



SCHOOL-BASED HEALTH CENTER

QUARTERLY NEWSLETTER

Dear Elma Elementary School Community,

Thank you for welcoming the School-Based Health Center into your school and community. We wrapped up our second year of operations and are looking forward to bringing you more healthcare services this school year. We couldn't have done all this work without our amazing school partners and wonderful team of local healthcare providers.

DATES OF SERVICE:

MEDICAL SERVICES:

- Nov. 17
- Dec. 8
- Jan. 12
- Feb. 9
- *Mar. 8
- Apr. 12
- May 10

**Mar. 8 is a weather day and could be swapped with Mar. 15 or Mar. 22*

ORAL HEALTH SCREENING:

- Fall: Oct. 20
- Spring: Ap. 26

VISION EXAMS/GLASSES:

- Fall: Dec. 4 | Dec. 5

DENTAL SERVICES:

- Fall: Nov. 13
- Spring: May 14

If you would like more information or need assistance in completing your SBHC registration forms, please call the SBHC at: **360-482-1815** or email **ElmaElementarySBHC@esd113.org**

September - Positive Attitude

"Giving my best in all that I say and do"

ELMA FUN FACT:

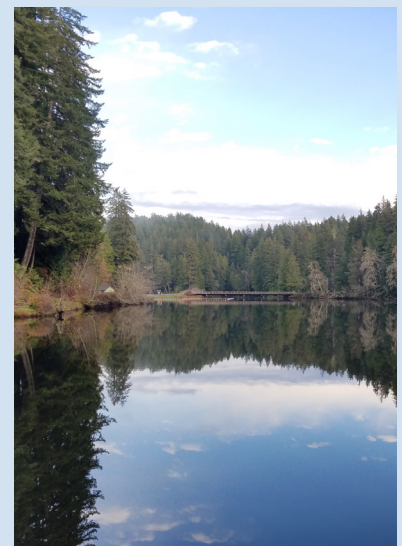
First settled in 1853 by D.F. Byles, Elma was later named for Union soldier Elmer Brown.

LOCAL PLACE TO VISIT:

Sylvia Lake

1812 Lake Sylvia Rd N, Montesano, WA 98563

Lake Sylvia State Park is a wooded, 252-acre camping park with 15,000 feet of freshwater shoreline. Aside from displays of 20th-century logging gear, the lake offers abundant fishing, and the rustic charm of the park makes for excellent day and group camping trips.



This program is generously supported by the Health Resources & Services Administration (HRSA) of the U.S. Department of Health & Human Services (HHS) under the Rural Health Care Services Outreach Grant Program.

Meet the SBHC Team!

Dr. Stephen Edwards, DDM

After graduating from dental school at the University of Connecticut, Dr. Edwards served five years as a general dentist in the Army at Fort Lewis/JBLM. Once his commitment to the military was over, he joined a dental practice in Shelton. Seeing a need for additional dental care in the Grays Harbor area, he and his business partner opened a second office, where he has transitioned to full-time.

Dr. Edwards is happy to be a small part of a big effort. “Starting children off with healthy habits is such an important investment in both their individual future, as well as in the future of our community,” Edwards said.

Fun Fact: “I love to cook, I can wiggle my ears, and I have never seen *The Lion King*.”

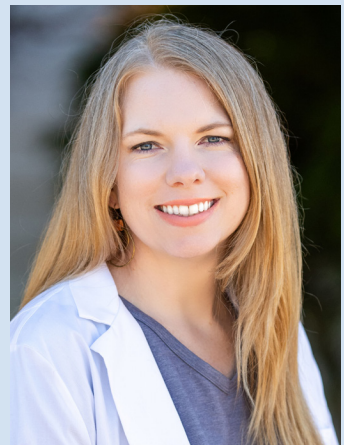


Ashley Taylor, MSN, ARNP, FNP-C

Taylor has always preferred working with patients doing patient care. After receiving her master’s in Leadership and Management, Taylor returned to school to become a Family Nurse Practitioner and has since taken leadership over the Elma Health Care Clinic.

As a parent to two kids herself, Taylor is passionate about making sure kids receive good healthcare.

Fun Fact: “I am an “Amature” Mountain Bike Racer. I race downhill, Enduro, and cross country around Washington State. If you did not know, Lake Sylvia has amazing MTB trails up above the Montesano City Forest. I highly recommend getting a mountain bike and going for a ride!”



Cauliflower Mac ‘n’ Cheese

YIELDS: 10–12 servings | TOTAL TIME: 1 hr

- 3 Tbsp olive oil
 - 1 lb. short pasta
 - 1 head of cauliflower cored and thinly sliced
 - 1 clove of garlic
 - 1 large yellow onion thinly sliced
 - 1 cup extra-sharp white cheddar grated
 - 1/2 cup parmesan grated
 - 1/4 tsp mustard powder
 - Pinch of cayenne pepper
 - 1 1/2 cup panko breadcrumbs
 - 1/2 cup flat-leaf parsley chopped
 - salt and pepper to taste
 - Preheat oven to 425 °F. Lightly oil a 9-by-13 inch baking dish.
 - Cook pasta according to package directions and drain
 - Heat 2 Tablespoons of oil in a large pot over medium heat. Add cauliflower, garlic, and onion, and salt. Cook covered, stirring occasionally until tender, 15–20 minutes. Add 4 cups of water and simmer until vegetables are very soft, 10–12 minutes. Drain, reserving 2 cups cooking liquid; let cool slightly.
 - Combine vegetables, cheddar, parmesan, mustard powder, and cayenne in a blender (depending on the size of your blender, you may need to do this in two batches). Purée until smooth, adding just enough reserved cooking liquid to get mixture moving.
 - Add sauce to pasta and toss to combine. Transfer to prepared baking dish. In a separate bowl toss together with panko, parsley, and remaining oil. Season with salt and peper, and sprinkle over pasta.
 - Bake until golden brown, 14–16 minutes.
- *We would love to see what you made, share your recipe!**

