

SHOUT OUT!

This month we need to send a GREAT BIG “shout out” to ALL of the MACT employees! The Omicron variant of covid has had devastating effects on patients and staff members, their families, their friends, and their loved ones. Our team managed to keep almost all of the sites open despite the stress and strain of being understaffed and working in very difficult conditions (including snowfall)! Granted, our ability to provide our usual high level of care was not achieved at all times, but it wasn’t because we didn’t try! We thank our patients for understanding, and we send a “shout out” to all MACT employees that did their best!

From the Desk of

John Alexander
Executive Director

Here’s another edition of our newsletter for your enjoyment. Our staff likes providing this information to you, and we all hope you find it both useful and interesting. If you have a topic you would like us to discuss, just let us know!

COVID-19 AND DENTISTRY

COVID-19 has had a dramatic effect on the world as a whole. Loss of jobs, financial difficulties, health issues, anxiety, social isolation are but a part of what has been happening in our world. Like everyone else, dentistry has had to try and keep up with ever changing protocols and recommendations from the Center for Disease Control (CDC) and the American Dental Association (ADA) as well as federal, state and county guidelines. Dentists have noticed that COVID-19 has had a dramatic effect on our patient’s oral health, the way we perform dentistry and how we respond to dental/oral health emergencies.

Dentistry has always had stringent infection control guidelines, but recognizing the additional dangers of airborne infection was alarming. Not just dental procedures, but patients and staff talking, laughing etc. became an issue. As many may know, we use an extra oral suction to vacuum up aerosols that would normally be dissipated into the air. We also use mouth props with built in suction. We allow the room to “settle” for 10 minutes after a patient leaves before we clean it (to allow droplets to settle out of the air). We only use cleaners that are proven to kill COVID-19. We have also taken expensive measures to protect our staff. Right now we do require every person to wear a mask while in our clinics. We also do a COVID quick test on non-vaccinated patients before they have treatment. We are not here to debate the right or wrong of COVID mandates, but we are relying on those professionals at the CDC and ADA to provide the best guidance they can in these unfortunate times. Please bear with us. As of today, at this writing, we have had NO known transmission of COVID-19 to a patient while they have been in our dental clinics for care.

Scott Wheadon, DDS – MACT Dental Director

Patient Portal Introduction

Have you heard of our Patient Portal? Patient Portal is an online application that allows our patients to keep track of appointments, reminders, pay bills, and be more involved in their health history and visits in our clinics. You can sign up by visiting your local MACT clinic and obtaining a registration token from our excellent reception staff. Next, visit www.nextmd.com or download the Patient Portal application on your phone by searching NextMD. Finally, select Create Account and register your enrollment token.

For more information or questions, call our administration office at (209) 754-6262 and ask for patient portal support.



Shiloh Pfeifer, IT Support

Tell Me A Story

MACT Health Board is focused on providing the highest quality care to its Native American patients in an environment that respects traditional healing and cultural sensitivity. You, our Honored Elders, have an opportunity to help us preserve Miwuk culture and tradition by participating in a program we are calling "Tell Me A Story".

As time goes by, we all become more forgetful, and when an Elder leaves this world, we lose a little bit of our culture and history. We have several ways to help save those precious memories to share with future generations:

1. We can set up an appointment for individuals (or groups) to meet with our videographers, who will respectfully record your responses to some of the example questions below.
2. If you prefer NOT to be on Camera, we can create a voice recording of your responses (or you can have your children or loved ones ask you the questions and record your responses).
3. Perhaps you can just tell us the stories, face-to-face, and we can write them down. You could then listen to your responses and add additional comments
4. We are very flexible and creative. We most certainly want you to be comfortable and to feel respected.

The most important point is to collect and preserve these stories to inspire future generations and help people understand the experiences that created our great people. Some sample questions that might help get you started include:

"Tell us stories your grandparents told YOU"

"What wisdom did Elders share with you when you were young?"

"Tell us about your earliest childhood memories"

"Tell us the Creation Story as it was told to you"

If you are interested in participating in this program, please contact your Elder Care Coordinator or local NAS Case Manager.

Welcome, Dr. Haseeb

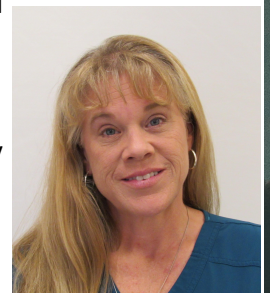
Dr. Rahema Haseeb has been on a journey to becoming a dentist ever since she was a young girl. She earned her B.S in Public Health Sciences at UC Irvine, and then headed to Poland to earn her DDS from Poznan University of Medical Sciences. During the last two years Dr. Haseeb completed a residency program 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.



MACT Sonora Dental

Congratulations, Diane

Diane was previously the NAS Case Manager and has been promoted to the Elder Care Coordinator for Amador and Calaveras Counties. She will provide outreach, home visitation, and offer educational, wellness and daily living support services to our Honored Elders.



Sardine-Stuffed Tomatoes

3 grams of carbs, 14 grams of protein

Ingredients:

- 2 medium sized ripe tomatoes
- 1 tablespoon olive or grapeseed oil
- 1 teaspoon white wine vinegar
- Salt & pepper to taste
- 1 can of sardines, drained and flaked
- ¼ cup chopped celery
- 2 teaspoons chopped, fresh parsley.
- 3 tablespoons light or avocado mayo
- 1 teaspoon Dijon mustard



Directions:

Cut the top of tomatoes, discard pulp. Drizzle oil & vinegar into shell, sprinkle salt and pepper. Combine sardines, celery, parsley, mayo & mustard in a bowl, then spoon into tomatoes and serve.

Upcoming Events & Holidays

February 14

Valentines Day

Clinics will be open

February 21

Presidents Day

Clinics will be closed