



# HEALTH & WELLNESS NEWS

## New Treatment Program at GRHWC

Full-service MAT (Medication Assisted Treatment) for Opioid Dependency is now available at the Health & Wellness Center. We utilize Suboxone/Subutex for patients with a dependency on opioids. Our goal is to support our patients in their work to become free of addiction and to reduce the risk of overdose and potential death.

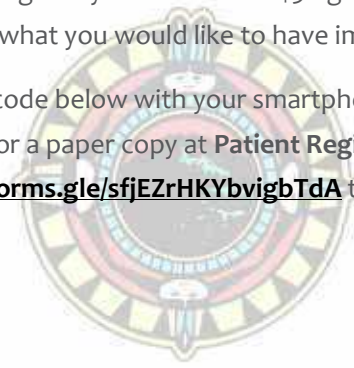
The program is currently available for Grand Ronde Tribal members. Our program offers a holistic approach to recovery, including services that focus on our patients' physical, emotional and spiritual needs. The treatment team includes your physician, support from a specially trained nurse and our Behavioral Health Department. All services take place in a confidential environment.

For more information, contact Linda Gehrke, Medication Treatment Coordinator, at 503-879-2094.

## 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.



## 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.*

## 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.

## 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.

## 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**



- 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!!**

*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.