



THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

Volume 33, No. 01

January 2023

AST Workforce Development Class Announced



Back Row L-R: Workforce Development Committee Member Casey Adams; AST Governor John Johnson; AST Lt. Governor Ezra DeLodge; AST Secretary Alicia Miller; AST Representative DeWayne Wilson; Workforce Development Committee Member Tresha Spoon. Front Row L-R: Workforce Project Coordinator Connor Edwards; Bryce Williams; James Cody Spybuck Jr.; Christopher Blanchard; HVAC Mechanic Joseph Burgess.

The Workforce Development Committee recently welcomed the first class of HVAC participants - Christopher Blanchard, James Cody Spybuck Jr. and Bryce Williams .

“We are going to send these three Tribal members to HVAC training to get their Journeyman licenses to either work for the tribe or other tribal entities including health or housing,” said Representative DeWayne Wilson about the newly created HVAC program. “When I first came into office, the Lt.

Governor and I were talking about investing in our tribal membership .That’s what this is about. This whole HVAC program - it’s the first time for this tribe to do anything of this nature.”

The Workforce Development & Career Initiative Program (Pilot) was started with CARES/ARPA funding and is under the office of the Lt. Governor and Representative.

“This HVAC program is the first step in getting tribal members involved with our tribe as skilled

maintenance individuals to assist our elders and other people who really need assistance said James Cody Spybuck Jr., one of the HVAC participants.

The three tribal members will soon begin HVAC Classes at Moore-Norman Technology Center as part of the three-year training program. AST HVAC Mechanic Joseph Burgess will oversee the students and serve as a training advisor. The Executive Committee wishes them all the success in their educational journey.

From The Election Commission

The Filing Period for Elective Office in 2023.

A tribal member may file for office, **January 1 to January 10 (excluding weekends and holidays).** **Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.**

Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2023.

EXECUTIVE COMMITTEE

Position	Filing Fees	Term
Governor	\$590.00	4 Year Term
Tribal Secretary	\$590.00	4 Year Term

ELECTION COMMISSION

Position	Filing Fees	Term
Election Secretary	\$174.00	2 Year Term
Commission Member #2	\$215.00	3 Year Term

Fee Amount includes: Alcohol test \$50.00 Drug test \$50.00, MVR \$25.00, OSBI \$15.00, FBI \$18.00 plus certified postage fee

QUALIFICATIONS:

- An enrolled member of the tribe.
- An eligible voter for purposes of voting in tribal elections.
- Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln, or Okfuskee.
- In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).
- Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

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 18, 2023. I cannot physically be present to cast my Vote at the **March 18, 2023 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 26, 2023**

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: _____

Election Commission/Representative



GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello fellow tribal members,

Happy New Year! Wow it is hard to believe we are starting 2023. I hope everyone enjoyed the holidays with family and friends and you have stayed healthy.

I had the pleasure to attend the Tribal Nations Summit in Washington DC on the November 29th, 30th and December 1st. Over 500 tribes were represented. The summit has not been active for the last two and half years due to the pandemic. There were many speakers including President Joe Biden, Vice President Kamala Harris and Deb Haaland the Secretary of Interior. The information was great! I learned about new economic development opportunities, how important

it is for tribes to convert Fee land to Trust land, the many Grants that are available to tribes and the push for tribes to learn and carry on their native languages.

On December 13th the Executive Committee hosted an elder's luncheon. We had over 140 in attendance. The food was from LaDonna's grill out of Meeker and it was good. We had door prizes and everyone left with a bag of candy and fruit and a \$25 gift card. It was great to have so many elders and I hope this will become an annual event.

Pizza with Santa for our tribal children was changed to a drive thru event due to the rise in COVID and Flu cases in our area. This event occurred on Sunday December 18th. The tribal children that attended the event received a \$25 gift card and candy. If you did not attend the event and filled out an application online a gift

card was mailed out after the event. We had an amazing turnout and it was great to see our tribal children. I want to thank the volunteers that came on a Sunday to help with this event and make it a success for our children.

On December 22nd a ceremony was held to dedicate two streets at the Little Axe Casino. Street signs were hung in remembrance of Dan Little Axe Sr. and Kenneth Blanchard. These two men were longtime leaders of our tribe and are truly missed. Next time you are out at the casino take a look at the signs, Dan Little Axe Sr. Lane and Kenneth Blanchard Dr.

In closing, I am excited to see what 2023 brings for our tribe. I hope to see the start and/or completion of some much needs construction projects on campus. Please continue to be aware of COVID and FLU. Wash your hands and wear a mask.



Lt. GOVERNOR
Ezra DeLodge

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,

Please see below for department updates. 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.

