NOVEMBER NEWSLETTER

MACT
HEALTH BOARD, INC.
Mariposa ▼ Amador ▼ Alpine ▼ Calaveras ▼ Tuolumne

A Non-Profit Tribal Corporation

SHOUT OUT!

This month, **Lilly**, MA, earned the "grand prize" this month for "coming to San Andreas to help us".

The first runner-up was **Denisse**, Receptionist: for "being a great addition to our team and being patient and kind to our patients."

The second runner-up was **Abby**, Sterilization Technician: "Shout out to for stepping up to assisting and doing an amazing job!"

From the Desk of
John Alexander
Executive Director

MACT is proud to announce our new site and new providers. We continue to strive for excellence, which shows in our facilities, and the growth we are experiencing.

Stay tuned as we work together to provide our communities with the best care possible!

GRAND OPENING MARIPOSA DENTAL

MACT
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Congrats!
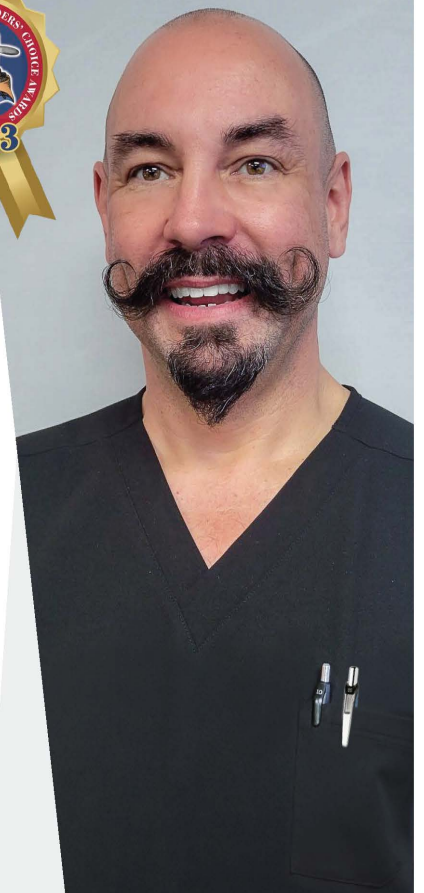### Dr. Christopher Jones
for being voted Best Physician

"Thank you to the community for voting us your #1 physician. I am honored for you entrusting me, and our team to provide care in the place we call home all of these years.

We look forward to meeting women's healthcare needs now and in the future."

Dr. Christopher Jones

Dr. Jones has proudly served the community for 9 years. His commitment to excellence continues at the Women's Health Center of MACT Health Board, Inc.

macthealth.org

WELCOME NEW SONORA OPTOMETRY PROVIDERS

Dr. Russell Cotteral grew up in the SF Bay Area, received his doctorate in1988 from the
U.C. Berkeley School of Optometry, then practiced for three years at a U.S. Army hospital in Germany, where he directed the eye clinic. He moved his family from Germany to East Sonora over 30 years ago and has practiced in Sonora many times since.

Dr. Cotteral has been a lecturer and clinical research optometrist at U.C. Berkeley, where he also completed an NIH fellowship in laser corneal reshaping. He ran a private practice near Berkeley for 25 years. He and his wife met playing cello in HS Orchestra, played together in Columbia College Symphony of the Sierra's 30 yrs ago, and Russell is very happy to have rejoined that orchestra in 2022. Residing most days in Twain Harte, Russell enjoys exploring Tuolumne County with his family and friends, hiking, fishing and off-roading in his Jeep.

Dr. Cotteral- Optometrist

Dr. Douglas Fleming was born and raised in Southern California, and relocated to Northern California to attend and graduate from UC Berkeley School of Optometry in 1990 with his doctorate. In 1991, Dr. Fleming started working in Sonora for a local optometrist. He 1996 he purchased that practice called Sierra Vista Optometry.

Dr. Fleming is certified in the treatment of glaucoma and ocular therapeutics. He is also a 30 year member of the San Joaquin Optometric Society. In his spare time he enjoys landscaping projects, travel, live music, sports, puzzles, and reading.

Dr. Fleming- Optometrist

MARIPOSA COUNTY RESIDENTS with Anthem and CA Health & Wellness insurance, should have received a 90-day member notices on October 1st, 2023.

Please be assured as existing members you will now be contracted with the Alliance and there will not be any issues.

If members have any questions, please call the CA Health & Wellness member services line.
Member Services:
Phone: 800-700-3874
Monday through Friday, from 8 a.m. to 5:30 p.m.

california health & wellness

Tex-Mex Chicken Quinoa

Ingredients
 2 tablespoons salsa
 1/2 teaspoon ground cumin
 1/4 teaspoon chili powder
 Salt and freshly ground black pepper 1 teaspoon olive oil
 1/4 cup diced red onion
 1/2 cup cooked chicken, roughly chopped
 1/2 cup cooked quinoa
 1/4 cup black beans
 Suggested toppings: diced avocado, shredded cheese, chopped fresh cilantro, freshly squeezed lime juice

Directions
In a large mug or small bowl, combine the oil and red onion. Microwave until softened, 1 to 2 minutes. Add the chicken, quinoa, beans, salsa, cumin, chili powder and salt and pepper to taste then stir and microwave for another minute or two. Serve with toppings of your choice.

Upcoming Events & Holidays

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

November 10
VETERANS DAY
All MACT Offices will be CLOSED

November 23 & 24
THANKSGIVING HOLIDAY
All MACT offices will be CLOSED