

## Happy New Year

### SHOUT OUT!



The grand prize winner this month was Marissah, Credentialing Contracting Specialist for "helping HR with open enrollment".

First runner-up was Taylor, Receptionist (Jackson Dental); "your energy is what this office needed. You are awesome!"

Second runner-up was Kristen, Referral Clerk (Jackson Medical); "you did a great job getting Native patients hooked-up with fresh salmon fillets".

From the Desk of

*John Alexander*  
Executive Director

*Here's wishing everyone a very Happy New year! MACT will be keeping all Covid-19 safety protocols in place until further notice. We want to be sure that "2022" does NOT turn into "2020 – too!"*

## A doctor, health insurance agent, and a lab tech walk into a bar. Who pays the tab?

-The patient

One of the most frustrating, and confusing factors of healthcare for most is patient responsibility. What's the point of paying for insurance coverage if you still have to pay even more out of pocket for your

care? This is where deductibles, copays, and co-insurance come into play. As the New Year begins and insurance changes, these terms are not always made clear. The healthcare deductible is the amount you,

the patient, will have to pay before your insurance will start to pay for services. For example, if you have to go to the hospital and receive services costing \$3,000, and your insurance deductible is \$750 you will have to pay your deductible before insurance covers the remaining \$2,250. The copayment is the set amount given by your insurance

provider that you must pay before receiving any healthcare services. Since this is dictated by insurance, and not the healthcare provider you will always be responsible for this amount, even if it is not collected at the time of service. However, if you are receiving preventative services, such as annual physicals, most insurances will not require you to pay a copay for these. Co-insurance is the percentage of care costs you will have to pay with the rest paid by insurance, and typically applies after your deductible is met. If you have a 20% coinsurance and receive care costing \$200, you will be responsible for 20% of the \$200, \$40, and insurance will cover the remaining \$160.

Medicare, one of the biggest and most used insurance plans in the US, makes changes to patient responsibilities every year with 2022 being no exception. Medicare Part A, which covers inpatient hospital stays, skilled nursing care, and some other services will be increasing deductibles to \$1,556; \$72 more than it was for 2021. Medicare Part B, which is responsible for outpatient hospital services, physician services, durable medical equipment, and other services not covered by Part A, will also be increasing its annual deductible to \$233, a \$30 increase from 2021. As we change our calendars and get used to dating our signatures with a 22 instead of 21, we should also prepare to pay a little more for our healthcare.

Madison Ratto,  
EHR Systems Administrator

## Please welcome our new psychiatry staff,

Dr. Sidhu our new psychiatrist for CHILDREN! He is in Sonora Mondays and accepting new patients. The child will have to see a BH clinician for an assessment, just like the adult patients, before he can see the pt for their medication needs. Please schedule through Stacie M or Marcella M in Sonora BH.

Also, we have Sunni Gessel psychiatric nurse practitioner. She is in Sonora 5 days a week, right now, but will be available in Mariposa and lone one day per month as needed. She is able to do the initial assessments, so the pt does not have to go through BH clinician before scheduling with her. (this will change as her schedule fills up).

We are so fortunate to have such talented and specialized providers here.

Dr Sidhu has been in practice as a child and adolescent psychiatrist since 2003. He went to medical school in India, worked as a primary care provider for four years before training as a psychiatrist in India. He then moved to the US and trained as a general psychiatrist and then did his fellowship in Child and Adolescent Psychiatry at UCSD San Diego. He loves the Sierra and loves to hike, camp, backpack and offroad.

Sunni Gessel is ANA certified as a PMHNP and licensed in CA as an Advanced Practice RN. She has served as the Chief Nurse Executive at Sierra Conservation Center and worked with mental health patients for over a decade, she has initiated a program called "nurse led therapeutic groups" as well as the "integrated substance use disorder program" among others. She worked as an RN on an inpatient psychiatry unit for both Antelope Valley Hospital and Kaiser in Los Angeles and a Kaiser outpatient Mental health clinic. Sunni has a Bachelors degree from the University of Washington in Psychology, a Bachelors of Science in Nursing from California State University Bakersfield and a Masters Degree in Nursing from Gonzaga University. She is a member of Sigma Theta Tau Nursing Honors Society and the California Association for Nurse Practitioners. She is a veteran of the United States Air Force and has been a local resident for over 4 years.

Sara Ray, LCSW

## Welcome Dr. Haseeb!

Dr. Rahema Haseeb has been on a journey to becoming a dentist ever since she was a young girl. She earned her B.S in Public Health Sciences at UC Irvine, and then headed to Poland to earn her DDS from Poznan University of Medical Sciences. During the last two years Dr. Haseeb completed a residency program at a dental clinic serving the Navajo Native American population in Arizona. Dr. Haseeb hopes to identify the oral health needs of the community members at MACT and wants to make a positive impact in improving these needs. "I am looking forward to dedicating myself to learning about the community here and establishing trusting relationships with my patients." In her free time Dr. Haseeb likes to travel and learn about the different cultures and foods offered around the world.

## Keto Roasted Potatoes...Fauxtatoes...aka Radishes!

### INGREDIENTS:

- ✓ 1 cup radishes, halved or sliced
- ✓ 2.5 tablespoons olive or grapeseed oil
- ✓ 2.5 teaspoons thyme and/or garlic fresh or dried
- ✓ 1/4 cup Parmesan cheese
- ✓ Pinch of sea salt and pepper to taste



### INSTRUCTIONS:

- ✓ Preheat oven to 400 degrees, lightly oil baking pan minutes until
- ✓ Add radishes, garlic, thyme, salt and pepper. Roast for 45-60 golden and crisp. Be sure to toss half way through cook time.
- ✓ Finish up by sprinkling the cheese on top, bake additional 5 minutes.
- ✓ Serve and Enjoy!

## Upcoming Events & Holidays

January 1

### **New Years Day**

Our offices will be closed December 31

January 17

### **Martin Luther King Jr. Day**