Maintenance:

The Maintenance Department has completed 47 work orders in the last month on the Shawnee complex. I want to thank the Maintenance staff and Housekeepers for all their hard work they do for the department. Merry Christmas from the Maintenance Department.

OEH:

In total for 2022 OEH has assisted Tribal members with 85 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2022, we have collected, processed, and recycled 40 bales of shredded office paper and cardboard equaling roughly 30 tons of recyclable waste that has been diverted from landfills.

Cleveland County has begun work on dining hall parking lot at Camp Nikoti and the preliminary work on the entry gate has begun. The parking lot and entry gate are scheduled to be completed by the end of January.

The bidding process for the Police Safety Center has ended. We are currently in the process of reviewing bids for general contractor.

We would like to remind Tribal Mem-

bers that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.

Jarrod Lloyd

OEH&E Director

jlloyd@astrobe.com - (405) 214-4235

BIA Roads Program

I hope everyone had a Merry Christmas and a Happy New Year!

The RIFDs system is now back up and running. We will be able to submit our LRTP and make any updates to our inventory in the system.

I attended the Intertribal Transportation Association(ITA) conference and was elected Secretary and also chosen as an Alternate Representative for the Southern Plains Region. I am happy to be the voice that can speak up not only for our tribe but for all Oklahoma Tribes as well. Other tribes throughout the US feel that Oklahoma tribes are different and shouldn't receive funding for our roads. ITA listens and takes recommendations from tribes throughout the United States. ITA takes those recommendations and presents them to NCAI who then presents them to Congress. Congress then decides on funding that is given to the tribes. Transportation is being overlooked. We need safe roads and highways.

Any questions or concerns please email at TwylaB@astrobe.com or (405) 275-4030.

Weatherization Program

The weatherization program is still up and running. The repairs are moving slow due to a second hand surgery. Will re-

sume repairs as soon as I get a full doctors release.

Repairs will start where I left off. If you have any questions or concerns please call (405) 827-4311 or e-mail me at dmarshall@astrobe.com. Thank you for your patience.

Land Management

Land Management has been getting wood ready elders and have been making deliveries. We have also been helping tribal members as some have reached out to the department for further projects. If you have any concerns or questions call (405) 395-8101 or email cmartinez@astrobe.com Clayton Martinez Land Management Coordinator.

Agriculture:

The Agriculture department is currently in the process of setting up new classes and events for the new year of 2023. We held the 1st annual community meeting on Saturday, December 3rd, 2022. We asked the community in attendance for different ideas and subject matter on classes they would like to attend for the next coming year. Along with lunch that was provided and great feedback, the meeting was an overall success! We are excited to start the New Year and have future plans to make the most out of 2023! Please be on the lookout for announcements and flyers of our future classes. If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@astrobe.com.

Respectfully,

Lt. Governor DeLodge



SECRETARY
Alicia Miller

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

First, I would like to wish all of you a Happy New Year! I hope you fared well through the holidays especially health wise. As we all know there has been a substantial increase in respiratory illnesses locally and around the country. Please take care of yourself; we want you to greet the New Year in the best way possible.

The Executive Committee passed at the December meeting another ARPA Winter General Welfare Assistance for \$500 for Absentee Shawnee tribal members who were 18 years of age and older as of June 1, 2021. If all of the approximated num-

ber of qualified tribal members (roughly around 3,300+) applies for this assistance, the total amount of ARPA (tribal membership allocated) funds intended to be distributed will be \$1,650,000. We realize folks will always need some sort of financial help around the holidays but it there is always more of a need in January/February (after the holidays & before tax season begins).

With this being stated, the tribe currently has 43 vacancies posted on the tribal website. We are always looking for great talent to work for the tribe. If you are interested in a position, please feel free to apply through our HR portal for consideration.

Election season is also here and I would

like to wish all those who decide to run for tribal office good luck on your endeavor. We have one of the longer election stretches from January to June. I am eager to see how our tribe progresses (hopefully not digress) at the end of this period for we have many projects I would like to see come to fruition for the people's benefit.

In closing, please stay healthy, do good unto others and I hope you all have a prosperous New Year!

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

Respectfully,

Alicia Miller
Tribal Secretary
(405) 287-5247



TREASURER
Joseph Blanchard

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members, friends and family,

As the New Year begins, I hope that everyone had a joyous and memorable holiday season. As I mentioned in my previous submission, we all have plenty to be grateful for. I was reminded of that fact this past week in preparation for a family member's funeral. That being said, I also want to extend my condolences to those who had to experience the first holiday without their loved one. We never forget them and in the months ahead, it'll be the slightest of things that generates a thought and will bring a smile to your face.

