

SEPTEMBER NEWSLETTER

SHOUT OUT!



Congratulations to Philip (Finance Intern, Administration): for "his good attitude and knowledge to lend a hand when needed. Props to you!".

Our first runner-up was Marissah (Credentialing Specialist, Administration): "Thanks Marissah for always supporting HR! You're always there for the extra items we always need."

Our second runner-up was Christy (ACSW, Jackson Behavioral Health): "Thank you for bringing hope to patients in need."

From the Desk of

John Alexander
Executive Director

"As summer winds down, and the children return to school, our articles this month revolve around ensuring they have everything they need to be successful. Our children truly are our future, so it's important we invest in their welfare."

Children's Eye Health and Safety for Back to School

Back to school can be a busy time for families, between back-to-school check-ups, and shopping for school supplies and new clothes. One check-up you might not have considered is having your child's eyes examined. Vision is crucial for learning. Even if you don't think your child is having a problem, subtle issues can be detected on an eye exam, like one eye not developing to be as strong as the other, trouble with focusing or eye tracking.

Did you know?

- 80% of a child's learning occurs through their vision
- 1 in 4 children have a vision problem that can be corrected with glasses
- 60% of children with learning difficulties have undetected vision problems

The American Optometric Association and MACT Optometry recommend a child have their first eye exam at age 3, or sooner if any eye problems are noticed and every 1-2 years afterwards unless your doctor feels they should be seen more frequently.

Let your eye doctor know if your child participates in certain activities where they could get an eye injury such as sports or hobbies. Safety glasses or contact lenses may be the right option.

Want some other ways to keep your eyes healthy?

- Eat as many brightly colored vegetables (and some fruit) every day
- Play outside every day! (this can actually help prevent you from becoming near-sighted)
- Wear sunglasses or a hat when outside
- Limit time on screens (TV, cell phones, tablets)

Schedule your back to school appointment with MACT Optometry today by calling:

209-755-1480

Dr. Kristin White, OD

The Importance of Back to School Physicals

It's that time of year again, back-to-school has come! You may be wondering when does my child need a physical? Back-to- School Physicals should be done yearly and are an important part of your child's development. Once your child is 12 and has received most of their vaccines, parent's often ask, "Why should I bring my school aged child in for a physical?" The answer is an annual physical is the best way to evaluate your child's health and development, and an opportunity to address any potential health concerns you or your child may have. Preventative medicine is important foundation to build for a healthy lifestyle as your child grows into an adult. Childhood immunizations are not just for babies and young children; vaccinations are also due at age 11-18 years of age.

If your child plays sports they may also need a sports physical that is required before participating in school extracurricular activities. This is to identify family health conditions, anxiety, depression and/or heart conditions before your child hits the field. Please make sure to bring any forms the school may need to clear your child for sports/activities. As we start the new school year, ask yourself, "when was the last time your child had a physical?" If it's been over a year, call our offices today and schedule an appointment.

Hannah Jones, LVN
Medical Back Office Manager

SCHOOL IS BACK IN SESSION:

With school back in session around each of our counties, I hope every student is set up with all the necessary items to make this school year be a successful one.

I wanted to thank each of your NAS case manager representatives at each clinic, who all participated in handing out backpacks for PRC students K-12 grades. As an added benefit a Staples gift card was also included for much needed school supplies.

NAS also had a raffle drawing for each clinic for the students who picked up backpacks; the raffle item was a kindle and one grand prize drawing for a Chromebook.

We had a successful year with our backpack giveaway; so far we gave 70 backpacks to students throughout our counties.

Jahanna Wilson, NAS Director



Crustless Quiche

- 1 10oz. box frozen chopped spinach
- 8 oz. mushrooms, sliced
- 1 clove garlic, minced
- 1/8 tsp salt
- 1 Tbsp cooking oil, divided
- 2 oz. feta cheese
- 4 large eggs
- 1/4 cup grated Parmesan
- 1/4 tsp pepper
- 1 cup milk
- 1/2 cup shredded mozzarella



Preheat the oven to 350°F. Thaw and squeeze as much moisture out the spinach as possible. Add the mushrooms, garlic, salt, and a ½ Tbsp cooking oil to a skillet. Sauté over medium heat. Brush ½ Tbsp cooking oil inside a 9-inch pie plate. Layer the mushrooms, spinach, and crumbled feta into the pie plate.

In a large bowl, whisk together the eggs, Parmesan, pepper, and milk.

Pour the egg mixture over the spinach, mushrooms, and feta. Top with the shredded mozzarella. Bake the crustless quiche in the preheated oven for about 50 minutes, or until it is golden brown on top and the internal temperature reaches 160°F. Slice and enjoy!

Upcoming Events & Holidays

September 5

Labor Day

Offices are Closed

September 8

MACT Diabetes Fair

305 Preston Ave., Ione, CA

September 23

Native American Day

Offices are Closed