



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

Volume 33, No. 03

March 2023

Tribe Breaks Ground On New Police Safety Center



Pictured L-R: AST SORNA Officer Russell Harjo; AST Captain Jason Brinker; AST Lt. Governor Ezra DeLodge; AST Governor John Johnson; AST Secretary Alicia Miller; AST Representative DeWayne Wilson.

ABSENTEE SHAWNEE POLICE SAFETY CENTER



Rendering of the new Absentee Shawnee Tribal Police Safety Center. (Courtesy of CJC Architects, Inc.)

The Absentee Shawnee Tribe recently broke ground on a long-awaited new Police Safety Center. The center is being built with an Indian Community Development Block Grant the tribe received in 2018.

The new building will be located directly east of All Nations Bank on the tribal complex. The floor plan includes 8 offices, a reception/lobby area, a conference room interview room, evidence room, patrol room, EOC/Training area within a FEMA-rated storm shelter, as well as a fitness area. The new safety center will have 5,940 square-feet.

The police department currently shares a building with MIS. “We have certainly outgrown our current building and definitely need more space”, said Brad Gaylord, Chief of Police and Director of Public Safety. “This project has been in the works for a long time and will allow us to better address the Public Safety needs of the Tribe. We are excited to finally be moving forward and would like to thank the Executive Committee and all those who have worked to push this project from the get go.”

“I am excited that we are finally breaking ground.” said Governor John Johnson. “This bigger and better facility will help them serve not only our tribal members but the community as well.”

Calm Construction is the general contractor. Expected completion date is January 2024.

From The Election Commission

Tribal Members:

The Primary Election will be held on Saturday, March 18, 2023. The voting polls will be located at the Little Axe Resource Center on Peebly Road, 1970 156th Ave NE, in Norman, Oklahoma and at the AST Health Multipurpose Building, 2029 James L Edwards Lane, on the Tribal Complex in Shawnee, Oklahoma. **The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.**

APPROPRIATE POLL BEHAVIOR

According to the Election Ordinance Article VIII Section 1 – The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion. For Example:

- | | |
|--------------------------------------|-------------------------------------|
| No “vote for. . .” sticker on cars | No campaign clothing |
| No disbursement of campaign material | No counseling as to who to vote for |

- Do not loiter at poll site:
1. Arrive
 2. Register
 3. Vote
 4. Exit

Unless there is a line each voter should be at the poll, no more than 10 minutes, outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not “visit” with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds.

Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

Policies and Procedures states:

There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.

Tear Off ➡

BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
PRIMARY ELECTION
MARCH 18, 2023

VOTING INSTRUCTIONS: Cast your vote by placing an [X] or [✓] mark next to the candidate of your choice.

EXECUTIVE COMMITTEE

GOVERNOR (4 Year Term)

John Raymond Johnson	-----	[]
Andrew Warrior	-----	[]
Ewell Longhorn	-----	[]
Danny Little Axe, Jr.	-----	[]

SECRETARY (4 Year Term)

Alicia L. Edwards Miller	-----	[]
Eileen Pearce	-----	[]
Misty McGirt	-----	[]

ELECTION COMMISSION

COMMISSION SECRETARY (pro-rated 2 years)

Shirley Adkins	-----	[]
----------------	-------	-----

COMMISSIONER #2 (3 year term)

Charlotte Ellis	-----	[]
-----------------	-------	-----



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello fellow tribal members,

March is the beginning of spring. The kids will be on spring break soon and everything will start blooming. I hope this newsletter finds everyone well.

On February 8th the Executive Committee traveled to Washington D.C. to meet with the Department of the Interior. We met with Mr. Bryan Newland, United States Assistant Secretary of the Interior for Indian Affairs. This was a very informative meeting that will help our tribe with land acquisitions.

I am excited to share that a ground breaking was held for the new police department building. This building will be to the east of All Nations Bank. If you drive by the complex you will see that

the contractors have started dirt work. The estimated completion date is January 2024.

The other major building project on campus is the After School building. The contractor is hard at work trying to get this building done for the 2023-2024 school year. As of now the estimated completion date is November of 2023. Continue to look for updates as we get closer to completion of this new building.

