



THE ABSENTEE SHAWNEE NEWS

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January 2022

Tecumseh Square Receives Redevelopment Approval



Photos of the current state of Tecumseh Square Shopping Center. The Tribe recently received a preliminary approval from the City of Tecumseh to redevelop the property.

The tribal owned Tecumseh Square Shopping Center has long been an eyesore but that could soon change. On December 6th, Governor John Johnson and Muhammad A. Khan, Vice President of SMC Consulting Engineers, P.C., presented redevelopment plans to the Tecumseh City Council and on December 7th, received preliminary approval to proceed.

The tribe purchased the property located at 12510 Holly Lane in 1992. The shopping center, built in

1960 was once a thriving retail hub for many years. The center housed retailers such as TG&Y, Newton Walls and Shawnee Products (the Bandage Group).

The property has been vacant for years, but the late Lt. Governor Kenneth Blanchard was determined to bring it back to life.

“All of these plans that we are working on, were Kenneth’s ideas. I am happy that we can continue the work that he started.” said Johnson “It was a huge step in getting this early approval from the

city of Tecumseh. It means we can move the project forward.”

The next step for the tribe is selecting an architect. The tribe plans to use CARES funds to revitalize the property. Plans include creating office space for lease.

“I hope we do him proud and honor the vision that Kenneth had.” said Johnson. “I look forward to bringing Tecumseh Square back to what it used to be, what Kenneth wanted to accomplish.”

Governor Johnson Delivers State of the Tribe Address



Left Photo: Governor Johnson delivering his state of the Tribe address to the Norman City Council. Right Photo: City of Norman Mayor Breea Clark with Governor John Johnson before the meeting.

Governor John Johnson delivered the State of the Tribe Address on November 30, 2021 at the Norman City Council Meeting. Norman Mayor Breea Clark invited Governor Johnson to speak regarding the tribe’s progress. “I value our relationship and our partnership that we have in this area of Oklahoma.” Mayor Clark said, “I look forward to building on it.”

Immediately after Johnson’s speech, Mayor Clark gave the State of the City

Address.

Johnson’s speech highlighted the tribe’s enterprises and future plans. He spoke about the two casinos, the Little Axe and Shawnee clinics, Plus Care, the two day cares, the resource center and the convenience store.

“We were the first casino in the state of Oklahoma. In Little Axe, we are planning to expand our clinic. We are also getting ready to build another clinic in the Shawnee area.” Johnson said.

“Also, we have purchased 145 acres across the street from Little Axe schools for future projects including agriculture development programs.”

He also shared how the tribe helped the members during the pandemic.

“The tribe received CARES funds and we were able to help our tribal people. We provided general welfare assistance, education aid, energy assistance, food cards and small business assistance.”

The tribe is trying to combat

COVID and to this date has given out 8,317 vaccines in the Little Axe and surrounding areas. COVID is still here yet Johnson remains optimistic that the tribe will continue to flourish.

“It’s been tough and COVID is not over. We are in the planning stages of what we’re going to do next but first we will have to wait and see what this new variant does.” Johnson said. “But we are going to make it through this.”

NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@atribe.com

Unfortunately we can only accept **ONE PICTURE PER BIRTHDAY PERSON**, not per birthday wish.

All articles for the next month’s issue are **DUE** by the **15th of the current month**.

GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Happy New Year!!! I hope everyone enjoyed the holiday season with family and friends. It is hard to believe we have started a new year. Below are a few events that I have attended in the last few months of 2021.

I was invited to attend the 44th Oklahoma Governor's Arts Awards on Tuesday November 9th. Sixteen individuals and three organizations were honored for their contributions to the arts in Oklahoma. Awards were presented by Governor Kevin Stitt during a special ceremony at the Oklahoma State Capital.

On November 18th I had the pleasure of attending the Oklahoma Hall of Fame dinner at the Cox Business Convention Center in Tulsa. On this night, eight people were given Oklahoma's highest honor. Since the inception of the Oklahoma Hall of Fame in 1927, 714 accomplished individuals have received this honor.

On December 6th, I attended and presented the tribe's plan for the old Tecumseh square building at the Tecumseh City Council meeting. Mr. Muhammad Khan the Vice President of SMC Consulting Engineers, Lt Governor DeLodge, Secretary



Lt. GOVERNOR
Ezra DeLodge

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,

I want to wish everybody a safe and happy holiday. I hope we continue doing our best to continue staying safe and continue to practice the CDC recommended guidelines to get vaccinated, wear your mask indoors and in public spaces and now its suggested to get the booster shot, if you fall within the requirements. It is said the majority or soon to be majority is the Omicron variant, which spreads faster than earlier forms of the virus.

I want to send my thoughts and prayers to those who have lost loved ones and send words of encouragement to those who are facing difficult times.

A few updates from departments within my oversight. These come directly from the Dir.'s and if you have any questions please do not hesitate to contact my office or the directors themselves.

BIA Roads:**BIA Roads Director Nahinli Billy**

As of today, we have served 23 families with driveway assistance and we have several more that are in progress at the moment. I have not gotten a huge amount done in the last month since I was out with COVID. Cleveland County has completed several miles of county roads we had discussed last month and are very grateful to AST for helping fund those projects.

Maintenance:**Maintenance Director Kevin Kaseca**

SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

It is 2022 and may this beginning bring you new happiness, new goals, new achievements and many new inspirations in your life. I am definitely excited to see what is in store for our Tribe and for our tribal people in this New Year.

I would like to quickly report on a couple of December activities. The Winter General Assistance was a quick roll out program. Everything is always super hectic in the last quarter of the year however staff made it work. The in-person event held on the 10th and 11th was simply amazing. In 2-days, we issued over 2,100 cards, which equates to over a million dollars. It was a smooth operation and I could not be more pleased with the coordinated effort of all.

The ICW Department always hosts a Christmas Angel Tree for tribal children in need. This year, there was an inclusion of tribal elders as well. I personally sponsored 3 (I usually sponsor a child every year and I love doing so). However, by early December, staff still had 37 Angels

Miller and a few other tribal staff members were alongside me. Mr. Khan presented the Tecumseh City Council with the survey of the property. The Council is very excited to see what the future plans are for this building and location. We are now ready for the next step which will be Mr. Khan drawing up the architect plans. This project was a vision of the late Lt. Governor, Kenneth Blanchard and I am working hard to make his vision come to light.

I hope all tribal members were able to take part in the ARPA Winter General Assistance program that had a deadline of December 30th, 2021. The EC and staff worked hard at the 2 day in person events on December 10th and 11th. We had over 2000 tribal members receive gift cards on those 2 days. I want to thank everyone that helped during these events, everything went as planned with no major issues.

I am looking forward to starting off 2022 with new endeavors. I can't wait to see the forward progress that is planned for the tribe this upcoming New Year. Please remain aware of the new strains of COVID that are starting to spread around the country. Continue to wash your hands and wear your mask to stop the spread of this deadly virus.



