



HEALTH & WELLNESS NEWS

Afterhours health line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open. You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts. The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers.



Speaker LPN Peggy Shaver Coming to Portland With Topic on Aging and Dementia!!!
March 21, 2018 10 a.m.-2 p.m.
CTRG Portland Office
4445 SW Barbur Blvd Portland, OR 97239
For more information please contact
Lisa at 503-879-1881

Community Health and Iskam Mek^h Mek-Haws Meal Cooking



Come join us in cooking a Tofu Scramble
Wednesday April 25 5:30 to 7:30 p.m.
At the food bank
Learn to cook healthier for you and your family
Please R.S.V.P. to Kim at 503-879-2079 while spots are limited
Oh, did we mention you could win in a raffle drawing??

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.



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.