



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.



Have you received your new card?

We need a copy for your records. Please send copies of your new card to:
Shasta TPA
P.O. Box 1747
Redmond, OR 97756

Or you can send a copy to the Save Our Skookum Team –
Save Our Skookum
9605 Grand Ronde Road
Grand Ronde, OR 97347

Or e-mail to
tresa.mercier@grandronde.org
leah.bailey@grandronde.org
melody.baker@grandronde.org

If you have questions, please call – Tresa Mercier, 503-879-2008

Community Health and Iskam Mek^h Mek-Haws

Meal Cooking



Come join us in cooking Egg Cups

Recipes may change due to available pantry foods

Wednesday, May 30 — 10 a.m.-noon

At the Food Bank

Learn to cook healthier for you and your family

Please R.S.V.P. to Kim at 503-879-2078 while spots are limited

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



Do you need a Dental Screening, toothbrush cleaning or a fluoride varnish?



Come check out Dr. Eric Webster and Hygienist Sheila Blacketer at our CTGR Portland Office

4445 SW Barbur Blvd Portland, OR 97239

Wednesday, May 23, 2018

10 a.m. to 2 p.m.

Call 503-879-1881 for more information

Stroke Awareness Month



Heart disease occurs when there is a blockage of the blood vessels that provide blood to the heart muscle. Stroke occurs when there is blockage of the blood vessels that provide blood to the brain. These blockages are caused by a buildup of plaque that is made up of fat, cholesterol and other substances found in the blood. Heart disease is the leading causes of death in the United States, including in American Indian and Alaska Native (AI/AN) people.

From the CDC

STROKE
Is a Medical Emergency!

Difficulty talking or understanding words.		Severe unexplained headache
Loss of feeling or strange feeling on one side		Sudden decreased, or blurred vision
Weakness of the face, arm or leg on one side		Unexplained dizziness or loss of balance

With two or more of these warning signs:
Call 911
The first 3 hours are critical for treatment

Service Mark of Paralyzed Stroke Association
550-565-8485
www.psastroke.org

