



HEALTH & WELLNESS NEWS

McCammon receives IHS award



Submitted photo

On Friday, June 19, our very own Tauni McCammon, Purchase/ Referred Care specialist, received the Indian Health Service Portland Area Director’s Recognition of Excellence Award for support in the delivery of health care.

An awards ceremony was held honoring those in the Portland area who go above and beyond to provide excellent service in a range of capacities to our patients and programs.

Tauni’s good work was acknowledged in Acting Indian Health Service Director Robert McSwain’s opening remarks.

Please join me in commending Tauni for all of her hard work in providing assistance to our Tribal members.

~ Tresa Mercier

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 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.

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.

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.

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



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.

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