



HEALTH & WELLNESS NEWS

Grand Ronde Health and Wellness Center Lab/X-ray hours

Monday, Tuesday, Wednesday & Friday:
8:30 a.m. to 5:15 p.m. – closed 12:30-1:30 p.m.
Thursday: 9:30 a.m. to 5:15 p.m. – closed 12:30-1:30 p.m.

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.

Call 503-879-2342 for medication refills at the Grand Ronde Health and Wellness Center.

Slips, Trips & Falls: Be On the Look Out

Every worker is entitled to a safe workplace, and that includes keeping it free of tripping hazards. Slips, trips and falls are the most common workplace incidents, but they are also some of the most preventable.

Here are few of the main dangers to look out for:

- **Level changes:** Any kind of change in elevation – stairs, curbs, ramps – can cause a slip up. Make sure you're focused on the area around and ahead of you.
- **Cords, cables and hoses:** Loose cords not only look unsightly, they're also a frequent cause of falls in both homes and workplaces. Keep cords out of the way and taped down.
- **Slippery surfaces:** Slips are especially common in bathrooms, kitchens and near water fountains. Additionally, entrances and exits can be an issue if water and mud are tracked in from shoes. Clean up spills immediately and post a warning sign if the floor is wet.
- **Shoes:** Choosing appropriate footwear, such as shoes with proper ankle and heel support and non-skid strips on the bottom, can help reduce your risk of falling.
- **Damaged ground:** A seemingly small crack in the sidewalk or broken tile can easily disrupt your day with a trip or fall. Keep management in the loop if any of these issues arise.

Bringing it home

Though less frequent, falls from a height are often more severe than falls on the same level. Ladders in particular are a tool that we use both at work and at home, so it's important to understand the safety concerns and how to use them correctly.

Think of these tips during your next home project:

- Choose the right ladder for the job and make sure you have received training on how to use it properly;
- Inspect the ladder before and after a job — don't use a damaged or unsafe ladder;
- Don't stand any higher than the third rung from the top of a ladder;
- Always keep at least three points of contact with the ladder (i.e., two hands and one foot or two feet and one hand);
- When you climb, always face the ladder and grip the rungs, not the siderails;
- Do not climb with tools in hand – use a tool belt;
- Do not use ladders outdoors in windy or inclement weather, and if the weather turns while you are on it, descend immediately;
- Place the base of the ladder on a firm, solid surface;
- Make sure the top of the ladder has firm support, too – never lean a ladder against a window pane or other unstable surface.

When it comes to slips, trips and falls, knowing what to look out for can make all the difference in your safety.

Reminder for Tribal members

łaxayam kʰanawi łaksta (Hello Everyone):

It is time for the Save Our Skookum team to start reminding Tribal members without primary health care coverage to start exploring Affordable Care Act resources. This includes state Medicaid programs.

We need every Tribal member who DOES NOT have primary health insurance coverage to apply for coverage and provide proof of application to the Save Our Skookum team. If you are eligible for coverage at no cost to you, we ask that you use it as primary to the Skookum Health Assistance Program (SHAP). This saves the health program (and you) by not paying primary.

SHAP is not insurance coverage. It is a payer of last resort, which means the program is funded by the Tribe to assist Tribal members with eligible health care costs and pays as a last resort.

This notice does NOT apply to members with Medicare, employee coverage or other health insurance.

If you have questions, please call one of the SOS team members at 800-775-0095 or 503-879-5211 and ask to speak to Tresa Mercier, Loretta Meneley, Barbara Steere, Melody Baker, Tauni McCammon, Erica Mercier or Sydney Clark.

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.

FREQUENTLY ASKED QUESTIONS IN THE DENTAL CLINIC

1) At what age should I start bringing my child to the dentist?

As soon as the first tooth appears, which is around six (6) months of age.

2) What shouldn't I put in my baby's bottle?

Sugary drinks such as pop, tea, juice, Kool-Aid.

3) Why is it important for my child to NOT have their baby teeth pulled?

They serve as a space holder for other teeth to come in and for proper speech.

4) How often should I brush my child's teeth?

A pea-size amount of fluoride toothpaste twice per day for over one year and once per day for under 1 year old.

5) Is fluoride safe for my child?

Yes, a small dose (pea-size amount) of fluoride toothpaste is safe.

6) How do I know if my child has a cavity?

White lines that don't brush off called white spot lesions or brown holes.

7) What kind of snacks should I be giving my child?

Hard crunchy snacks that don't stick to the teeth are better than sticky, high carb food.

8) Cavities run in my family. Does that mean my kids will get cavities?

No. Cavities are 100 percent preventable. A low sugar diet and daily brushing with fluoride toothpaste will prevent cavities.

9) How do I prepare my child for a dental visit?

Never speak about your own bad experiences. Teasing can even come across as "something bad is going to happen."

10) What are sealants and why are they important?

Sealants are a plastic coating that goes into the grooves of the biting surface of the back teeth. They help stop cavities from getting into the grooves.