In other news, as most are aware, there is an election this year for the Governor and Secretary positions. I have not heard the latest rumors on who may be running but we will all know by the end of the month who filed. In recent conversation with members, I simply reminded

them that the stuff seen on social media is not always accurate and they need to do their own follow-up to confirm their suspicions. The best thing one can do is to become informed on the candidates and see how their viewpoints align with their own. Good luck to all who file.

The month of December really flew by and thankfully, there weren't many days of intense cold weather. I do want to give a shout out to Clayton Martinez and the rest of the Land Management program staff. Prior to the cold snap in the days before Christmas, he and the others were out delivering wood to the Elders on their list. Since this is the coldest part of the year, I want to remind folks to make preparations for the extreme drop in temperatures and to have Emergency Supplies (water, snacks, and blankets) ready for potential power outages. Should these situations present themselves, there is the likelihood the Tribe will open "warming shelters" to provide simple coverage until your electricity is restored.

This past month, I and a few staff from

the Ag Department were able to attend the National Indian Ag Conference. The best part is each of us was awarded a scholarship to pay for our costs to attend and the Tribe did not incur any expense. There were many sessions about current practices, success stories, and opportunities to network with businesses or companies whose primary focus is agriculture. In addition, I was voted onto the Indian Ag Council and will help represent the Tribes in the Southern Plains Region at the National level.

In conclusion, I want to say "Thank You!" to the staff, friends, and family who still show support, provide encouragement, and help make the job easier. As we begin 2023, I am hopeful we can continue to move the Tribe forward and see progress in all our programs. I ask the membership to be patient as we see the fruits of our labors sprout into success.

Neyiwa!

Joseph H. Blanchard



REPRESENTATIVE'S REPORT
DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone is doing well. There have been increases in COVID, Flu, and RSV cases, please take your precautions and take care of one another. Stay Healthy

Education Department;

In the Education Department, The Education Dept. employees have been attending Native/ Indian club meetings at local schools. They discuss historical/ cultural events as well as issues/ projects the students may want to discuss. It's a Good Time to get an EDUCATION. Again, if you are in need of educational financial assistance, I encourage you to contact the Education Department to see how we may be able to assist you. In

Workforce Development (HVAC) project, the Workforce Committee has selected three tribal members for the HVAC training aspect of this project. The HVAC mechanic is taking work orders from the Lt. Governor office to assist Tribal members. A preference is given to our elders. Call the Workforce Department if you have any questions.

Cultural Preservation Department;

In Cultural Preservation, Exciting Times, The Language Program has/ is reaching out and working with our other Shawnee Tribes in the State of Oklahoma pertaining to our Language Programs. In 2023, Cultural Preservation Dept. and our Language Program plan on meeting with the other Shawnee Tribes to work with them on other areas of cultural preservation projects. In December, the Cultural Preservation department offered

Beaded Ornament workshops and a Holiday Pop- Up shops Shopping event.

Gaming Commission;

The Gaming Commissioners, the Executive Director, its employees and I, attending the 2022 OTGRA Fall Conference, November 15th- 17th in Durant, OK. I attended several sessions; my main focus pertained to risk assessments, auditing procedures, and up-dated surveillance technology from a regulatory side of gaming. Gaming Commissioners' continue to work with the Thunderbird Casino pertaining to up- dating their (Casino) policy/ procedures. I continue to attend the Gaming Commission meetings. Gaming Commission Dept. had to update our AST Gaming Ordinance per NIGC request. The AST Gaming Ordinance was updated and resubmitted to NIGC. We are waiting on NIGC approval.

Youth Camp;

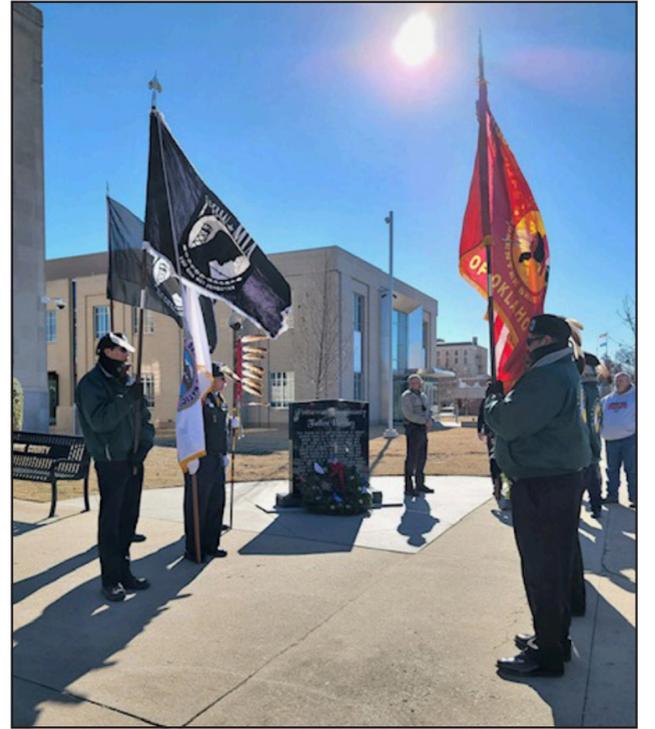
Construction continues at the Youth Camp. The construction of the tennis and basketball court projects is underway. The construction company started the dirt-work construction and hopes to have it completed by the end of the year. The Youth Camp entrance is also near completion. The construction company continues construction on the Dining hall parking lot.

