



# HEALTH & WELLNESS NEWS

## Announcing new Health & Wellness Center staff

- Peggy Shaver – Adult Foster Care manager
- Adria Walker – Wellness Department manager
- Jackie Weasel – Post Treatment Support counselor
- Maria Lafriniere – Chemical Dependency counselor
- Linda Kit – Optometrist

*Watch for more information about our new staff!*

## Health & Wellness Center Entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

**Thank you,  
Grand Ronde Health & Wellness Center Administration**

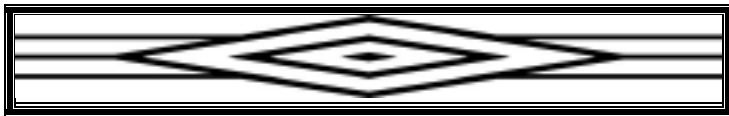
## Grand Ronde Health & Wellness Center Lab/X-ray hours

**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.

## COMMUNITY EVENT IDEAS - SUBMISSION REQUEST



We Want To Hear From YOU:

The Grand Ronde Health and Wellness Center is dedicated to "Community Building!"- We will begin offering regular community activities and events that provide healthy exercise for the mind and body and that are fun for the entire family! After-all, laughter really is good medicine!

Please think of a creative, fun filled idea and if your submission is chosen for our 2017 activity calendar you will **WIN a PRIZE**.

To submit your idea by phone, Please call:

Activities/Wellness Promotion Coordinator at 503- 879-2078

## Community Health Program

### Medical Transport Services

Medical transportation services are available to Tribal members within the six-county service area when an alternate means of transportation is not available. Advance notice required.

Please call 503-879-2078 to schedule a reservation.



## Massage visiting clinic weekly starting Aug. 25

Mind, Body & Soul Therapeutic Massage will be at the clinic one day a week starting Thursday, Aug. 25.

- Appointments for this service are not being managed by the Grand Ronde Health & Wellness Center staff.
- Call 971-237-2561 to schedule an appointment.

## Dear Grand Ronde Pharmacy Mail Order Patients:

In order to best serve you please note the following:

- Allow a **MINIMUM of FIVE BUSINESS days** before calling to **check on the status** of your mailed prescriptions. We are open Monday through Friday and closed major holidays.
- When calling **503-879-2342 (option 1 then 5)** the following is needed to best trace your package:
  - Prescription number
  - Your name and approximate date of request also will be needed if you do not have your prescription number.

Beginning **Aug. 1** we will **no longer provide overnight services**. Please **plan your requests** accordingly to **make sure you do not run out of your medications**.

You may **call in your refill requests seven days before you are due** in order to allow enough time to process and receive the medications in the mail before you are out.

Medications usually **stored in the refrigerator** will be **bubble packed with a cool pack** to keep them at or below room temperature during shipment. **These medications are stable for up to 14-28 days at room temperature.**

Thank you for helping us provide you with quality patient care.

*Sincerely,  
Grand Ronde Pharmacy staff*

## DIABETES PREVENTION PROGRAM



The Grand Ronde Health & Wellness Diabetes Program would like to invite you to participate in our Diabetes Prevention Program. The Diabetes Prevention Program is based on the findings of a national study that diabetes is preventable in those at high risk through exercise and proper nutrition. The focus of the program is on making sustainable lifestyle changes to prevent diabetes.

### What is Pre-Diabetes?

- ❖ Pre-diabetes is a condition where blood sugar levels are higher than normal but are not high enough to be called diabetes. (A1C of 5.7-6.4)

### What Will I be asked to do?

- ❖ Become more physically active and learn healthier eating habits.
- ❖ Attend 26 classes over a 1 year period.
- ❖ Work with a Lifestyle Coach to eat healthier, lose weight, & get more active, to improve your overall well-being!

### How Can I Join the Program?

- ❖ Please attend one of our upcoming informational meetings to be held at the Tribal Community Center. (Door Prizes)
- ❖ AUGUST 22<sup>nd</sup> from 5pm-7pm- DINNER IS PROVIDED
- ❖ AUGUST 24<sup>th</sup> from 12pm-1pm- LUNCH IS PROVIDED
- ❖ AUGUST 26<sup>th</sup> from 12pm-1pm- LUNCH IS PROVIDED
- ❖ CLASSES BEGIN IN OCTOBER 2016

**FOR MORE INFORMATION or to RSVP PLEASE CONTACT: Kari at 503-879-2078**

