

FEBRUARY NEWSLETTER

Ways to Support Your Heart Health

Sleep is vital for the repair and regeneration of tissues, including those in the heart and blood vessels.

Eating a balanced diet rich in fruits, vegetables, whole grains, and healthy fats promotes a healthy heart.

Engaging in regular physical activity, such as brisk walking or swimming, for at least 150 minutes a week can help improve cardiovascular fitness.

Spending time with friends, family, or loved ones can act as a powerful stress reliever. Social support strengthens resilience in coping with stress.



February is American Heart Month

At MACT, we are committed to promoting heart health and supporting our community in taking proactive steps to reduce the risk of cardiovascular disease. During American Heart Month, we offer educational resources, and screenings to help our community understand the importance of heart health and how to make lasting, positive changes. We encourage everyone to learn about the risk factors for heart disease, know the symptoms of a heart attack or stroke, and take steps toward living a heart-healthy life. February is a time to raise awareness about heart disease and encourage individuals to prioritize their cardiovascular health. Heart disease remains one of the leading causes of death in the United States, making education and prevention efforts more important than ever. Throughout this month, MACT's healthcare providers come together to highlight the significance of maintaining a healthy heart through lifestyle changes such as proper nutrition, regular exercise, and managing stress. It's also an ideal time to remind individuals to monitor their blood pressure, cholesterol levels, and get regular check-ups with their healthcare provider. Schedule a visit with your healthcare provider this month for additional support with your heart health.



From the Desk of
John Alexander
Executive Director

As we move forward into February, the newsletter touches on topics around preventative health. Be sure to schedule your annual physical as soon as possible so your healthcare team knows EXACTLY what to do to support you!

Native American Services Updates

Our Native American Services Department is expanding to better support our native community, which is our top priority. Effective soon, Mariah Hawkins will join our Elder Care Coordinators as assistant to improve our Honored Elder's Care. Kristen Mendes will provide leadership to the case management team from our Jackson Medical Clinic. Lilly Lutolf will serve our Ione NAS Community to complement our already knowledgeable team.

What Can I Eat? Group Sessions in Mariposa

Hosted this month by the Miwumati Healing Center, Tuesdays from 12:30PM-2:00PM. Engage with your support system in health and wellness. Native patients, family and friends welcome!

MACT Behavioral Health has a new location! Where? It's Mobile!

MACT has a new mobile behavioral health unit that will be traveling to our more rural communities to offer behavioral health support to those who cannot travel to us. Here at MACT, we understand that it is not always possible for our residents to get to us, so we are coming to you. This unit will have behavioral health clinicians to offer counseling to most ages, for many struggles including;



anxiety, depression, post-traumatic stress, addictions, struggles with relationships, support for parents, children, teens and seniors. Look for us in your neighborhood! We look forward to seeing you.

MACT is Always There For You



The MACT Team at our 2024 All Staff Event

Whether you are here for medical, dental, vision, or behavioral health, our team is here to ensure you receive the highest quality care in a comfortable and compassionate environment. From routine check-ups to specialized treatments, we offer a full range of services to support your health and well-being. MACT is excited to have you with us and we look forward to partnering with you this year on your journey to your best health!

Miwok Fish Stew

Ingredients:

- 1 lb fresh trout or salmon
- 4 cups water or fish stock
- 1 onion, diced
- 1 clove garlic, minced
- 2 potatoes, diced
- 1 carrot, diced
- 2 tbsp olive oil or animal fat
- Salt and pepper to taste
- Fresh herbs to taste (such as wild mint or sage)



Directions:

Heat the olive oil in a large pot over medium heat. Add the onions and garlic and cook until softened, about 5 minutes. Add the diced potatoes and carrots, cooking for another 5 minutes. Pour in the water or fish stock, bring to a simmer. Add the fish, breaking it into chunks if needed. Simmer for 15-20 minutes, or until the fish is cooked through. Season with salt, pepper, and fresh herbs. Serve hot, either on its own or with some acorn bread. Enjoy!

Upcoming Events & Holidays

MACT sites will be open
Friday February 14, 2025

Valentines Day



MACT sites will be closed
Monday February 17, 2025

Presidents Day