Governor Johnson and his wife Janet with Blake Shelton at the Oklahoma Hall of Fame dinner at the Cox Business Convention Center in Tulsa.

The maintenance department has been assembling office furniture and completed 32 work orders since November 11, 2021 and during that time also had new pedestal street lights installed in front of building. The Maintenance Department wishes everyone a Merry Christmas.

OEH:**OEH Director Jarrod Lloyd**

From January 2021 to November 2021, OEH has assisted Tribal members with 68 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. For 2021, we have collected, processed, and recycled 64 bales of shredded office paper and cardboard equaling roughly 48 tons of recyclable waste that has been diverted from landfills. 128 Tribal Response, 106 Water Pollution, 319 Non-point Source Pollution, and GAP Grant Applications have been received and we are now operating under EPA Fiscal Year 2021. We have begun our bi-monthly surface water sampling plan for water bodies within our Tribal Jurisdiction. This data is reported to EPA in an effort to prevent surface water pollution and enable additional Federal funding that will enhance the quality of Tribal water bodies. The cabins and bathhouse at Camp Nikoti are near completion. All project construction and closeout documentation is expected to be completed well ahead of the HUD Designated deadline. We have received proposals from Architects for the new Police Safety Center. Those proposals are currently under review and a firm will be selected and begin work on the design

and specifications in January. Once the design is complete, bids will accepted for a general contractor.

Wood Cutting Program:**Project Coordinator Clayton Martinez**

The wood cutting programs application will be available on Monday, December 20, 2021 via AST website. We currently have 29 ricks of mixed wood (Red Oak, Post Oak and Black Jack) and still adding to the inventory. We have assisted three tribal members since I was hired in November and hopeful we can assist more as soon as possible. The department has currently filled laborer positions and will have a full crew at the beginning of the 2022 year.

BIA Tribal Housing Improvement Program:**Project Coordinator Donnie Marshall**

THIP Project Coordinator hired December 6, 2021

Currently there are two (2) Full-Time Job Vacancies: Carpenter and Maintenance worker. See employment opportunities on the <https://www.astrobe.com/employment>

The Application for Assistance is in the approval process and should be made available soon on the ASTRIBE.COM website.

If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Respectfully,

Lt. Governor DeLodge



REPRESENTATIVE
DeWayne Wilson

that were not spoken for – which was concerning. By some divine intervention, an answer to prayers was received. ICW received a call from a business in Norman, OK, who wanted to sponsor all of the 37 unspoken for Angels. So needless to say – the day we all ventured to pick up the toys for these Angels from the business, there were flowing tears of joy. ICW staff was ever so grateful, as I was, and the employees of the business were just wonderful and very welcoming. They were such a friendly bunch. I could not have been happier for our little Angels and for the Christmas they were going to have. Ne yi wa to Cimarron Energy-you are an amazing group!

The Homeowner Assistance Fund (HAF) Program, which will have income guidelines for participation, is expected to roll out very soon. I feel this will be such a beneficial program for ASTs. The funds are provided by the federal government to help struggling homeowners, due to COVID-19, who are behind on their overdue mortgage payments, property taxes, home insurance and utilities. The funds will be capped per household and per assistance but overall is still worth the

participation in this program. The goal of these supportive funds is to assist families so they are able to remain in their homes. We will be creating program advertisements and releasing the communications to the tribal members once staff is hired to facilitate the program. The information will be placed in the tribal newsletter, website and social media – so please be sure to be on the lookout.

The tax preparation assistance program will be hosted by my office this year. My Project Coordinator, Ms. Tina Ontiveros, did such a wonderful job planning and implementing the program last year, she will be spearheading it once again. We are still working to shore up some details but expect to begin the first part of February. We will also advertise this program as it gets closer for tax season to begin.

Again, Happy New Year and may there be many blessings to you!

Si li no ke ka no la. Ne yi wa.

Respectfully,

Alicia Miller

Tribal Secretary

(405) 287-5247



TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello Fellow tribal members and family,

Welcome to 2022! I hope all is well with each of you and your families. It is my wish that everyone has a prosperous year, good health, and take advantage of the many programs offered by our Tribe. The one concern I have as January begins, the new Omicron variant of the COVID-19 Virus is really taking hold in the United States. As of this writing, Oklahoma is one of only 4 states to not have any person detected within its borders. Please continue to be proactive and take the necessary precautions to protect yourself.

As the new year begins, my office and programs under my oversight have worked tirelessly the last several

weeks and months to get our paperwork ready for the initiation of our Audits and Year End Closeout Reports. Of course, at December’s Regular EC meeting, the Tribe’s Annual Budgets were approved. The next several weeks will show us how well Directors and Coordinators managed their programs. I look forward to reviewing the data and providing suggestions on how we can improve.

Last month, Rose Rock CPAs was selected to complete our annual audit. Of the businesses who submitted a proposal, this company was the preferred best option. One of the main reasons we couldn’t select our previous auditor is we have been with them for the last 3 years. In following the OMB Circular and GASB accounting guidelines, we had to move on to another firm. Another reason is they are a local company so we wouldn’t incur

major travel and per diem costs.

For those who’ve had a chance to view the video, one will notice this was one of our longest meetings. There were a lot of proposed resolutions on the Agenda and the majority was related to last minute expenditures associated to CARES funding. As mentioned previously, it was my preference to not send any funds back to the U.S Treasury.

Recently, EC had the opportunity to tour the Health System’s new vehicles. I am excited at the opportunities this will provide Health as they will be able to utilize these for Remote Visits in certain high population areas outside our Tribal jurisdiction. Several of the options mentioned for use include: vaccinations, diabetes prevention, COVID-19 testing, and dental visits, to name a few.

In another section, I expect there to

be an update on the Agriculture Department, presented by the Lt. Governor’s office and his staff. Grants Department is actively searching for potential funding (USDA) to help offset costs for this new program. I recently saw the announcement flyer and it was very informational in describing services they will be providing to membership.

As I complete this month’s submission, again I want to say “Thank You!” to membership for their continued encouragement and to our Tribal employees for their daily functions and support. Should you have any questions, do not hesitate to send me an email or call my office at: (405) 275-4030 Ext. 6280.

Respectively,

Joseph H. Blanchard

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

Again, I hope everyone is staying healthy. The Tribal Complex is at Phase 3 Modified, appointments only due to the COVID 19 pandemic. The Executive Committee continues to have a team oriented environment which will only increase the opportunities/ successes of our tribe. Our staff and the staff of other departments also work hard to accomplish the day-to-day tasks. Lastly, I want to give my heart-felt condolences out to all Tribal families who have lost loved ones.