On February 15th the Food Pantry started a new way of distribution. Now you will give the member a list of items that are available for the month. You will be able to choose the items that you are in need of and the boxes will be made while you wait. If you would like to fill out your list before your scheduled date please call the Food Pantry at 405-275-4030 x 6437. The Food Pantry staff is also working with the surrounding area Food Pantries to

partner with and get grant information. We are hoping by doing this we will be able to serve the Absentee Shawnee tribal members better and get different and bigger variety of products in the future.

The Tecumseh Square building is being worked on by our architects. They are creating plans to receive building permits. The City of Tecumseh has notified us that as soon as the plans are submitted and approved they will be able to install the electric transformer and water meter so construction can begin.

In closing, I am very excited about all the projects that are helping move the tribe into the future. The buildings that are being built, the new programs being implemented and the future land acquisitions are a great way to make this tribe even better. Be sure to get out and vote on March 18th in the primary election; make your voice heard for our tribe.

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@atribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance staff has completed 30 work orders in the last month and also cleaning off campus roads and sidewalks during the winter weather that came in. I would like to thank the Maintenance staff and Housekeepers for all their hard work they do for the department.

OEH:

In total for 2023 OEH has assisted Tribal members with 6 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2023, we have collected, processed, and recycled 9 bales of shredded office paper and cardboard equaling roughly

6.75 tons of recyclable waste that has been diverted from landfills.

The entry gate at Camp Nikoti is in the final stages of completion. The dirt work has been completed for the parking lot. The next step will be the curbs and then the parking lot will be paved and completed.

The ground breaking ceremony for the new Police Safety Center took place on January 27. Calm Construction is now in the process of completing the dirt work for the building pad and site drainage.

We would like to remind Tribal Members 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@atribe.com - (405) 214-4235

BIA Program(s)

The weatherization program has been up and running for a year as of 3-3-22. We have had a total of 77 applications, 42 online applications and 35 paper applications. Out of the 77 applications 19 have

been completed and 4 are in the process of being completed. Due to a work related injury in June of 2022 the repairs have slowed down due to work restrictions and inclement weather. As of February 2023 I have been released with no work restrictions. The repair process will be moving faster due to the release. The repairs start with elders first then the remaining applicants. Thank you for your concerns and for being patient. If you have any questions you can e-mail me at dmarshall@atribe.com or call or text at 405-827-4311.

Land Management

Land Management has been getting wood ready for elders and have been making deliveries. Also, we have been assisting tribal members that have reached out to the department for further projects. If you have any concerns or questions call Clayton Martinez, Land Management Coordinator, at (405) 395-8101 or email cmartinez@atribe.com.

Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

In February, I was a member of an AST delegation who traveled to Washington, D.C. to speak with DOI Indian Affairs Assistant Secretary, Mr. Bryan Newland (Ojibwe). The topic was regarding AST land acquisitions. He was attentive and responsive during our conversation. I look forward, on behalf of the AST, for continued dialogue with his office on this subject.

My office and oversight programs, Enrollment and MIS (tech work), has been busy accepting and verifying ARPA Winter General Welfare Assistance applications. Everyone (from Media to Finance to Main Reception & more) who has had a hand in the workflow of this program has done a wonderful job. Ne yi wa to you all and I hope everyone who has applied and received their funds has had beneficial use of this assistance. The reason we have the funds is due to the COVID-19 pandemic. There has been news the pandemic status will change to an endemic in the months to come. Of course, this doesn't mean COVID-19 has gone away but what this means is we will transition out of the emergency phase of the pandemic. As of now though, in the U.S., the public health emergency has been extended until April.

The Indian Child Welfare and the Domestic Violence Departments have been updating their respective codes within the AST criminal code with assistance from the Attorney General's Office. Our tribal codes have needed updating for quite some time. I am pleased my directors of my oversight programs are working hard to get this accomplished.

