



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- 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.

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.

Skookum Health Assistance Program Health Status Report

The Save Our Skookum Team is happy to announce the first-ever Skookum Health Assistance Program Health Status Report. You will be receiving this information in the mail by the end of the year. This report contains information regarding claims paid for the Grand Ronde membership in 2016, excluding Tribal members residing in Hawaii. Residents residing in Hawaii will be receiving a separate letter and information.

The Health Status Report will include an individual explanation of billed and paid health care expenses for 2016 and an overall amount paid for the membership. We hope you find this information useful and welcome suggestions for additional information you would like to see included in the Health Status Report. We want this report to be meaningful information provided on an annual basis. Next year, we promise the 2017 report will be completed earlier in 2018.

Attention Tribal members

We are asking that all Grand Ronde Tribal members who do not have primary health care coverage apply for no-cost health care coverage. As we have done for the past several years, we ask that to avoid being suspended from the Skookum Health Assistance Program that you apply and provide documentation of the application process, acceptance or denial. SOS will be following up with individual letters for those who we show do not have primary coverage.

This does not apply if you have Medicare, employer insurance or state coverage.

We would like to standardize the application process for consistency and effectiveness. This would mean Tribal members would go through the process of applying for coverage between the months of December through February. This will be a more consistent and overall easier process. Of course, if someone loses primary coverage, applying for no-cost alternate coverage would also need to occur at the time of loss.

We know this request is confusing and inconvenient, but to keep Skookum sustainable for years to come, we need everyone’s cooperation.

If you have questions, please contact one of the SOS Team members below.

- Tresa Mercier, 503-879-2008, tresa.mercier@grandronde.org
- Barbara Steere, 503-879-2487, barbara.steere@grandronde.org
- Melody Baker, 503-879-2011, melody.baker@grandronde.org

We also have Certified Application Assistants who can answer your questions about the Oregon Health Plan and assist with the application process.

- Dana Morfin, 503-879-1359, dana.morfin@grandronde.org
- Leah Bailey, 503-879-2197, 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.

CTGR Community Health and Northwest Senior and Disability Services Present:

WHAT TO DO WHEN NOTHING ELSE WORKS?



REAL SOLUTIONS IN DEMENTIA CARE

A holistic perspective on caring for those with memory loss

Featuring Guest Speaker Joyce Beedle, RN, BSN.

When: Thursday, Jan. 18 11:30 a.m.-4 p.m.

Where? Tribal Gym

FREE event! Lunch and door prizes!

RSVP: Contact Community Health 503-879-2016



You’re getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked and we listened. You’re getting a new Medicare card! Between April 2018 and April 2019, we’ll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You’ll get a new Medicare number that’s unique to you and it will only be used for your Medicare coverage. The new card won’t change your coverage or benefits. You’ll get more information from Medicare when your new card is mailed.

Here’s how you can get ready:

- Make sure your mailing address is current. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We’ll never ask you to give us personal or private information to get your new Medicare number and card.
- Understand that mailing everyone a new card will take time. Your card might arrive at a different time than your friend’s or neighbor’s.