



# HEALTH & WELLNESS NEWS

## Health & Wellness Center closures

• Monday, Feb. 17 — Tribal Chiefs' Day

*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.

## Inclement weather alert!

Please be sure to call the Health & Wellness Center before traveling in to appointments at the clinic during inclement weather.

Health & Wellness Center staff will make every attempt to call patients during closures.

Also, please sign up for emergency notifications about Tribal campus closures on the Tribal website at [www.grandronde.org](http://www.grandronde.org) or follow the Tribe's primary page on Facebook.

## 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.



## Mobile Mammography

*Convenience • Privacy • Certified women technicians 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 at 503-879-2089**

**Date: Thursday, March 19, 2020**

**Location: CTGR Health Clinic upper parking lot**

• 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

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

## We Pledge To Drive Safely With You!!

### CTGR Community Health Medical Transportations

Call Community Health at 503-879-2078

if you need help getting to

- Doctor Appointments
- Addiction Recovery
- Dental Appointments
- Physical Therapy
- Behavioral Health
- Optometry Appointments
- Dialysis

Capacity is limited, please call at least five business days before your appointment.



Thank You, Community Health Department