I am also pleased to announce, after recessing the Annual AST Easter Egg Hunt due to COVID-19 the past few years, we are resuming the event this year. The event will be held at the tribal complex on Saturday, March 25, 2023, from noon to 2:00 P.M. If there happens to be inclement weather on this day, we will re-schedule on a more weather cooperative day, but not extending it out too far from the original date.

The Oklahoma 59th Legislature is in

session and there are a couple of bills introduced which could have a significant impact on tribal people/tribes throughout the state. Tribes are keeping a watchful eye on the advancement and outcome of these bills. The first is Senate Bill (SB) 429. It is a bill introduced by Senator John Montgomery (R) from Lawton, Oklahoma, and Representative Trey Caldwell (R) of the House (also from Lawton). Language of the bill states a student enrolled in an institution within The Oklahoma State System of Higher Education may wear tribal regalia on the institution's campus or at any institution function, whether it is held at a public or private location. The bill defines "tribal regalia" as traditional garments, jewelry, and other adornments such as an eagle feather, an eagle plume, a beaded cap, or similar objects of cultural significance worn by members of a federally recognized Indian tribe or the tribe of another country. Tribal regalia does not include any firearm or other weapon. Tribal regalia does not include any object that is otherwise prohibited by federal law, except in compliance with an appropriate federal permit. If this passes, the act shall become effective July 1, 2023. Our graduates who are graduating this May (2023) will not be able to take advantage of this new law unless their school is proactive and allows Native students to express themselves traditionally. I need to mention, previous versions of the bill failed in 2020 and 2021.

The second bill is about sports betting. House Bill 1027 is sponsored by Representative Ken Luttrell [Cherokee] (R)-Ponca City and Senator Bill Coleman (R)-Ponca City. Tribal nations have exclusive gaming rights in Oklahoma, and in exchange, will have to pay the state a share of proceeds every month. The bill would allow tribes to add on sports betting to existing state gaming compacts and tribes could offer in-person or online sports betting or both. There are still ongoing discussions regarding how much money the state would receive. Tribes who are in gaming have many factors to consider with this bill such as competition, price tag of the operations, fees, and geography. In the end, will it be financially worth it for tribes in Oklahoma? I

think so, if the final methodology ends up favoring tribes as the owner/operators, as any business should as far earnings.

It is tax season for all of us and I feel you should be aware that there is a tax exemption ruling from the Oklahoma Tax Commission (OTC) which could affect enrolled Tribal citizens who are employed by their tribe and live within the boundaries of their Tribal reservation. It has been understood those members are exempt from state income tax. The Oklahoma Tax Commission rejected tribal citizen of the Muscogee (Creek) Nation, Alicia Stroble's exemption request. She is employed by her tribe and lives on Indian land. When the McGirt ruling was issued, Governor Stitt asked all state agencies to report how they might be adversely affected by this case. Using the information from the OTC, Ms. Stroble submitted for an exemption for the previous 3 years she had been taxed by the state. An administrative law judge found Ms. Stroble did meet the criteria for exemption. The OTC reviewed the matter and overturned the judgment and ultimately denied the exemption. The OTC commented the McGirt ruling is limited to the Major Crimes Act, disregarding, and going against the information provided in their own state report. They lay blame on not being aware of such report as well as other excuses. The Creek Nation and the Choctaw Nation have filed suits against the OTC seeking relief for their citizens against this unlawful state taxation. I hope I am wrong, but I fear is this may become a unilateral practice across the state and make it more challenging for those who meet the exemption criteria and who are not a part of the 5 Civilized Tribes.

Lastly, I hope you are practicing your Shawnee language skills. I know I have been trying. Lessons can be located on the website by logging on the Tribal member section. I am happy this program is up and going. Daylight savings and Spring is upon us, and I hope you enjoy the changing of seasons. Until next month...

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

Respectfully,
Alicia Edwards Miller
Tribal Secretary
(405) 287-5247

TREASURER’S REPORT
Joseph Blanchard, AST Treasurer

Good Afternoon Fellow Tribal Members, Family and Friends,

I hope this update finds you and your family well. I’ll be brief and submit more information in my General Council report. As March begins, many of the Spring activities have started to roll out. Basketball playoffs are wrapping up and Baseball/Softball season will start their preseason tournaments. I appreciate those who have forwarded schedules to my office. I always enjoy attending events to support our next generation of mem-

ber athletes.

