



HEALTH & WELLNESS NEWS

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. ■



What is an Advance Directive for health care?

What would happen if you were involved in a catastrophic accident or illness that made you unable to communicate your wishes for medical treatment? Who would make those important decisions for you? How do you know that your wishes would be honored?

No one wants to think about such a serious situation. But we have all seen situations like this on TV, or heard about it happening to “someone else.” That “someone” may have been a lot like you – living a normal, active life, with family and friends, full of dreams and self-determination. The unthinkable happens, and a family becomes divided over how to care for this “someone.”

Did you know that you can take charge of the quality and extent of medical treatment you would receive in such a situation by completing an Advance Directive?

An Advance Directive is a written statement of a person's wishes regarding medical treatment, often including a living will, made to ensure those wishes are carried out should the person be unable to communicate them to a doctor.

The Grand Ronde Health & Wellness Center has the resources you need to create your own unique Advance Directive at the Patient Registration counter. Don't hesitate to take this important step in managing your health care! Have a conversation with your health care provider, and your family, about your Advance Directive today.



Good news: We've finished mailing new Medicare cards across the country! You should've received your new card by now.

Here's what to do next:

- Carry and use your new Medicare card when you need care.
- Protect your Medicare Number and card, just like you would protect your credit card.
- Destroy your old Medicare card to help protect your identity.

Haven't gotten your new Medicare card yet? Sign in to your secure [MyMedicare.gov](https://www.mymedicare.gov) account to see your Medicare Number and print your official card. If you don't have a MyMedicare account yet, sign up for free at [MyMedicare.gov](https://www.mymedicare.gov) today!

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



CTGR PORTLAND OFFICE

Is hosting an Alcohol Awareness Event
Guest Speaker: Joe Martineau, Oregon CADC II

TUESDAY, APRIL 30TH | 10AM-1PM

4445 SW BARBUR BLVD. #101 PORTLAND, OR 97239
BUS NUMBERS: 12, 64, & 92 ALL RUN BY THE PORTLAND OFFICE.



Our guest speaker Joe Martineau, Anishinabe/Ojibwe Indian, is a certified alcohol/drug counselor, Level 2. He has 29 years of recovery from alcohol/drugs and has 24 years in the counseling field.

Joe will go over the importance of connection and identity with our Native American history/roots to enhance our alcohol/drug recovery programs. He will also go over some history of alcohol/drug use on reservations over the past 30-40 years.

If you have any questions please feel free to call: 503-879-1881



YOUR INVITED DIABETES PREVENTION PROGRAM

PRE DIABETICS, NEWLY DIAGNOSED DIABETICS, OR ANYONE WHO WANTS TO GET HEALTHY AND FEEL GREAT

Get an experienced Lifestyle Coach to help you make small steps toward your health and fitness goals.

Earn up to \$400 towards groceries.

Lose weight and keep it off.

WHEN
May 2, 2019
at 5:30 p.m.

Health & Wellness Clinic
Molalla Room

ENTER TO WIN A DOOR PRIZE

LOTS OF GREAT INCENTIVES

FITNESS TRACKERS

CALORIE KING JOURNALS

COOKING CLASS

NUTRITIONAL RECIPES

EXERCISE DEMONSTRATION

NUTRITION VOUCHER PROGRAM