HEALTH & WELLNESS NEWS

Health & Wellness Center closures

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

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

Behavioral Health collecting opioid information for grant

The Health & Wellness Center's Behavioral Health program is collecting information for a Tribal Opioid Response Grant and is asking Tribal members to stop by its table at the 35th Restoration Powwow and support the effort.

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.

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!

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.

We Pledge To Drive Safely With You!

CTGR Community Health Medical Transportations

Call Community Health at: 503-879-2078

if you need help getting to:

- Dr. Appointments
- Addiction Recovery
- Dental Appointments
- Physical Therapy
- Behavioral Health
- Optometry Appointments
- Dialysis

Capacity is limited, please call at least 5 business days before your appointment.

Thank You, Community Health Department.

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.