In the Education Department: The Workforce Development team consisting of Lt. Governor DeLodge, Tresha Spoon, Eddie Brokeshoulder, Casey Adams and myself met with

several representatives of the Moore-Norman Technology Center and Gordon Cooper Technology Center. We had an excellent meeting and discussion about their long-term and short-term programs and the different kind of programs that would best benefit the tribe/ tribal members. We also discussed how these centers could customize programs that would also benefit the tribe. These meetings are in reference to the AST Workforce Development and Career initiative

In the Cultural Preservation Department: Cultural Preservation Director, Ms. Carol Butler and I had a virtual meeting with two ANA representatives concerning the ANA Language grant. We discussed some of the challenges that we had in not hiring a Linguist and completing required

activities. The ANA representatives advised they are more than willing to assist us in getting this grant back going. We’ve elected to move the goals/objective/activities to the second year of this grant. We also met with the Grant Department staff concerning the required reporting process of the ANA grant and concluded the ANA grant is caught up concerning required reports.

In the Gaming Commission: I continue to attend Gaming Commission meetings, where we approve/ disapproved employee/ vendor Licensing requests and researched training opportunities for future employees. Gaming commissioners and I have filled the Executive Director of the Gaming Commission. Congratulations to Tribal member Rebecca Du-

boise as the new Executive Director.

The Youth Camp: The two camp cabins and bathhouse are near completion. There has been some concrete poured at the dining hall parking area. Construction on these projects is coming along with dirt work and some tree cutting continuing at the Youth Camp area.

Finally, I hope everyone had a very Merry Christmas and a Happy New Year. I am honored to be here representing our tribe and our tribal membership. If anyone has any questions/ concerns or if we can help you, feel free to contact me at office phone #405-275-4030, Ext. 6239 or by email: dewayne.wilson@astribe.com

Respectfully,

DeWayne Wilson

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)
 Voter of the Absentee Shawnee Tribe on or before March 19, 2022 cannot physically be present to cast my Vote at the **March 19, 2022 Primary Election** therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)

Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline date of **February 27, 2022**

Mail to:

Absentee Shawnee Election Commission
 P.O. Box 741
 Tecumseh, OK 74873

Fax to:

Fax # (405) 273-1337 (Do not fax to any other fax #)
 Phone: (405) 275-4030 ext. 6271
 Toll free number 1-800-256-3341 ext. 6271

Deliver in Person to:

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.
 This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Veterans Association



On November 19, 2021 the AST Veterans Color Guard participated in a flag retreat ceremony at Tinker Air Force Base. Commander Jason Bender, Twila Parker and Elijah Foreman helped retire the colors.

The ceremony was part of Native American Heritage Month and sponsored by Tinker's Inter-Tribal Council.



EDUCATION DEPARTMENT



The Deadline will not be extended.

Apply today!

AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2021-22 Big Jim Youth Awards on January 1, 2022. Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2021-22 academic year. **Applications will be accepted from January 1 to March 31, 2022 by US mail or email. Official transcripts will be accepted via email or as a hard copy. Faxed copies will not be accepted.**

The official application form will be available in December 2021 at www.astrobe.com on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2022 semester. The scholarship **must be used for the fall 2022 semester.**

Applications are for the following awards:

- Big Jim Academic Achievement Award (Male and Female)
- Big Jim Athlete of the Year (Male and Female)

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced at a date to be determined after March 2022.**

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2021-22 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 6242
youthaward@astrobe.com

Big Jim Youth Award

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 Ext. 6242
youthaward@astrobe.com

Applications accepted:
Jan. 1st – March 31st
Finalists announced:
May/June 2022

- \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: _____ (LAST) (FIRST) (MI)
Tribal Enrollment #: _____
Address: _____ (STREET) (CITY) (STATE) (ZIP)
Home Phone: (____) _____ Cell Phone: (____) _____
Email: _____
Which college/university/vocational institution do plan to attend after high school? _____

HIGH SCHOOL INFORMATION

High School Name: _____
City: _____ State: _____
Advisor/Counselor: _____ Phone #: _____
Sport: _____ Position: _____
Coach: _____ Phone #: _____
Indian Education Director: _____ Phone #: _____

All Absentee Shawnee High School Seniors are eligible and encouraged to apply. If applying for both Academic Achievement and Athlete of the year, applicant must provide two (2) separate applications and sets of supporting documents.

- Documents to be included with application:
- Official High School Transcript (emailed copies sent directly from school personnel will be accepted)
 - Tribal Enrollment Card (copy)
 - Resume of Accomplishments and Activities
 - Letter(s) of Recommendation (Educator/Coach/Tribal/Church)
 - 500-word Essay: How do you feel your accomplishments (culture/knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?
 - Video (optional): no more than 10 minutes in length



2022

Graduation Stole Request Form

AST High School Seniors

This application is for 2022 high school graduates only. Student must graduate in 2022 calendar year.

****Stoles will be available on a first come, first served basis, and if funding is available****

- The information you provide below will be used to contact you regarding your form, where your stole will be sent to, or scheduling a time for you to pick up a stole.
- Information must be current.
- If your contact information changes after you submit your form, notify the Education Department immediately.
- We will not be responsible for lost stoles, stoles being sent to incorrect addresses, or the inability to schedule a pick up time.

Name: _____

Address: _____

Phone: _____

Email: _____

How would you like to receive your stole? Pick up Mail

*If picking up a stole, you will be called to schedule a pick up time.

Required documents:

- Verification – Copy of class schedule: 12th grade enrollment
- Tribal Enrollment Card - Copy (must be the updated card)

Education Department
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext. 6242
405.273.7938 (fax)
tresham@astrobe.com



2022

Graduation Stole Request Form

College/Vocational

This application is for 2022 graduates only. Student must graduate in 2022 calendar year.

****Stoles will be available on a first come, first served basis, and if funding is available****

- The Executive Committee sponsored graduation stoles for 2021 College and Vocational graduates. The stoles given out in 2022 are those remaining from the 2021 sponsorship.
- The information you provide below will be used to contact you regarding where you would like your stole to be sent or scheduling a time for you to pick up a stole.
- Information must be current.
- If it changes after you submit your form, notify the Education Department immediately.
- We will not be responsible for lost stoles, stoles being sent to incorrect addresses, or the inability to schedule a pick up time.

Name: _____

Address: _____

Phone: _____

Email: _____

How would you like to receive your stole? Pick up Mail

*If picking up a stole, you will be called to schedule a pick up time.

Required documents:

- Verification – Copy of college application for graduation
- Tribal Enrollment Card – Copy (must be the updated card)

Education Department
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext. 6242
405.273.7938 (fax)
tresham@astrobe.com



Little Axe



After School Program 2021/2022

Join us @ Brendle Corner- VIRTUAL TUTORING NOW AVAILABLE



- Free Tutoring in all subjects!
- Games and activities!
- Delinquency Prevention!
- Healthy Lifestyles!
- Duration: Starts August 16th and will run through the school year. Monday-Thursday, 3:30pm-6:00pm
- And Much More!



Open to All students in Middle School and High School

Open to Absentee Shawnee Tribal Students K-5th gr with a C.D.I.B.

TUTORING FOR VIRTUAL STUDENTS in 1 hour sessions will be MON-THURS from 10am- 2pm by Appointment only.