Besides sports, those with a Green Thumb will be out trying to plan this year’s crop. If you have availability, do not forget the AST Agriculture Department is coordinating with the OSU Extension Office to bring these classes to the Complex. Normally, there is a class the 2nd Friday of each month. Also, they now have a page on the Tribal Website. Please visit to confirm upcoming events.

Earlier today, I had discussion with Procurement about our excess property. They are tentatively scheduling June as the month for a Surplus Auction for Vehicles and larger equipment. Once that is completed, then another will follow a

couple months later with the smaller, easier to transport items.

Regarding Finance, we have had our first discussions with the Audit Firm and completed the paperwork for the timeline and associated costs. They are expected to be on the Complex in May. As many know, the recent Winter ARPA Assistance concluded on February 28th. The first checks were sent out to membership on February 1st, then followed by another check distribution on the 15th. At last count, 2573 members applied for the program.

Grants let me know they’re extremely busy, preparing applications for submission. One of the good pieces of news is a

new employee was hired this past month and he is adjusting to his new position. Additionally, the “interim” label was removed from the Director’s title and she has eased our transition into our new Grants Reporting Cycle.

As I conclude this month’s article, as usual, I want to say “Thank You!” to those who continue to support our office, provide advice, or share encouraging words. It definitely makes the job easier and we couldn’t do it without you. If you have any questions or concerns, do not hesitate to call or send me an email.

Neyiwa!
Joseph H. Blanchard

REPRESENTATIVE’S REPORT
DeWayne Wilson, AST Representative

Hello Tribal Members,

I wish everyone a Happy Easter! I hope everyone is doing well and taking care of one another. The Tribal Elections are being held March 18, 2023. Please get out and vote! Due to weather this last month, it had slowed tribal business (closures and meetings) and construction from occurring.

Education Department: IT’S A GOOD TIME TO GET AN EDUCATION. The Education Department has been busy attending webinars and seminars during the month of February. They attended the Oklahoma State Department of Education Collaboration zoom meeting; participated in 2 Coordinated Tribal Assistance Solicitation webinars; and attended the Every Student Succeeds Act (ESSA) Tribal Consultation. Education has also begun taking applications for graduation stoles on February 9, 2023. Please submit all applications to the Education Department either in person, by mail or by email. If you have any questions or concerns contact the Education

Department at 405-275-4030, by email education@astribecom or visit the www.astribecom website.

The Workforce Development Program’s HVAC technician has been doing preventive maintenance checks on all the AC/heating units on the complex. Our HVAC technician continues to fulfill work orders for tribal members (preference to elders) on their heating and air conditioning units. The Workforce Program Coordinator is now preparing the basement in Building One as a class room for the HVAC program participants for training purposes.

Cultural Preservation Department: The THPO staff attended the National THPO Conference in Cherokee, NC, in February. At the conference, the staff had the opportunity to discuss some concerns they had with federal agencies and other THPO departments pertaining to consultation procedures. Cultural Preservation/THPO staff has been conducting research for multiple projects. They have been looking through documents as well as reaching out to people to help better understand the tribe’s migration. This will help in updating our databases

that will aid in Section 106 and NAGPRA consultations. Research is ongoing into the complex’s rich history. In the future, the Cultural Preservation has partnered with the Domestic Violence Department and MMIP Central Oklahoma Chapter to plan a fashion show/silent auction that will be on May 13th at Thunderbird Casino Event Center. All proceeds will go towards benefitting the MMIP Central Oklahoma Chapter to help decrease the high rates of Indigenous People going missing or murdered.

The Language Program, Media, and MIS departments have been working together to upload pre-recorded language lessons to the Tribal Member login page. Be sure to login in and do the lessons to help preserve our language! The Language Program has a new email for general language questions and information, astlanguage@astribecom. Lastly, the Gift Shop, Media, and MIS departments had a virtual meeting in February with Square Representative’s (the company we use for our point of sale system) on Monday February 13th to discuss how we can use their system to provide our shop online. The project is ongoing.

