


Are you moving?  
 Do you need help with First, Last, and Deposit?  
 Contact Social Services for more information  
 (503) 879-2034 or (800) 422-0232  
 You can also email us at  
[ssdinfo@grandronde.org](mailto:ssdinfo@grandronde.org)

On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

Text JOIN to  
 (971) 318-3459



## TRIBAL HEALTH SCHOLARS

Tribal Health Scholars (THS) is a paid externship program for American Indian / Alaska Native (AIAN) high school sophomores, juniors and seniors. Students are supported and inspired to envision themselves as healthcare professionals and to pursue education required for a career in healthcare.

THS has two components:

- 14 week virtual experience where scholars learn about healthcare fields and hear from guest speakers
- 4 weeks of a clinical shadowing externship where scholars gain exposure to health careers at their local tribal health clinics

**Applications close January 20th, 2024**  
 Apply online at <https://www.nnacoe.org/tribal-health-scholars>


For more information or any questions please contact:  
 Katie at [murpkati@ohsu.edu](mailto:murpkati@ohsu.edu)




Paid ad

## Basic Foundational Yoga with Diana Robertson

Beginner friendly  
 Breathing techniques  
 Spiritual tools



Yoga is \$5 per class or \$40 for a 10-punch pass. Purchase a yoga pass and get a free drink!

Monday  
 Wednesday  
 Friday  
 12:10-12:50 p.m.  
 CTGR Community Center




## West Valley Veterans Memorial Application

Deadline is March 15, 2024

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Gender: Male/Female (Circle) \_\_\_\_\_

Rank: \_\_\_\_\_ Branch: \_\_\_\_\_ Honorable: Yes/No (Circle) \_\_\_\_\_

DOE: \_\_\_\_\_ Place of entry: \_\_\_\_\_

DOS: \_\_\_\_\_ Place of separation: \_\_\_\_\_

Deceased: Yes/No (Circle) \_\_\_\_\_ Place of burial: \_\_\_\_\_

CTGR Tribal: Yes/No (Circle) \_\_\_\_\_ If Tribal, Roll# \_\_\_\_\_

\*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please contact Chelsea Clark at 503-879-1418 or e-mail: [publicaffairs@grandronde.org](mailto:publicaffairs@grandronde.org)

Any applications received after March 15, 2024, will be kept on file for inclusion to the Memorial in 2025.