



OMC QUARTERLY NEWS

Health Education, Promotion, and Outreach

January 01, 2026 | Issue 1

Contact Center: 888-811-8081

FLU SEASON UPDATE: Currently, the influenza (flu) is circulating. Remember, the best prevention is a flu shot. It takes about two weeks to be effective, so don't delay. Other ways to prevent flu and many other respiratory diseases include: washing your hands, covering your cough, use of hand sanitizer, staying home and wearing a mask when sick, etc. These measures protect you and others from diseases which may cause hospitalizations and even death for those at high risk. We are here for your health.

TURKEY MEATBALLS



- 2 pounds ground turkey (93% lean)
- 1 cup bread crumbs or rolled oats, 2/3 cup minced onion, 1/2 cup minced fresh parsley, 1/4 cup olive oil (for frying)
- 2 teaspoons Worcestershire sauce, 1/2 teaspoon dried basil, 1/2 teaspoon dried oregano, 1 teaspoon salt, 1/2 teaspoon freshly ground black pepper
- 2 eggs

- **Make Meatballs:** In a large bowl, combine ground turkey, bread crumbs, onion, parsley, eggs, garlic, Worcestershire sauce, basil, oregano, salt, and pepper. Mix thoroughly using a spatula or gloved hands. Shape into 1-inch balls
- **Bake Meatballs:** Preheat oven to 400°F. Line a baking pan with foil. Arrange meatballs on the pan, brush with oil, and bake for 15–20 minutes until browned and crispy (internal temp should reach 165°F for 15 seconds).

For Holiday Health!

HOW TO DEAL WITH WINTER BLUES

January can feel long and gray. Staying connected with supportive people and talking through what's on your mind can help. OMC counselors are available if you need someone to talk to. Call 888-811-8081.

OMC WELLNESS TIP

Vaping exposes your lungs to toxic chemicals, increases your risk of addiction, and can lead to long-term health problems. There are treatments for nicotine addiction. Call 888-811-8081. **Breathe better. Live stronger. Skip the vape.**

DENTAL TIPS

Flossing is critical for removing food particles and plaque from areas a toothbrush cannot reach, which helps prevent gum disease, cavities, and bad breath. Daily flossing also reduces inflammation that can impact your overall health.

The GOAL of flossing is to disrupt the formation of dental buildup before it hardens between teeth.

HAVE A HAPPY & HEALTHY NEW YEAR FROM OMC'S MANAGEMENT TEAM!





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CONTACT US:

- **Natchitoches**

1640 Breazeale Springs St.
Natchitoches, LA 71457
(318) 352-9299

- **Leesville**

908 S. 10th Street
Leesville, LA 71446
(337) 238-1274

- **Tallulah**

804 N. Beech Street
Tallulah, LA 71282
(318) 574-1453

- **LP Vaughn School-Based Clinic**

1500 Gold Street
Natchitoches, LA 71457
(318) 238-7440

HEALTH PROMOTION CALENDAR

January:

- Cervical Health Awareness Month
- National Healthy Weight Week (Jan. 18 - Jan. 24)
- OMC Water Intake Promotion

February:

- American Heart Month
- National Eating Disorders Awareness Week (Feb. 26-Mar. 3)
- OMC's HIV/AIDS Awareness Day (Feb. 7)

March:

- National Nutrition Month
- National Colorectal Cancer Awareness Month
- OMC Gardening for Your Health Month