



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Friday, Sept. 23 – All day (National Indian Day)
- Monday, Oct. 10 – All day (Indigenous Peoples’ Day)

Pain management information

To best serve Tribal members and patients suffering from chronic pain, the Grand Ronde Health & Wellness Center is convening a pain management committee.

This committee will evaluate the current pain management policy and contract utilized by the Health & Wellness Center to ensure the protocols support best clinical practices for patients and conform to regulatory guidelines.

One of our goals is to consider potentially enhancing pain management services already provided. We are excited about the future of the Health & Wellness Center and plan to keep you informed along the way.

Extended Optometry hours at the Grand Ronde Health & Wellness Center

Starting Monday, Sept. 19, the Optometry Department will open at 7:15 a.m. and close at 5:30 p.m.

Please call to schedule your appointment at 503-879-2079 or 800-775-0095.

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**.

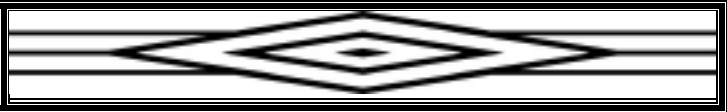
You may **call in your refill requests seven days before you are due** in order to allow enough time to process and receive the medications in the mail before you are out.

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

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

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 Skookum 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 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 – Tresa Mercier, Barbara Steere, Melody Baker, Tauni McCammon, Erica Mercier or Loretta Meneley – and we will help answer your questions at 800-775-0095.

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.

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

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.

