

SSI, SSD eligibility and statement copy info

Dear Tribal member,

If you have reached the age of retirement (65) and have started to receive Social Security Retirement benefits, or are disabled and receiving benefits through Social Security (SSD); you may be eligible to receive Medicare Part B benefits. As a Grand Ronde Tribal Member, the Tribe will reimburse your Medicare Part B premium if not already paid by a third party, such as the state where you live.

To find out if you are eligible, or to get enrolled in Medicare Part B, please do the following:

- Call 1-800-772-1213 or go online at www.socialsecurity.gov to request an application for enrollment in Medicare Part B and return it to your local Social Security Office.
- You'll receive a Medicare Part A&B card and a statement from the Social Security administration showing the Medicare amount deducted from your Social Security check within a month or two of signing up. Your Medicare activates once you use your card at your doctor's office. Medicare should now be used as your Primary insurance and Skookum Tribal Health Plan (Shasta) Secondary.
- After your Medicare Part B coverage begins, the Medicare premium deducted from your Social Security or paid out-of-pocket will be reimbursed to you each month by the Tribe up to the standard rate.

In order to have your Medicare Part B reimbursed by the Tribe you'll need to provide the Tribe with the following: 1) a copy of your Social Security statement showing your Medicare Part B deduction from your check each month. If you are paying out-of-pocket submit a receipt of payment along with the correlating statement from the Social Security Administration. 2) Supply us with a copy of your Medicare card, and 3) fill out and return the release of information.

For additional information please contact: Jolanda Catabay/Member Benefits at 1-800-422-0232, ext. 2253 or e-mail jolanda.catabay@grandronde.org

Dear Tribal member;

It's getting to be that time of year again. Time to remember to send us a copy of your current (2013/2014 preferably) benefit statement from the Social Security Administration (when you receive them) so that we can update your file. If you do not receive your current benefit statement you may order one by calling the Social Security Administration at 1 800 772-1213 or go online at www.ssa.gov. Your current benefit statement must reach our office by Jan. 31, 2014, to avoid any future delays in your benefits.

For Elders age 55 and up, if you have been qualified under the SSA department as SSI or SSD Eligible, your Pension checks may qualify as non-taxable. We will need a copy of that document on file in order for this to take effect.

Please mail copies of your benefit statement to:

CTGR Member Services
Attn: Jolanda Catabay
9615 Grand Ronde Rd.
Grand Ronde, OR 97347

You may also e-mail or fax a copy to the following;

Fax: 1 800 879-2480, e-mail jolanda.catabay@grandronde.org

Note: It is the responsibility of the Tribal member to notify the Tribe of any changes in your benefits from the Social Security Administration SSI/SSD program. Failure to notify the Tribe may result in an obligation to repay ineligible benefits received, interrupt or delay your Tribal Supplemental Security Income and Disability payments (disregard this letter if you have already sent us a current copy of your benefit statement).

Please feel free to contact me if you have further questions or concerns. My contact number(s) are 503-879-2253 or toll-free 1-800-422-0232, ext. 2253.

Respectfully,
Jolanda Catabay
Enrollment Member Services Specialist
Confederated Tribes of Grand Ronde

What is an internship?

An internship (full-time/part-time) is a real-world experience related to your career goals and interests. It may, but does not have to be related /connected to your academic major or minor. Internships can be done during the academic semester and/or summer. There are several varieties of internships: some are paid, some are not and some offer credit towards graduation (from Stonybrook University's Career Center). Internships can be what helps you stand out in your job interviews after college. Most employers look for a combination of formal education and experience. Not only are you gaining valuable hands-on experience, you are also networking and making connections to professionals in your future career field. CTGR Higher Education encourages students to explore internship opportunities to supplement their college education. ■

A HEALTH TEXT MESSAGING SERVICE FOR AMERICAN INDIAN AND ALASKA NATIVE TEENS AND YOUNG ADULTS

WE R NATIVE

For weekly health tips, contests, and life advice
text NATIVE to 24587

Please encourage young people in your community to sign up.

Topics include:

- Teachings from Native leaders
- Wellness and Life Balance
- Family Relationships
- Mental Health
- Tobacco, Drugs and Alcohol
- Violence and Bullying
- Peer Pressure
- Sexual Health
- Healthy Relationships
- School Pressures
- Getting Help
- Quizzes, polls, and discussions
- Scholarships, conferences, internships

*Standard rates apply. It's just like texting your friends and family.

In 2012, the Northwest Portland Area Indian Health Board will launch a companion website: www.weRnative.org. The site is being designed for Native youth, by Native youth, to encourage healthy behaviors, share youth-friendly media and current events, increase cultural identity and pride, and share the positive impacts Native youth are having on their communities.

Funded by the National IHS HIV Program

For more information, please contact Jessica Leston: jleston@npihb.org or visit us at: <http://www.npihb.org/epicenter/project/projectredtalon>



DO YOU WANT TO WORK? WOULD YOU LIKE ASSISTANCE? HAVE YOU RECENTLY BEEN HIRED?

THE SOCIAL SERVICES DEPARTMENT HAS TWO PROGRAMS THAT ASSIST TRIBAL MEMBERS WHO WANT TO WORK AND LIVE IN THE 6 COUNTY SERVICE AREA

THESE PROGRAMS ARE 477/EMPLOYMENT AND TRAINING AND THE GRAND RONDE TRIBAL VOCATIONAL REHABILITATION PROGRAM.

THE VOCATIONAL REHABILITATION PROGRAM WORKS WITH TRIBAL MEMBERS WITH A DISABILITY THAT HAS BEEN A BARRIER TO GAINING OR RETAINING EMPLOYMENT

THE 477 EMPLOYMENT AND TRAINING PROGRAM SUPPORTS TRIBAL MEMBERS WITH JOB RELATED SERVICES 477 CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON AND YAMHILL COUNTY.

TRIBAL VOCATIONAL REHABILITATION CAN SERVE GRAND RONDE TRIBAL MEMBERS WHO LIVE IN MARION, MULTNOMAH, POLK, TILLAMOOK, WASHINGTON, YAMHILL AND CLACKAMAS COUNTY FOR INFO CONTACT:

THE SOCIAL SERVICES DEPARTMENT AT **503-879-2034 OR 1-800-242-8196** TO LEARN MORE ABOUT THE PROGRAMS AND TO DETERMINE WHICH ONE CAN BEST ASSIST YOU