Virtual Student Tutoring is only open to AST enrolled students and youth enrolled in our Afterschool Program.



FRIDAY EVENING HANGOUT EVENTS will be announced each month for students to come and have fun. EVENTS will only be open for youth enrolled in one of our programs.

EVERYTHING IS OFFERED WITH NO CHARGE...LITTLE AXE BUS WILL TRANSPORT STUDENTS TO BRENDLE CORNER COMMUNITY BUILDING FOR THE AFTERSCHOOL PROGRAM, LOCATED OFF HIGHWAY 9, JUST EAST OF 192ND. PARENTS ARE RESPONSIBLE FOR PICKING STUDENTS UP BY 6:30PM.

For more information and sign up please contact Blake Goodman at bgoodman@astribe.com or Shay Fixico at sfixico@astribe.com or by phone at: 405-617-6231



YOUTH PREVENTION AWARENESS

Physical and Mental Health among Native Americans:

- Suicide is the 2nd leading cause of death in Native American youth in the 15-24 age range.
- 22% of females and 12% of males reported having attempted suicide.
- Native Americans experience Post-Traumatic Stress Disorder (PTSD) more than twice as often as the general population.
- Native Americans experience serious psychological distress 1.5 times more than the general population.
- Native American youth have the highest prevalence rate of type 2 diabetes compared to other youth from other racial and ethnic groups.

Risk Factors Causing Poor Mental Health:

- High rates of poverty
- Violent victimization
- Historical trauma
- Lack of health insurance and access to appropriate mental health care to address the issues
- Substance abuse
- Native American youth ages 12-17 have the highest prevalence of smoking compared to other racial and ethnic populations.
- Alcoholism mortality is 514% higher than in the overall Native American population compared to the general population.
- Over 22% Native American youth at the age 12 or older have reported alcohol use. More than 16% have reported binge drinking.

Warning Signs That Your Child May Be Struggling:

- Child is feeling very sad or withdrawn for more than 2 weeks.
- Showing drastic changes in behavior or personality.
- Getting in many fights or wanting to hurt others.
- Having severe mood swings that cause problems in relationships.
- Using drugs or alcohol repeatedly.
- Not eating, throwing up, or using laxatives to lose weight.
- Showing out-of-control behavior that can hurt themselves or others.



Mental Health IS JUST AS IMPORTANT AS Physical Health



Camp Nikoti Youth Programs Provided:

- Afterschool Program** - Tutoring, Prevention, healthy lifestyle
- Diversion Program** - 4 to 8 session program helping family and child communicate and understand each other better.
- Explorers Program** - Working with the AST Tribal Police and AST Emergency Management.
- Spring Break Camp** - Five day camp for 6th-12th graders; activities and prevention all week.
- Soccer League** - 8 week league, 3-18yr old broke up into different divisions. Sign-Ups Starting Soon.
- Summer Camp** - Five week camp for 11-14yr olds, doing activities, prevention, cultural activities, and healthy lifestyles.

Contact information:

Blake Goodman - bgoodman@astribe.com or 405-275-4030 ext. 6432
Shay Fixico - sfixico@astribe.com or 405-275-4030 ext. 6433

Or call TYP Cell Phone 405-617-6231



LITTLE AXE REC SOCCER LEAGUE

Sponsored by the Absentee Shawnee Tribe

SPRING 2022 SIGN UPS



Open sign-ups will be through **March 18th** EARLY SIGN UPS SAVE \$\$

OPEN TO ANY AND ALL YOUTH AGES 3-18 or (preK-12th gr)

- Parent/Coaches Meeting will be held February 24th, 6:30-7:00pm
- Sign-ups will be:
 - February 8th 6:00 pm to 8:00 pm
 - February 24th 6:00 pm to 8:00 pm
 - Anytime Monday through Thursday 5:00 pm until 6:00 pm starting January 17th

LOCATION: Brendle Corner Community Building located off of Highway 9 just east of Harrah Newalla Rd.

- Cost: From Jan 17th-Feb 8th it's \$10.00 per player (Cap at 2 players-maximum amount paid will be \$20 per family)
- From Feb 9th-Feb 24th it's \$15.00 per player (Cap at 2 players-maximum amount paid will be \$30 per family)
- From Feb 25th-March 18th it's \$20 per player
- Practices can start as early as March 7th, 2022
- Season will run from April 2022 until approx. June 4th, 2022
- Open sign up registrations should be placed in envelopes and turned in to Blake Goodman or the Drop Box at the Brendle Corner Community Building.

All games will be played in **LITTLE AXE** only!

If you have any questions or comments, you can reach Blake Goodman at (405) 617-6231 or by email at bgoodman@astribe.com



Absentee Shawnee Tribe's Domestic Violence Department



Our mission is to:
Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.

We help with:
Domestic Violence
Sexual Assault
Dating Violence
Stalking
Sex Trafficking

Our services are confidential and include:

Safety Planning
Emergency Assistance
Court Advocacy
Shelter Placement Assistance
Referrals

Must be intimate partner related violence and the victim must be fleeing the home/situation

Who we serve:
Natives and non-Natives
LGBTQ2S+
Any Religion
Any income level
EVERYONE

Where we serve:
Because we are federally funded we get to serve all populations within our *service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

*If you are AST and outside the service area, please call our office and we will see what we can do to help you.

Contact Us:

Office Line 405.273.2888
Fax 405.273.1192

Webpage <https://www.astribe.com/domestic-violence>
Link to intake <https://www.astribe.com/forms/victim-intake>

@ASTRisingWarrior

For emergencies call 911 or AST PD @ 405.275.3200



Absentee Shawnee Tribe Domestic Violence Program

Domestic Violence Director: This position oversees all aspects of the Domestic Violence program; ensures consistency of service delivery to victims of domestic/dating violence; sexual assault; stalking and human trafficking. The Domestic Violence Director is responsible for the overall planning, administration and management of the program's services.

Program Coordinator VOCA: Determines client eligibility. This position will assist victims in the Transitional Housing Program and assist with cases proceeding through the criminal justice system. This position coordinates the daily operations of the transitional housing program and court advocacy. Assists victims who are fleeing domestic violence, sexual assault, dating violence and/or stalking needing emergency services, transitional housing, protective orders and court cases related to the incident.

Project Coordinator: The Tribal Victim Services Coordinator will oversee the delivery of all direct services, grant reporting, grant compliance, and all other oversight pertaining to the administration of this grant and its goals. The Tribal Victim Services Coordinator for the OVC TVS Set-Aside FY20 grant under Domestic Violence Department of the Absentee Shawnee Tribe of Oklahoma will be responsible for the planning, coordination and development of all activities related to the enhancements and expansion of services for victims. Also, the coordinator will work alongside the Domestic Violence Staff to assist with the coordination and management of other victims of crime such as domestic violence, dating violence, sex trafficking and stalking.

