



HEALTH & WELLNESS NEWS

May is Better Hearing and Speech Month

May is Better Hearing and Speech Month, which was founded in 1927 by the American Speech-Language-Hearing Association.

The aim of Better Hearing and Speech Month is to raise awareness about hearing and speech problems, encouraging people to analyze their own hearing and speech and to take action if they think there might be a problem. Treatment can then be given to improve the quality of life in people with communication problems.

The association offers many resources for patients, health professionals and members of the public. A section of their website is dedicated to Better Hearing and Speech Month, which features personal stories about this month, at www.asha.org.

Better Hearing and Speech Month also encourages parents to identify possible speech and language problems in their children that can affect a child's learning and self-esteem.

How do speech and language develop?

The first three years of life, when the brain is developing and maturing, is the most intensive period for acquiring speech and language skills. These skills develop best in a world that is rich with sounds, sights and consistent exposure to the speech and language of others.

There appear to be critical periods for speech and language development in infants and young children when the brain is best able to absorb language. If these critical periods are allowed to pass without exposure to language, it will be more difficult to learn.

What are the milestones for speech and language development?

The first signs of communication occur when an infant learns that a cry will bring food, comfort and companionship. Newborns also begin to recognize important sounds in their environment, such as the voice of their mother or primary caretaker. As they grow, babies begin to sort out the speech sounds that compose the words of their language. By 6 months of age, most babies recognize the basic sounds of their native language.

Children vary in their development of speech and language skills. However, they follow a natural progression or timetable for mastering the skills of language. A checklist of milestones for the normal development of speech and language skills in children from birth to 5 years of age can be provided by a speech/language pathologist or doctor. These milestones help doctors and other health professionals determine if a child is on track or if he or she may need extra help. Sometimes a delay may be caused by hearing loss, while other times it may be due to a speech or language disorder.

What should I do if my child's speech or language appears to be delayed?

Talk to your child's doctor if you have any concerns. Your doctor may refer you to a speech-language pathologist, who is a health professional trained to evaluate and treat people with speech or language disorders. The speech-language pathologist will talk to you about your child's communication and general development. He or she will also use special spoken tests to evaluate your child. A hearing test is often included in the evaluation because a hearing problem can affect speech and language development. Depending on the result of the evaluation, the speech-language pathologist may suggest activities you can do at home to stimulate your child's development. They also might recommend group or individual therapy or suggest further evaluation by an audiologist (a health care professional trained to identify and measure hearing loss) or a developmental psychologist (a health care professional with special expertise in the psychological development of infants and children).

For a free hearing, speech or language screening at the Grand Ronde Health and Wellness Center, call Sarah Ross at 503-879-2006.

Information provided by Sarah Ross, MS CCC-SLP

SEEKING INFORMATION!

We are looking for information from Tribal members concerning services you may need, but currently **ARE NOT** receiving.

We are specifically asking about:

- Hearing aids;
- Additional funding for orthodontics (braces);
- Glasses;
- Dental services;
- Lasik eye surgery.

We will be gathering this information for a few months, so if you are aware of family members or friends who are enrolled Grand Ronde Tribal members who need these services, please contact PRC staff at:

- Tauni McCammon – 503-879-1406
- Erica Mercier – 503-879-2080
- Melody Baker – 503-879-2011
- Tresa Mercier – 503-879-2008

This applies to all enrolled Grand Ronde Tribal members, regardless of where they reside.

Significant increase seen in dental visits for children under 5

By Erin Lange, DMD

In the first quarter of 2015, the Confederated Tribes of Grand Ronde Tribal Dental Clinic saw a remarkable increase in the number of youths accessing dental care.

In the first quarter of 2014, the Dental Clinic saw 19 children 5 years of age and younger. In that same time period (January through March) of this year, we saw 117.

The 500 percent increase is attributed to many factors, but we really want to thank the parents and guardians of all our little patients for understanding the importance of good oral health. We also want to acknowledge all the hard work that the Head Start program has put into emphasizing good oral health practices and encouraging dental visits.

By seeing children so early in their lives, we are preventing future cavities and also helping to prevent development of dental fear, something that plagues many adults. As the saying goes, an ounce of prevention is worth a pound of cure!

More good news is that compared to last year, we are referring far fewer children, as a percentage, to pediatric clinics for extensive dental work. Good job parents!

Please spread the word that our Dental Clinic has an open-door policy for children 5 and under, meaning an appointment is not required for us to check your child's teeth.

Checkups and preventive treatments can be accomplished quickly, so simply bring your children in! If you prefer to schedule, that is fine as well. Call the Dental Clinic at 503-879-2020 to make an appointment.

Pharmacy Medication Refills Guidelines

In an effort to ensure our members don't run out of their medications, please follow the guidelines listed below:

1. If you are picking up medications at the Grand Ronde Pharmacy and have refills left on your prescription, please allow three business days for processing. If there are no more refills, please start your refill request seven days in advance.
2. In-state mail order refill requests should be started seven days in advance if you have refills left on your prescription and 10 days in advance if you don't have any refills remaining.
3. Out-of-state mail order refill requests should be started 15 days in advance whether or not you have any refills left on the prescription due to possible mail service delays.
4. Narcotic/controlled substances refills may be picked up three days in advance. The mail order service sends narcotic/controlled substances refills seven days in advance.

Don't get caught without your medication

Grand Ronde Health & Wellness Center Pharmacy hours:
8:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m. Monday, Tuesday, Wednesday and Friday.

9:30 a.m. to 5:30 p.m.; closed 12:30 to 1:30 p.m. Thursday.

REFILL LINE: 503-879-2342

WALK-IN DENTAL APPOINTMENTS FOR KIDS <6

NO APPOINTMENT NECESSARY FOR DENTAL CHECK-UPS FOR KIDS 5 AND UNDER WHO ARE ELIGIBLE TO BE SEEN AT THE TRIBAL CLINIC.
JUST COME ON IN!

We will check your child's teeth during any of our clinic hours without an appointment. Dental check-ups are recommended beginning with the first tooth!

Confederated Tribes of Grand Ronde Dental Clinic
Phone 503-879-2020

Hours: Mon, Tues, Wed, Fri 8:00–5:00; Thur 9:30–5:30

