



HEALTH & WELLNESS NEWS

Certified Application Assister dates

Loretta Meneley, Certified Application Assister, will be at the Grand Ronde Food Bank, 9675 Grand Ronde Road, on Friday, Aug. 7 and 21, from 9 a.m. to 1 p.m. to provide outreach, education and application assistance for the Oregon Health Plan.

She also will be at the Portland Area Office, 4445 S.W. Barbur Blvd., on Tuesday, Aug. 4, from 9:30 a.m. to 3 p.m. to provide application assistance for the Oregon Health Plan.

For more information, call 503-879-1359.

SOS Team update

Iaxayam k^hanawi laksta, (Hello Everyone)

Time for your favorite Save Our Skookum (SOS) Team to remind Tribal members without primary coverage to start exploring the Affordable Care Act resources. This includes state Medicaid programs.

We need everyone who DOES NOT have primary health insurance coverage to apply for coverage and provide proof of application to SOS. If you are eligible for coverage at no cost to you, we ask that you use it 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
- Sydney Clark

Hepatitis C facts

What is Hepatitis C?

- Hepatitis C is a serious liver disease that is caused by the Hepatitis C virus.
- Most people who are infected with Hepatitis C aren't even aware that they have it.
- Without treatment, it can cause serious liver problems, including liver damage, cirrhosis, liver failure or liver cancer.

How do I know if I have Hepatitis C?

- The best way to find out if you have Hepatitis C is to be tested. Your health care provider can order a test called the Hepatitis C Antibody test, which is a blood test. Typically you will have your results back within a week of having your blood sample collected.
- A negative or non-reactive test result means that you do not have Hepatitis C.
- A reactive or positive Hepatitis C test result means that you have the Hepatitis C antibody in your blood and that you were infected at some time.
- A reactive or positive test result will require further follow-up testing to determine if you still have Hepatitis C.

How do you get Hepatitis C?

- Hepatitis C is usually spread by contact with the blood of a person who already has Hepatitis C.
- Sharing needles or other injectable drug paraphernalia or obtaining tattoos in unlicensed or informal facilities can also lead to exposure.
- Hepatitis C is **not** transmitted by casual contact, kissing, hugging, sneezing, coughing, breastfeeding or sharing food, eating utensils or glasses.

What are the symptoms of Hepatitis C?

- Most people with Hepatitis C do not know they are infected. People can live for years without symptoms or feeling sick.
- When symptoms appear, they are often signs of advanced liver disease. These can include fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, gray-colored stool, joint pain and/or jaundice (yellowing of the skin or eyes).
- In 2012, the Centers for Disease Control started recommending Hepatitis C testing for everyone born from 1945-65. While anyone can get Hepatitis C, up to 75 percent of adults were born in that time period. Talk to your provider and get tested.

Source: <http://www.cdc.gov/knowmorehepatitis/learnmore.htm>

WIC at the Grand Ronde Health & Wellness Center

Pregnant? Breastfeeding? Does your family include a child under the age of 5?

If so, you may qualify for the Women, Infants and Children program. With WIC, people can receive answers to nutritional questions and access fruits and vegetables, whole grains, eggs, milk, cheese, juice, cereal and more.

A WIC representative visits the Health & Wellness Center on the first and third Tuesday of the month. Walk-ins are welcome between 8:45 and 11 a.m. When WIC clients arrive at the Health & Wellness Center, they should enter through the Wellness Department located at the back of the medical wing

For more information or to schedule an appointment, call 503-623-8175, ext. 2297.

WIC clinics are scheduled for Aug. 4 and 18; Sept. 1 and 15; Oct. 6 and 20; Nov. 3 and 17; and Dec. 1 and 15.

We Want To Hear From You!

That's right, the Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain.

Share your experience, good or bad with us! We look forward to hearing what you have to say.





Grand Ronde Dental Clinic

Eric Webster DDS • Erin Lange DMD

Mon, Tues, Wed and Fri
8 A.M. - 5 P.M.

Thursday 9:30 A.M. - 5 P.M.

Closed for lunch 12:30 A.M. -1:30 P.M.

Emergency Hour: Mon, Tues, Wed, Fri 8 A.M. Thurs 9:30 A.M.




Please call for more information about Emergency times
We now offer Cleaning appointments 5 days a week

503-879-2020