Sexual Assault Coordinator: The Sexual Assault Coordinator for the Domestic Violence Program of the Absentee Shawnee Tribe of Oklahoma will be responsible for the planning, coordination and development of all activities related to the enhancements and expansion of services for victims/survivors of sexual assault. Also, the coordinator will work alongside the Domestic Violence Staff to assist with the coordination and management of other victims of crime such as domestic violence, dating violence, sex trafficking and stalking.

Cultural Outreach Coordinator: The Cultural Outreach Coordinator assists victims/survivors of elder abuse, survivors of homicide, adult victims of child sexual assault/abuse, as well as victims of domestic violence, sexual assault, dating violence, sex trafficking and stalking with their current situation. They will respond to referrals of elder abuse/neglect, complete intakes and provide case management services. Incorporate cultural practices and life ways into the program and develop cultural activities and culturally appropriate healing options for victims of crime. Develop self-care planners and outreach awareness activities.

Domestic violence and sexual assault experience preferred.

** Apply at <https://www.astribe.com/employment> **



JANUARY IS

Stalking and Sex Trafficking Awareness Month



About 1 in 6 women and 1 in 17 men have experienced stalking in their lifetimes.

Nearly 54% of female victims and 41% of male victims experienced stalking before the age of 25.

In 2019, 62% of victims in the US were identified as sex trafficking victims.

3.8 million adults are trafficked for forced sexual exploitation and 1.0 million children are trafficked for commercial sexual exploitation.



**Happy Birthday to our oldest grand daughter,
Kandice Nicole-Grace Felton!!
Grandpa and I love you very much and wish you a very Happy 17th Birthday!!**

Love Grandma Felton

**Aunt Bee,
Happiest of birthdays to you!
We love you very much!!
Love,
Jop, Jill & Justin**

**Bee-Jay
Happy, Happy Birthday to "my faaww". Hope you have a wonderful day!!
XOXO Sheree**



**Happy 17th Birthday
Rodney Stryker, we love you so much, Auntie and Tony**

**Happy Birthday to my little man, so PROUD of you
Love Granny**

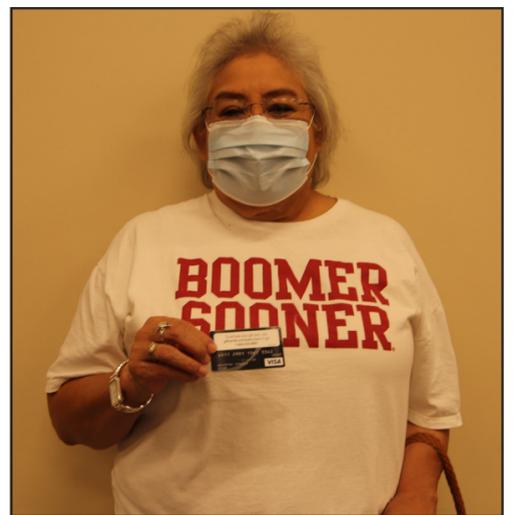
**Happy Birthday to our little brother, Rodney Stryker
Love Doyle and Laurel**

**Happy Birthday to our cousin, Rodney Stryker
Logan & Korban**

**HAPPY 5TH BIRTHDAY TO OUR WONDER, SMART AND BEAUTIFUL GRANDDAUGHTER
NAOMI RUTLEDGE!
MAY GOD BLESS YOU WITH MANY MORE!
WE LOVE YOU ALWAYS AND FOREVER,
POPPI AND NENE**

HAPPY Birthday

2021 ARPA Winter General Assistance In-Person Event



Christmas Pop-Up Shop Hosted By AST Library



Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
 2025 S. Gordon Cooper Dr.
 Shawnee, OK 74801
 (405) 878-0633
 Fax: (405) 878-0156

Building Blocks II

Building Blocks children had an amazing and fun December. They enjoyed doing art and crafts for Christmas.



Wow, how fast 2021 passed by and it is now 2022.

We are accepting waiting list applications for enrolling children in our center. Please call to inquire about what openings we have in our classrooms and to get a waiting list application emailed to you.

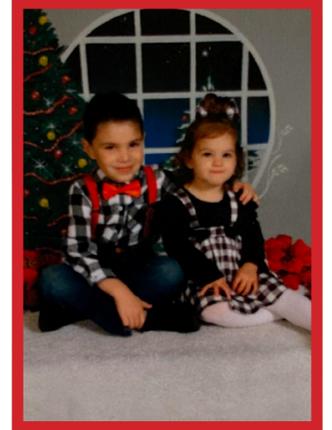
We hope everyone has a safe and wonderful New Years as we get ready for another amazing year!



Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
 16051 Little Axe Dr.
 Norman, OK 73026
 (405) 360-2710
 Fax: (405) 360-2726

Building Blocks III

We are now open to the public & accepting waiting list applications for children 6 months through 12 years of age. If you're interested in your child attending Building Blocks Child Development Center in Norman, OK please call (405)360-2710.



107 North Kimberly
 Shawnee, OK 74801
 Phone (405) 273-1050
 Website www.ashousingauthority.com

2022 Housing Programs

Low Rent

Lease to Own

Safe Shelter Housing

College Housing Rental Assistance

Down Payment Assistance

Home Rehab Assistance

Rental & Lease to Own for Over-Income

Tiny Home Purchase Program

Please visit our website or contact our office for further details on program requirements.

IN THE TRIAL COURT OF
 THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
 SHAWNEE, OKLAHOMA 74801

In the matter of name change
 Of Leslie Harris

Case No. CIV-2021-11

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

THE ABSENTEE SHAWNEE TRIBE OF INDIANS)
 SHAWNEE, OKLAHOMA) §.

Leslie Harris
 being duly sworn upon oath states:

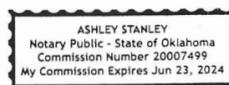
That she/he is the Plaintiff Leslie Harris above-named, and that on the 24 day of November, 2021, said Plaintiff filed in this Court a Petition for a name change ;and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Leslie Harris, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Leslie Harris
 PLAINTIFF

Subscribed and sworn to before me this 24 day of November, 2021.

Ashley Stanley
 NOTARY PUBLIC

My Commission Expires:
June 23, 2024
 SEAL



ATTENTION

Due to privacy issues, we will no longer publish the list of birthdays. Tribal members can still submit birthday wishes to media@astribe.com. Please note that we can only accept one picture per birthday person.

ATTENTION

The story titled Searching for Shawnee DNA (December issue) is not sponsored by the Absentee Shawnee Tribe. The information was submitted by a private individual. We apologize for any confusion this may have caused.



