



# HEALTH & WELLNESS NEWS

## Health & Wellness Center closures

- Thursday, Dec. 14 – Employee Appreciation Luncheon (noon to 5 p.m.)
- Friday, Dec. 22 – Christmas Eve (noon to 5 p.m.)
- Monday, Dec. 25 – Christmas Day (all day)
- Friday, Dec. 29 – New Year’s Eve (noon to 5 p.m.)
- Monday, Jan 1, 2018 – New Year’s Day (all day)

**Be sure to request your prescriptions early to cover closure days.**

## Staying healthy during the holidays

The cold and flu season is upon us and there are two main actions that you can take that will increase the odds that you will avoid the sneezes, coughs and sniffles that so frequently affect people at this time of year: Get your flu shot and wash your hands.

The Centers for Disease Control and Prevention recommends that everyone six months and older get a flu vaccine as the first and most important step in protecting against this serious disease. It is especially important for some people to get their shot:

- People at high risk for developing serious complications like pneumonia if they get sick with the flu like pregnant women; people 65 years and older; and those who have certain medical conditions, including asthma, diabetes or chronic lung disease.
- People who live with or care for others who are at high risk of developing serious complications like household contacts and caregivers of people with certain medical conditions like those listed above.

**Anyone can wash their hands properly:** (1) Wet them with warm water and apply soap; (2) Rub your hands together to make lather and scrub the backs of your hands, between your fingers and under your nails; (3) Scrub for 20 seconds or as long as it takes to sing “Happy Birthday” twice; (4) Rinse your hands well under running water; (5) Dry them with a clean towel or air dry them.

Remember, the T-Zone area of your face (eyes, nose and mouth) is the only portal of entry into the human body for all respiratory infections like the flu. There are four Principles of Hand Awareness:

1. Wash your hands when they are dirty (like every time you enter your home) and before eating;
2. Do not cough into your bare hands. Do so into a Kleenex or your elbow;
3. Do not sneeze into your bare hands. Do so into a Kleenex or your elbow;
4. Above all, do not put your fingers into your eyes, nose or mouth. Remind people when you see them do this.



**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.

Kandee Little @ 503 879-2089

To schedule an appointment please call:

**Date:** 2/20/18, 6/29/18, and 9/13/18

**Location:** Grand Ronde Clinic upper parking lot

We accept cash or we may bill your insurance company.

## Grand Ronde Health & Wellness Pharmacy

**Please be advised for:  
Refill Requests**

In order to best serve you, please note the following time requirements for your refill requests:  
**(Valid) Refills remaining – Called in between 8:30 to 11 a.m., anticipated pickup/send out by 5 p.m.**  
**Called in after 11 a.m., 12:30 p.m. next day pickup, excluding holidays and weekends.**  
**NO refills remaining – up to 7 days\***

\*This allows us time to coordinate and correct any needs that may exist for your refill

**PLEASE LET US KNOW IF YOU WILL BE OUT BEFORE THIS TIME FRAME ON A MAINTENANCE MEDICATION SO THAT WE CAN BEST ACCOMMODATE YOUR NEEDS.**

Thank you for allowing us to serve your prescriptions needs.

## Health & Wellness Center offers Afterhours Health Line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open.

You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts.

The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers.



Joyce Beedle, RN, BSN, has more than 35 years of professional experience and more than a decade of personal experience working with caregivers of people with dementia. She wants to help increase your understanding, reduce your frustration, and provide new ideas for your current care concerns.

**When:** Thursday, January 18, 2018 — 11:30- 4 p.m.

**Where:** Confederated Tribes of Grand Ronde - Tribal Gym  
**9615 Grand Ronde Rd, Grand Ronde, OR 97347**

**Who:** Family, friends, and caregivers of people who experience Alzheimer’s and other dementias

**RSVP by Friday** Confederated Tribes of Grande Ronde Community Health  
**(503) 879-2078**

**January 5:** Amy Crevola, NWSDS Family Caregiver Support  
**(503) 606-7620**

*This is a free event with door-prize drawings.*

*Lunch will be served before Joyce’s talk.*

