



HEALTH & WELLNESS NEWS

Health & Wellness Center closures

• Monday, Oct. 14 – Indigenous Peoples’ Day
Be sure to request your prescriptions early to cover closure days.

Guess what's new at the Pharmacy?

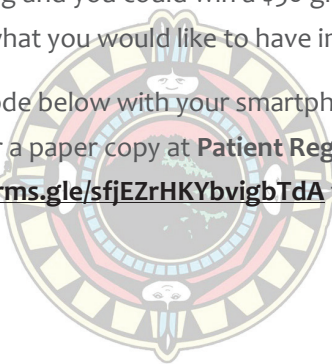
Did they call my name? I didn't hear them? I have to run out to my car, I hope I don't miss my name? No need to ask yourself these questions anymore. The Grand Ronde Pharmacy now has pagers for you. You will receive a pager if you are currently waiting for a prescription to be filled. The Pharmacy will activate your pager when your prescription is ready and the pager will vibrate until you pick up your prescription. For questions, please call 503-879-2342.



It's time for the Grand Ronde Health & Wellness Center Annual Patient Satisfaction Survey!

Tell us how we're doing and you could win a \$50 gift card! It's your turn to tell us what you would like to have improved!

Just scan the QR code below with your smartphone, log onto our Facebook page, ask for a paper copy at Patient Registration, or go on to the website <https://forms.gle/sfjEZrHKYbvigbTdA> to fill out the survey.



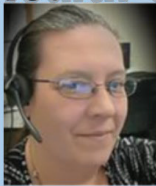
Diabetes Awareness Event — World Diabetes Day
Grand Ronde Health and Wellness Atrium
Thursday, November 14, 2019
11a-1pm

Our diabetes nursing team and primary care provider teams want to see you in the clinic to ensure that you ring in next year in the best health possible.

Schedule an appointment today!

*** Patients seen in October—December with their primary care provider for a diabetes office visit will receive a gift**

Do You Have Questions About Your Health Care Coverage?



Visit the Health & Wellness Clinic & Talk To Our Application Assister: Cassandra (C.J.) Rhamy

She can assist with: Oregon Health Plan
Some Medicare Information
Oregon Health Insurance Marketplace Plans

CTGR Members & Employees: Updating Shasta
CTGR Members: Reinstating Skookum/SHAP

Available Mon-Friday – Ask for her at Patient Check In
Phone: 503-879-1359

Email: cassandra.rhamy@grandronde.org

***** Reminder for CTGR Members: Have you reported your Health Care Coverage information to Shasta for 2019?**

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 MəḵMəḵ-Haws
 - Free 3-5 minute massage's (while spots are available)
- Blood Pressure Checks
- Health Education Information
- Dementia Information

AND MUCH MORE!!!