Again, if you have any questions or concerns about the programs mentioned in this news article, feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@astribe.com.

HAVE A SAFE AND HAPPY NEW YEAR

Respectfully,
DeWayne Wilson
Tribal Representative

AST Veterans Association attends Wreath Laying Ceremony



December 17, 2022 was National Wreaths Across America Day. The mission is to remember, honor and teach by coordinating wreaths laying ceremonies at national cemeteries and additional locations across all states, at sea and abroad. The AST Veterans Association attended this event with the Seminole Color Guard in Shawnee, Oklahoma with State Chapter "Roll with Wreaths" to carry the colors. Attending were AST Veterans Commander Jason Bender, Executive Officer Walter Larney and AST Honored Veteran Elijah Foreman, who is deploying in April to Africa.



THUNDERBIRD
CASINO

playthunderbird.com/hiring

Hiring Bonus · Tribal Bonus · Employer-Paid Benefits

ABSENTEE SHAWNEE TRIBE HOMEOWNER ASSISTANCE FUND (HAF)

SERVICES OFFERED

- Mortgage Payment
- Insurance Payment
- Property Charges, such as Property Taxes
- Utility Payment, such as electric, gas, home energy, water, sewer, solid waste disposal, and internet
- The maximum amount for this one-time assistance per household is up to \$8,000.
- All assistance will be issued directly to companies indicated by the applicant.

FOR MORE INFORMATION

CALL (405) 275-4030

Ashlynn Gouge, ext 6446
HAF Lead Specialist
AGouge@astribe.com

Taylor Masquas, ext 6440
HAF Specialist
TMasquas@astribe.com



ELIGIBILITY

- Applicant or Spouse must be at least 18 years of age. (Co-habitant applicants do not have to be legally married.)
- Applicant or Spouse must be a homeowner, meaning a property deed must be provided with the applicant resides.
- Applicant or Spouse must be a member of a federally recognized tribe.
- If Absentee Shawnee tribal member, residence can be anywhere within the US.
- If tribal member of other tribe, residence must be within Pottawatomie County.
- Annual household income cannot exceed 150% of the area median income.
- Applicant must be able to attest to financial hardship after January 21, 2020 due directly or indirectly to COVID-19.

SEEKING ALTERNATES FOR ELECTION COMMISSION

The Election Commission is seeking individuals to serve as Alternates. Alternates must meet the requirements listed in the Election Ordinance.

If you are interested, please submit your letter of interest to Election Commission via E-mail Election.Commission@astribe.com.

P.O. Box 741
Tecumseh OK 74873

Or in person
AST Election Commission
2025 S. Gordon Cooper Dr.
Tribal Court Building 3
Shawnee OK
405-275-4030 ext 6271

Once we receive your letter of interest, we will begin the process.

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 had a busy and fun Christmas Holiday Season. The children, their parents, and our staff participated in the Tecumseh Grinchmas Parade on December 8, 2022. It was a blast!



We are currently hiring staff, if you are interested in applying visit <https://www.atribe.com/employment> for applications and to see what positions are available.

Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

Our playgrounds are getting closer to being done. Our staff got to start taking the children on the Big Playground and the children are loving it! Also, we will be getting new riding trikes for the children to enjoy on the bike sidewalks that are placed throughout the playground. Lots of exciting new adventures are ahead for the children as they play and learn on the new playgrounds.



As 2023 is here we wish everyone a Happy New Year!



Si wi nwi to wa – Speak Shawnee
 (sah wah nwah to weh)

Hi qe ke s'fwa – Severe Month (January)
 (hah qee kee s'thweh)

Pe ta ne ka pa – coats
 (pee teh nee keh peh)

S'ko ta – fire
 (s'ko the)

Hi pe ki me ta – soup
 (hah pee keah mee ta)

Hi li we – hunt
 (hah lah wee)

M'qi mi – ice
 (m'qah mah)

Ne pe – water
 (nee pee)

Ka pe se ta ha – be careful
 (keh pee see teh heh)

Ka pe mo pa – hibernate
 (keh pee mo peh)

M'sa s'ke – leaves
 (m'seh s'kee)

Ne ho ta ke – wood
 (nee ho the kee)

M'sa s'ke wi po – tea
 (m'seh s'kee wah po)

Ni h'he wa we – visit
 (nah hee weh wee)

We ke wi – home
 (wee kee wah)

Ne ko se na – I'm cold
 (nee ko see neh)

Te ka hi ke g'fi – don't fall
 (tee keh hah kee ch' thah)



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

Welcome to the New Year! We hope you had a wonderful holiday break. We are ready for 2023! We are proud to announce Building Blocks III Child Development Center in Norman is now a five star facility as of 1/1/2023.

