



HEALTH & WELLNESS NEWS

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.

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.

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 closures

- Wednesday, July 3 – Noon
- Thursday, July 4 – Independence Day

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

Come check out the Grand Ronde Diabetic Mobile Clinic

At
iskam mǎk'mǎk-haws (Grand Ronde Food Pantry)

1st Friday of every month
10 a.m.-2 p.m.



We welcome the Community!!!

Clinic staff will be doing blood pressures and will have education fliers on different health topics.
We also have goodie bags with dental necessities, and will giving out fresh hot coffee.

Come check us out.
If you have any questions please call 503-879-3663

It's all about you. Know your body. Know your symptoms. Most importantly, know the right kind of appointment for you.

Emergency Care – suitable when you are experiencing life-threatening conditions or symptoms. **Call 911 or go to the Emergency Room if you experience any of the following:**

- Severe Abdominal Pain
- Seizure activity/loss of consciousness
- Amputations
- Chest Pain
- Uncontrolled bleeding
- Life-Threatening injury
- One-sided weakness
- Severe wounds
- Stroke-like symptoms (see below)



Walk-In Clinic – suitable for acute conditions (minor injury or illness).
Examples include:

- Immunizations
- Allergy symptoms
- Asthma (mild asthma attack) symptoms
- Bronchitis & respiratory illness
- Colds, Chest congestion
- Ear ache
- Flu Shots (when available)
- Flu Symptoms
- Insect Bites
- Minor cuts, scrapes, burns
- Sinus infection symptoms
- Skin conditions
- Sore throat
- Sprains/strains
- STD's
- Stomach problems
- Urinary Tract Infection symptoms

Walk-In Hours are available:
Mon, Tues, Wed, Fri : 8am-12pm & 1pm-5pm
Thurs: 9:30am-12pm & 1pm-5pm

Primary Care Appointment – suitable for prevention and management of chronic disease that may require treatment or management over longer periods of time. *Examples include:*

- Anxiety Medication
- Chronic (long-term) pain
- Chronic illness such as:
 - Diabetes
 - Heart disease
 - Hypertension
 - High cholesterol
- General assistance paperwork
- Neck or back conditions
- ODOT physicals/Paperwork
- Physicals
- Orthotic/Prosthetic Care
- Routine Medical Refills
- SSI (Disability) paperwork
- Well-Child exams
- Well-woman Exams/PAP smear
- Workman's Compensation (On the job injuries)

Schedule a regular appointment with your GRHWC Primary Care Provider by calling (503)879-2002.



Mobile Mammography

Convenience • Privacy • Certified women technologists State-of-the-art equipment • ACR- & FDA-accredited

The Mobile Mammography unit travels by appointment to businesses, health fairs, senior centers, even private gatherings—wherever there are at least 10 women interested in receiving a mammogram. We will be in your area soon.

To schedule an appointment please call: Kandee Little 503-879-2089

Date: Thursday June 13th 2019

Location: CTGR Clinic upper parking lot