



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Friday, Aug. 31 – 12:30 to 5:30 p.m.
- Monday, Sept. 3 – Labor Day (all day)
- Friday, Sept. 28 – National Indian Day (all day)

Be sure to request your prescriptions early to cover closure days.

Removing the Stigma on Addiction and Recovery

A 2011 study revealed that more than 23 million Americans aged 12 and older needed rehabilitative services to overcome an addiction to drugs or alcohol. With close to 10 percent of the population suffering from addiction, it could be argued that more people would be sympathetic to this public health crisis.

Instead, people who are addicted to drugs or alcohol are often shunned, mocked and misunderstood, often by the individuals closest to them.

Highlighting the Prevalence of Addiction

It can be easy for people to attach a negative stigma to addiction because they believe that they will never have to deal with this problem in their own family. However, studies show that addiction is a prevalent and growing public health crisis that can affect people from all walks of life.

Encouraging Forgiveness

Addiction garners such negative attention from people because they may feel betrayed by people in their circle of friends or families who have turned to drugs or alcohol. They find it difficult to forgive those individuals and thus shun or mistreat them.

Likewise, those with addiction are often unable to forgive themselves for becoming dependent on these substances. By encouraging forgiveness, we can help remove the negative stigma of addiction.

If you are interested in seeking assistance with an addiction, please contact the Grand Ronde Health and Wellness Center Behavioral Health Program to schedule an appointment – 503-879-2026

Medical Unit will be at the powwow

The Health & Wellness Mobile Medical Unit will be at the Contest Powwow Friday, Aug. 17, from 2-6 p.m., Saturday, Aug. 18, from 10 a.m. to 6 p.m. and Sunday, Aug. 19, from 10 a.m. to 2 p.m. Stop by and get your BP checked!

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.

Patient Satisfaction Survey is here!

The opportunity to tell us about how you think we're doing as a clinic starts on July 2nd, 2018.

The survey is available via paper form at the Patient Registration department in the clinic, through our website at www.grandronde.org and also through scanning the code on here with your smartphone.

There are prizes drawn for those who participate as well!



Community Health and Iskam Mek^h Mek-Haws

Meal Cooking



Come join us in cooking Corn and Tomato Salad

Wednesday August 29th 5:30pm to 7:30pm

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??



Mobile Mammography

Convenience • Privacy • Certified women technologists
State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

Kandee Little @ 503-879-2089

To schedule an appointment please call:

Date: 4/20/18, 6/28/18, and 9/13/18

Location: Grand Ronde Clinic upper parking lot

We accept cash or we may bill your insurance company.