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405) 360-2710.

Director: Skye Foreman, Assistant Director: Renee Richardson.

If you love being around children, have early child care training/experience, and eager to learn APPLY NOW!

NOW HIRING! Multiple positions! Call (405) 360-2726 or Apply Online @ <https://www.atribe.com/employment>.

Closures:
 January 2nd 2023 in celebration of New Year

Please enjoy some of the photos from our Christmas Program.



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

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

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

Thunderbird Entertainment Center Events



Pictured: Saturday, October 15th the AST Health Clinic, AST Tribal Complex, TEC, Human Resource Departments held a joint job fair. Over 25 job offers were made that day with interviews made on the spot. AST ICW was also present to give information to potential foster applicants.



On Saturday, November 12th the Oklahoma City Princesses held a Holiday Arts and Crafts Fair at Thunderbird Casino.

The event was sold out with 35 local artists and vendors, all showcasing their hand crafted items. Norman resident and contemporary artist Nicole Hatfield held a Live Paint of Chief Tecumseh, the art piece will hang in the meeting room of Thunderbird Casino.

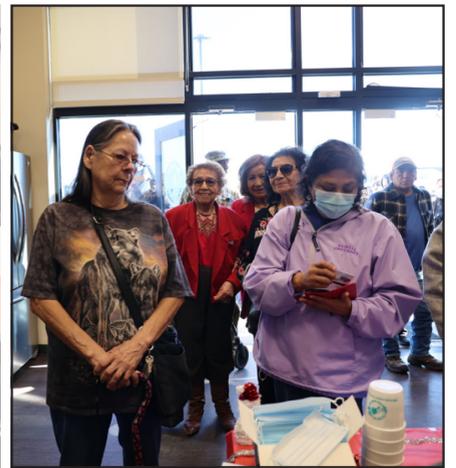
Photographs Credit: Cheryl Anquoe.



Picture: GM Sam Caruso, and Marketing Director Lisa Frazier making a donation presentation to Native Alliance Against Violence. Our partner Cox Media donated \$1000 to a 501C organization of our choice. The organization had to have 501C status, not a social group, and works to positively impact the surrounding community. Native Alliance umbrella's the Absentee Shawnee Domestic Violence program and we have Absentee Shawnee Tribal members who benefit from the program.



Absentee Shawnee Tribe Elders Christmas Luncheon - December 13, 2022



Absentee Shawnee Tribe Kids Christmas Drive Thru Event December 18, 2022





Happy Birthday Wanda (Girlie) Westberry Hope you have an awesome day. Love you so much. From all of your family.



Happy Birthday Bessie Creek Hope your day is Blessed. Love you. From all of your family.



Happy Birthday Cameron J. Hilderbrand Hope you have a great day. Love you. From all of your family.



Happy Happy Birthday to my dearest sister, Barbs! I love you more than you know. XOXO Sherrie

Happy Birthday to our loveable Aunt BJ. Your our faavv. Love, Jils,, Jop & Justin XOXO



Congratulations!

Tre Miller received his MPA (Masters in Public Administration) - in Urban Management from the University of Central Oklahoma in December. Tre also received an additional graduate certificate in Disaster Management. He holds a BA in Geography with a minor in Sociology.

Tre is the son of Stacy Miller and Scotty Miller. Grandson of David Lee Johnson and Teresa White-Reed. Great Grandson of Delores & the late Leroy White and Pauline & the late Henry "Cheese" Johnson.

We are so very proud of him!



2nd year Angel Anniversary to my sweet, loving Momma. You are missed more than you know! Me & the babies love you so very much! XOXO Sherrie, Just, Jop & Jill

ICW Christmas Movie Event - December 17, 2022





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 Complex will be Closed
Monday, January 2nd - New Year's Day
Monday, January 16th - Martin Luther King, Jr. Day**



At AllNations Bank, our New Year's Resolution is simple: to continue to serve this wonderful community. We would also like to express our thanks to the community for your support and a year of great success. We wish all of our employees, customers, friends and their families a happy holiday season.

