



2005 Annual "Mardi Gras" Papathon

Feb. 22, 2005

- All women of the community are encouraged to join us for an evening out
- Fun Mardi Gras-themed atmosphere
- Women's health exams given from noon to 8 p.m.
- Food and refreshments served
- Great gifts and prizes available
- Child care provided if requested



Siletz Community Health Clinic

Please call 541-444-1030 or 1-800-648-0449

to schedule an appointment.

For questions or for child care,
call Kari at 541-444-9677 or 1-800-648-0449, ext. 1677.

Funded by BCC Program

Diabetes Retreat Features Darryl Tonemah

The annual Diabetes Retreat will be held March 4-5 at the Shilo Inn in Newport. All tribal members who have diabetes are encouraged to attend the two-day program and those attending may invite a support person.

The keynote speaker will be Darryl Tonemah, an enrolled member of the Kiowa Tribe and man of many talents.

Dr. Tonemah has dedicated his professional career to the empowerment of people, focusing especially on youth through leadership, wellness, self-esteem, parenting conferences, and alcohol and drug prevention.

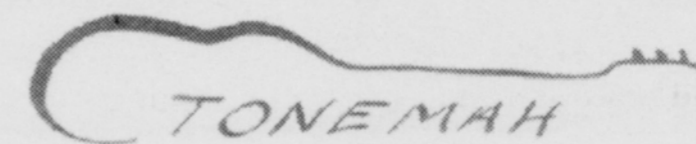
An accomplished entertainer, he has recorded five CDs that have been

nominated for several Native American Music Awards, including Outstanding Musical Performance, Best Male Artist, Best Album Country or Folk, and Songwriter of the Year.

He also has appeared in two movies, *DMZ* and *Last of the Mohicans*. To learn more, check out his Web site at www.tomemah.com.

Please mark your calendars now to reserve the dates. Registration materials will be mailed in early February.

Questions? Call Darcy Trego, Diabetes Program coordinator, at 541-444-9647 or 1-800-648-0449, ext. 1647.


TONEMAH

Medicare Part B Update

by Judy Muschamp

The Siletz Tribal Council has set aside gaming revenue funds to reimburse tribal elders, **age 65 and older**, or qualifying disabled persons for Medicare Part B premiums. Now is the time of year for anyone who is not already covered by Medicare B to enroll.

You can enroll through March 31 for coverage effective July 1. This is an excellent program for anyone who qualifies and if you live within the 11-county service area, helps the Contract Health Services program by shifting the majority of the cost of physician services to Medicare.

Here are answers to some common questions:

Question: What paperwork do you need so I can receive reimbursement?

Answer: I need a copy of your Medicare card. This shows that you are covered by Part B medical. I also need a copy of your benefit statement from Social Security that shows how much per month is withheld from your check.

Mail these copies to Judy Muschamp, Siletz Clinic, P.O. Box 549, Siletz, OR 97380-0549 or fax them to my attention at 541-444-1278.

Question: The Social Security office said I would be penalized if I sign up for Part B now. Will the tribe reimburse me for the penalty too?

Answer: Yes, it's cost effective for the tribe to reimburse you whatever the penalty imposed by Medicare.

Question: I want to add Part B to my Medicare. When can I do that?

Answer: You can sign up for Medicare Part B:

1). When you first enroll in Medicare (your initial enrollment period). The initial enrollment period starts three months before you turn age 65 and for seven months after.

2). Jan. 1-March 31 of each year (your general enrollment period). If you enroll in Part B during a general enrollment period, it will be effective July 1 of the year in which you apply. Your

Medicare Part B premium will go up 10 percent for each 12-month period that you could have had Medicare Part B, but did not take it.

3). If you did not take Medicare B when you were first eligible because you or your spouse were working and had group health plan coverage through your or your spouse's employer or union, you can sign up for Medicare Part B during a special enrollment period. You can sign up anytime you are still covered by the employer or union group health plan through your or your spouse's current or active employment; or during eight months following the month the employer or union group health plan coverage ends, or when the employment ends (whichever is first).

To add Medicare Part B, you should contact the Social Security Administration at 1-800-772-1213.

Question: When will I receive my reimbursement from the tribe?

Answer: After your initial check is processed, you should receive your regular monthly check the first week of the month.

Question: Is the reimbursement taxable?

Answer: Yes, in some cases the reimbursement is considered taxable income. You will receive a form 1099 from the tribe.

Question: My premium increased in January 2005. Will the tribe reimburse the increase?

Answer: Yes, please mail me the benefit statement you received from Social Security indicating how much your premium increased. Non-penalized premiums in 2005 increased to \$78.20 per month. We will automatically adjust to \$78.20 unless your premium is penalized. If your monthly premium is higher than \$78.20, we need your documents.

If you have any other questions, please call Amie Williams or myself at 1-800-648-0449 or 541-444-1030.