



HEALTH & WELLNESS NEWS

We Want To Hear From You!

That's right, the Grand Ronde Health & Wellness Center Comment Box is located at the entrance of the Health & Wellness Center, next to the drinking fountain. Share your experience, good or bad with us! We look forward to hearing what you have to say.



Inclement weather alert!

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather. Health & Wellness Center staff will make every attempt to call patients during closures. Also, please sign up for emergency notifications about Tribal campus closures on the Tribal website at www.grandronde.org or follow the Tribe's primary page on Facebook.

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!

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.

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



Community Health and Iskam Mək^hMək-Haws

Meal Cooking



Come join us in cooking chicken, broccoli and cheese skillet meal

Wednesday, March 28 from 5:30 to 7:30 p.m.

At the Grand Ronde Food Pantry

Learn to cook healthier for you and your family

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

Oh, did we mention you could win a prize from our raffle drawing??