



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

- Monday, Sept. 2 – Labor Day
 - Friday, Sept. 27 – National Native American Day
- Be sure to request your prescriptions early to cover closure days.*

Pharmacy pricing

The Grand Ronde Pharmacy will be making several adjustments to drug pricing to better align with regulatory rules of the drug subsidies used in the Pharmacy. The change will only affect patients who are seen in the clinic and are on the Tribal spouse or employee plan. Other Natives and those without insurance seen in clinic also will see a change. The expected change on a 90-day supply of a generic medication is about \$4. In cases where a generic is not available, Pharmacy staff is trained to help identify less expensive alternatives or use manufacturer's coupons to help patients keep their drug costs down as much as possible. Please plan ahead and if you are likely to be affected. Contact Pharmacy staff to explore ways to keep your costs down.

Health & Wellness Center Entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind. If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

Thank you,
Grand Ronde Health & Wellness Center Administration

Afterhours health line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open. You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts. The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers.

CTGR HWC HEALTH FAIR

Come check out our 3rd Annual Health & Wellness Health Fair!!

Location:
CTGR Health & Wellness Center Clinic Atrium

Time: 10AM-2PM
Date: 10/04/2019

Guest Vendors

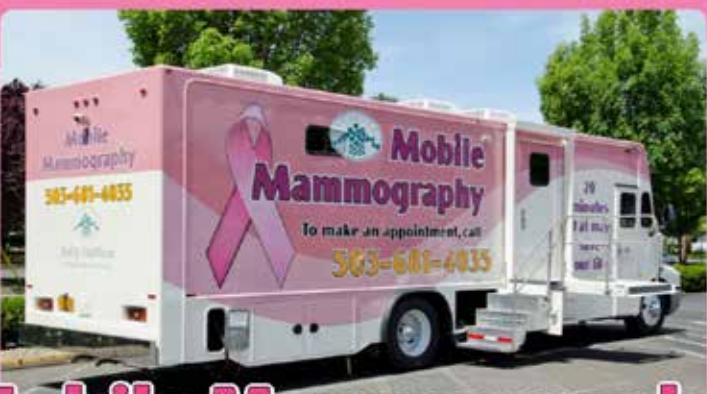
- Dragon's Stone Massage
- BAM Massage
- Shasta Administrative Services
- Telecommunication Devices Access Program (T-Dap)
- Iskam Mək^hMək-Haws
 - Free 3-5 minute massage's (while spots are available)
 - Blood Pressure Checks
 - Health Education Information
 - Dementia Information

AND MUCH MORE!!!

Do you need a Dental Screening, toothbrush cleaning or a fluoride varnish?



Come check out Dental Hygienist Sheila Blacketer at our CTGR Portland Office
4445 SW Barbur Blvd Portland, OR 97239
Tuesday September 24th, 2019
10am to 1pm
Call 503-879-1881 for more information



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 September 19th, 2019

Location: CTGR Clinic upper parking lot