

## SHOUT OUT!

The Grand Prize winner this month: **Jan**  
(Sonora Behavioral Health)



"Thank you for being there for your coworkers when they have questions"

First Runner-up: **Ross**  
(Currier)

"You're awesome! Thank you for always being on time and super speedy."

Second Runner-up: **Eva**  
(San Andreas Dental)

"Always quick to respond to reception and gets our patients taken care of in a timely manner".

Great job everyone!

From the Desk of

*John Alexander*

Executive Director

"We are excited to have Dr. Zadran as a member of the MACT team in Optometry.

In this newsletter we also want to bring attention to Autism, as many of us have no idea what the term even means.  
Happy reading!"



## Take Care of Your Eyes

### Tips from Dr. Zadran



*Dr. Zadran, Optometrist*

Here are some tips to help sustain your over all eyesight and health.

#### Tip #1

Smoking can increase the rate progression of age related macular degeneration by 3 times. Smoking cessation will help reduce the chances of permanent loss of vision with macular degeneration.

#### Tip #2

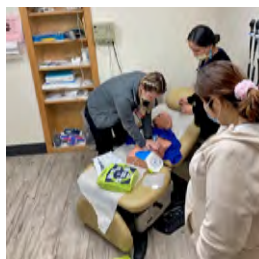
Probiotics supplements have many benefits for the eye health. Studies have shown that it can reduce eye fatigue from too much screen exposure, helps with inflammatory dry eye and allergic conjunctivitis. Probiotics are available as an oral supplements or from food such as yogurt.

To schedule your eye exam, contact us at:  
(209) 755-1480

Dr. Fawad Zadran grew up in Northern California. He first became interested in optometry at an early age due to his own poor vision. He received his Bachelor of Science from the University of California, Santa Barbara and then went on to complete his Doctor of Optometry at the Southern California College of Optometry. Following graduation, Dr. Zadran completed his residency in primary care and ocular disease at IHS Crownpoint in New Mexico.

During his free time, he enjoys playing basketball, spending time with family and friends, and catching up with sports. Dr. Zadran is excited to provide care to this community and looks forward to meeting everyone in the MACT community.

# Staff Annual CPR Training



***In the event of a cardiac emergency, our staff will be prepared.***

## WHY WORLD AUTISM AWARENESS DAY IS IMPORTANT

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

There is no cure, but there are treatments! Nowadays, 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.

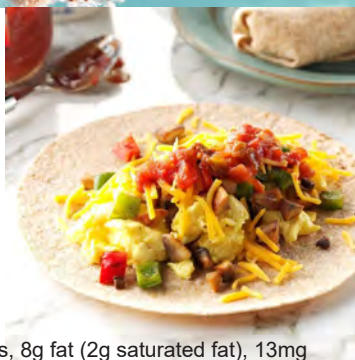
Don't try to change, start by understanding! People with autism spectrum disorders have specific characteristics, behaviors, tastes, and ways to do things! The key is to understand their way to see the world and their performance without trying to make them change.

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.

## Ultimate Breakfast Burritos

### Ingredients

- 1 teaspoon olive oil
- 1/2 cup chopped fresh mushrooms
- 1/4 cup chopped green pepper
- 1/4 cup chopped sweet red pepper
- 1 cup egg substitute
- 1/4 teaspoon pepper
- 2 whole wheat tortillas (8 inches), warmed
- 1/4 cup shredded reduced-fat cheddar cheese
- 2 tablespoons salsa
- 2 tablespoons fat-free sour cream



### Nutrition Facts

1 burrito: 294 calories, 8g fat (2g saturated fat), 13mg cholesterol, 585mg sodium, 31g carbohydrate (6g sugars, 3g fiber), 21g protein. Diabetic Exchanges: 2 starch, 2 lean meat, 1 vegetable, 1 fat.

### Directions

In a small nonstick skillet, heat oil over medium-high heat. Add vegetables; cook and stir until tender. Remove from pan; keep warm. Add egg substitute and pepper to same skillet; cook and stir over medium heat until eggs are thickened and no liquid egg remains. Remove from heat. Spoon vegetable mixture and scrambled eggs across center of each tortilla; top with cheese, salsa and sour cream. Fold bottom and sides of tortilla over filling and roll up.

## Upcoming Events & Holidays

April 9, 2023 Easter



April 22, 2023