



HEALTH & WELLNESS NEWS

Clinic closure notice for December

- Thursday, Dec. 24: Close at noon
- Friday, Dec. 25: Closed all day
- Thursday, Dec. 31: Close at noon
- Friday, Jan 1: Closed all day

Please be sure to plan ahead for appointments and medication refills!

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.

Influenza (Flu): Flu & You

What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They also may have a runny or stuffy nose, feel tired, experience body aches or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the United States. People of all ages can get the flu, from babies and young adults to the elderly.

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu also is found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes or talks can land in the mouths or noses of people who are nearby. The droplets also can be inhaled into the lungs. People also may catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables or an infected person's dirty hand.

Source: Centers for Disease Control and Prevention

Flu shots available at the Health and Wellness Center

Check-in with Patient Registration for a flu shot anytime between 8 and 11 a.m. and 1 and 4 p.m.

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

Achieving your weight loss goals starts with setting your goals

If this is the year that you plan to lose weight, congratulation! Losing just 5 percent to 7 percent of your weight will help you reduce your risk of diabetes. You will have more energy and feel better.

To start losing weight, try setting goals. The key to reaching your weight loss goals is to create goals that are:

Realistic: Talk to your health care provider and choose an amount to lose that you can achieve. Then decide how many pounds you can lose in the first weeks and month. Usually losing one to two pounds per week, or about five pounds per month, is realistic.

Specific: Develop a very specific plan of action. First, set your long-term goal: "I will lose 20 pounds." Then set short-term goals so you can keep track of your progress. Next develop specific steps to reach your short-term goal: "I will lose five pounds this month by walking three times a week and eating smaller portion sizes."

Measurable: Make sure that you can measure your progress often, both your action steps and our progress toward your goals. Keep a food and exercise journal. Weigh yourself once a week and write down the numbers.

Positive: Make your goals related to values that are important to you. Think to yourself: "I want to be at a healthy weight so I can live long to be with my grandchildren" or "I want to take care of myself so I can be independent and stay active in the community." Always remind yourself why it's important that you lose weight. Think of the benefit to you, your family and your community.

Action oriented: Write down the exact steps that you will take to achieve your weight loss goals. Include what you will do, not just what you won't do.

Losing weight is easier to do if you have support. Ask a family member or friend to join you in setting weight loss goals and making a healthy living plan. Talk and walk with your friends and family members. Make an appointment with health care staff to go over your goals. Attend a weight loss class. There are many people who want to help you achieve your weight loss goal.

Source: Indian Health Service Division of Diabetes Treatment and Prevention

Instead of this:

- I will lose weight.
- I will exercise more.
- I will not eat so much fat
- I will not eat sweets.
- I will stop eating fast food.
- I will improve my diet.

Do this:

- I will lose five pounds this month.
- I will take a brisk walk for 30 minutes after work daily
- I will buy lean cuts of meat and fat-free dairy products.
- I will eat fresh fruit and drink water.
- I will pack my own healthy lunch.
- I will meet with a dietitian to develop a meal plan.



Walk. Have fun. Prevent diabetes.

Walking will help you prevent and manage diabetes.

Take these steps:

1. Start by walking 3 days a week.
2. Walk for 30 minutes each day. You can break it into three 10-minute sessions.
3. Make it a habit to walk at least 30 minutes, 5 days a week.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov



There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



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