

SHOUT OUT!



This month, our grand prize winner was Michelle, Jackson Dental; "Thank you Michelle for always working hard to make sure everything runs smoothly".

Runners-up included:

Chaz, Angels Camp Dental; "When the going gets tough-Chaz keeps going! Chaz always steps up when we are short-staffed".

Emma, Jackson Medical; "her sweet, kind, professional demeanor at the front desk. You are a great addition to our team".

From the Desk of

John Alexander
Executive Director

This month we are talking about Prevention: From the covid vaccine variants, to stress reduction, and "heads up" because June is Men's Health month! Enjoy!

COVID-19 Vaccine Boosters, who is eligible and why should one get a booster?

The CDC recommends that everyone aged 5 and older receive a Pfizer-BioNTech two dose primary vaccine series. Everyone ages 12 and up should also receive a booster dose, some individuals can receive two boosters. Individuals who are 12-49 years old should get 1 Booster dose at least 5 months after completing the primary series. If you are aged 50 and over, the CDC now recommends you get a second Booster dose at least 4 months after your first booster.

The CDC encourages the booster due to the solid evidence of its benefits. As of February 2022, Americans who have received a COVID-19 booster shot are 97 times less likely to die from the coronavirus than those who are not vaccinated. Even only having two vaccinations and no booster has shown that you are 14 times less likely to die from COVID-19 than unvaccinated people! These data confirm that vaccination and boosting continues to protect against severe illness and hospitalization, even during the Omicron surge. If you are not up to date on your COVID-19 vaccinations, you have not optimized your protection against critical disease and death. The number of average weekly deaths for those who were unvaccinated was 9.7 per 100,000 people, as compared with .7 of those who were vaccinated and .1 of those who had received a booster. If you have additional questions about COVID-19 vaccines or booster doses, please schedule with your provider today!

Dr. Robert Reina, Medical Director and Hannah Jones, LVN

The Importance of Mental Health

Did you know that your mental health contributes to your physical health? For example depression can contribute to increased aches and pains, fatigue, insomnia or oversleeping, and changes in appetite. Long term stress, worry and anxiety can cause elevate blood pressure and heart rate, cause insomnia and muscle tension. These symptoms can take a toll on the immune system making you more susceptible to illness. Taking care of your mental health is just as important as taking care of your physical health and doing so can actually have a positive impact on wellness. MACT is dedicated to providing our patients with the best healthcare possible, which includes taking care of both physical and mental health.

Relaxation technique: 4x4 breathing.

- Breathe in through your nose for 4 seconds, focusing on getting the breath all the way to your stomach. (When done properly you will see/feel your belly expand)
- Hold the breath for 4 seconds.
- Exhale, through the mouth, for 4 seconds (6-10 seconds is even better!)
- Pause for 4 seconds before taking your next breath.
- Repeat 2-4 times and see how you feel. You should notice a more relaxed, less tense feeling in your body.

Sara Ray, LCSW
Behavioral Health Director

MACT HEALTH BOARD, INC. PROCLAMATION

WHEREAS, the MACT Health Board, Inc., is a State incorporated health organization established in 1979; and whose primary mission is to improve the health status of the American Indian/Alaskan Native population to the highest level through provision of public health, primary and prevention services.

WHEREAS, DISPITE ADVANCES IN MEDICAL TECHNOLOGY AND TREATMENT, Native American men live significantly shorter lives and suffer higher death rates for many causes compared to their female counterparts or U.S. males overall: and

WHEREAS, educating the public and health care providers about the importance of a healthy lifestyle and early detection of male health problems can result in reducing rates of mortality from disease: and

WHEREAS, men who are informed about the value of preventative health and supported in accessing it will be more likely to participate in health screening and treatment: and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their children and have happier, healthier children: and

WHEREAS, Men’s Health Network worked with Congress to develop a men’s health awareness period as a special campaign to help educate men, boy’s, and their families about the importance of positive health attitudes and preventative health practices: and

WHEREAS, the Men’s Health Month web site has been established at www.MensHealthMonth.org and features resources, proclamations, and information about awareness events and activities, including Wear Blue for Men’s Health Month: and

WHEREAS, the MACT Health Board Men’s Health Month will focus on a broad range of men’s health issues, including heart disease, mental health, diabetes, prostate, testicular and colon cancer; and

WHEREAS, the members of tribal nations are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

NOW, THEREFORE, I John S. Alexander, Executive Director of the MACT Health Board, Inc., do hereby proclaim June as Men’s Health Month in our tribal nation, and encourage all our citizens to pursue preventative health practices and early detection efforts.

John S. Alexander, MBA
Executive Director
MACT Health Board, Inc.

Cinnamon Raisin Baked Oatmeal

- 1 1/2 C. unsweetend applesauce
- 2 eggs
- 1/4 C. brown sugar
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 3/4 tsp. baking powder
- 1 C. low-fat milk
- 3/4 C. raisins
- 2 C. old-fashioned rolled oats
- 1/2 C. chopped walnuts or pecans



1. Preheat oven to 375° F and coat 8"x8" pan with non-stick cooking spray.
2. In a large bowl, whisk together applesauce, egg, brown sugar, cinnamon, salt, baking powder and milk.
3. Stir the raisins and oats into wet mixture until combined.
4. Pour the mixture into the prepared pan and top with nuts. Bake 45 minutes or until the top is golden in color and the oats are set.

Upcoming Events & Holidays

Kids Camp
June 26-29

Mother Lode Fair
June 30 - July 3

MACT Mariposa Diabetes Fair
June 30
11:00am - 2:00pm