



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Monday, Jan 15 – Martin Luther King Jr. Day (all day)
- Monday, Feb. 19 – Tribal Chiefs' Day/Presidents' Day (all day)

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

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. Save Our Skookum will be following up with individual letters for those who we show do not have primary coverage.

This does not apply to you 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 also would 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 really need everyone's cooperation.

If you have questions, please contact one of the Save Our Skookum team members below:

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

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

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



Hepatitis C breakthrough

There is some big news: We can now cure hepatitis C. This is the first and only viral illness that we can cure. This is historic. Medicine can now cure a viral illness. Medicine could not cure a virus until now.

We can do this through some new medications that have become available to cure hepatitis C. One of these medications is Harvoni and it was released in October 2014. The breakthrough of this medicine has been declared by infectious disease specialists as "the beginning of a new era in medicine." It even has been compared to the breakthrough discovery of antibiotics.

For hundreds of years, medicine could diagnose all types of bacterial infections like pneumonia, strep throat and skin infections, but could not treat any of them. Then penicillin was discovered. Penicillin was revolutionary. Since its discovery infections that previously could only be diagnosed became treatable.

Many antibiotics were developed and treatments improved. By eliminating infections, average life expectancy increased dramatically.

It is estimated that 5.2 million people in the United States currently have hepatitis C. Fifty percent of these people do not know they have the disease. They do not know they have it because most people who have chronic hepatitis are asymptomatic for years and have not been tested for hepatitis C.

This is especially important to American Indians who have higher rates of hepatitis C than any other ethnic group. In an effort to serve the needs of the community, the Grand Ronde Medical Clinic has begun a Hepatitis C Elimination Program. The goal of the program is to eliminate the disease from our community.

How do we do that?

1. We need to raise awareness about hepatitis C.
2. We want everyone whose birth year is between 1945 and 1965 to get tested.
3. Other people at risk for hepatitis C should also get tested.
4. We need to use these amazing new medications to cure hepatitis C.
5. We need to prevent people from getting hepatitis C in the first place.

It will take the whole community to do this. We need your help.

GET TESTED GET CURED

Living Well with Chronic Conditions



In this FREE workshop, participants learn how to manage their conditions and continue to live fulfilling lives. **Lunch provided!**

Topics Include:

- Pain & Fatigue Management
- Better Breathing
- Healthy Eating
- Medication Usage
- Making Informed Treatment Decisions

Location: Community Center meeting room

Dates: Monday, Feb 5 – March 19 **Time:** 11 a.m. – 2 p.m.

To register, call Susan at 503-879-2016 or e-mail health.promotion@nwsds.org



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.**

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

Where? Tribal Gym

FREE event! Lunch and door prizes!

RSVP: Contact CTGR Community Health, 503-879-2016