Gaming Commission: TThe Absentee Shawnee Tribe Gaming Commission has approved the following TEC policies and procedures: Gaming Compact, Title 31 policy and procedures, and accounting. The Internal Audit for 2022 is coming to a close and is set for an exit interview this month. The exit interview will consist of the audit report and any findings in each category along with the action plans that will be set forth to resolve those findings. Overall past finding have decreased dramatically.

Youth Camp: Construction continues at the Youth Camp, however, construction has slowed due to the weather in February. The construction on the entrance and parking lot is still underway as well as the construction for the tennis and basketball courts.

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@astribecom.

Respectfully,
DeWayne Wilson
Tribal Representative

ABSENTEE SHAWNEE TRIBE TAX PREPARATION SERVICES

TUESDAY'S 5:30 PM – 8:00 PM
THURSDAY'S 5:30 PM – 8:00 PM
SATURDAY'S 9:00 AM – 12:00 PM

FREE INCOME TAX FILING: FORMS 1040 OR 1040 SR

LOCATION:
AST MULTI-PURPOSE BUILDING
2029 JAMES L EDWARDS LANE
SHAWNEE, OK


START DATE – FEB 14, 2023

**ELIGIBILITY: TOTAL
HOUSEHOLD INCOME OF
\$60,000 OR BELOW; AST
MEMBERS & THE COMMUNITY**

REQUIRED DOCUMENTS

- PHOTO ID
- MEDICAL/DENTAL EXPENSES, IF ANY
- W-2 FORM
- CHARITABLE DONATIONS RECEIPTS, IF ANY
- SOCIAL SECURITY CARD
- 1099 FORM
- LAST YEAR'S TAXES

**TO MAKE AN APPOINTMENT
PLEASE CALL
(405) 275-4030 X 6431**





HOUSING AUTHORITY

ONLINE HOUSING APPLICATIONS

****AVAILABLE NOW****



ONLINE PROGRAM APPLICATIONS
WWW.ASHOUSINGAUTHORITY.COM

**FOR MORE INFORMATION
Call: (405) 273-1050**

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US ON OUR NEW
FACEBOOK PAGE!**



**Absentee Shawnee
Housing Authority**

- Low Rent
- Homeownership
- Down Payment Assistance
- College Housing Assistance
- Home Rehab Assistance
- Over Income Lease to Own
- Market Rate Rental
- Rolling Hills Community Center (for residents in the R.H. community and staff)
- Bob White Community Center (open for public use, for residents in the Bob White community and staff)
- Tiny Home Lease Purchase Program
- Employment Application

WE ARE HIRING!

**JOIN
OUR
TEAM!**

**VACANCIES FOR
ABSENTEE SHAWNEE TRIBE
AND ABSENTEE SHAWNEE
TRIBAL HEALTH SYSTEM**

Apply at www.astribecom/employment



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@astribecom.
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.

Education Department



AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2022-23 Big Jim Youth Awards on January 1, 2023. Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2022-23 academic year. **Applications will be accepted from January 1 to March 31, 2023 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 is available at www.astribe.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 2023 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 2023.**

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2022-23 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@astribe.com

Big Jim Youth Award

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

Applications accepted:
Jan. 1st –March 31st
Finalists announced:
May/June 2023

- ☐ \$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: _____

College/university/vocational institution you 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)
- ☐ Résumé 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



2023

Graduation Stole Request Form

AST High School Seniors

This application is for 2023 high school graduates only. Student must graduate in 2023 calendar year.

STOLES ARE ON BACK ORDER ESTIMATED ARRIVAL APRIL 2023

Stoles will be available on a first come, first served basis and contingent on available funds.

- Eligible tribal members will only receive one (1) graduation stole during their lifetime.
- 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@astribe.com



2023

Graduation Stole Request Form

College/Vocational

This application is for 2023 graduates only. Student must graduate in 2023 calendar year.

