



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Monday, Nov. 12 – Veterans Day
- Wednesday, Nov. 21 – Restoration Day
- Thursday & Friday, Nov. 22-23 – Thanksgiving

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

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. ■



There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings. The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure. Urgent care also will be available during this time.

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.

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. ■



Eric Martin, MAC, CADC III, PRC, CPS Brings Community Meeting on



Community Meeting with Eric Martin On Opioids

When: December 13th, 2018 in the Tribal Gym

Dinner starts at 4:30pm and Meeting starts at 5:30pm-7pm

For more information please contact Kandee Little at 503-879-2089

2017 saw 72,000 drug overdoses in the U.S., the highest in U.S. history. In Oregon, African American Women and Native Americans have had the highest overdose rates. Join us in a town hall style discussion regarding the State's efforts to reduce opioid addiction and overdoses, and how communities can support these efforts, and empower "recovering healers" in our communities to be a part of the solution!

Come to our Meet and Greet Dinner with Tribal Member and Pediatrician, Allison Empey, MD



When: Monday, November 19th

Where: Grand Ronde Community Center

Dinner will start at 5:30pm

Door prizes will be announced after dinner (must be present to win)

Allison Empey was raised in McMinnville, Oregon, but spent the last 10 years in California attending college, working as a healthcare consultant, and attending medical school. She is excited to return to Oregon and finish her training at OHSU. Her professional interests include general pediatrics, Native American health, and community engagement. Outside of the clinic Allison enjoys playing soccer, running, getting to know Portland coffee shops and brunch spots, and hiking in the beautiful Pacific Northwest.

If you have any questions feel free to contact Kandee Little at 503-879-2089.