

SHOUT OUT!



This is undoubtedly my favorite time of the month. It is uplifting to read all of the incredible comments you say about each other.

The Grand Prize winner this month was **Dr Wheadon, DDS** (Dental Director), for “coming in on your vacation for a day to help our patients!”

Our second runner up was **Shawn, RDA** (Jackson) for “always working hard and doing your best to help wherever needed”.

First runner-up was **Catharina, WIP** (Sonora Dental), “thank you for helping us turn over rooms!”.

CONGRATULATIONS TO ALL!

From the Desk of

John Alexander

Executive Director

“A very important external factor impacting the health and well-being of our patients is the weather. Snow, rain, cold, flooding, and mudslides are annual issues here in the foothills. Being prepared for adversity can make these issues a little less troublesome, so in this issue we discuss some of the ways MACT can help.”

Resource Reminders for our Amazing Honored Elders

We want to assist you with improving your overall quality of life. Our PRC Honored Elder Care Program provides enhanced healthcare and support services for our Honored Elder patients. Call us to schedule your home visit. **The following are some of our Non-Medical Benefits:**

- ❖ In-Home Elder Care Coordinator Visits;
- ❖ Meals on Wheels;
- ❖ Home Heating: (PG&E, Propane, Firewood; Wood Pellets)
- ❖ Chimney Sweep Services
- ❖ Carbon Monoxide/Smoke Detectors;
- ❖ Utility Payment Assistance (PG&E, Propane)
- ❖ Septic Tank Pumping;
- ❖ Incontinent Supplies;
- ❖ Birthday Recognition;
- ❖ Fuel Reimbursement Program;
- ❖ Lifeline Service;
- ❖ Durable Medical Equipment (shower chair, safety rails, etc.);
- ❖ Funeral Cost Assistance;
- ❖ Pulse Oximeter and Blood Pressure Monitor;
- ❖ Supplemental Nutritional Drinks;
- ❖ Hearing Aid Batteries;
- ❖ Other Services needed on a case-by-case basis to be approved by the Board of Directors

Please contact either of us for any questions- Diane Hoyle, your NAS Elder Care Coordinator or Julianne Grimes NAS Elder Care Coordinator. We look forward to hearing from you soon!

Winter Safety Tips for seniors

Get Vaccinated With the Flu Shot

According to the CDC, the most effective way for older adults to protect themselves from the flu and its complications, like pneumonia, is to get an updated vaccine before each flu season, as recommended by your doctor.

Have Your Driveway and Walkway Cleaned

An icy walkway or driveway is a big risk for falling. Have someone clear them for you when it snows and keep some salt around to clear it from any residual snow or ice.

Making Sure Electric Space Heaters are Being Used Safely

Many fires start in the winter months because of electric space heaters. If you're going to use one, make sure it's not next to any drapes, clothing, bedding or wires that can melt or catch fire. The CDC recommends you clear an area of 3 feet around a space heater to ensure safety.

Get a Carbon Monoxide Alarm

Heating your home with a furnace, fireplace or wood stove all present carbon monoxide poisoning risks - the silent and odorless killer. Place carbon monoxide detectors in your main living areas, bedroom and furnace room. Please contact us for yours!

Keep a Flashlight Handy and Avoid Candles

Extreme cold tends to increase the frequency of power outages. Make sure you have several flashlights in easily accessible areas such as your nightstand, kitchen counter or coffee table. Avoid candles at all costs! Open flames are dangerous and carrying them around with limited visibility is an even greater risk.

COMING SOON!

Our new Dental Clinic in Mariposa is on track to open in June!



ABOUT THE HEART AND MOUTH

Have you ever thought of the correlation between your mouth and your heart? Many studies have shown a strong link between periodontal disease and cardiovascular disease. Harvard Health published an article back in February of 2021, "Gum disease and heart disease: the common thread". Dr. Hatice Hasturk says, "Periodontal disease increases the body's burden of inflammation". People with periodontal disease are at a greater risk of up to two to three times more of having cardiovascular problems such as a stroke and/or a heart attack. This occurs because the bacteria that is found in the mouth has the ability to travel through the blood stream causing issues such as inflammation or even plaque buildup and blood clots to form in the heart valves. The primary sign is inflammation of the gums, which is an immune system response by the body indicating the body is fighting infection. Poor oral hygiene can also kill off some of the lipoproteins that supply one organ to another with good proteins. (good and bad cholesterol) This can cause organs to start having problems causing other diseases which as a result can also cause heart attacks. All of this can be prevented by spending the recommended two minutes brushing and flossing twice a day, visiting a dentist yearly and maintaining the recommended hygiene visits.

Reference: Harvard Health Publishing. Gum Disease and heart disease: The common thread. February 15, 2021. <https://www.health.harvard.edu/heart-health/gum-disease-and-heart-disease-the-common-thread>

February is "American Heart Month"

What does the month of February mean to you? For those in Public Service and in Health Care, the recognition of American Heart Month, we often think about heart disease and preventive measures. We are reminded that this very serious common disease according to research, is still the number one cause of death in the United States to date. For others, the month of February might be filled with youthful memories. Such as, when Valentines were exchanged, or maybe colorful heart candies with little greetings remind you of Valentine's Day. Perhaps you gave or received flowers, chocolates in a heart shaped box, or handmade valentine cards. The entire concept of Valentines Day is based around the "heart". In an effort to convey what we mean to one another we often honor or celebrate Valentine's Day by giving items of expressions of love for those who are dear to us.

As time goes by we may find ourselves forgetting to take care of our individual hearts. We may have suffered emotional trauma, physical challenges, health issues, or circumstances that have taken us away from caring for ourselves. All of these life events can contribute to a sedentary life style, or less than positive factors that can create cumulative negative effects on the health and well-being of our hearts. It is no small feat to begin making positive changes in our lives. In doing so, we may be able to contribute to positive healthy outcomes that will make our hearts beat stronger and provide us with feeling better physically and emotionally. By taking small steps to live a healthier life, we may immediately begin to find ourselves in a better mood, get a better nights rest, lower our blood pressure and over all improve our immune function. These steps will assist us in how we can better care for ourselves and each other.

Make February the month in where YOU begin to celebrate National Heart Health Month. Talk to your medical provider about what that path may look like for you.

Apple Pear Crisp

From the American Heart Association

Calories~ 156 Per Serving



Topping Ingredients (Servings 4)

1/4 cup uncooked rolled oats
 1/4 cup all-purpose flour
 2 tablespoons trans-fat-free tub margarine, chilled in freezer for 15 minutes
 1 tablespoon unsweetened applesauce 1/2
 teaspoon ground cinnamon
 1 tablespoon stevia sugar blend

Crisp Ingredients

1 large pear, such as Anjou or Bartlett, peeled and diced
 1 teaspoon cornstarch
 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
 1/8 teaspoon ground ginger
 1/8 teaspoon ground cloves
 1/8 teaspoon ground cardamom (optional)
 1 large apple, such as Granny Smith

Directions

1. Preheat the oven to 375°F.
2. In a medium bowl, stir together the crisp ingredients. Spoon ½ cup of the apple-pear mixture into four 6-ounce oven proof glass custard cups or porcelain ramekins.
3. In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
4. Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.

Upcoming Events & Holidays

In Honor of Presidents Day, all of our facilities will be **closed on:**

Monday, February 20th.