STOLES ARE ON BACK ORDER ESTIMATED ARRIVAL APRIL 2023

Stoles will be available on a first come, first served basis and contingent on available funds.

- Eligible tribal members will only receive one (1) graduation stole during their lifetime.
- 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)

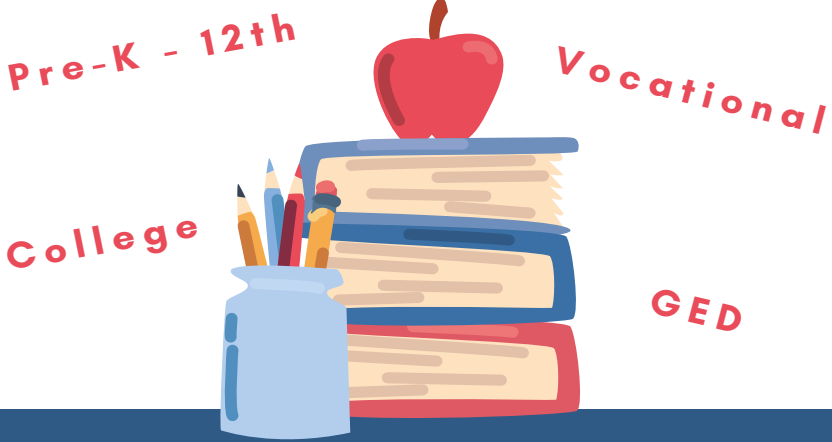
Education Department
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext. 6242
405.273.7938 (fax)
tresham@astribe.com



ABSENTEE SHAWNEE TRIBE

**AMERICAN RESCUE PLAN ACT
EDUCATION INCENTIVE AND SUPPORT PROGRAM
(ARPA EISP)**

Applications and Guidelines
Available at:
www.astribe.com/education



Education Department
2025 S. Gordon Cooper Drive
Shawnee, OK 74801

405.275.4030
Education@astribe.com

ABSENTEE SHAWNEE TRIBE ANNUAL EASTER EGG HUNT SATURDAY, MARCH 25, 2023 - 12 PM - 2 PM

AST COMPLEX,
2025 S GORDON COOPER DRIVE
SHAWNEE, OK

AGE GROUPS - 2 PRIZES PER GROUP
3 & UNDER 4-6 YRS 7-10 YRS
11 & UP 18 & UP 55 & UP

LUNCH PROVIDED





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

We have had a busy couple of months at Building Blocks. When the weather has allowed the children have been playing on our new playgrounds. They love playing on them. When it started snowing while we were at the center the 4's played in the snow. They loved playing in the snow on the playground.



The children have been busy with new projects for holidays. We appreciate all the parents for providing goodies and coming to Valentine's Day Parties. It was lots of fun for the children!

Our CPR/First Aid got postponed due to the winter weather. We rescheduled it for Saturday, February 25th. We are also having staff training on Saturday, March 11th on 'Building Positive Relationships with Children' for 2 Formal Credit Hours.

Our teachers prepared Parent Teacher Folders for the children in their classrooms during February. Our bi-annual Parent Teacher Conferences went well and the parents enjoyed seeing how much their children are learning.

Remember to set your clocks forward on Sunday, March 12th for Daylight Savings Time. Also, remember to wear Green on Friday, March 17th for St. Patrick's Day. Spring Begins Monday, March 20th and new life will begin to show in nature.



We are currently hiring staff, if you are interested in applying visit <https://www.astribe.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.

Have a Fantastic March!!



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 C.D.C.

Happy St. Patties DAY!

Are you feeling lucky this month? I know we are! In March students are learning about different zoo animals, shapes, types of bugs, and "all about me". With the weather getting warmer we are also excited to have more outdoor playtime!

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.astribe.com/employment>.

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.

Please enjoy the pictures we captured over the past month!



Ms. Paula from cultural preservation doing some fun arts and crafts with our students!



