

Health Plan Cards Arrive For Tribal Members

■ New identification cards respond to member suggestions.

Tribal health plan administrator United Medical Resources (UMR) has already applied feedback received during membership meetings held in Oregon and southern Washington during May.

Specifically, UMR has issued a new identification card for all Tribal members. It offers the following benefits:

- Access to a new and expanded provider network in Oregon and SW Washington (Healthcare Direct);
- Easier access to members' health insurance information for doctors;
- Ability to use Tribal member ID numbers for easy reference to member accounts; and
- Contact information for medical, dental and vision coverage is now included at one service number, the same number that Tribal members have been using: 1-888-CTGR-BEN (1-888-284-7236).

Tribal members are encouraged to present the new ID card to health care providers on their next visits.

Tribal members who did not receive the new ID card or have questions may contact United Medical Resources at 1-888-CTGR-BEN (1-888-284-7236). Allyson Lecatsas, HealthCare Benefits Administrator, is also available to help at the Tribal Risk Management office at 503-879-2221.

Has it been over 2 years since you visited your doctor for a check-up?

Have you had difficulty maintaining a healthy weight?

Are you dealing with high blood pressure or high cholesterol?

Are you at that point where you are interested in quitting smoking?

Are you dealing with a chronic condition such as diabetes, depression, alcoholism, or back pain?

If you answered 'Yes' to at least one of the questions above, then the P.R.I.D.E. program is here to help.

What is the P.R.I.D.E. program? P.R.I.D.E. (Preventing and Reducing Illness through Detection and Education) is a confidential program available at no cost to all Grand Ronde Tribal members who are enrolled in the United Medical Resources, Inc (UMR) Medical Plan. The P.R.I.D.E. program was introduced in September 2004. The program's goal is to provide ongoing healthcare resources and confidential assistance to you and your family.

The program is supported by a UMR clinical team who understand the care and attention that you deserve in order to maintain a healthy lifestyle. The P.R.I.D.E. program is available Monday – Friday, from 5 a.m. to 4 p.m., (Eastern time) and can be accessed simply by picking up the phone and contacting your **personal nurse health educator, Kathleen Werning**, toll-free, at 1-800-316-9946.

So how can P.R.I.D.E. really help me? Many Tribal Members have already taken advantage of P.R.I.D.E. services — several Tribal members have expressed their positive results:

"I can't believe it! Since I started with the P.R.I.D.E. program, my cholesterol dropped to 163 from over 200!"

"You know, I've tried everything to quit smoking, and the P.R.I.D.E. program for quitting smoking is working so far!"

"I never thought that getting my routine check-up was necessary, and never did because it was too expensive... haven't been to a doctor in 30 years. The [P.R.I.D.E.] nurse gave me information on why I should visit my doctor regularly and questions to ask when I went... and also told me that my doctor visit was a lot less expensive than I thought."

As we all know, "an ounce of prevention is worth a pound of cure." Whatever your health issue, the P.R.I.D.E. nurse will be available to provide resources and education to assist you in managing your health. Additionally, you may receive a personal call from the P.R.I.D.E. nurse health educator. There is also more information about the benefits available to you through the www.MyUMR.com website.

Kathleen, the P.R.I.D.E. nurse, will be attending the **Confederated Tribes of Grand Ronde Pow-wow in Grand Ronde on Friday, August 19, Saturday, August 20 and Sunday, August 21**, and will be available to answer your health questions one-on-one. You may visit her at the UMR booth.

You may also contact Kathleen, toll-free at 1-800-316-9946. This program is entirely confidential. All materials sent out to you are free of charge. Look for more letters coming your way for services and program offerings that may be just for you. We look forward to hearing from you!

Public Notice Open For Comment

Public Notice for Comment on the Grand Ronde Tribe's application for 2006 Low-Income Home Energy Assistance Program (LIHEAP) Funding. The Grand Ronde Tribe obtained a LIHEAP grant last year from the Division of Energy Assistance within the U.S. Department of Health and Human Services. This grant program assists income eligible Tribal members with energy assistance (utility bills, fire wood, etc.), crisis energy assistance, and weatherization (e.g. furnace repair, caulking, insulation).

The Tribe's LIHEAP service area currently includes Polk, Yamhill, Marion, Multnomah, Washington, Tillamook and Clackamas counties. For the proposed 2006 application the Tribe is considering adding Columbia, Clatsop, Lincoln, Lane, Linn, Benton, Douglas and Coos counties.

If you are interested in obtaining services from the current program please contact Social Services at 800-242-8196 for energy assistance and the Grand Ronde Tribal Housing Authority at 503-879-2405 for weatherization.

The Tribe is taking public comment on the 2006 LIHEAP application which is to be submitted by September 1, 2005. A draft will be available for review at the Planning & Grants Development Department at the Tribal Governance Center on August 19, 2005. It will also be available at the Housing Authority booth at the pow-wow. You may also call Planning & Grants Development at 503-879-2250 with your comments on the plan or to obtain more information about the plan.

Walking On...

Monte LeRoy Schlechter, Jr.

October 17, 1960 — June 5, 2005

Tribal member Monte LeRoy Schlechter, Jr. passed away on June 5 at the age of 44.

Schlechter was born on October 17, 1960 in Tillamook and was raised in Portland. He graduated from David Douglas High School and served in the Army National Guard. He was a shipping manager for Beaver Heat Treating for the past four years.

Survivors include his daughter, JoAnna; son, Ron; father, Monte L. Sr.; mother, Anna K Nystrom; stepbrother, Robert Reeder; sisters, Cynthia Roles and Cheri Schooley; stepsister, Candy Day and one grandchild.

Martha Maryetta Moody

October 27, 1926 — July 23, 2005

Martha Maryetta Moody, 78, of Siletz died of age related causes July 23, 2005 in Siletz, Oregon.

She was born on October 27, 1926 in Siletz.

She was born and raised in Siletz, and attended high school at Chemawa Indian School. A member of the Siletz Tribe, she enjoyed dancing, music, and movies. She enjoyed and loved her family, children and the grand children.

She worked in mills during the war, spent most of her life as a homemaker and worked picking ferns.

She was preceded in death by her husband Tom.

Survivors include sons, Bruce Butler III of Siletz, Arthur L. Butler of Lincoln City, Byron Keiser of Siletz, daughters, Loraine Butler of Siletz, Laverne Butler of Siletz, and Lavonne Butler of Siletz, and 61 grandchildren, great-grandchildren, and a great-great grandchild.

Memorial services were held on July 26 in Siletz.

The family of Fremond Bean would like to send our love and heartfelt sorrow to the Butler family of Siletz for the loss of their mother Martha Maryetta Moody. Martha has been a part of our lives for over 45 years and we all had special times and many memories of our life with her.

Martha was loved by many people and touched the lives of many; she gave each one of us something special that was just for her and that person.

I was 10 years old when I first met Martha, we were living in Siletz at the time and my dad was logging with Uncle Elmer Logan. The Logan family lived down the river a few miles out of Siletz and almost every day we would go with dad and stay at the Logan home while the men logged. Martha came to see her Uncle Elmer one day and as I first laid eyes on her, I thought to myself "she is the most beautiful woman I have ever seen."

Little did I know that two years later she would become my step-mother, my brother Tom and I went to live with Martha and my dad in Salem. Martha has been a part of our life ever since. The memories are countless, Martha had to be one of the strongest women I have ever known. She stood tall and proud against all that came her way and the obstacles were many. Martha lived her life to the fullest and in great pain she overcame it all.

*We love her and all of you,
The Fremond Bean family*