AllNations Bank

2023 Gordon Cooper Dr. • Shawnee, OK 74801 • (405) 273-0202
www.anbok.com

Member FDIC

Winter Maintenance Checklist

- Clear Debris from Your HVAC Unit**
Fall is the perfect time to clean away leaves, grass, and other debris that might dirty the components or block airflow.
- Review Your Thermostat**
As the temperature cools down, remember to adjust your thermostat settings. If you can set a program, continue to enjoy energy-saving benefits by making the temperature cooler when you are away from home or asleep.
- Deep Clean your Home**
Dirt, dust and other allergens are picked up by your HVAC system, and they may trigger allergies or asthma. Clean your home now and minimize the irritants spread by your system.
- Change your Air Filters**
Keep your HVAC system in peak condition by changing out the air filters every few months. It will help keep the air clean in your home, improve air flow, and help your HVAC perform more efficiently.
- Schedule a Maintenance Check-Up**
The best way to ensure your HVAC system is ready for winter is to invest in professional maintenance. Ask for a thorough inspection and address any issues before they become big problems.

Sponsored by:



ASTHS January 2023 Monthly Update

January Cervical Cancer Awareness Month

The United States Congress designated January as Cervical Health Awareness Month. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

The first HPV vaccine was approved in 2006 for females ages 9-26 and offered protection against 4 strains of HPV. Since then, the vaccine has expanded to include protection against 9 strains of HPV and is now recommended for MALES AND FEMALES ages 9-45. The CDC recommends that 11-12-year-olds receive two doses of the vaccine 6-12 months apart. Older patients may receive a third dose of the vaccine.

Understanding Cervical Cancer Prevention

Cervical cancer is preventable. Over 95% of cervical cancers are related to HPV infections and are largely preventable with HPV vaccination. Researchers from the United Kingdom recently reported that cervical cancer rates declined by 87% for patients vaccinated at 12-13 years of age. Vaccination also prevents pre-cancerous changes in the cervix, which often require surgical intervention. The authors of the research study concluded, "HPV immunization has successfully almost eliminated cervical cancer in women." We have a chance to cure cervical cancer – by prevention.

What Are the Risk Factors for Cervical Cancer?

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. There are many types of HPV. Some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

Other things can increase your risk of cervical cancer—

- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Smoking.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.
- Having several sexual partners

What Can I Do to Reduce My Risk of Cervical Cancer?

The most important thing you can do to help prevent cervical cancer is to get vaccinated early and have regular screening tests.

HPV Vaccine

The [HPV vaccine](#) protects against the [types of HPV](#) that most often cause cervical, vaginal, and vulvar cancers.

- **HPV vaccination is recommended for preteens aged 11 to 12 years, but can be given starting at age 9.**
- **HPV vaccine also is recommended for everyone through age 26 years, if they are not vaccinated already.**
- **HPV vaccination is not recommended for everyone older than age 26 years. However, some adults age 27 through 45 years who are not already vaccinated may decide to get the HPV vaccine after speaking with their doctor about their risk for new HPV infections and the possible benefits of vaccination. HPV vaccination in this age range provides less benefit, as more people have already been exposed to HPV.**

If vaccination is started before age 15, a two-dose schedule is recommended, with the doses given 6 to 12 months apart. For people who start the series after their 15th birthday, the vaccine is given in a series of three shots.

HPV vaccination prevents new HPV infections, but does not treat existing infections or diseases. This is why the HPV vaccine works best when given before any exposure to HPV. You should get screened for cervical cancer regularly, even if you received an HPV vaccine.

If you or a family member have not yet been vaccinated for HPV, talk with your doctor about the possibility of vaccination to reduce the risk of cancer.

Screening Tests

Two screening tests can help prevent cervical cancer or find it early—

- **The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.**
- **The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.**

Both tests can be done in a doctor's office or clinic. If you have a low income or do not have health insurance, you may be able to get free or low-cost screening tests through CDC's National Breast and Cervical Cancer Early Detection Program.

What Are the Symptoms of Cervical Cancer?

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

For more information about cervical cancer or would like to have the HPV vaccination, make an appointment with your primary care provider.

References: Centers for Disease Control and Prevention, Basic Information About Cervical Cancer

December 2022 Health Employee Awards of the Month

Employee of the Month: Tina Hurd, Shawnee Housekeeper

Team of the Month: Specialty Clinic

Special Leadership Award: Lisa Harrington, SDPI Coordinator/Diabetes and Wellness Program Director

Chris A. Larkin, MBA, FACHE, CHC
Executive Director

UPDATED PHARMACY MAIL POLICIES



Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.

Thank you!

PUBLIC NOTICE

Medication Delivery

There has recently been an increased request from patients for medication delivery by our Transportation Department. Our driver's top priority is patient transportation whereas medication delivery remains a courtesy service. Please allow up to 48 hours for your medication to be delivered.

