

JUNE NEWSLETTER

SHOUT OUT!

Congratulations to this month's Shout Out winners!



Jazzmine, Medical Assistant in Sonora Women's Health, earned the "grand prize" this month. The shout-out stated, "Can't imagine this office without you! You keep everything so organized. A true rock star with Dr. Jones. Grateful for you! – Cherie

The first runner-up was Wendy, receptionist at Lone Medical: "thank you for always helping others and having a good attitude!"

The second runner-up was Christiana, receptionist at Sonora Medical: "Christiana rocks at the front! Thanks for being awesome."

From the Desk of
John Alexander
Executive Director

This is an exciting time for MACT! Our Board of Directors and staff are working hard on many projects towards fulfilling our growth needs.

We hope that you will enjoy our photos and updates.

Feel free to send me ideas for future issues by email at john.alexander@macthealth.org

Be sure and mark your calendars for one or all of our upcoming Health and Wellness Fairs!

Its Official! MACT has a new Board Member! George Gurion, Sworn in.



Members of the Board and Advisory Council



George was officially sworn in as a new Board Member on April 22, 2023



Women's Health Services Expansion Update:

Plans are under way to open our New Women's Health Office. During the planning process we have been notified by the National Health Services Corps (NHSC) that our application has been approved!

This will help us in our Provider recruitment and retention efforts.

The National Health Service Corps (NHSC) is a federal program designed to assist Health Professional Shortage Area (HPSA) communities in the development, recruitment, and retention of physicians and other allied-healthcare personnel through loan repayment and scholarship programs.

Stay tuned for more information on our Sonora Women's Health Grand Opening Date!

MACT EMPLOYEE RECEIVES COMMUNITY AWARD

Heaven McKnight was recognized by the Nexus Youth & Family Services Amador and Calaveras CASA Programs and on behalf of the Superior Court of Calaveras and the Prevent Child Abuse Council. She was recently presented with the 'Light of Hope Award'.

This award is in recognition of members in the community who do extraordinary work on behalf of children, therefore helping to prevent abuse.

We are very proud of Heaven and the commitment she has for MACT and our patients!



Pictured: Fara Roberts, Nexus Youth & Family Services and Heaven McKnight

JOIN OUR TEAM!

The MACT Health Board Inc. has been providing care in the foothill community for over 50 years.

If you're looking to start a rewarding career with the opportunity to make a difference in the lives of others and improve the overall well-being of the American Indian/ Alaskan Native population, MACT Health may be right for you. We value integrity, skill, and cultural compassion. We are always looking for candidates that will help us fulfill our mission and continue to grow.

Staff Physician/MD

Sonora Women's Health
Jackson Medical

Family Nurse Practitioner

Jackson Medical
San Andreas Medical
Ione Medical

Registered Dental Hygienist

Sonora Dental

Receptionist

San Andreas Medical

Licensed Clinical Social Worker

Mariposa
+1 More Locations

Optometrist

Mariposa Medical



MACT HEALTH BOARD, INC.
A Non-Profit Tribal Corporation
macthealth.org

ANGELS CAMP
52 South Main St., Angels Camp, CA 95222

JACKSON
12140 New York Ranch Rd., Jackson, CA 95642

MARIPOSA
5192 Hospital Rd., Mariposa, CA 95338

SONORA
13975 Mono Way, Sonora, CA 95370

SAN ANDREAS
1113 Hwy 49, San Andreas, CA 95249

IONE
305 Preston Ave., Ione, CA 95640

ALPINE

Medical Assistant

Jackson Medical
Sonora Medical

Sterilization Technician

Sonora Dental

Dental Assistant

Sonora Dental
Jackson Dental

Dentist

Mariposa Dental
Sonora Dental

Workforce Investment Trainee

Staff Accountant

Angels Camp

Accepting applications online at: www.macthealth.org/careers

Supporting Fair Livestock Auctions for our youth

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 the last 5 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!

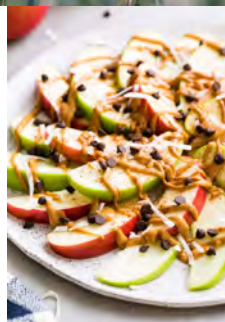
Correspondence can be sent to:
MACT Health Board, Inc.
ATTN: Ashley Lancaster
PO Box 939, Angels Camp, CA 95222
Or email to ashley.lancaster@macthealth.org



HEALTHY APPLE NACHOS (5-MINUTE)

Ingredients

2 apples of choice
1/4 – 1/3 cup natural nut butter (peanut, almond, sunflower, etc.)
small handful chocolate chips (I used Enjoy Life Mini Chips)
small handful shredded coconut
small handful slivered almonds, optional
sprinkle of cinnamon
1 tablespoon lemon juice



Instructions

Apples: Wash, core and cut apples into 1/4 inch slices. Lay apple quarters on a flat surface with the inside of the apple facing up, carefully slice apple into 1/or 1/2 inch slices Place apple slices in a small bowl with the lemon juice, toss to coat.
Nut butter: Heat your nut butter just until warmed and somewhat runny.
Alternatively, warm in the microwave for 20 – 30 seconds.
Assemble: On a serving plate, lay your apple slices in a single layer around the outside edge, then layer another small layer over those but towards the inside center of the plate (like shown in the picture above). Drizzle the nut butter in a circular motion, from the middle of the plate to the outside edge.

Upcoming Events

June 5 -
Miwuk Cultural Museum Ground Breaking
11am

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

Sonora Motherlode Fair	June 29 – July 2
Amador County Fair	July 27- July 30
Mariposa County Fair	Sept. 1 - Sept. 4