

Breast Cancer Awareness Event

Come join us in the Clinic Atrium on Thursday Oct. 19, 2017 from 1-4 p.m. A table full of information on Breast Cancer Awareness, And of course some cool giveaways!! We will also be doing blood pressures.

HOPE TO SEE YOU THERE!!!



Flu shots available

Patients at the Grand Ronde Health & Wellness Center can check in at any time to obtain a flu shot. For more information, contact Activities/Wellness Promotion Coordinator Kandee Little at Kandee.little@grandronde.org or at 503-879-2089. ■

Drug Take-Back Day

GRAND RONDE POLICE STATION

9655 Grand Ronde Rd

Located off of Grand Ronde Road between Highway 18 and Highway 22

SATURDAY, OCTOBER 28 | 10 A.M. – 2 P.M.

Free and Confidential
No Questions Asked



Accepted items

- Prescription drugs
- Over the counter medications
- Liquid medications

Prohibited items

- IV solutions
- Chemotherapy Medications
- Medical Waste

Collection is coordinated by the

- Grand Ronde Police Department
- U.S. Department of Justice
- Grand Ronde Health and Wellness Pharmacy



Family Tutor Nights

Prevention, Youth Education & Delphian School Partnership to help tutor your student(s). Please join us every Tuesday for family tutoring nights!

Where:

Youth Education Building

When:

Every Tuesday of the month

From 5:15-6:30 PM

Who

K-12 Native Students

***DINNER IS PROVIDED



For more information call
Cristina @ 503-879-2040



LIBRARY HOURS:

Monday – Friday: 9 A.M. – 6 P.M.

(closed Monday - Friday: noon – 1 P.M.)

Saturday: 10 A.M. – 2 P.M.

Family Fun Night @ the Library: Wednesday, Oct. 25 and Dec. 20, from 5 to 7 p.m. Holiday themed activities and treats.

Saturday Movie @ the Library: Noon to 1:30 p.m. Oct. 21. Join us to watch "Hotel Transylvania 2." Future movie days are on Nov. 18 and Dec. 16.

2017/2018 Oregon Battle of the Books: Forty-four new titles are available at the library for check out for third- through 12th-grade students.

Movie Screening: "Never Give Up". 4:30 p.m. Thursday, Oct. 26, in the Tribal gym. Sponsored by Spirit Mountain Community Fund.

Donations: Our thanks to Susan Russie, David Thompson, Samantha Dala, Tammy Fisher, Melissa Pilibello and Joann Mercier and for their contributions to the library collection. We appreciate the generosity of our friends of the library.

Reminder: Donated items must be clean and in good condition.

Inter-Library Loan services: The Tribal Library partners with Oregon State Library to offer "library to library" inter-library loan services. By completing the inter-library loan form, library patrons may request items from the Oregon State Library collection. Items will be couriered to and from the Tribal Library. OS� lending policies apply for return of items.

8,000 older adults in Oregon have a gambling problem.

Consequences of gambling problems include:
Debt
Depression
Suicide
Stress-related health problems

Signs of a Problem

- Increase in gambling time and places
- Intensity of interest in gambling
- Drop off in other activities/interest
- Frequent absences from work and home
- Withdrawal from family and friends
- Personality changes (irritability/hostility)
- Using money that was meant for other purposes

Responsible Gambling Guidelines

- Gamble for entertainment only
- Set a dollar limit
- Set a time limit
- Expect to lose
- Don't gamble on credit
- Don't gamble as a way to cope with stress, depression or loneliness
- Educate yourself about problem gambling

Good news, Oregon: Help is FREE.

24/7 help: 1-877-MY-LIMIT (877-695-4548) or www.opgr.org

If you have a problem or know someone who might, contact the Oregon Problem Gambling helpline at 1-877-MY-LIMIT to talk to someone and get help. Or visit www.OPGR.org. Help is free, confidential and flexible.

