



# HEALTH & WELLNESS NEWS

## Health & Wellness Center closures

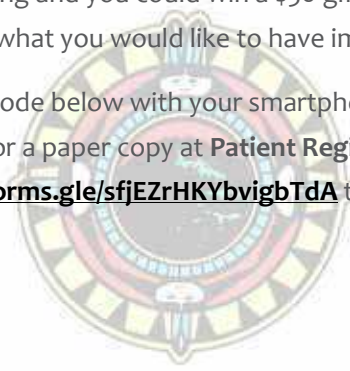
- Monday, Nov. 11 – Veterans Day
- Friday, Nov. 22 — Restoration Day
- Wednesday, Nov. 27 — Closing at Noon
- Thursday-Friday, Nov. 28-29 — Thanksgiving

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

## 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.



- Know when to quit
- Don't chase your losses

Prevention, harm reduction, treatment and safe gambling



We can help with responsible gambling

### Are you having problems with gambling?

Please meet Sergio Gutierrez, CADC-1, CGAC-1 Chemical Dependency and Gambling Addiction Counselor. Sergio works at the CTGR Behavioral Health Department for one day a week on Tuesday's from 8:00-5:00pm. Sergio has been practicing since 1997 and is versatile in his knowledge pertaining to gambling addiction. He is ready and eager to help our members in any way he can.

Call now to make your appointment:

**503-879-2026**

Gambling Hotline:

1-877-MY-Limit (1-877-695-4648)

or Text 503-713-6000

[www.oprg.org](http://www.oprg.org)

**The odds can be in YOUR favor!!**



## 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](mailto:cassandra.rhamy@grandronde.org)

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

## 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.

