



# HEALTH & WELLNESS NEWS

## Grand Ronde Health & Wellness Center provider recruitment

Over the last month, the Health & Wellness Center has had three of its medical providers resign for various reasons.

Victoria Wright, FNP, resigned May 29 as commuting from her home in Washington every weekend for nine months became too grueling. Linda Bird, FNP, resigned her position effective June 19. After 10 years at CTGR, Linda found a position closer to her home that will allow her to spend more time with her family. Hal Mitchell, DO, has resigned his position and will be leaving at the end of summer (exact date to be determined).

As a result of these changes, we are recruiting heavily for replacement providers. In the interim, we have arranged for Clint Sanford, MD, and Susan Wright, FNP, to help us in the month of July. The two interim providers will be covering urgent care so we can continue this great service to meet the unanticipated medical needs of our members.

With provider staffing limited in the short term, our ability to schedule new patients will be limited and you may have longer wait times for appointments. If you know you will be needing a scheduled visit, please make your appointment as soon as possible to minimize your delay in receiving care.

Remember, urgent care for those immediate needs will be available daily.

## July closures at the Health & Wellness Center

- July 2, 2015 – Closed 1 to 5 p.m.
  - July 3, 2015 – All day, in observation of July 4, 2015.
- Please make sure you are current on your pharmacy needs. Have a safe holiday!

Grand Ronde Health & Wellness Center staff

## Accessing Urgent Care at the Health & Wellness Center

Examples of urgent/acute care needs:

- Lacerations, strains, sprains, ear infections, bladder infections, sore throats, cold/flu, cough, rashes/allergic reactions, pink eye, pregnancy tests, STDs, lice, abdominal pain.

Check in at Patient Registration and be screened by a registered nurse. You will be asked to fill out a form describing the symptoms you are having and would like to be treated for in urgent care.

**Narcotic medication refills will only be done through a patient's primary care provider during a scheduled visit. Urgent care will NOT refill any controlled substance.**

**Urgent Care hours** – 8 to 11 a.m. and 1 to 4 p.m. Monday, Tuesday, Wednesday and Friday and 9:30 to 11 a.m. and 1 to 4 p.m. Thursday.

Our goal is to see everyone who presents during these hours. However, based on the number of patients who present, we may have to redirect some patients to the most appropriate resource after being screened by a nurse.

### 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**

## Grand Ronde Health & Wellness announces dental performance measures

In an effort to improve the oral health of patients receiving care from the Grand Ronde Health & Wellness Center Dental Program, you can expect to see:

- During Well Child Checks at the medical clinic, dental will be available to conduct a brief screening for decay and provide toothpaste and an age-appropriate toothbrush. Be sure to stop by the Dental window to receive this service for your child.
- Home visits for home-based Head Start children. This will be done four times per child per year.
- Develop a curriculum for center-based Head Start that will cover dental topics and be presented on a monthly basis during "circle time." A letter will go home to parents about the topic presented so they may connect with their child about what they learned at Head Start.
- Visit Adult Foster Care lodges four times per year to screen for oral cancer, decay and check dentures.
- Conduct annual Give Kids A Smile Day at local elementary school where staff members provide screening, toothbrush cleaning and fluoride varnish.
- Open door visits for children 0-5 years of age.

For questions or more information, contact Sheila Blacketer in the Dental Clinic at 503-879-2020.

## 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.

### Grand Ronde Health & 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.

### 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



## Grand Ronde Health & Wellness Center Dental hours

**Emergency walk-in times:**

Monday, Tuesday, Wednesday and Friday: 8-8:10 a.m.  
 Thursday: 9:30-9:40 a.m.

**Scheduled appointments:**

Monday, Tuesday, Wednesday and Friday: 8 a.m.-4:30 p.m.  
 Thursday: 9:30 a.m.-4:30 p.m.

For appointments and information, call 800-775-0095 or 503-879-2020.