ABSENTEE SHAWNEE TRIBE

OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

AST Complex – (405) 275-4030	Toll Free - 800-256-3341
All Nations Bank.....(405) 273-0202	
Brendle Corner.....(405) 447-3372	
Building Blocks.....(405) 878-0633	
Building Blocks III LA.....(405) 360-2710	
Court.....(405) 481-8575	
Domestic Violence.....(405) 273-2888	
Enrollment.....(405) 481-8650	
Food Pantry.....(405) 481-8640	
Gaming Commission.....(405) 360-9270 x1110	
Housing Authority.....(405) 275-1050	
Human Resources.....(405) 275-1468	
ICW.....(405) 395-4490	
Media.....(405) 598-1279	
OEH/OEP.....(405) 214-4235	
Police.....(405) 275-3200/275-3432	
Social Services.....(405) 878-4723	
Tax Commission.....(405) 481-8600	
Thunderbird Casino Norman.....(405) 360-9270	
Thunderbird Casino Shawnee.....(405) 273-2679	
Tribal Store Little Axe.....(405) 364-0668	

The Absentee Shawnee Tribe will be closed
MONDAY JANUARY 17, 2022
 In observance of Martin Luther King Jr. Day

AllNations Bank

Put a Powerful Financial Tool in Your Pocket with the AllNations Bank Mobile Banking App. Deposit Checks Securely from Anywhere with the **Mobile Deposit Capture** feature.

Today's smartphones have more processing power than the computers NASA used to put a man on the moon. And now you can put that power to work for you with the mobile banking app from AllNations Bank. It's the smart, simple and secure way to manage your money.

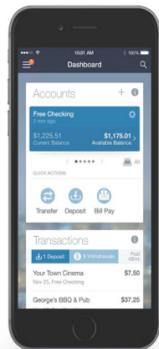
WHAT YOU CAN DO with the app:

Securely make bill payments anywhere. View all your upcoming bills, make payments, add payees and access your payment history.

View transactions anytime. Check on your cash flow and finances.

Make transfers anyplace. Securely move money between your accounts so funds are where you need it, when you need it.

Deposit checks. Deposit checks securely from anywhere, at any time, using mobile deposit capture.



WHERE TO DOWNLOAD the app:

Download the AllNations app, by searching "AllNations Access" on the [App Store](#) or [Google Play](#).



Contact us today at (405) 273-0202 or (405) 893-2240 with any questions or to discuss our account options.

Member
FDIC



Office of Environmental Health
Brownfield Response Program



What is a Brownfield?

The term brownfield typically refers to land that is abandoned or underused, in part, because of concerns about contamination.

The EPA defines a brownfield site as "...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land."

Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

- ◆ Abandoned Factories/Buildings/Homes
- ◆ Burned Homes
- ◆ Buried Dump Sites
- ◆ Open Dump Sites
- ◆ A Large Amount of Tires
- ◆ Former Cattle Dip Pit Sites
- ◆ Barrels of Unknown Substances
- ◆ Old Service Stations
- ◆ Oil Storage Facilities
- ◆ Oil/Gas Well Sites
- ◆ Old Dry Cleaning Businesses



If it's possible you have a Brownfield site on your property, or if you know of a possible Brownfield Site, please contact:

**Absentee Shawnee Tribe
 Brownfield Response Program
 2025 S. Gordon Cooper Dr.
 Shawnee, OK 74801
 (405) 214-4235**



ASTHS January 2022 Monthly Update



2021 was another amazing and yet challenging year for us all. The Health System completed the final payment on the Joint Venture, retiring the debt several years earlier than anyone could have ever predicted, due in part for the unprecedented growth in our services and to our Native American patients. We also hit several new revenue benchmarked “historic firsts” in the Health System, as well as having another clean annual independent audit report. When the Tribe first compacted with I.H.S. several years ago, the Tribe had a choice of choosing between servicing only AST Tribal members, at a significantly reduced compacted funding level, or to take or receive all of the funding shares to care for all Tribal members of any Federally Recognized Tribe seeking care at our facilities. The Tribe chose the latter, and this has provided the Tribe with increased revenues in areas such as Indirect Cost (IDC) supporting Tribal programs for the Health System, generating of more Third Party Revenues to help fund additional services for the Tribe, and better services for our patients, which in turn generates more Third Party Revenue. The AST Health System’s phenomenal growth hasn’t come without growing pains. To continue servicing patients in a manner they have become accustomed to, (with such programs as after-hours on-demand walk-in clinics, pharmacy drive through, specialty clinic, Affordable Care Act Sponsorships, 100% approval of Medically Necessary Purchased Referred Care Services, Home Health Services, Public Health COVID Vaccinations and Testing), we need to retain a robust capability in delivering these services by adjusting to our unprecedented growth and success. The I.H.S. Compact with the AST Tribe does not fully fund any of these programs, and they have to be augmented significantly with Third Party Revenues. In addition, the AST Health System has taken over the Title 6 Program from the Tribe to ensure its continued viability in servicing AST and other Native American program participants, thus reducing the financial burden upon the Tribe. The value provided by the AST Health System is historic, invaluable and a source of Tribal pride! Today, with more doctors, dentist, other professional staff and support staff remaining year after year with the Health System, has the least amount of overall turnover the Health System has ever had. This is important, as the more stabilized the Health System is, the better effect it has on the patient – who is the center of everything we do. Stability leads to growth, growth leads to prosperity. This is where we are at today, and we are thankful to the Tribe, our patients, and our employees for all they do for our communities whom we serve.

We proudly recognize all of our outstanding star performers, and thank them for their contributions to our patients, their fellow employees, and the Tribe, especially during these challenging times! The AST Health System always strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients – “THANK YOU” for all you do! The 2021 Employee of the Year will be announced next month – stay tuned!

January Health Employees Awards of the Month

Employee of the Month: Todd Thompson, AST Laboratory, Shawnee

Team of the Month: AST Health System’s Revenue Cycle Process Improvement Team (RCPIT)

Special Leadership Award: Tiffany Wicker, AST Health System Patient Benefit Advisor, Shawnee

Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director

JANUARY 2022

AFTERHOURS COVID-19, ANTIBODY TESTING, VACCINE & BOOSTER SHOT CLINIC

LITTLE AXE HEALTH CENTER 405.447.0300

- **Testing**- 5:30pm-6:30pm: Thursday, Jan. 6th, & Jan. 20th
- **ANTIBODY Testing**- 5pm-6pm (LA only) Thursday, Jan. 20th
- **Vaccinations**- 5pm-7pm: Thursday, Jan. 6th

SHAWNEE CLINIC 405.878.5850

- **Testing**- 5:30pm-6:30pm: Tuesday, Jan. 4th
- **Vaccinations**- 5pm-7pm: Tuesday, Jan. 11th

For Your Visit...

- Wear a mask (no cloth masks permitted).
- Bring identification.
- All clinics are open to the public, walk-in only, no appointment needed.

For Antibody Testing...

- Be prepared to have blood drawn.
- Testing is available to anyone ages 10+.

For Vaccine Clinic...

- Vaccine is available to anyone ages 5+.
- Vaccine will be administered in two shots 3-4 weeks apart.
- This includes the Booster as well.
- You will be monitored 15-30 minutes after receiving.



In the event of adverse weather, testing may not be conducted. Follow the Absentee Shawnee Tribal Health System on Facebook or our website for updates asthealth.org. For inquiries please call 405.701.7190.



