



HEALTH & WELLNESS NEWS

Flu shots are in!!!

The Health & Wellness Center now has flu shots. Due to social distancing and keeping everyone safe and healthy, we ask you to please call medical at **503-879-2032** to make an appointment to get a flu shot. An appointment will be required before entry.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccination each year.



The Health & Wellness Center is still open. We are taking every precaution to keep our staff and patients safe. Remember that masks are required (not a face shield) at all times during your visit, continue social distancing as well as washing/sanitizing your hands.

If you have ANY COVID symptoms, please do not come in the building, even if it is for a regularly scheduled appointment. Call 503-879-2002 and they will give you instructions.

The symptoms include:

- Dry cough
- Shortness of breath
- Chills
- Repeated shaking with chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- A temperature 100.4 or greater

We apologize for any inconvenience this may cause, but we are taking the safety of everyone very serious.

Hayu masi,

- 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!!

Focus on The Senses 5,4,3,2,1

- Find 5 things you can see.
- Find 4 things you can touch.
- Find 3 things you can hear.
- Find 2 things you can smell.
- Find 1 thing you can taste.

Embrace The Arts

- Color or draw.
- Look through recipes.
- Listen to a calming playlist.
- Play an instrument.
- Sing.

Move

- Take a walk.
- Do a few yoga poses.
- Jump on a trampoline.
- Run in place.

Connect to Nature

- Go outside and walk barefoot through the grass.
- Sit outside in a relaxed lotus position: legs crossed, hands with palms open on knees. Do slow, deep breathing.

Nurture

- Water plants.
- Clip dead leaves.
- Gather seeds for growing or sowing.
- Pick flowers.
- If you have a garden, pick fruits or veggies or weed.

Calming Strategies for Adults

Control The Environment to Calm The Senses

- Turn down the lights for a few minutes.
- Turn on soothing music or sounds.
- Light a scented candle; watch the flame.
- Wrap yourself like a burrito in a regular or weighted blanket.
- Drink ice water or go warm with hot tea.
- Give yourself a mini hand massage with a fragrant lotion.

Connect with The Animal Kingdom

- Watch fish in an aquarium.
- Do bird watching.
- Pet your furry family members.
- Fill bird feeders and see who comes to the seed buffet.
- Take a few minutes with a journal outside and track the creatures you observe.