

DECEMBER NEWSLETTER



SHOUT OUT!



Grand prize winner:

"My favorite MA - **Maricruz** is on top of things, very efficient, thorough, multitasking, always enthusiastic and eager to help the patients and staff. We are delighted to have Maricruz at MACT Mariposa."

First runner up:

"**Monica** welcome to San Andreas Dental! You are an awesome addition to our team!"

Second runner-up:

Rachel "You are always awesome with all patients."

Welcome New Providers

Catherine is originally from Ireland and has lived in Amador county since 2006. She did her nursing training in Ireland and then received her Master's in Nursing from Holy Names University in Oakland.

Catherine enjoys all aspects of Primary care, but has a special interest in patient education so that her patients can learn ways to help themselves improve their health and lives. She enjoys refinishing old furniture, shopping for antiques and shoes, and caring for her babies - two dwarf goats. Catherine is looking forward to meeting all MACT patients and community.



Catherine Sullivan, FNP
Jackson Medical



Daniel Duron, FNP Candidate
Sonora Medical

Daniel was born and raised in California. He finished his masters in nursing in family nurse practitioner at Chamberlain University 2023, and prior to that, his bachelors of nursing at CSU Stanislaus in 2015.

He has been an RN for 8 years, with the majority of his experience in the intensive care unit, specializing in the cardiac ICU. He also has experience outside of healthcare, working formerly as a teacher and also as a clinic office manager. Although a new employee to MACT, he did part of his preceptor-ship as a FNP student at MACT, being trained by both Andrew and Steve. He looks forward to meeting everyone at MACT and all the patients.

Dr. Krupa is a native Chicagoan, raised in Southern California. He has an AA in chemistry from Golden West College and a BS in Biology from USC. He later attended Loyola University of Chicago School of Dentistry, earning endodontic honors.

He was chosen by the International Red Cross to go to South America and work in a remote clinic. Returning to California, Dr. Krupa was an instructor at UCLA Dental School (Endodontics/ Restorative Departments). His post doctorate training includes UCLA (TMJ Preceptorship/Acupuncture Certification), UC San Diego (TMK Hospital Externship) and University of Miami (Fellowship of International College of Oral Implantology). After being in private practice for over 20 years, Dr. Krupa served as a Dentist for the county jail, military reservist and participated in GIVE BIG KIDS A SMILE. He also has been both a Dentist and Dental Director for 3 FQHC facilities.

He enjoys going sightseeing and kayaking with his wife of over 35 years and their two adopted children. He looks forward to meeting and serving the MACT Community.



Gary Krupa, Dentist
Mariposa Dental

From the Desk of

John Alexander

Executive Director

While the rest of the nation suffers from a severe provider shortage, MACT seems to be doing well! People in our community consider us an "employer of choice," improving our chances of finding good healthcare professionals.

How to manage stress during the Holidays.

Sara Ray, LCSW
Director of Behavioral Health

The behavioral health team at MACT would like to recognize that for some of our patients, the holidays can be challenging. While there can be a lot of joy around the holidays, they can also bring stress and difficult emotions. We would like to offer some tips to decrease your stress and improve your mood over the holidays.

- Take daily walks or get a little exercise daily.
 - This doesn't have to be a rigorous or lengthy work out, you can take a walk, dance, do some yoga, or ride a bike for as little as 15 minute to feel the positive impact of exercise.
 - If you are unable to move easily, do what you can. Just getting outside can improve your mood.
- Learn to say "No" to things you cannot do.
 - Avoid over scheduling yourself.
 - Ask for help. The holidays often require us to increase our workloads, errands, chores etc...It is ok to ask for help.
- Practice Gratitude
 - Name 5 things every day that you are grateful for.
 - This doesn't have to be grandiose, it can be small things like a cup of hot coffee, or a nice hot shower.
- Be kind to yourself and listen to your body.
 - If you are feeling worn out, tired or exhausted, give yourself permission to rest, to not go to the next party, or only stay for a short period of time.
 - Allow yourself to grieve if you are feeling grief.
 - If you are feeling stressed, take a break or a "time out".

MACT was happy to once again participate in the Annual Angels Camp Christmas Parade!



Easy Cranberry Sauce Recipe

Ingredients

12 ounce bag cranberries, rinsed*
 3/4 cup (150g) water
 1/4 cup (60ml) fresh orange juice (about 1/2 large orange)
 3/4 cup (150g) packed light or dark brown sugar
 1 teaspoon orange zest
 1/2 teaspoon pure vanilla extract



Use fresh orange juice and orange zest. I recommend zesting the orange first, setting the zest aside, then cutting the orange for the juice. (Harder to zest a cut orange!) You need about half of a large orange for 1/4 cup juice. Juice the other half of the orange if you need more to yield 1/4 cup. After rinsing the cranberries, set 1/2 cup cranberries aside. You will stir these in at the end for extra texture.

Combine the remaining cranberries, water, orange juice, and brown sugar together in a medium saucepan over medium heat. Stir occasionally as the mixture comes to a simmer. Once simmering, reduce heat to low-medium. While stirring occasionally, continue to cook until liquid has reduced and cranberries have burst and thickened, about 10 more minutes.

Remove from heat and stir in 1/2 cup reserved cranberries, orange zest, and vanilla extract. Sauce will continue to thicken as it cools.

Upcoming Events & Holidays

ALL MACT Offices will be closed

Christmas Day Monday
December 25th, 2023

New Years Day Monday
January 1st, 2024

