

**Skookum Health Assistance Program
online portal**

Did you know you can access your Skookum Health Assistance Program information at www.shastatpa.com?

You can look for things like:

- Find a network health care provider
 - Print a temporary ID card
- View your health care claims and deductible/out-of-pocket balances
 - Contact customer service online

Just go to the website and register for a user name and password in a few minutes and you will have access.

Web Medication Refill Requests NOW AVAILABLE!

- Go to www.GrandRonde.org/departments/health-and-wellness/pharmacy and click on the link provided.
 - You can bookmark this page for future use.
 - Fill out all fields. Your order will be processed in the same order it was received.

This system operates 24/7

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 Tuesday, July 4, in observance of Independence Day. Thursday, July 6, the Health & Wellness Center will be open at 8 a.m. for scheduled patients and urgent care. ■



Volunteer Information

What is a volunteer? A volunteer is someone who gives their self, time, or services to an organization or cause to effect positive change usually within their community.

Why volunteer?

- To become involved
- To give back
- To help effect positive change
- To be active
- To continue traditions
- To share life experiences with others.

What are the benefits?

- Being part of a group
- Feeling of belonging
- Feeling of contributing
- Feeling of accomplishment
- Social interaction
- Feeling like you are connected to the community/Tribe
- Knowing that you are making a difference

No matter which program you volunteer for, you can make a difference.

CASA Program:

As a CASA volunteer, you can help a child by advocating for that child's best interest. Making sure that child receives the services they need, be placed in the best placement available, and help advocate for the best outcome of that child's case. You become a voice for the child. As a CASA Advocate you will also foster a positive connection between the child and the Tribe.

Tribal Member Review Board:

As a Tribal Member Review Board (TMRB) Member, you review cases of Tribal Children, in the jurisdiction of the Tribal Court. When reviewing these cases you learn about the child(ren), family and services needed for the family. You make findings and recommendations about the case to the Court and to the ICW program.

Peacemaker Program:

As a Peacemaker, you facilitate the Peacemaking process. Sessions are held in a safe environment where parties can openly and honestly discuss their dispute. Part of the Peacemaker process is "getting to the heart of the dispute". Examining the issues to discover the interest of all parties and guiding them to a mutually agreeable resolution.

For more information, contact the Tribal Court Programs Specialist Annie Schmidt (Annie.Schmidt@GrandRonde.org) or 503-879-4623

CTGR Community Health Invites You

Elder & Families Picnic

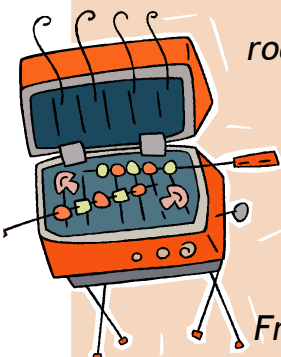
Saturday, July 29 at 5p.m. at the day use area behind the clothes closet.

R.S.V.P.! Food and seating is limited. Call Kim Contreras at 503-879-2078.

Come enjoy a BBQ, a campfire, roasting s'mores, games, door prizes, great food, good company and storytelling!

"B Y O C" Bring Your Own Chair (and blanket!).

Free shuttle pick up on campus from the EAC parking lot.



PEACEMAKER PROGRAM



The Tribal Court Peacemaker Program is a **FREE, CONFIDENTIAL** conflict resolution program that is available to everyone. It uses cultural methods of mediation to help with disputes between:

- Coworkers
- Neighbors
- Family Members
- Landlord/ Tenant

Peacemakers



Lew Younger



Lisa Archuleta



Steve Bobb, Sr.

Contact Annie Schmidt (Annie.Schmidt@GrandRonde.org)