



# HEALTH & WELLNESS NEWS

## Health & Wellness Center closures

- Thursday, Dec. 19 — Closing at 11 a.m.
- Tuesday, Dec. 24 — Closing at noon
- Wednesday, Dec. 25 — Christmas
- Tuesday, Dec. 31 — Closing at noon
- Wednesday, Jan. 1, 2020 — New Year's Day

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

## Appointments available in Optometry at the Health & Wellness Center

- Comprehensive eye exams
  - Diabetic eye exams
  - Red eye treatment
  - Excellent selection of frames
- Call 503-879-2097 for an appointment. ■

## Are you prepared for the Holidays?



- Thursday 12/19/2019 (Open 8:30am-11am) Closed 11-5pm**
- Tuesday 12/24/2019 (Open 8:30am-12pm) Closed 1-5pm**
- Wednesday 12/25/2019 Closed All Day**
- Tuesday 12/31/2019 (Open 8:30am-12pm) Closed 1-5pm**

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

Prevention, harm reduction, treatment and safe gambling



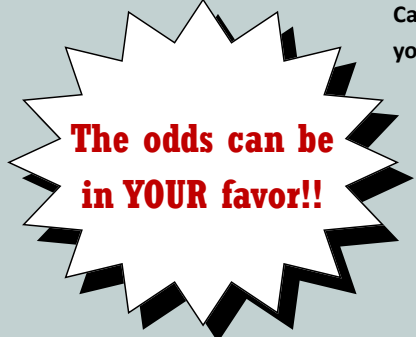
We can help with responsible gambling

### 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 twice a month 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 for availability and to make your appointment:

**503-879-2026**



Gambling Hotline:  
1-877-MY-Limit (1-877-695-4648)  
or Text 503-713-6000

## Pharmacy pricing

The Grand Ronde Pharmacy has made 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.

## Free Holiday Pictures!!!

**Friday, Dec. 20th, 2019, 1-3 p.m. at the Clinic**  
**Pictures with all the characters and Santa!!!**  
**Call 503-879-2078 for questions**



## Native Wellness Women's Retreat

*Women Inspiring Women, Personal Growth and Development*

12/20/2019

Location: CTGR Community Center 9615 Grand Ronde Rd. 97347

Time: Friday December 20th, 2019

9am- 4pm

Topics include empowerment, healthy relationships, self-care tools, and CRAFTS!

Breakfast and Lunch Provided!!

Please RSVP by Wednesday December 18th

RSVP:

Cassie.dandy@grandronde.org

503-879-1487

Danielle.murrell@grandronde.org

503-879-1660

**NO CHILDCARE AVAILABLE**