


Are you frustrated with your diabetes control?
 Do you have questions about diabetes?
 Do you need help managing your diabetes?
 If so...
 Call the Medical Clinic today at 503-879-2002
 To schedule an individual diabetes education appointment



General Educational Development

START TODAY

**GET YOUR GED
 A LIFE CHANGING EVENT**

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 Contact Tracy Biery for more information
 503-879-1345 or tracy.biery@grandronde.org

We will help you every step of the way!

A GED Can
 Help you get a job
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 Increase your income
 Provide you with a sense of accomplishment

Confederated Tribes of Grand Ronde
 Adult Education
 9615 Grand Ronde Road
 Grand Ronde, Oregon 97338
 Tracy Biery
 503-879-1345
Tracy.biery@grandronde.org

Walking On...

Sunshine Ailani Goodenough

July 5, 2017 – Jan. 5, 2018

Sunshine Ailani Goodenough, 6-month-old daughter of Kaliska Dawn Norwest and Justin Blayne Goodenough, walked on unexpectedly on Friday, Jan. 5, 2018.

She was born on July 5, 2017, in McMinnville. She was a happy little girl who enjoyed watching and playing with others and toys.

She is survived by her mother, Kaliska Norwest, and father, Justin Goodenough of Sheridan; brothers, Cedar Blayne and River Wesson Goodenough; sister, Journey May Goodenough; grandfather, Johnny Joseph Norwest; grandmother, Tiffany Dawn Johnson; grandfather, Jerry Wayne Goodenough; great-grandmother, Joan Carol Swanson; and great-grandfather, Don Albert Strunk.

Services were held Friday, Jan. 12, in the Grand Ronde Tribal gym. Interment was at the Grand Ronde Tribal Cemetery.

Dallas Mortuary cared for the family. To leave a message or memory the family, visit www.dallastrIBUTE.com.




TEACH our children our stories

**BECOME A TEACHER.
 APPLY TO AITP**
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AMERICAN INDIAN TEACHER PROGRAM



There are so many reasons to get to a healthy weight . . .

You are important to many people. We need you to stay healthy.

By losing just 5-7 percent of your weight, you will reduce your risk for diabetes.

See your health care provider today to set your goals and write a plan.



MEDICARE HEALTH INSURANCE
 JOHN L. SMITH
 1EG4-TE5-MK72
 HOSPITAL (PART A) 03-01-2016
 MEDICAL (PART B) 03-01-2016

WILLAMETTE UNIVERSITY

Native and Indigenous Student Union
 16th Annual Social Pow wow

Saturday March 10, 2018
 Grand Entry 4pm
 Women's Traditional Dance

Call 503.370.6265 for information

You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare number that's unique to you and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is current. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare number and card.
- Understand that mailing everyone a new card will take time. Your card might arrive at a different time than your friend's or neighbor's.