

Cover Oregon and Tribal Communities: Working Together for You

Cover Oregon opened Oct. 1, but its Tribal community partnerships were already up and running and will continue to be important in the months and years to come.

For the last two years, representatives from Oregon's nine Tribes have helped shape Cover Oregon and how its programs will help American Indians and Alaska Natives across the state get quality health insurance that can be used at your local Tribal or urban Indian clinic.

Cover Oregon is an online marketplace for Tribal communities and others to find health insurance and get financial help to pay for it. Even if you receive services from your Tribal or urban Indian clinic, Cover Oregon will work for you.

“Once all of the bugs are worked out of the online system, the opportunity for all Native Americans to access low-cost subsidized insurance is incredible. At Grand Ronde, it promises to reduce Tribal expenses for Tribal Skookum, out-of-pocket costs to Grand Ronde members and improve the effectiveness of Contract Health Services. We are excited about having the opportunity to continue to help our membership to meet their health care needs.” – General Manager Mark Johnston

Having health insurance is important because it protects you and your family from large medical bills by paying for some or all of the costs of medical care. Even if you get services at your Tribal or urban Indian clinic, health insurance protects you in case you need a hospital stay or specialty care.

Many choices are available through Cover Oregon, including private plans, the Oregon Health Plan and Oregon Healthy Kids. If you are an enrolled member of a federally recognized Tribe and sign up for insurance through Cover Oregon, you can expect:

- **To help your Tribal community:** Getting health insurance helps fund Tribal or urban Indian clinics;
- **Consistent care:** You can continue to get care from your Tribal or urban Indian clinic;
- **No cost for doctor visits:** You will never have to pay for any service you receive from a Tribal or urban Indian clinic. Also, you might qualify for no cost-sharing at any doctor or provider if you meet certain income requirements;
- **Flexible enrollment:** Special monthly enrollment periods allow you to sign up or change plans.

For more information on benefits to you and your Tribal community, contact Cover Oregon or get in touch with a Tribal or other community partner who can tell you more.

You also can contact Loretta Meneley, Certified Application Assister at the Grand Ronde Health and Wellness Center, at 1-800-775-0095 or 503-879-1359. To be sure you're working with a certified agent or partner, visit CoverOregon.com or call 1-855-CoverOR. Language assistance is available. ■

Hawk release



Photo by Dean Rhodes

Tribal Temporary Oral Historian Sequoia Raya releases a red-tailed hawk back into the wild at Yamhill County's Stuart Grenfell Park on Thursday, Dec. 19, just west of Sheridan along Highway 18. The hawk was found by Tribal Elder Alan Ham on Nov. 21 in the grass divide where Highway 18 splits from two to four lanes west of Sheridan. Ham took the hawk to Turtle Ridge Wildlife Center in Salem, where it underwent several weeks of recuperation from trauma, said volunteer Kyra Knutson. The trauma was probably caused by a collision with a car. Once the hawk was healthy again, it was suggested that it be released near where it was captured just in case it had a territory in the area. Raya and Knutson were assisted in the release by fellow Turtle Ridge volunteer Charles Harmansky. Turtle Ridge provides care to injured or orphaned Oregon wildlife with the goal of release back to their natural habitat. Raya said that based on who found the bird, he took to calling it "Ham Hawk."

Bernando teaches Wawa in Portland office

Tribal member Eric Bernando teaches Chinuk Wawa language classes from 5:30 to 8:20 p.m. Wednesday at the Portland office, 4445 S.W. Barbur Blvd., Suite 101. For more information, contact Bernando at Chinuk-Wawa@gmail.com or 503-709-3017. ■

Important notice to full-time students

All full-time students must submit verification that they have applied to a scholarship outside the Tribe BEFORE funding will be released for the term/semester. Verification can include a scholarship award or denial letter, e-mail verification that an application was submitted, a copy of the application or the financial aid award letter that lists an outside scholarship. Please contact Education at 1-800-422-0232, ext. 2275, if you have any questions. ■

Adult Foster Program



The Tribe's Adult Foster Care lodges are committed to offering quality care to our Elders and helping them remain as independent as possible, while providing the personalized assistance they need. At our lodges, a wide range of services is available in a comfortable setting where privacy is respected and maximum independence is supported. For information, contact the Adult Foster Program Director at 503-879-1694. ■

T3nas Intervention

Services to be provided to babies & moms-to-be:

- Checkups
- Cleanings, if applicable
- Injection-free fillings, if needed and appropriate
- Cavity prevention treatment
- Age-appropriate goodie bags
- Raffle ticket for one of two blankets to be raffled every six months

Confederated Tribes of Grand Ronde Dental Clinic



Pregnant women and babies under 2

Tribal members: pregnant women or 0-2 year olds (teeth or no teeth!) who come in for a scheduled dental checkup or other appointment will be entered in a raffle for a baby Pendleton Blanket!



To schedule call: 503-879-2020