Thank You



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

NEW OPERATING HOURS

LITTLE AXE HEALTH CENTER
405.447.0300
7:30am-6:30pm Mon.-Fri.

LITTLE AXE HEALTH CENTER PHARMACY
405.292.9530 REFILL LINE
8:00am-8:00pm Mon.-Fri.
9:00am-5:00pm Sat.-Sun.

PLUSCARE CLINIC
405.447.0477
8:00am-7:00pm Mon.-Fri.
9:00am-4:00pm Sat.-Sun.

SHAWNEE CLINIC
405.878.5850
7:30am-6:30pm Mon.-Fri.

SHAWNEE CLINIC PHARMACY
405.878.5859 REFILL LINE
8:00am-8:00pm Mon.-Fri.
9:00am-5:00pm Sat.

Shawnee SameDay Walk-In Clinic is temporarily closed until further notice.

FOR YOUR VISIT PLEASE...

- CALL AHEAD
- WEAR A MASK
- FOLLOW GOOD SOCIAL DISTANCING & SPACING
- USE AVAILABLE SANITIZERS & HAND WASHING
- ALLOW TIME FOR ENTRY DUE TO SAFETY SCREENING MEASURES

Last Updated Oct 31, 2022

ABSENTEE SHAWNEE TRIBE ELDER SERVICE DAY

Date & Time: Thursday January 19, 2023 9:00 am to 4:30 pm

Location: Multi-Purpose Building 2029 James L. Edwards Ln. Shawnee, Ok 74801

This event is for AST Tribal members 59 years & older.

Contact departments listed, offering services to assist the elderly:

- Complete Care HomeHealth
- Dental
- Diabetes & Wellness
- Grant Programs
- Patient Benefit Advocates
- Pharmacy
- Public Health
- Purchased Referred Care
- Title VI
- Transportation
- Agricultural Department
- AST Police
- Cultural Preservation
- Emergency Management
- Enrollment
- Food Pantry
- Social Services
- ...and more!

Please bring proof of income, Social Security benefit letters, CDIB card, and current health insurance cards to the event.

For questions or more information, please contact Melinda Ferrell at (405) 701-7175 or email at mferrell@atribe.com.

Title VI Menu



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR NEW YEARS	3 HAM BLACK EYED PEAS CORNBREAD PEACHES	4 SPAGHETTI W/ MEAT SAUCE BRUSSEL SPROUTS GARLIC TOAST	5 BAKED CHICKEN STUFFING CARROTS JELL-O	6 GRITS SAUSAGE PATTIES FRUIT CUP
9 KRAUT & WEINERS GREEN BEANS BREAD MIXED FRUIT	10 CHILI w/BEANS CRACKERS CHEESE STICKS/COOKIE	11 PORK CHOP SCALLOPED POT. SPINACH BREAD/PINEAPPLES	12 CABBAGE STEW CRACKERS CINNAMON ROLL	13 BOILED EGG BACON TOAST
16 CLOSED FOR MARTIN LUTHER KING JR DAY	17 TURKEY & CHEZ WRAP L-T-MAYO CHIPS PEARS	18 SOFT TACOS CHEZ, ONIONS REFRIED BEANS SALSA MANDRAIN ORANGES	19 CHICKEN POT PIE VEGGIES BISCUIT APPLESAUCE	20 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
23 BEEF FINGERS MASHED POT/GRAVY BRUSSEL SPROUTS BREAD/PUDDING	24 BBQ CHICKEN CORN ON COB BEETS PEANUT BUTTER COOKIE	25 ENCHILDA CASSEROLE MEXI-CORN CAKE	26 PORK & POTATOES GREEN BEANS BREAD CRISP	27 ENGLISH MUFFIN HAM SCRAMBLED EGGS
30 HOT HAM & CHEZ SANDWICH PORK N BEANS CHIPS/FRUIT	31 BEEF TIPS & NOODLES PEAS & CARROTS MIXED FRUIT		MENU SUBJECT TO CHANGE	

HAPPY NEW YEAR!!!

JANUARY 2ND, TITLE VI WILL BE CLOSED FOR THE HOLIDAY NEW YEAR'S NO MEALS WILL BE SERVED OR DELIVERED!!

JANUARY 16TH, TITLE VI WILL BE CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY

As winter approaches- check on your loved ones- make sure they have heat and water and lotion because you know we be ashy during the winter months!!! Be safe, smart, buckle up, keep your phone charged up.

DURING THE WINTER MONTHS IF THE ABSENTEE SHAWNEE TRIBE IS CLOSED DUE TO THE WEATHER IT WILL BE REPORTED TO THE NEWS CHANNELS 4, 5, 9, AND 25 Or Call Title VI at 405-275-4030 ext. 6227

HEALTH BUZZ!!



