

OCTOBER NEWSLETTER



SHOUT OUT!



This month, our Grand prize winner was Esmeralda, Mariposa Dental Receptionist for "Excellent situational discretion during a patient wardrobe malfunction. She handled the situation with great dignity and respect for the patient".

Runners-up included:

"Grace, thank you for helping Womens Health when we were short-staffed".

Chelsea for "Being willing to travel to Mariposa. The patients are so happy you are there."

From the Desk of

John Alexander

Executive Director

Here comes fall and cooler weather! Time to think about prevention and quality, so we have an article on each for you.

Enjoy!



Grand Opening MARIPOSA - DENTAL

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

Monday, October 9, 2023

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

JOIN US

October is National Breast Cancer Awareness Month Dr. Jones- MACT Women's Health Provider

Breast Cancer Awareness Month is an annual observance held in the month of October. It is intended to raise awareness about breast cancer, the second most common cancer among women in the United States (Centers for Disease Control and Prevention, 2021). A breast self-exam, is the best for early detection of breast abnormalities. This is also referred to as breast self-awareness. Performing a breast exam allows you to become aware of what your breast normally feels and looks like, this will help you identify any changes or abnormalities to report to your doctor. Although breast self-exam is a useful tool for early detection, this should not replace your regular mammograms and clinical exams.

Mammograms should be started at 40 years-old, this may change some as determined by your medical and family history by your provider. Schedule an appointment with your provider to determine your risk factors and when you should begin mammogram screening.

Meet Eve Riley, MSN, MHA, CPHQ, RN- Director of Quality Assurance - Admin

Eve was born and raised in SF, CA. She has been an RN for 27 years and is a NAHQ Certified Professional in Healthcare Quality (CPHQ) Nursing and Operations Executive with a Master of Science in Nursing and Healthcare Administration.

She has significant experience in process improvement, quality, operations and Epic EHR implementations in hospital and medical group settings. Eve has a substantial and diverse history in medical and operational leadership as a Charge Nurse, Utilization Review Manager, Ambulatory Care Manager, Manager of Quality and Emergency Services, Director of Quality and Patient Safety, and executive operational leader for a multi-specialty medical group.



Eve's passion is to support the resiliency of the employees and providers she serves and to enable an environment that provides the highest quality of care to patients and their families. She loves spending time with family and friends. You will often find her hiking, biking and kayaking with her sons Clearwater and Sundance and her precious pup Louie.

Medicare Open Enrollment



Be informed

Review your coverage. Compare your options
Choose or change your Medicare health and prescription drug plans for the coming year.

Help is available!

Medicare.gov
1-800-MEDICARE
(1-800-633-4227) TTY: 1-877-486-2048

BAKED BUTTERNUT SQUASH

Instructions

Preheat the oven to 400F.
Carefully cut the butternut squash in half. Scoop out the seeds and discard, then cut it again to have 4 long wedges or quarters.
Place the quarters, cut side up, into a baking dish or a rimmed sheet pan. Drizzle with olive oil and generously sprinkle with salt and pepper. Using your clean hands, give it a quick rub all over it. Pour a bit of water to the bottom of the dish.
Transfer to the oven and roast for 35-45 minutes, or until fork tender.
Check from time to time to make sure it doesn't burn as the water evaporates.
Add a bit more water if needed, but don't add too much, we want the squash to still be able to caramelize on top.
Broil for a couple of minutes to give it a nice golden-brown top.
Enjoy!

Ingredients

1 medium to large butternut squash
2 tbsp olive oil
1/2 tsp kosher salt
1/4 tsp freshly ground black pepper
1/4 cup water



Upcoming Events & Holidays

October 14th **Health and Wellness Fair**
10am-2pm
San Andreas Gathering Area

October 25th **Annual All Staff Meeting**
ALL MACT offices will be CLOSED

November 3rd **Health and Wellness Fair**
10am-2pm
Mariposa Facility

November 10th **VETERANS DAY HOLIDAY**
ALL MACT offices will be CLOSED

November 23rd **THANKSGIVING HOLIDAY**
ALL MACT offices will be CLOSED

November 24th **Day after Thanksgiving**
ALL MACT offices will be CLOSED