



HEALTH & WELLNESS NEWS

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.

Free children backpacks and lunch bags!!!



Come visit our Mobile Clinic while supplies last



Wednesday February 21st 2-6pm

**In the parking lot between the Police Station
and the Food Bank**

**We will also be giving blood pressures and
Diabetic Education**

For more information please call 503-879-2078

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.

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.

Exclusion date is coming!



Parents and Guardians don't have your kids miss out on school! Immunizations are required by state law for children and students in attendance at public and private schools, preschools, childcare facilities and Head Start programs in Oregon.

**Oregon's Immunization Exclusion date
is February 21, 2018.**

Grand Ronde Medical Clinic has walk-in appointments available Monday—Friday from 8:00 am to 4:45 pm with the clinic closed for lunch between 12:00 pm to 1:00 pm. Please also note that on Thursday our clinic is not open until 9:30. On February 13th we will be open until 5:45 pm for children who are needing vaccinated for school.

If you have any questions regarding your children's vaccinations please call our clinic at 503-879-2002 and we would be happy to assist you!

Thanks!

Community Health and iskam mek^h mek-haws

Meal Cooking



Come join us in cooking a Tofu Scramble

Wednesday, April 25 5:30-7:30 p.m.

At the Food Bank

Learn to cook healthier for you and your family

Please RSVP to Kim at 503-879-2079 while spots are limited

Oh, did we mention you could win in a raffle drawing??