Happy New Year to all! Hope this finds you well.

It's that time of year--time for the obligatory, unattainable New Year's Resolutions. Instead, what if we set some reasonable goals that are not only beneficial to our health but lower our risk for diseases, including Alzheimer's and other dementias?

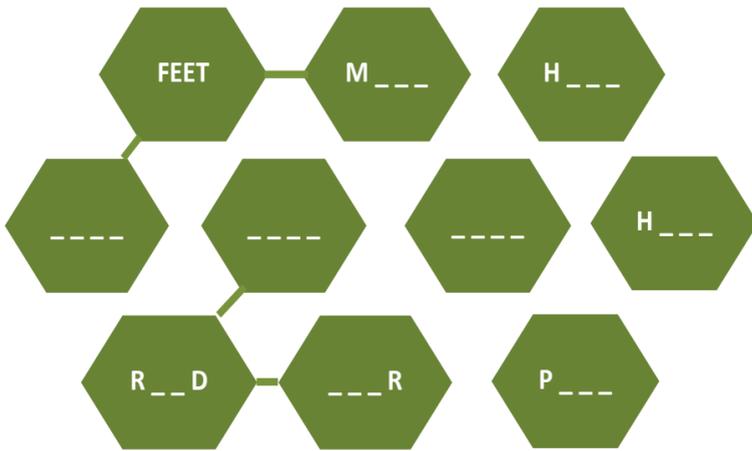
One of the best ways to reduce your risk of Alzheimer's and other dementias is by exercising regularly. Try an activity you enjoy; you are more likely to stick to it. Some activities to try include gardening, walking a pet, and dancing.

Eating a healthy, balanced diet will not only reduce your risk of dementia, but cancer, diabetes, obesity stroke, and heart disease as well. Try to eat five portions of fruits and vegetable each day, fish or other omega-3 rich food at least twice a week, and include whole grains in most meals.

Finally, research suggests that regularly challenging yourself mentally builds up the brain's ability to cope with disease. Doing puzzles, learning a new language, and writing stories or poetry are all healthy-brain activities.

Speaking of puzzles, ready to try one?

BRAIN GAMES



WORD WORM

PLAY IT: Join the hexagons by creating words that are only one letter different from the connecting words. Each hexagon must connect to exactly two adjacent one, as shown with FEET and R __ D. The result forms a continuous loop. Answer located on Page 4B.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Legacy Tribal Services
Simple Solutions. Uncommon Service.



Bringing More to You

We are always innovating and looking for new ways to bring value to our members. AST contracts exclusively with Legacy Tribal Services to help educate, empower and inform you on how you can maximize your health benefits. This service is of no cost to you and helps us enhance everyone's experience within the tribal health system.



"Customer service was excellent- In 15 minutes I learned how Medicare will work with my tribal benefits and Mr. Triggs even got me a plan that costs me absolutely nothing extra!"

Dedicated Agent

Al Triggs has over ten years of experience working with the native population in Oklahoma. His extensive knowledge in Medicare, Medicaid and health insurance plans is unmatched. You will feel confident in his recommendations and ongoing follow up.

Proactive Approach

Our pledge is to be comprehensive as we assess your needs and we strive to find all benefits and programs you're entitled to.

Guaranteed Satisfaction

Discovering how to get everything you're eligible for is your goal and delivering on this promise is ours.

BOOK A CONSULTATION TODAY

918-853-1211



atsales.exec@gmail.com



www.asthealth.org



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, NA 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



Caring for...AMERICA'S HEROES



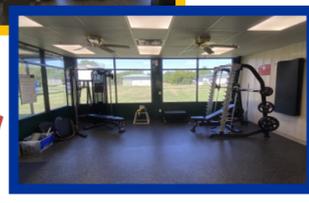
va.gov/tribalgovernment | 405.456.3876



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www.asthealth.org

The Absentee Shawnee Diabetes & Wellness



Fitness Center

The AST Diabetes & Wellness Fitness Center is located at: 1970 156th Ave NE, Norman, OK 73026 and provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! **Fitness Facility Hours of Operation are Monday—Friday, 8:00 AM to 5:00 PM BY APPOINTMENT ONLY**



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

Solution

BRAIN GAMES

WORD WORM

PLAY IT: Join the hexagons by creating words that are only one letter different from the connecting words. Each hexagon must connect to exactly two adjacent one, as shown with FEET and R__D. The result forms a continuous loop.



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.

Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG



Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$18,768 per year for an individual; under \$38,304 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services. Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits 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 Shawnee Clinic
 405.447.0300 405.878.5850
www.asthealth.org

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