

SHOUT OUT!



The Grand Prize winner this month was Rachel, Reception (San Andreas Optometry); "Rachel has assisted NAS with multiple difficult referrals for Native patients and is always so helpful, patient, and accommodating. Thank you!"

The First Runner-up was Christina, Reception (Sonora Dental), for "helping with insurance."

The second Runner-up was Courtney, Reception (Jackson Medical); for "bringing such a positive energy to the office and being so great with all of our patients. You are spectacular!"

From the Desk of

John Alexander

Executive Director

We love supporting our young Natives! If you or your child are MACT patients, are Native, and have an animal at the fair, WE want to know about it! For years, MACT has purchased animals from our local Fairs to show our support.

Send us a letter introducing yourself and your animal, and we'll see you at the fair!

Correspondence can be sent to:
MACT Health Board, Inc.
ATTN: Nicki Stevens
PO Box 939, Angels Camp, CA 95222

Meet two of our new Dentists!



Dr. Patricia Rivas, Dentist
Sonora Dental

Dr. Patricia Rivas received her DDS in 1993 from the University of Antioquia in Colombia and her Masters in Pediatric Dentistry in 1997. She earned top honors in her class and taught as a professor for both undergraduate and master programs.

She has served as a lecturer and wrote articles in both medical and dental journals.

After immigrating to the United States, she received her D.D.S. and CA Dental license in 2003 and has been practicing in northern and central California ever since.

She is passionate about her line of work and keeps herself up to date with the latest developments in dentistry for the benefit of her patients.

Dr. Rivas is married to a primary care physician that serves the veterans in the Tuolumne area. They both enjoy the outdoors along with their 11 year old son, who keeps the whole family active with sports, music, traveling and reading.

Dr. Nina Tecson was born in the San Francisco Bay Area and moved to the Central Valley where she met her orthodontist who encouraged her to pursue a career in dentistry.

She earned her undergraduate degree from the University of California, Davis and continued her education at the University of the Pacific Arthur A. Dugoni School of Dentistry in San Francisco, where she earned her Doctorate of Dental Surgery. She furthered her training in an advanced general dentistry program, earning her General Practice Residency certificate at the University of Mississippi Medical Center in Jackson, Mississippi. After residency, Dr. Tecson returned home to California.

She has experience in private dental practice, and has spent the last 9 years in the community health setting. Dr. Tecson's hospital based training has prepared her to treat adults and children of underserved populations with complex medical and dental needs.

Dr. Tecson believes oral health is an integral part of a patient's overall health and well-being. She is committed to educating patients and their families about oral care habits that can build a foundation for a lifetime of oral health in the community.

Dr. Tecson is continuously enhancing her skills to provide advanced dental treatments to her patients, collaborating with patients' primary care providers and keeping up-to-date with the latest technologies in dentistry.

She enjoys spending time with her husband and their three young children. Dr. Tecson is very excited to be part of the team at MACT and looks forward to serving the community.



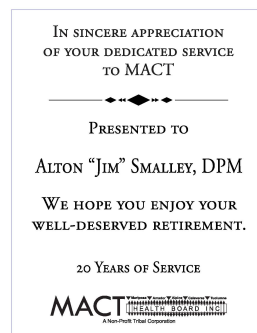
Dr. Nina Tecson, Dentist
Jackson Dental

Happy Retirement Dr. Smalley!

The MACT Staff celebrated the years of service that Dr. Smalley has given to patients, our staff and MACT with a luncheon. He was presented the plaque pictured below.

Thank you Dr. Smalley for your dedication and professionalism. You will be missed!

We wish Dr. Smalley all the best in his well earned retirement!



APRIL IS WORLD AUTISM AWARENESS MONTH

Borrowed from : <https://nationaltoday.com/world-autism-awareness-day/>

There is no cure, but there are treatments!

In todays times, there are many ways to treat autism spectrum disorders, but they can only be reached when the person is diagnosed! By becoming aware we can help others to get in touch with specialists and start a treatment that can increase their wellness.

Don't try to change, start by understanding!

People with autism spectrum disorders have specific characteristics, behaviors, tastes, and ways to do things! The key is to understand their way to see the world and their performance without trying to make them change.

Adulthood with Autism disorders.

There is no cure for Autism spectrum disorders! Once you get diagnosed it's a condition for the rest of your life, and research demonstrates that job activities that encourage independence can increase daily skills and reduce autism symptoms.

Healthy Snacks: No-Bake Peanut Butter Cookies

Prep Time: 15 minutes

Chilling time: 12 hours hours

Serves 24

Ingredients

¾ cup unsalted natural creamy peanut butter*

½ cup maple syrup

2 tablespoons melted coconut oil

1 teaspoon vanilla extract

Heaping ½ teaspoon sea salt*

2½ cups whole rolled oats

¼ cup mini chocolate chips



Instructions

Line a baking sheet with parchment paper and set aside.

In a medium bowl, stir together the peanut butter, maple syrup, coconut oil, vanilla, and salt until smooth. Add the oats and chocolate chips and stir until combined. Use a 2-tablespoon cookie scoop to portion the dough. Use your hands to form into balls and place on the baking sheet, then flatten into disks with your fingers (the disks will become more cohesive as they chill). Chill overnight to allow the cookies to firm up.

Notes

*If your peanut butter is salted, start with half the amount of salt and add more to taste. Be sure to use natural peanut butter that is smooth, not the chunky stuff that you sometimes find at the bottom of the jar.

Upcoming Events & Holidays

Earth Day

Mon, April 22, 2024

