

SEPTEMBER NEWSLETTER

SHOUT OUT!



I would like to give a shout out to Jennifer J from San Andreas for her quick response to help grab a patient who had started feeling light headed who needed to sit down. She overheard the patient state that she was feeling light headed and dizzy.

She jumped up from her desk to assist the patient before I could make it to the patient as well. After assisting the patient to the room she also checked to make sure she didn't need any water or some more assistance. She also continued to check on us in the room as I did not leave patients side to make sure nothing was needed. She went above and beyond to check and assist the patient in her time of need. Thank you!

September is National Healthy Aging Month

by Karen Orbeta, Family Nurse Practitioner (FNP)

Aging. We're all doing it. With each day, each moment, we are all...aging. And yes, some things are out of our control like genetics, but there is actually a lot we can do to be proactive in maintaining a healthy lifestyle and preventing common age-related health problems, including both physical and mental health conditions.

Here are some tips for optimizing your health:

- > Get routine physicals & screenings
It's not just about seeing your provider when you get sick. Early detection is key. Ask questions and know where you are so you can decide where you want to be. Schedule your next appointment with MACT today.
- > Make healthy food choices
Aim to eat whole plant foods that are minimally processed and in their natural form as often as possible (American College of Lifestyle Medicine, ACLM).
Eat plenty of vegetable, fruits, legumes/beans, whole grains, nuts and seeds.
Minimize or avoid processed foods, sugary drinks, and deep fried foods.
- > Move more, sit less
Adults need at least 150 minutes of moderate-intensity physical activity plus 2 days of muscle-strengthening activity each week (CDC).
- > Avoid toxic substances
Tobacco use & too much alcohol increase the risk of many chronic diseases & death. Ask your provider if you need help quitting.
- > Manage stress
We all deal with stress differently. Find what works for you!
Here are some ideas: journaling, meditation, yoga, deep breathing, prayer, listen to music, dance, explore nature.
- > Sleep well
Establish a regular sleep schedule, minimize bedroom light/noise, avoid late night snacking/caffeine, and avoid alcohol/screens within 3 hours of bedtime.
- > Connect
Research shows that the single most important predictor of human happiness & long life is having strong social connections. Connect with those around you by sharing experiences, staying positive, & being there for those in need.

The choices you make today will impact the years in your life and the life in your years!

Scan the QR codes for more guidance from the American College of Lifestyle Medicine:



From the Desk of

John Alexander

Executive Director

Ah, September! Hopefully, the weather will cool, the kids will return to school, and we will focus on preparing for our fall routines.

This month, we bring to your attention more changes at MACT and more opportunities to learn and grow, even though some of us are "growing older." I hope you enjoy this issue as much as I did.

Welcome to San Andreas Dental

Dr. Clarin received his BS from East Bay California State, Hayward and his DDS from University of San Francisco. Going to dental school in California was a blessing that he wants to continue experiencing as he helps others.

Born in Mexico but raised in California before reaching his first birthday, he carries the passion to care for its people. His oral health has been a positive experience that he wants to share with those he meets.

Dr. Clarin has two teenagers, a boy and girl, and a one year old girl. His lovely wife is a dedicated mother that has helped him grow in his career as father and health caregiver.

On weekends he enjoys biking with his son and devoting plenty of time with his family. He also tends to a small 4 acre land in which he plays farmer and oversees fruit trees and some farm animals.

Dr. Clarin is now seeing patients in San Andreas! Be sure to call and make your appointment 209.755.1460



BIG TIME

Health & Wellness Fair



Saturday, Oct. 5
10 a.m. - 5 p.m.

Sunday, Oct. 6
10 a.m. - 2 p.m.

 **MACT San Andreas Medical**
1113 Hwy 49, San Andreas

- Health Screenings
- Food Vendors
- Diabetes Education
- Community Organizations
- Native American Art, Dance & Music
- Native American Services Resources



macthealth.org

FRIENDRAISING EVENT





A fun event for the whole family!
Enjoy food, activities, tours, and even see native artifacts from the MACT Health Board, Inc. Miwuk Museum and Cultural Center.

 **Saturday, September 14**
2 p.m. - 6 p.m.

 **MACT Administration & Dental**
52 South Main Street
Angels Camp, CA 95222

Activities

- Basket weaving history
- Native vendors
- Raffle
- Bracelet making
- Rock painting

Museum Hard Hat Tours

- \$25 family; \$20 single person
- Proceeds from tours to benefit MACT Youth Programs

Native Artifacts

- Artifacts from the MACT Miwuk Museum and Cultural Center will be present—come and see them!

California State Senator Marie Alvarado-Gil recently toured our Jackson Medical and Dental Offices.


We had a very good visit and wish to express our gratitude for her time and dedication to serving our communities.



Easy Crescent Taco Bake

Ingredients

- 1 can (8 oz) refrigerated Crescent Rolls (8 Count)
- 1 lb lean (at least 80%) ground beef
- 3/4 cup thick & chunky salsa
- 2 tablespoons Taco Seasoning Mix
- 1 cup shredded Cheddar cheese (4 oz)



Steps

1. Heat oven to 375°F. Unroll dough; separate into 8 triangles. Place in ungreased 9-inch square pan or 10-inch pie plate; press over bottom and up sides to form crust.
2. In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in salsa and taco seasoning mix; simmer 5 minutes. Spoon meat mixture in crust-lined pan; sprinkle with cheese.
3. Bake 14 to 17 minutes or until crust is deep golden brown and cheese is melted. Served topped with lettuce and tomato, if desired.

Upcoming Events & Holidays

In observance of **Labor Day Monday, September 2nd** our offices will be closed.

Saturday, September 14th
Miwuk Cultural Center and Museum FRIEND Raiser Event
2pm-6pm Angels Camp

Friday, September 27th Native American Day
our offices will be closed.

BIG TIME
Health and Wellness Event
San Andreas Medical
October 5th 10am-5pm
October 6th 10am-2pm