



HEALTH & WELLNESS NEWS

New Skookum cards are coming!

In a few weeks, all Tribal members on the Skookum Health Assistance Program will be receiving updated cards. Please replace your old card with your new card. Be sure to look for your new card in the mail!

Clinic closure notice for January

• **Monday, Jan. 18: Closed all day (Martin Luther King Jr. Day)**

Be seeing you



Photo by Michelle Alaimo

Kelly Rowe, left, the Tribe's Health Services executive director, left, and Egypt Leno, right, Tribal optometry technician, present Dr. Charlean White with a Pendleton blanket during a retirement party for her in the Grand Ronde Health & Wellness Center on Wednesday, Dec. 30. White retired on Dec. 31 after being the Tribe's optometrist for 13 years.

The Flu & You

How sick do people get with the flu?

Some people get very sick and others do not. Most people who get sick get better without seeing a doctor or taking medicine. However, some people can get very sick from the flu and can die. Many of the people who get very sick are older than 65 or have a medical condition such as diabetes, heart disease, asthma or kidney disease, or are pregnant. Children younger than 5 are also at greater risk.

How long can a person with the flu spread the virus?

Most people may be able to spread the flu from one day before showing symptoms to five to seven days after symptoms begin. Severely ill persons or young children may be able to spread the flu longer.

What can I do to protect myself from getting sick?

The Centers for Disease Control and Prevention recommends these steps to fight the flu:

- Vaccination.
- Stay away from people who are sick.
- Wash your hands often with soap and warm water. If soap and warm water are not available, use an alcohol-based hand rub.
- Use medication the way your doctor recommends it.

Everyday health habits to protect your health and the health of others:

- Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after using it.
- Wash your hands often with soap and water.
- Do not touch your eyes, nose or mouth because germs spread this way.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.

If I have a family member at home who is sick with the flu, should I go to work?

People who are not sick but have a sick family member at home with the flu can go to work as usual. Take simple steps such as washing your hands often with soap and warm water. If you cannot find soap and water, use an alcohol-based hand rub. Take these steps to prevent getting the flu from a sick family member.

SOURCE: U.S. Department of Health and Human Services' Centers for Disease Control and Prevention

Important Tribal member Information IBH – Integrated Behavioral Health

If you are a Grand Ronde Tribal member with the Skookum Health Assistance Program and need to access mental health and/or substance abuse provider services, you need to call **Integrated Behavioral Health before** accessing those services.

IBH has been in place with SHAP for several years now, but it has become apparent that Tribal members are not accessing care through IBH as often as they should. When you call IBH, they will assist you in finding an appropriate provider for your needs. They will refer you to an in-network provider, which is very important to ensure your claims are paid.

Purchased/Referred Care does not pick up out-of-pocket costs when members use an out-of-network provider.

Please call IBH at 1-800-395-1616 to coordinate mental health and/or substance abuse services to ensure payment is made.

As always, you can contact any Save Our Skookum Team member and we will help answer your questions at 1-800-775-0095.

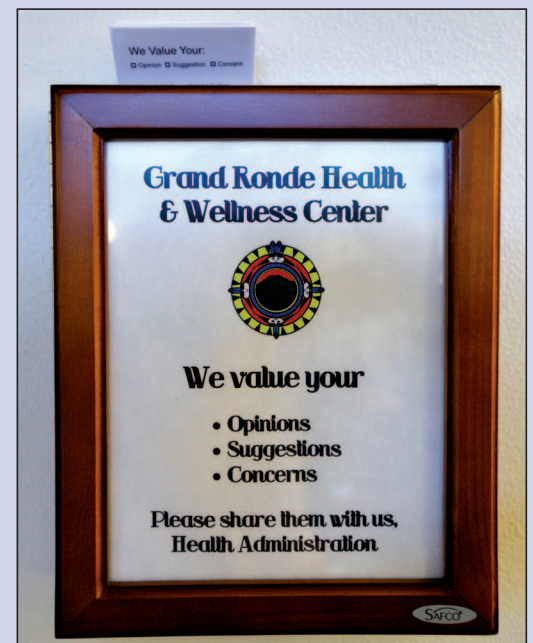
- Tresa Mercier
- Barbara Steere
- Melody Baker
- Tauni McCammon
- Erica Mercier
- Sydney Clark
- Loretta Meneley

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.

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.



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