



# HEALTH & WELLNESS NEWS

## Health & Wellness Center closures

- Tuesday, Jan. 1 – New Year’s Day
  - Monday, Jan. 21 – Martin Luther King Jr. Day
- Be sure to request your prescriptions early to cover closure days.*

## 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. ■



## 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](http://www.diabetes.ihs.gov)

## WALK-IN DENTAL APPOINTMENTS FOR KIDS <6

NO APPOINTMENT NECESSARY FOR DENTAL CHECK-UPS FOR KIDS 5 AND UNDER WHO ARE ELIGIBLE TO BE SEEN AT THE TRIBAL CLINIC. JUST COME ON IN!

We will check your child’s teeth during any of our clinic hours without an appointment. Dental check-ups are recommended beginning with the first tooth!

Confederated Tribes of Grand Ronde Dental Clinic  
Phone 503-879-2020

Hours: Mon, Tues, Wed, Fri 8:00–5:00; Thur 9:30-5:30



## 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.

CTGR COMMUNITY HEALTH PRESENTS

## AGING WISELY



## Navigating Resources for Elders

Featuring a panel of guest speakers from:

- CTGR Community Health
- CTGR Adult Foster Care Services
- Northwest Senior and Disability Services
- Home Health Services
- Hospice Services

Plus a special discussion on Self-Advocacy for Elders’ Wellness

**When: Thursday Jan. 24 – 9 a.m.-4 p.m.**

**Where: CTGR Community Center**

**Free Lunch and Door Prizes!**

## #BreakTheStigma



Date: Tuesday January 29<sup>th</sup> 2019 Time: 10:00 AM to 2:00 PM

Location: CTGR 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.