



HEALTH & WELLNESS NEWS



Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. Heart disease is an umbrella term that includes conditions such as coronary artery disease, heart attack, cardiac arrest, congestive heart failure, and congenital heart diseases. The most common cause of heart disease is coronary artery disease (CAD), which is a blocked or narrowed coronary artery that supplies the heart with blood.

Heart Attack Warning Signs

Women

- Lightheadedness or dizziness
- Upper back pressure
- Chest pressure
- Shortness of breath
- Pain in one or both arms, the back, neck, jaw or stomach
- Fatigue or extreme fatigue

Women might not experience the chest pain that is often noted as the most common sign of heart attack.

Some women who have had heart attacks say they thought they had the symptoms associated with the flu.

Men

- Sudden onset of chest pain or pressure
- Chest pressure or pain
- Shortness of breath
- Pain in one or both arms, the back, neck, jaw or stomach

If you have any of these symptoms for more than 5 minutes and are unsure of the cause, call 9-1-1.

Treatments work best if given within 1 hour of when heart attack symptoms begin.

Marshfield Clinic

Health & Wellness Center closures

- Monday, Feb. 19 – Tribal Chiefs’ Day/Presidents’ Day (all day)
- Be sure to request your prescriptions early to cover closure days.*

What Community Health Can Do For YOU!!!!



- All Community Health program activities are offered to Tribal members and Tribal spouses.
- We provide medical transportation to and from medical appointments; as drivers are available.
- Home visits are available for wellness checks, blood pressure monitoring, health education, home safety education, and well baby visits.
- We provide Life Alert personal emergency response services to frail elders.
- We provide an Elder Exercise Program twice weekly at the Elder Activity Center.
- We have caregiver support services (respite care, caregiver education).
- We currently have trained caregivers that can assist homebound and disabled Tribal Community Members on a short term, intermittent basis with bathing, light housekeeping, and meal preparation.
- We have a Registered Nurse who can assist with advocacy and case management for Tribal Community members who are hospitalized or facing new healthcare challenges.

At Community Health our vision for the future is to provide more wellness activities for youth and families. We are launching new programs in 2018 which include classes about chronic disease self-management classes, healthy cooking and meal planning, and stress management. Our staff are currently planning multigenerational events which will help connect our elders and our youth in fun and healthy ways. We also hope to be able to provide more in-home care services in the future, to keep our ageing population in their own homes.

Please feel free to call us at **503-879-2078** and get more information about how our services can help you reach your wellness goals. We will be waiting for your call!

The Confederated Tribes of Grand Ronde Community Health Department Presents

Restore The Honor



Evaluating Elder Abuse, Neglect, and Autonomy

Presented by Susan Joubert, RN
with Guest Speaker Devrey Hachenberg, NWSDS/ APS

Come Join Us For this Free Event!

Friday, Feb. 23, 5:30–7:30 p.m.

At CTGR Community Center

Soup and Refreshments Will Be Served!

CTGR Community Health Coming to the Portland Office!!!

* CTGR Community Health will be coming to help educate yourself/and families on how to live a better lifestyle.

Every 3rd Wednesday of the month from
10-2pm

CTGR Portland Office
4445 SW Barbur Blvd Portland, OR 97239

For any questions please call
Lisa Archuleta 503-879-1881