

SEPTEMBER NEWSLETTER

SHOUT OUT!



Congratulations to Alyssa, LVN (Sonora Women's Health) for "great job helping a patient during their crisis. Your compassion and quick thinking was very beneficial to the patient receiving the care that they needed immediately!"

Our first runner-up was Chelsea, ACSW (Sonora Behavioral Health): "thank you for jumping right in and being adaptable and up for a challenge."

Our second runner-up was Sarah : "thank you for always taking such good care of our patients and making sure they leave the office happy."

Due to construction delays



From the Desk of

John Alexander

Executive Director

It's disappointing to postpone an exciting event like the Grand Opening of Mariposa Dental. But things happen for a reason, so let's focus on education in the meantime: backpacks to support our childrens' education, and our own health education around prostate cancer.

Enjoy this month's stories!

Community Outreach



Thank you to the Calaveras Mariposa Community Action Agency (CMCAA) for generously sponsoring the back to school backpacks for our Native American Students.

Pictured MACT staff: Jahanna Wilson, Director of Native American Services; and John Alexander, Executive Director.

IMPORTANT FACTS ABOUT PROSTATE CANCER

By Robert Reina, MD

September is Prostate Cancer awareness month. Prostate cancer is the most common cancer and the second leading cause of cancer death among men in the United States. When cancer starts in the prostate, it is called prostate cancer. The prostate is a part of the male reproductive system. All men are at risk for prostate cancer and the most common risk factor is age. Different people have different symptoms for prostate cancer. Some men do not have any symptoms at all. Common symptoms include:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Urinating often, especially at night.
- Trouble emptying the bladder completely
- Pain or burning during urination
- Blood in the urine
- Pain in the back, hips or pelvis that doesn't go away

If you have any of the common symptoms it is important to see your health care provider right away. There is no standard test to screen for prostate cancer however, there are two commonly used tests, a Prostate Specific Antigen (PSA) test and a Digital Rectal Examination (DRE).

The U.S. Preventive Services Task Force has the following recommendations about prostate cancer screening and patients should talk to their healthcare provider about these tests:

- Men who are 55-69 years should consider a PSA test.
- Men who are 70 years and older should be screened for prostate cancer at the physician's discretion.

Health and Wellness Fair – September 29	Health and Wellness Fair	Health and Wellness Fair
<p>MACT Health Board, Inc. Boulder Plaza</p> <p>Friday September 29, 2023 10am-2pm</p> <p>Mono Way Ste. G, Sonora 209-533-9600</p> <p>Questions Please call: 209.474.6296</p> <p>MACT <small>Multiethnic American Community Trust</small></p> <p>Vendor attendees must align with The MACT Health Board, Inc. Mission</p>	<p>MACT Health Board, Inc. San Andreas Clinic</p> <p>Saturday October 14, 2023 10am-2pm</p> <p>1113 Hwy 48, San Andreas 209.755.1400</p> <p>Vendor Inquiries Please call: 209.209-674-6296</p> <p>MACT <small>Multiethnic American Community Trust</small></p> <p>Vendor attendees must align with the Mission of The MACT Health Board, Inc.</p>	<p>MACT Health Board, Inc. Mariposa Facility</p> <p>Friday November 3, 2023 10am-2pm</p> <p>5192 Hospital Road, Mariposa 209.742.6144</p> <p>Vendor Inquiries Please call: 209.474.6296</p> <p>MACT <small>Multiethnic American Community Trust</small></p> <p>Vendor attendees must align with The MACT Health Board, Inc. Mission</p>
<ul style="list-style-type: none"> ▶ Give-a-ways ▶ Diabetes Education ▶ Healthy Cooking Demonstrations ▶ Food Vendors ▶ Community Organizations ▶ Native American Services Resources 	<ul style="list-style-type: none"> ▶ Child & Adult Health Screenings ▶ Kids' Activities ▶ Give-a-ways ▶ Native American /Art/Dance/Music ▶ Diabetes Education ▶ Healthy Cooking Demonstrations ▶ Food Vendors ▶ Community Organizations ▶ Native American Services Resources 	<ul style="list-style-type: none"> ▶ Health Screenings ▶ Give-a-ways ▶ Diabetes Education ▶ Healthy Cooking Demonstrations ▶ Food Vendors ▶ Community Organizations ▶ Native American Services Resources

Slow Cooker Sweet Buttery Corn on the Cob!

INGREDIENTS

- 6 large ears of yellow corn
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 1 14 oz. can coconut milk
- 2 tbsp. pure honey optional, but delicious!
- 1 1/2 sticks salted butter sliced



INSTRUCTIONS

Shuck corn, break each ear in half, and place into a slow cooker. Add in coconut milk, honey, and sliced butter & seasonings. Cover and cook on HIGH for 2-3 hours. ENJOY!

Upcoming Events & Holidays

Mariposa County Fair
Sept. 1 - Sept. 4

September 22

Native American Day

All MACT Facilities will be closed

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