe, even though there are misunderstandings and misconceptions about them. It is important to know that you can and should trust your health care professional to help you with any concerns or questions you may have about vaccines. It is also important to know that MACT participates in the Vaccine for Children (VFC) program. This program provides all vaccinated-Cal or CHDP, as well as for all children who are uninsured.



Grand Opening MARIPOSA - DENTAL

We invite you to join us for the grand opening of
the new Mariposa Dental Clinic!

Monday, August 21, 2023

11:00 a.m. | 5192 Hospital Rd., Mariposa

JOIN US

COMMUNITY OUTREACH

Staff members Jahanna Wilson and Julianne Grimes are pictured alongside of Staci Johnston, Executive Director of CMCAA. The Calaveras Mariposa Community Action Agency (CMCAA) sponsored Disaster Response/Recovery kits with mobile office items essential in serving our Honored Elderly Patients during Native American Services visits, and additional kits for our Crisis Mobile Response Unit.



Nina Bloom, RN, BSN Presents Diabetes Awareness during TANF Family Night



Cheesy Turkey Meatloaf Muffins Recipe

INGREDIENTS:

- Nonstick cooking spray
- 3/4 cup ketchup, divided
- 1 1/2 lbs ground turkey
- 1 cup grated Cheddar cheese
- 1 cup diced onion
- 1 cup plain panko bread crumbs
- 3/4 cup 2% milk
- 1 egg, lightly beaten
- 2 Tbsp Worcestershire sauce
- 2 cloves garlic, minced
- 3/4 tsp poultry seasoning
- 1 tsp salt
- 1/2 tsp ground black pepper



TO MAKE:

Preheat oven to 350°F. Spray 6 standard muffin cups with nonstick cooking spray; set aside.

Combine ground turkey, 1/2 cup of the ketchup, cheese, onion, bread crumbs, milk, egg, Worcestershire, garlic, poultry seasoning, salt, and pepper in a large bowl; mix well to thoroughly combine.

Divide mixture among the 6 prepared muffin cups, spacing them evenly and gently compressing and then mounding the tops.

Brush tops with remaining 1/4 cup ketchup. Bake until internal temperature registers 170°F on an instant-read thermometer, about 45 minutes.

Let rest for 5 minutes before serving.

Health and Wellness Fair – September 29

MACT Health Board, Inc.
Boulder Plaza

Friday September 29, 2023
10am-2pm

Mono Way Ste. G, Sonora
209-533-9600



- ▶ Give-a ways
- ▶ Diabetes Education
- ▶ Healthy Cooking Demonstrations Food
- ▶ Vendors
- ▶ Community Organizations
- ▶ Native American Services Resources



Events

August 21- Grand Opening
Mariposa Dental
11am

Mariposa County Fair
Sept. 1 - Sept. 4

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