

You Are Invited: Third Anniversary Celebration

Open House Wednesday, November 7 at The Lawton Food Bank 3:00 to 4:30 pm



We want to **promote healthy lives** throughout our community, **wherever and whenever people need care**. This holiday season, we will **take our anniversary celebration "on the road"** to the Lawton Food Bank.

Please join us at 1819 SW Sheridan Road to meet Jeri Mosiman, executive director, and tour the facility. Please bring non-perishable food items or a monetary gift. Viridian Coffee and refreshments will be served.

Contact Congress About Direct Primary Care

1. Thank Tom Cole

Thank Tom Cole for his vote! On July 25, **Congressman Tom Cole joined a bipartisan majority** to pass the *Restoring Access to Medication and Modernizing Health Savings Accounts Act of 2018*.

This bill will partially fix an IRS ruling that says DPC clinic membership is a "separate health plan," which **prevents people from belonging to a DPC clinic** if they are contributing to a Health Savings Account (HSA) – and **also prevents taxpayers from using their HSA money** to pay their clinic membership dues.

2. Ask The Senate To Co-Sponsor and Vote

Ask Senators Inhofe and Lankford to:

Vote for and pass the *Restoring Access to Medication and Modernizing Health Savings Accounts Act of 2018* in the Senate, and

Co-Sponsor the Primary Care Enhancement Act, SB 1358, with Sen. Bill Cassidy (R-LA) and push for a vote this year.

3. Future Legislation

Ask Rep. Cole and Sens. Inhofe and Lankford to support future legislation to permanently fix this problem by **making DPC membership fees normal, qualified medical expenses** under 213(d), **like other doctor's fees already are!**

Phone numbers and addresses on Back >

Getting your flu shot is the best way to help prevent the flu for you, your family and other vulnerable people in our community. [Read more on our website](#)



Salmon Patties with Yogurt Sauce

FEATURED RECIPE

Remembering my mother's salmon patties, I've added the yogurt sauce.

Ingredients

- 1 (14.75 oz.) can salmon
- 1 egg
- 1/4 cup chopped onion
- 1/4 cup chopped yellow or red pepper
- 1/4 cup finely chopped parsley
- 1/2 cup seasoned dry bread crumbs
- 1 tsp Worcestershire sauce
- 2 tsp lemon juice
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup corn meal in a bowl
- 1 Tbsp olive oil

Directions

Sauté onion and pepper in small amount of oil. Set aside. Drain and

Directions, continued on back >



Contact Congress About Direct Primary Care

Rep. Tom Cole

[https://cole.house.gov/contact/em
ail](https://cole.house.gov/contact/email)

2467 Rayburn HOB
Washington, DC 20515
Phone: (202) 225-6165

Sen. Jim Inhofe

[https://www.inhofe.senate.gov/co
ntact](https://www.inhofe.senate.gov/contact)

205 Russell Senate Office Building
Washington, DC 20510
Main: (202) 224-4721

Sen. James Lankford

[https://www.lankford.senate.gov/c
ontact/email](https://www.lankford.senate.gov/contact/email)

316 Hart Senate Office Building
Washington, D.C. 20510
Phone: (202) 224-5754



Bringing Down the Cost of Health Care

MainSt. Clinic Membership **opens the door to many financial benefits**, including access to low-price generic medications and discounts available for labs and other services.

We help maximize health insurance benefits for those who have it and we work to **find less-expensive alternatives for all our members.**



Recipe continued from front

save liquid from salmon. Mix first 10 ingredients together. Make into patties. If mixture is too dry, add saved liquid from salmon. If too moist, add more bread crumbs. Coat patties with corn meal. In a frying pan, heat olive oil. Place patties in pan, browning on each side about 5 minutes.

Serve with yogurt sauce.

For yogurt sauce combine:

- 1/2 cup Greek yogurt
- 1-1/2 Tbsp capers rinsed, drained, chopped
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest
- Dash of salt and pepper

I like to serve with salad and a lemon vinaigrette, peas and a glass of white wine. *Bon appetit!* – Patsy

580 248-9966
415 W. Gore Blvd
Lawton, OK 73501

 Direct Care Partners
Affiliated with

Brian Birdwell, MD
MainStreet Clinic