TO SCHEDULE YOUR APPOINTMENT CALL
405.701.7190
or
405.701.7600

WHO IS ELIGIBLE FOR A 3RD DOSE OF A COVID-19 VACCINE?

MODERNA:

The Center for Disease Control (CDC) is recommending that moderately to severely immunocompromised people receive an additional dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood.
- Received an organ transplant and are taking medicine to suppress the immune system.
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system.
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome).
- Advanced or untreated HIV infection.
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response.

PFIZER-BioNTech:

The CDC is recommending that only certain populations initially vaccinated with the Pfizer-BioNTech vaccine can get a booster shot at this time:

- Older adults and 50-64 year old people with medical conditions.
- Long-term care setting residents aged 18 years and older.
- People with medical conditions aged 18-49 years.
- Employees and residents at increased risk for COVID-19 exposure and transmission.

People should talk to their healthcare provider about their medical condition and if they meet the above criteria for getting an additional dose.

For more information, please visit www.asthealth.org

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

ASTHS PHARMACY IS HERE TO SERVE YOU WITH NEW UPDATES



As of October 11, 2021, Pharmacy is no longer utilizing the RXtoGo Application for medication refills. Patients are now able to request refills with the RefillQuick Application available on Apple and Android devices. In the RefillQuick app you are able to select and save your default pharmacy by adding the phone number when you first open the app. (LAHC- 405.292.9530 or Shawnee Clinic- 405.878.5859).

It is anticipated that wait times for the next few weeks may be longer than usual while staff gets familiar with the new refill system. We appreciate your anticipated patience during this transition. Thank you in advance.

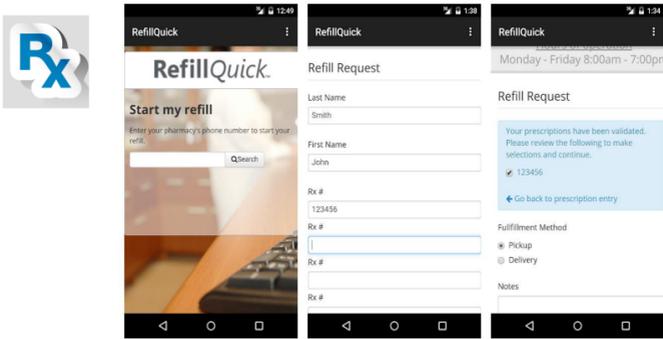
Refill Requests can be made the following ways:

1. Calling via phone: LAHC 405.292.9530 & Shawnee Clinic 405.878.5859
2. Go to <https://www.asthealth.org/services/pharmacy>
3. Downloading the RefillQuick app on your Apple or Android device



REFILLQUICK APP STEP BY STEP INSTRUCTIONS

1. Download the RefillQuick App on your Apple or Android device
2. Open the app and enter your preferred pharmacy phone number, this will be saved as your default pharmacy in the future: LAHC 405.292.9530 Shawnee Clinic 405.878.5859
3. Enter your information in the refill request boxes and submit
4. Once submitted you will see a prescription validation message. If you do not see this check your prescription numbers and for correct spelling of name



**For a "Pocket Profile" (list of all your medications) please request this verbally to our pharmacy staff.



Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

- ✓ Primary Care Medical Services
- ✓ Behavioral Health Services
- ✓ Service-Connected Disabilities
- ✓ Dental Services
- ✓ Vision Services

VA disability assessments and re-assessment exams and VA Compensation and Pension Exams must be scheduled at a VA facility.

Did You Know?

American Indian and Alaska Native Veterans now have increased health care options through reimbursement sharing agreements with the VA, and you can choose to seek care through VA or through the ASTHS Tribal Health System for your VA healthcare needs? These agreements mean more resources are available to support the collective health and wellness of tribal veterans.

VA Benefits

ASTHS Patient Benefit Advocates and our local area VA Native American Nurse Navigator can help tribal veterans navigate VA benefits for which they may be eligible, such as health benefits, disability, pension, education and training, VA housing loans, survivors' benefits, and more.

OKC VA Native American Nurse Navigator:

405.456.3808
Apply for VA Health Benefits: 800.827.1000
Apply for VA Benefits: 855.488.8441
www.va.gov

Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.
www.asthealth.org



Let your voice be heard.

Ne-Hi-Ki-Wa-Sa-Pa. We listen.

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623. Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

ABSENTEE SHAWNEE TRIBE BEHAVIORAL HEALTH/SASP GRANT PRESENTS



WHITE BISON, INC.

A CULTURAL APPROACH TO PERSONAL RECOVERY FROM SUBSTANCE ABUSE

WELLBRIETY WORKING LUNCH

Facilitated by: John Soap, LPC

EVERY THURSDAY VIA GOTOMEETING
[HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/801887957](https://global.gotomeeting.com/join/801887957)

BEGINNING MAY 27TH, 2021
12:00PM-1:00PM

FOR FURTHER INFORMATION, CONTACT:

Brendan (SASP Coordinator) or John (Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

HOW THE PROCESS WORKS

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

FOCUS

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

- | | | |
|-----------------|---------------------|------------------------------|
| Step 1: Honesty | Step 5: Integrity | Step 9: Justice |
| Step 2: Hope | Step 6: Willingness | Step 10: Perseverance |
| Step 3: Faith | Step 7: Humility | Step 11: Spiritual Awakening |
| Step 4: Courage | Step 8: Forgiveness | Step 12: Service |

TEACHINGS OF THE MEDICINE WHEEL

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

1.) 4 seasons of change	6.) Nature's Way: Principles, laws, and Values	10.) Comfort Zones
2.) 4 laws of change	7.) Cycle of Life	11.) The Two Thought System: Love and Fear
3.) 4 directions of growth	8.) 8 feelings for healthy development	12.) The laws of the unseen world.
4.) 12 principles for healthy living		
5.) Reclaiming Our Power		

ASTHS Mobile Units to Increase Community Outreach



Exciting news here at the health programs! We now have two mobile units that we can use to reach more of the community in our health and prevention efforts! If you see our new Mobile Unit driver Anthony (“Tad”) Johnson say hello to him!

JANUARY 2022

NEW YEAR NEW EQUIPMENT RESOURCE CENTER

RESEARCH SHOWS THAT 95% OF NEW YEAR'S RESOLUTIONS ARE FITNESS RELATED. BUT AFTER JUST 3 MONTHS, ONLY 10% OF PEOPLE THINK THEIR RESOLUTION WILL LAST. LET'S MAKE FITNESS A LIFESTYLE CHANGE THIS YEAR!

THE RESOURCE CENTER IS OPEN MONDAY-FRIDAY 8:00AM TO 5:00 PM. BY APPOINTMENT ONLY. IF YOU HAVEN'T FILLED OUT THE INTAKE FORM PLEASE FILL OUT BEFORE USING THE FACILITY

[HTTPS://WWW.ASTHEALTH.ORG/FORM S/FITNESS-FACILITY-INTAKE](https://www.asthealth.org/form/s/fitness-facility-intake)

COME CHECK OUT THE NEW EQUIPMENT AND GET A GOOD WORKOUT. WE ARE HERE TO HELP YOU REACH YOUR FITNESS GOALS AND KEEP YOUR RESOLUTION ON TRACK!

