

WIC at the Grand Ronde Health & Wellness Center

Pregnant? Breastfeeding? Does your family include a child under the age of 5?

If so, you may qualify for the Women, Infants and Children program. With WIC, people can receive answers to nutritional questions and access fruits and vegetables, whole grains, eggs, milk, cheese, juice, cereal and more.

A WIC representative visits the Health & Wellness Center on the first and third Tuesday of the month. Walk-ins are welcome between 8:45 and 11 a.m. When WIC clients arrive at the Health & Wellness Center, they should enter through the Wellness Department located at the back of the medical wing

For more information or to schedule an appointment, call 503-623-8175, ext. 2297.

WIC clinics are scheduled for Nov. 17 and Dec. 1 and 15. ■

NOTICE TO ALL TRIBAL MEMBERS ON THE SSI/SSD SUPPLEMENTAL INCOME PROGRAM

Attention Tribal members on SSI or SSD programs:

It's getting to be that time of year again. Time to remember to send us a copy of your current 2016 benefit statement from the Social Security Administration so that we can update your file. **This is a requirement for members between the age of 18-54 who are wanting to re-qualify for this supplemental program.** 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, 2016, to avoid any future delays in your benefits.

For Elders age 55 and up, **it is a requirement that we have an updated Social Security Administration letter of eligibility once every two years.** We will need a copy of that document (SSA award letter) to update your file.

Please mail copies of your benefit statement and the application to:

CTGR Member Services
Attn: Jolanda Catabay
9615 Grand Ronde Road
Grand Ronde, OR 97347
Fax: 1-503-879-2480
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.

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

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

Groups form Helping Hands

The Clothes Closet, Iskam Mək^hMək Haws and A Cause For Paws have started an ad hoc group called Grand Ronde Helping Hands and is inviting community members to join the effort of supporting local families.

"The goal is to bring those of us together who are supporting families in Grand Ronde to share the services and resources we provide and create a resource guide we can all use," said Food Bank Coordinator Francene Ambrose.

"If you provide any type of services to families in our community, please consider attending," Ambrose said. "We are looking for meal site calendars, food box sites, clothes closets, showers and laundry service. We are asking churches, church groups, departments and support groups to share with us. We are also collecting items for homeless families in our area, items for camping, bed in a bag, reusable water jugs, silverware, plates, etc."

The next meeting will be held at 9 a.m. Tuesday, Nov. 10, at the Food Bank, 9675 Grand Ronde Road.

In addition, a collection day is scheduled for 10 a.m. to 2 p.m. Saturday, Nov. 14, seeking donations of warm coats, hats, gloves, socks and new unwrapped toys.

If you are interested in joining the effort, contact Ambrose at 503-879-3663 or at fambrose@marionpolkfoodshare.org. ■

Phone numbers wanted for Elders

The Tribal Elders Committee is compiling a volunteer phone list of Elders. If you would like to submit your phone number and address to be available to other Elders, send it to elders.committee@grandronde.org or leave a message at 503-879-2231. ■

Name changes in Tribal Court

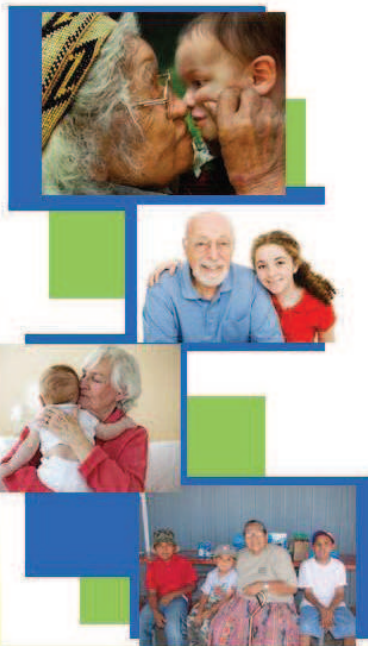
Tribal Court provides both minor and adult name changes to enrolled members for a filing fee of only \$30. If you have any questions or would like to request a packet, please contact Devin Larsen at 503-879-2303 or devin.larsen@grandronde.org. ■

Parenting A Second Time Around..

A group for grandparents and other relative caregivers who are raising their grandchildren or other relative's children.

Come share with other grandparents and relative caregivers and learn more about:

- Your changing roles & responsibilities
- Effective discipline tools
- Rebuilding a family
- Advocating for yourself & your relative children
- Communication skills
- Understanding adolescents



When: October 6th, 10:00 to noon & the following 7 Tuesdays (ending November 24th)

Where: Grand Ronde Adult Education Bldg., Room 126

Cost: FREE with child care** & meal provided**for children 18 months - 8 years

Parent Educator: Carmen Mercier

Register: Online: www.midvalleyparenting.org
By phone: Heather 503-623-9664 ext. 2368 OR
Audra 503-879-2069 OR Amanda 503-879-2039



Learn About Squash! Free Hands-on Cooking Class



BONUS!
Take home ingredients to make one of the recipes at home.



Tuesday, November 10

5:30pm

Iskam Mək^hMək-Haws

Sign up TODAY!

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