



# HEALTH & WELLNESS NEWS

## Application assister sets Portland date

A certified application assister will be at the Tribal Portland office, 4445 S.W. Barbur Blvd., from 10 a.m. to 2 p.m. Wednesday, May 17. For appointments, contact Leah Bailey at 503-879-2197 or leah.bailey@grandronde.org.

## Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings. The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure. Urgent care also will be available during this time.

**Example:** Tribal offices are closed on Monday, May 29, in observance of Memorial Day. Thursday, June 1, the Health & Wellness Center will be open at 8 a.m. for scheduled patients and urgent care.

## Skookum denials

If you have received a denial from the Skookum Health Assistance Program for payment of health services and you feel that your services should not have been denied, please contact one of the Save Our Skookum team members:

- Barbara Steere – 503-879-2487
- Melody Baker – 503-879-2011
- Tresa Mercier – 504-879-2008
- Tauni McCammon – 503-879-1406
- Erica Mercier – 503-879-2080

It is important that you call as soon as you receive a denial. The older bills are, the better chance of them being turned in to collections. You are always welcome to call with questions. We look forward to hearing from you!

## May is Stroke Awareness Month

### U.S. Stroke Facts

- There are **700,000** strokes annually and **163,000** stroke deaths.
- It's the **No. 3** cause of death, after heart disease and cancer.
- About **88%** of strokes are ischemic, caused by clots or blockage; about **12%** are hemorrhagic, caused by bleeding in or near the brain.
- Hemorrhagic strokes tend to be more lethal: **37% to 38%** result in death after 30 days compared with **8% to 12%** of ischemic strokes.

Sources: American Stroke Association; American Heart Association; the journal Stroke

**ACT FAST NOW**

**Stroke – there's treatment if you act FAST.**




## Mobile Mammography


*Convenience • Privacy • Certified women technologists  
State-of-the-art equipment • ACR- & FDA-accredited*

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

To schedule an appointment please call  
**503-879-2089**  
 Date  
**June 28, 2017**  
 Location  
**Upper parking lot at Grand Ronde Clinic**

*We accept cash or we may bill your insurance company*

**TualityHealthcare**  
 The right care. Right here.  
**Breast Health Services**



## Stroke Awareness Month

Come join us Wednesday, May 17, in the Clinic Atrium from 11 a.m. to 2 p.m. A table full of lots of information on strokes, blood pressures, blood clots and hypertension. You also get to have your blood pressure checked and get your name in a raffle for a cool prize. If you have any questions, feel free to e-mail [kandee.little@grandronde.org](mailto:kandee.little@grandronde.org) or call at 503-879-2089.