Nutrition Corner

AST DIABETES AND WELLNESS PROGRAM

Kids in the Kitchen

Allowing children to help cook meals helps teaches basic kitchen skills. Not only is it a great way to teach new skills, but it can also be a time to spend more time as a family and learn about the child's day. Also, if a child helps prepare new fruits or veggies, they are more likely to try that new food.

Kitchen reminders:
 Wash hands before touching food. This teaches children the importance of hygiene in the kitchen.
 Watch children when they are using sharp items such as knives, graters, blenders, or mixers.
 Watch children when they are using the stove top or oven.

How Can My Kid Help in the Kitchen (By Age):

2 Years	3 Years	4 - 6 Years	7 Years +
<ul style="list-style-type: none"> Wash fruits and veggies Tear lettuce Snap green beans Make "faces" out of fruits and veggies 	<ul style="list-style-type: none"> Add ingredients to bowls Knead dough Spread peanut butter Stir Shake closed containers 	<ul style="list-style-type: none"> Peel fruits and veggies Cut soft fruits Mash beans and veggies Measure dry ingredients Clean up containers 	<ul style="list-style-type: none"> Pre-heat oven Measure wet ingredients Microwave Crack eggs

Bow Tie Pasta and Chicken Salad

Ingredients:

- 1 (8 oz.) package bow tie pasta, cooked and drained
- 1-2 chicken breasts, cooked and diced
- 1 tomato, diced
- 1 cucumber, pared and diced
- 1 cup chopped fresh broccoli
- 1 (8 oz.) bottle Fat-Free ranch dressing
- Mixed Greens

Serves: 4

Directions:
 With your child's help, mix all of the ingredients **except greens and avocado** in a large bowl.
 Chill for an hour or longer.
 Serve on a bed of mixed greens with avocado slices on the side.

Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT **NO COST** TO YOU OR YOUR TRIBE

2022 Open Enrollment

OPEN ENROLLMENT **Oct. 15–Dec. 7, 2021**

OPEN ENROLLMENT **Nov. 1–Jan. 15, 2022**

- Patient Benefit Advocates and our contracted benefit advisers can help you qualify for a \$0 cost health plan via Health Insurance Marketplace or Medicare.
- You may also qualify for extra benefits such as Dental (including dentures or major services), Vision (exam/lenses), Hearing Aids, and more!
- Enrolling in a health plan expedites the Purchase & Referred Care referral process, providing you immediate access to specialized healthcare services and gives you peace of mind when you travel at zero cost to you and our tribal community, if eligible.
- Per Purchase/Referred Care guidelines, all Native American patients must apply for all available resources, if eligible.
- Contact a Patient Benefit Advocate to see if you are eligible for Native American Cost-Savings under the Affordable Care Act.

Did You Know?

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
- To add services, equipment, or help more people, we need your assistance.
- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchase & Referred Care dollars go further.

We Can Help Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300

Shawnee Clinic 405.878.5850

A contracted benefit adviser is also available to assist our tribal community with their open enrollment options free-of-cost.

ABSENTEE SHAWNEE TRIBAL **HEALTH SYSTEM**
 Prevention. Progress. Pride. www.asthealth.org

ABSENTEE SHAWNEE TRIBAL **HEALTH SYSTEM**
 Prevention. Progress. Pride.

The Absentee Shawnee Health System is now administering the COVID-19 vaccine to all individuals ages 5 years and older.

TO SCHEDULE YOUR APPOINTMENT CALL

405.701.7190
 or
405.701.7600

AST HEALTH SYSTEM DIRECTORY

LITTLE AXE HEALTH CENTER..... 405-447-0300

- Administration
- Business Office
- Little Axe Dental
- Health Information Management
- Lab/X-Ray
- Optometry
- Patient Benefit Advocates
- Primary Care
- Public Health
- Security
- Electronic Health Record
- Physical Therapy
- Behavioral Health..... 405-701-7987
- Little Axe Purchased Referred Care 405-701-7951
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-292-9530
- CompleteCare Home Health..... 405-701-7085
- Transportation..... 405-701-7603

SHAWNEE CLINIC 405-878-5850 OR 877-878-4702 TOLL FREE

- Administration
- Business Office
- Health Information Management
- Lab/X-Ray
- Patient Benefit Advocates
- Contract Health
- Physical Therapy
- Primary Care
- Public Health
- Behavioral Health..... 405-878-4716
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-878-5859 OR 866-742-4977 TOLL FREE
- Transportation..... 405-701-7603

PLUSCARE 405-447-0477

GENERAL

- AST Resource Center..... 405-364-7298
- Corporate Compliance Hotline..... 405-701-7135
- Patient Advocate 405-701-7623
- AST Tribal Complex 405-275-4030
- AST Tribal Police 405-275-3200
- AST Housing 405-273-1050

SCAN THE QR CODE TO STAY UP TO DATE WITH THE ABSENTEE SHAWNEE TRIBE'S BEHAVIORAL HEALTH GRANTS TEAM!

SIGN UP NOW



linktr.ee/astbehavioralhealthgrants

Text @ASTBHG to 81010

YOU MAY BE ELIGIBLE FOR A \$0 COST HEALTH PLAN UNDER THE AMERICAN RESCUE PLAN.

Help yourself, help your tribe and see if you will qualify for coverage that will provide you and your family with immediate access to specialized healthcare at no cost to you or your tribe.



Did you know? The American Rescue Plan (ARP), recently signed into law by President Biden, increases and expands eligibility for cost-savings programs under the Affordable Care Act (ACA) in the form of premium cost assistance for individuals enrolled in Health Insurance Marketplace plans.

The premium assistance is in the form of a IRS Advance Premium Tax Credit taken in advance of the tax year, lowering or eliminating health insurance premiums for lower-and middle-income families. Signing up for a low-or-zero cost health plan allows tribes to receive reimbursement for services, which frees up more dollars to help those who are not eligible for cost-savings programs, helping Purchased Referred Care dollars go further.

Native Americans must apply for all available resources, if eligible, to help augment the cost of tribal healthcare services. Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

Health Insurance Marketplace
www.healthcare.gov
1.800.318.2596

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300	Shawnee Clinic 405.878.5850
www.asthealth.org	



Under 65? Apply for SoonerCare With New Medicaid Expansion.

AST Tribal Health System and the Oklahoma Health Care Authority are pleased to announce effective July 1, 2021, Oklahoma is expanding Medicaid for adults ages 19-64 with incomes at or below 138% of the federal poverty level. **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for Medicaid Expansion benefits effective July 1, 2021 to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify to get coverage at no cost to you or your tribe.

Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

SoonerCare
www.mysooner.org

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300	Shawnee Clinic 405.878.5850
www.asthealth.org	

