



Sign-up for
school-based
health services!

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FALL NEWSLETTER

Service Dates

- September 27: Well-child checks & sports physicals, elementary and middle schools
- October 18: Well-child checks & sports physicals, elementary and middle schools
- October 21: Oral health screening, elementary school
- November 18: Oral health screening, middle school
- December 6: Big Smiles Dental, elementary school
- December 13: Well-child checks & sports physicals, elementary and middle schools
- December 16-20: EYE See Clinic, elementary and middle schools
- January 10: Well-child checks & sports physicals, elementary and middle schools
- January 17: Big Smiles Dental, middle school

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, and it's supported by:



Local Place to Visit

Capitol State Forest: Porter Falls

2.2 miles roundtrip | 450 ft. elevation | Discover Pass

Hike along Porter Creek and cross it, keeping the road you arrived on in view.

As you reach the confluence of Porter Creek and the West Fork of Porter Creek, you also reach the waterfall.

Following the West Fork until it meets with Porter Creek, hikers are greeted by the falls at the intersection of the two trails.

Enjoy the falls before heading back.



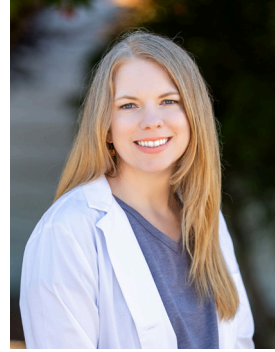
Photo by Bob Griffith, WA Trails Assoc.

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 enjoyed working with patients doing patient care. After receiving her master's degree 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 'amateur' 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!"

Harvest Bowls | Recipe courtesy of thepioneerwoman.com

TOTAL TIME: 1 hr 25 min | SERVES: 4

Bowls

- 1 1/2 c. wild rice blend
- 2 2/3 c. chicken broth
- 2 Tbsp. unsalted butter
- 1 1/2 tsp. kosher salt, divided
- 1 lb. Brussels sprouts, cut in half
- 2 small sweet potatoes, cut into 1/2-in. cubes
- 2 Tbsp. olive oil
- 1 tsp. ground black pepper
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 rotisserie chicken, about 2 lb.
- 2 c. fresh baby kale
- 1 Honeycrisp apple, cored and cubed
- 1/2 c. crumbled goat cheese
- 1/4 c. roasted, salted almonds, coarsely chopped

Balsamic Vinaigrette

- 3 Tbsp. balsamic vinegar
- 2 tsp. honey
- 2 tsp. Dijon mustard
- 1 garlic clove, grated
- 1/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/3 c. olive oil

Preheat oven to 450°F. Rinse the rice, using your hand to move the rice around a mesh sieve for about 1 minute. Place the rice in a medium saucepan with the broth, butter, and 1/2 tsp. of salt. Bring the mixture to a boil over medium-high heat. Reduce the heat to low, cover, and cook until the rice is tender, 45 minutes. Remove the pot from the heat and keep the rice covered for another 15 minutes. Fluff the rice with a fork.

Meanwhile, line a large baking sheet with foil. Add the Brussels sprouts and sweet potato. Drizzle the vegetables with the olive oil, tossing to coat. Sprinkle with the remaining 1 tsp. of salt, pepper, garlic powder, paprika, and cayenne, tossing to coat. Roast until the vegetables are tender and browned, about 25 minutes, stirring halfway through.

For the balsamic vinaigrette: In a mason jar, add the balsamic vinegar, honey, mustard, garlic, salt, and pepper. Place the lid on the jar and shake until the ingredients are well combined, about 15 seconds. Add the olive oil and shake well. Store in the refrigerator and shake well before using.

Remove the skin and bones from the chicken. Shred or cut the meat into cubes, as desired.

To serve: Divide the baby kale among 4 bowls. Spoon on the wild rice and divide the Brussels sprouts, sweet potato, chicken, apple, goat cheese, and almonds. Drizzle with the balsamic vinaigrette.



Photo credit: Danielle Daly