



# HEALTH & WELLNESS NEWS

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**It's never too late to heal from addiction.**

**Have a courageous spirit. Reach out now, for you and your children.**

Grand Ronde Health & Wellness Center  
 Behavioral Health Program  
 9605 Grand Ronde Rd.  
 Grand Ronde, OR 97347  
 503-879-2026



**HEALTH & WELLNESS CENTER**

**NEW SIGN AT THE HWC**

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR **LOADING AND UNLOADING ONLY.**

**PICK-UP AND DROP-OFF ONLY**

**NO PARKING**

**PHARMACY PICKUP LOCKERS**

**CONVENIENCE HAS ARRIVED**

**Available 24/7, 365 days a year for prescription pick up.**

**Contact pharmacy staff for the sweet details.**

**April is National Stress Awareness Month**

## How to Deal with Stress and Anxiety

- Practicing yoga, listening to music, getting a massage or learning other relaxation techniques will help clear your head and step back from the problem.
- Volunteering to be active in your community can create a support system and gives your mind a break from everyday stress.
- Caffeine can increase anxiety and cause panic attacks. Try drinking water instead.
- Talking to someone that you feel safe with about what your feeling can help lift some of the stress off of your shoulders.
- Exercising can increase your overall health and it can bump up your brain's feel-good neurotransmitters, called endorphins.
- Sleep is a powerful stress reducer. A regular sleep routine calms and restores the body and improves concentration. You're better able to cope with stress when you're well-rested.
- Slowly counting to ten and becoming aware of the sensations in your body can help you identify feelings that could be contributing to your stress.
- Deep breathing is one of the best ways to lower stress in the body. When you breathe deeply, it sends a message to your brain to calm down and relax, the brain then sends that message to your body.

This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

The Confederated Tribes of Grand Ronde Community of Oregon  
 Grand Ronde Health & Wellness Center Pharmacy  
 9605 Grand Ronde Rd, Grand Ronde, OR 97347

**Patient Contact Preference**

**NOTICE:** Notifications will contain private information that you may not want to share with others. It is your responsibility to protect any notifications that you receive.

The Grand Ronde Health & Wellness Center Pharmacy (GRHWCP) can send alerts to you regarding prescriptions and urgent information that could affect your care. Please fill out this form with your preferred contact method(s) so that we can notify you of the status of your orders in ways that you prefer.

Instructions:

- Every patient will need to fill out this form in order to receive notifications. Parents or guardians of children will need to fill out one for each child.
- This form will need to be printed out and either **mailed**, **faxed** (503-879-2030), or **dropped off** at the pharmacy. Email cannot be accepted due to privacy laws. Phone requests cannot be used as a signature is required.
- If you've already filled this form out, no need to fill it out again.**

Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Opt in for text messages  Preferred texting phone # \_\_\_\_\_  
**OR**  
 Opt in for automatic voicemails  Preferred phone # \_\_\_\_\_

**Questions ?**  
 503-879-2342

**For locker use only;** lockers are located at the southwest entrance door marked Pharmacy Locker Pickup.  
 Email: \_\_\_\_\_

**\*\*\*\*Text messages sections needs to be filled out to continue to receive locker notifications\*\*\*\***

**Please Return To The Pharmacy For Activation**

**Below for office use only:**  
 Date: \_\_\_\_\_ Updated by: \_\_\_\_\_