



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!

IMPORTANT! PLEASE READ

Attention Tribal members with Skookum Health Assistance Program

For several months, the Save our Skookum team has provided information and correspondence to Tribal members and providers about receiving Out of Network services. What does that mean? That means Skookum uses a network of providers (there are many networks, and where you live determines what provider network you are in) to receive discounts on services you receive. This saves our Tribal dollars, while providing a large selection of provider choices for the membership.

Starting in 2016, if you chose to receive services from an Out of Network provider, the Skookum Health Assistance Program will only pay up to 70 percent of the charges your provider bills for the services you receive. You will be responsible for the other 30 percent of the charges.

THIS DOES NOT APPLY TO TRIBAL MEMBERS WITH MEDICARE!

Please share this information with your friends and family and be sure to contact us with any questions you have.

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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.

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

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

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.



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.



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

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