



# HEALTH & WELLNESS NEWS

### Health & Wellness Center closures

- Monday & Tuesday, Dec. 24-25 – Christmas
- Monday & Tuesday, Dec. 31, 2018- Jan. 1, 2019 – New Year’s Day
- Monday, Jan. 21, 2019 – Martin Luther King Jr. Day

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

### IMPORTANT - TRIBAL MEMBERS WITH MEDICARE!

If you have received a new Medicare card, please forward a copy to Barbara Steere. You can mail or e-mail a copy of the new card.

**Please mail to:**  
Barbara Steere  
Skookum Health Assistance Program  
9605 Grand Ronde Rd  
Grand Ronde, OR 97347  
barbara.steere@grandronde.org

Give us a call if you have any questions –  
Barbara Steere at 503-879-2487  
or Tresa Mercier at 503-879-2008.

### 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.

### December 20, 2018 - Important Health & Wellness Pharmacy Information

The Grand Ronde Pharmacy will be closed Thursday, Dec. 20, to complete the annual inventory audit. This audit is required by Tribal Operations as a way to help keep control of pharmacy costs. The pharmacy staff regrets any inconvenience this may cause.

Please order your medications early to avoid the last-minute rush to get something filled.

Most medications for Tribal members, Tribal member spouses and descendants can fill prescriptions up to 21 days early on a 90-day supply.

Arrangements with Optum have been made for acute fills that cannot wait until Friday, Dec. 21. That means that a new prescription can be filled at an outside pharmacy for one day only – Dec. 20, 2018. You may be asked to pay your co-pay. This arrangement is not for maintenance medication.

Please call the pharmacy at 503-879-2342 with any concerns or questions.

### 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!

### #BreakTheStigma



Date: Tuesday January 29th 2019 Time: 10:00 AM to 2:00 PM

Location: CTR Portland Office

4445 S.W. Barbur Blvd. Portland, OR 97239

Come join us as we discuss the importance of mental health awareness with guest speaker and Director of Grand Ronde Behavioral Health, Christine McCambridge, PMHNP. She will go over the resources provided to Grand Ronde Tribal Members, their Family Members, and other Native American Indians who need help to learn, cope and grow with depression, anxiety, PTSD, sexual abuse, domestic violence, and more. She will also share with you the expansion plan for behavioral health services.

What is the TLC house? What are the requirements to get into the house? What opportunities does the TLC house provide when living there? Learn all of this and more from our guest speaker Brandy McIntosh, BA, DMHA, Post Treatment Support Counselor.