

# NOVEMBER NEWSLETTER

## SHOUT OUT!



CONGRATULATIONS to Andrew, FNP (Sonora Medical): "Per Anthem Auditor – his charts are an A+". He was the grand-prize winner this month.

Our first runner-up was Marcella, Receptionist (Sonora Behavioral Health): "Thank you for being so kind and patient, especially with difficult situations".

Our second runner-up was Vanessa, RDH (Jackson Dental) "Saw 10 patients in a day! A meeting day too!"

From the Desk of

*John Alexander*  
Executive Director

"Fall is a time to celebrate and be thankful. This issue discusses the impact of the positive changes that impact MACT patients and employees."

## Healthy Eating for the Holidays

It is that time of the year for family gatherings, festivities, and food. Sustaining healthy eating habits can be a challenge, but there are ways to make better choices during events.

For example, be the one to bring healthy dish. Check out different ideas when grocery shopping to see what may be a hit at your next potluck party. Choose turkey, skinless chicken, fresh fruits, nuts, tossed salads and seasoned vegetables over things like pie, cake, sugary beverages, or bread pudding.

When thinking about how to build a healthy plate, fill half your plate with fruits and vegetables, which are higher in fiber and keep you full longer. The other half of your plate should include about ¼ of grain product and ¼ meat or protein.

Try not to skip meals and keep your blood sugar steady. Eating at the same times you normally do is best, even if it is a small snack. Being too hungry can make one overeat.

No food is on the naughty list, just savor your servings & make each bite count. Portion size matters. If you want to indulge with a sweet treat, then choose less of starchier foods, like stuffing, potatoes and bread.

If diabetic, check your blood sugars more frequently during the holiday season, and be sure to contact our office if you notice they are higher than usual, it may be time to adjust some dosing. Remember to take your medicine, if prescribed!

Lastly, keep on moving and make it a family activity! Getting in a walk at is a great way to bond, and so is playing at the park, biking, or running around with the children.

Happy Holidays!

Nina Bloom, RN  
Diabetic Coordinator

## Pfizer Bivalent Covid-19 Vaccine Boosters

MACT now has the Pfizer Bivalent Covid-19 Vaccine booster available at all our locations. Who should get the Bivalent booster? Anyone who is 12 and up and is at least 2 months past any other previous dose or booster. A bivalent vaccine contains mRNA components from two strains of virus. The new bivalent COVID-19 vaccine includes mRNA from the original strain of SARS-CoV-2 (just like the initial vaccine) and contains an mRNA component from the Omicron BA. 4/BA.

The Pfizer Bivalent was also just authorized for 5- 11 years of age. Anyone who is in this age range and at least 2 months past any other dose of Covid-19 vaccination is eligible for the bivalent booster today.

Call one of our clinics today to schedule your bivalent booster!

## Observing Veterans Day

Recently, our Board of Directors made a significant change that will affect patients and staff. They decided to close the clinics on Veterans Day. It was a difficult decision because The Board always felt it was essential to be open/available for patients. But making a point of honoring those who served in the armed forces was also very important. The decision to close on Veterans Day allows our employees to participate in activities with their family and friends that served as well. We have many employees and Honored Elders that are Veterans. Please take a moment to honor and thank them for their service and remember their sacrifice.

## Annual All Staff Meeting

One way to communicate our mission and vision, strengthen teamwork and ensure continuous improvement is through our annual All Staff Meetings. Our Board of Directors allows us to close all facilities to ensure all MACT staff has the opportunity to attend. It is by far a favorite time of the year for us. By having these meetings, it creates an environment of positivity, productivity and momentum. After having to cancel it in 2020 and 2021 due to COVID, we were finally able to get all 175 employees together for a day of training, education, and social interaction with each other. As a token of appreciation and to celebrate our 50 year anniversary, the Board of Directors gave each employee a jacket comprised with a custom logo.



Breakout sessions: Dental Department



Program updates: John Alexander, MBA Executive Director



Celebrating employees of the year

### Maple Bacon Brussels Sprouts

8 slices thick bacon  
2 lb. Brussels sprouts  
1 tsp. salt  
1/8 tsp. ground cayenne pepper  
1/2 c. unsweetened, dried cranberries  
1/4 c. apple juice  
1/4 c. maple syrup

#### Directions

1. In a large cast-iron skillet, cook the bacon until crispy. Remove and drain on a paper towel lined plate.
2. Add the Brussels sprouts to the skillet, stirring well to coat with the bacon grease. Cook on medium heat without stirring for 6 minutes or until the sprouts start to caramelize. Stir in the salt and red pepper and continue to cook an additional 6 - 8 minutes or until Brussels sprouts are just tender.
3. Stir in the cranberries, apple juice, and maple syrup. Cook 3 minutes, stirring to coat the Brussels sprouts. Add the cooked bacon and stir to combine.



### Upcoming Events & Holidays

November 11  
**Veteran's Day**  
Our offices will be closed

November 24-25  
**Thanksgiving**  
Our offices will be closed in observance of the Thanksgiving holiday

