



# HEALTH & WELLNESS NEWS

## New education unit



Contributed photo

With the support of Tribal Council and funding through the Special Diabetes Program for Indians, the Grand Ronde Health & Wellness Center Medical Clinic would like to introduce the Mobile Clinic and Diabetes Education Unit. This vehicle will help bring services to our community and membership. On Friday, Aug. 19, we were able to be out at the powwow grounds. Stay tuned for more details on the next location of service.

## Health & Wellness Center closures for September

- Friday, Sept. 2 – Noon to 5 p.m.
- Monday, Sept. 5 – All day (Labor Day)
- Friday, Sept. 23 – All day (National Indian Day)

### 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**

### 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

## 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.

### 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



## 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.

