



OMC QUARTERLY NEWS

Health Education, Promotion, and Outreach



October 1, 2026 | Issue 4

Contact Center: 888-811-8081

Fall's Flu Season is Here!

It is officially Fall. Cooler temperatures, changing weather and an increase in seasonal illnesses are inevitably on the way. No one can afford to get sick around this time of the year, which is why prevention is the best defense against the flu and OMC is here to help you navigate your way to a healthy holidays!

Beginning October 1, 2026, OMC will be offering flu shots for just \$35.00. Getting vaccinated is one of the most effective ways to protect yourself and your friends and family around you. Washing your hands regularly, cover coughs and sneezes, and avoid close contact with others when you're feeling not yourself are other ways to protect not only yourself, but those around you.

OMC is here for you. To learn more or to schedule your flu shot, call 888-811-8081.

Sweet Potato and Black Bean Quesadillas



- 2 medium sweet potatoes (peeled and diced) and 4 whole wheat tortillas
- 1 tablespoon of olive oil
- 1 can (15 ounces) of black beans (drained and rinsed)
- 1 teaspoon of chili powder and ½ teaspoon of cumin
- 1 cup of shredded Monterey Jack cheese
- Choice of salsa, avocado, or Greek yogurt for serving (completely up to you!)

- **Roast the Sweet Potatoes:** Toss sweet potatoes with olive oil and roast at 400°F for 15 minutes, or until tender.
- **Prepare the Filling:** In a medium bowl, combine roasted sweet potatoes, black beans, chili powder & cumin.
- **Quesadilla Time:** Divide the mixture among the tortillas and top with shredded cheese. Fold each tortilla in half. Place a skillet over medium heat & cook each quesadilla for 2-3 minutes per side until golden brown.
- **Enjoy Your Quesadilla:** Slice into wedges and serve with your choice of salsa, avocado or Greek yogurt.

Healthy Holiday Heart Tips

The holidays are near and we know this is the time of the year for delicious meals. While these meals can be coma-inducing, remember that many dishes may contain high sodium, saturated fat, sugars and more that can impact heart health and blood pressure.

Don't stress skipping your favorite foods. Focus on eating in moderation and staying active. A short walk after a big meal can help support your heart health. Small healthy choices throughout the holidays can help you start the new year feeling your best!

Understanding SAD

Seasons can transition just as quickly as our mood and energy levels. This is known as Seasonal Affective Disorder (SAD), a type of depression that occurs during the fall and winter months when days get darker and temperatures drop.

The best medicine is taking care of yourself. It is vital to socialize with friends & family and maintain healthy routines even when staying connected feels difficult.

Sometimes, all it takes is a listening ear. Call OMC's Behavioral Health Team at 888-811-8081 to learn more about available services and support.

Dry Mouth Awareness

Though dehydration intertwines with Summer, dry mouth is common during the Fall and Winter months as well. Cooler weather, reduced water intake and seasonal allergies can contribute to decreased saliva production.

Saliva helps protect tooth enamel and prevent cavities. When the mouth becomes too dry, the risk of tooth decay, gum disease, and bad breath can increase.

Stay hydrated and schedule appointments with OMC to keep your smile healthy all season long!

FREE MEN'S HEALTH FAIR



Free Men's Health Fair on Saturday, October 10, 2026, from 9-1 p.m. at 1640 Breazeale Springs Street, Natchitoches, LA 71457.

Access to free colorectal, prostate and oral cancer screenings. Activities include basketball competitions, domino games, and more with rewards and door prizes.





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Meet the OMC Staff!



Dr. Bobby Jones,
Dentist



Cynthia Watson,
Director of
Patient Services



Brandi Carpenter,
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CONTACT US:

Natchitoches

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Leesville

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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

October

- Breast Cancer Awareness Month
- National Dental Hygiene Month
- World Mental Health Day (October 10)

November

- National Lung Cancer Awareness Month
- National Diabetes Month
- National Nurse Practitioner Week (November 8-14)

December

- World AIDS Day (December 1)
- National Handwashing Awareness Week (December 6-12)
- National Influenza Vaccination Week (December 7-11)

