

HEALTH

Cranberry--Orange Bars

(makes 24)

1 cup finely chopped cranberries
(2 cups whole fresh or frozen berries)
2 oranges, ground with skins and pulp
1/2 cup dark or golden raisins
1/4 cup dark or light brown sugar
1/3 cup margarine
2 eggs
1 teaspoon vanilla extract
1 cup whole wheat flour
1 cup unbleached all-purpose flour
2 teaspoons baking powder

Combine the cranberries, oranges, raisins, and brown sugar in a mixing bowl. set aside.

Cream the margarine until light and fluffy. Add 1 egg at a time and beat well. Blend in the vanilla. Gradually add the flours and baking powder to the creamed mixture. Stir in the cranberry mixture and pour the batter into a greased 13 by 9 inch baking pan. Bake in a 350-degree oven for 30 to 40 minutes, or until browned on top. Cool in the pan on a wire rack. Cut into bars.

ONE BAR = 86 calories, 14 CHO, 2 PRO, 3 FAT, 55 SODIUM, 78 POTASSIUM, 11 CHOLESTEROL.

Exchange Value: 1 Fruit Exchange + 1/2 Fat Exchange.

Rolled Sugar Cookies

(makes 72)

1/2 cup margarine
1/2 cup sugar
1 teaspoon vanilla extract
1 egg
2 cups flour
2 teaspoons baking powder

Cream together the margarine, sugar, vanilla, and egg until light and fluffy. Add the flour and baking powder. Blend until well mixed. Chill the dough for 2 hours or overnight. Roll out on a lightly floured surface until 1/8 inch thick. Cut with a cookie cutter. Place on an ungreased baking sheet. Bake in a 375-degree oven until lightly browned, about 10 minutes. Cool before storing. **TWO COOKIES** = 58 calories, 8 CHO, 0 PRO, 2 FAT, 10 POTASSIUM, 8 CHOLESTEROL. Exchange value: 1/2 Bread Exchange + 12 Fat Exchange.

Some Important Instructions regarding your Medical Bills

Because our fiscal year will be closing December 31, 1990, we will need all authorized medical and dental bills in by December 15, 1990.

If you have been receiving medical or dental bills you have to send those to Contract Health Services so they can be paid. Some doctors do not bill CHS they only bill the patient, (for example: labs and X-rays) so we do not know there are any outstanding charges unless we receive a bill from you. It is very important to send in all of your authorized medical or dental bills as soon as you receive them so they are not turned in to collections. This also goes for your Explanation of Benefits (EOB) from your private insurance and Medicare.

Here are the patients responsibility as written in your CHS pamphlet:

1. You need to phone in appointments 3 to 7 days in advance for pre-authorizations even if you have

insurance, medicare, medicaid etc...

2. Emergency visits have to be reported within 72 hours after the services. (emergency room services will be reviewed by the CHN to determine the priority level of the service.)

3. Inform doctors of private insurance, medicare or welfare.

4. Mail CHS all pre-authorized bills, insurance explanations of benefits.

5. All patients receiving elective surgery have to have **PRIOR APPROVAL** from a doctor from the Chemawa Service Unit. These services will be rendered upon availability of funds.

Remember all doctor bills and EOB'S must be sent in to CHS so payment can be made. Any bills received after December 1, 1990 will be denied for payment.



**When we neglect
our children,
we neglect our future**

For information about child neglect, write:
Northwest Indian Child Welfare Association,
c/o Regional Research Institute, P.O. Box 751,
Portland, Oregon 97207



Invitation to Grand Ronde Tribal Health Program's 1990 BABY FAIR

For: Children 0 to 4 years

When: December 13th, 1990

Time: 10:00 a.m. to 1:00 p.m.

*Where: Chemawa Indian Health Center
3750 Hazelgreen Rd. N.E.
Salem, Oregon*

*For More Information Call:
879-5211 or 1-800-422-0232*

DOOR PRIZES

PHOTOS WITH SANTA

REFRESHMENTS