AST CCDF PROGRAM
PRESENTS



FREE TO THE PUBLIC



DOOR PRIZES

KIDDY 500
BOX CAR RACE 2023

FOOD VENDORS

Saturday, April 29, 2023

11:00AM - 1:00PM

Absentee Shawnee Tribal Complex
 2025 S. Gordon Cooper Dr
 Shawnee, OK 74801

AGES 2-14



T-SHIRTS FOR ALL RACERS



DOOR PRIZES



HOT DOGS FOR ALL RACERS

Email ASTChildcare@ASTribe.com to Register
 Or Contact us at (405) 445-6000

"RACING TO DEFEAT CHILD ABUSE"

Cultural Preservation Department

Language Program

Po s'qe Ke s'fwa
(po s'qee kee s'thweh)
Halfway Month

Ka we yi ki me li we pa hi se si wi ne wi to wa yi qa
(keh wee yah kah mee lah wee peh hah see sah wah nee wah to weh yah qeh)
Let's get serious to speak Shawnee.

Ma lo ki me – Spring
(meh lo kah mee)

Hi mi mo lo – wake up
(hah mah mo lo)

Ni ni he lo – get ready
(nah nah he lo)

S'ko ta – fire
(s'ko teh)

Ma se k'ki ke – wind
(meh see k'kah kee)

Me yi se fi ke – potato
(mee yah see thah kee)

Pa qe – ashes
(peh qee)

Ka pi ge k'ka pe la - plow
(keh pah chee k'keh pee leh)

Ke fe qi lo – wash you face
(kee thee qah lo)

Ma ke n'ge ka – garden
(meh kee n'chee keh)

Le wi ta – smoke (from a fire)
(lee wah teh)

M'sa s'ke – leaves
(m'seh s'kee)

S'ke pi k'yi – green
(s'kee pah k'yah)

Ne ko gi ya – I will try
(nee ko chah yeh)

Pre-recorded language lesson are available on the AST Tribal Member Login page.

Please fill out the language survey on the tribe's website in the Language section under the Government tab.

Ne yi wa!



Library
News
By
Paula
Jackson

BOOKS OF THE MONTH

Yellow Bird: Oil, Murder, and a Woman's Search for Justice in Indian Country-by Sierra Crane Murdoch PULITZER PRIZE FINALIST.
The gripping true story of a murder on an Indian reservation, and the unforgettable Arikara woman who becomes obsessed with solving it. From Penguin Random House-When Lissa Yellow Bird was released from prison in 2009, she found her home, the Fort Berthold Indian Reservation in North Dakota, transformed by the Bakken oil boom. In her absence, the landscape had been altered beyond recognition, her tribal government swayed by corporate interests, and her community burdened by a surge in violence and addiction. Three years later, when Lissa learned that a young white oil worker, Kristopher “KC” Clarke, had disappeared from his reservation worksite, she became particularly concerned. No one knew where Clarke had gone, and few people were actively looking for him.

Yellow Bird traces Lissa’s steps as she obsessively hunts for clues to Clarke’s disappearance. She navigates two worlds—that of her own tribe, changed by its newfound wealth, and that of the non-Native oilmen, down on their luck, who have come to find work on the heels of the economic recession.
<https://okvirtuallibrary.overdrive.com/media/4754363>

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.

Agriculture Department

The Agriculture Department continues to make improvements and strides for the start of the New Year! We have broken ground to start plowing and tilling tribal member’s plots. Be sure to contact agriculture department for your gardening service needs. We have started planting for our plant distribution coming up in April; we have hopeful anticipation for our starter plants this year. We continue to host our gardening classes each month with emphasis on various subjects, such as, Soil and Fertilization. We partner with Carla Smith the Horticulturist from OSU extension to help and present information for our classes. As we progress with efforts to maintain cattle, we have had many of our 6 to 7 year old cows drop calves and we are expecting our second time cows to be dropping calves soon. We continue to make efforts and community outreach through our numerous events coming up; some events include our department Meat Raffle. We have a flyer circulating and contact information for ticket purchases. If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@atribe.com. or by our website at <https://www.atribe.com/agriculture>.



Absentee Shawnee Tribe
Agriculture Department
Presents

Pollinators!!
How pollinators help
our gardens!!

Join us!!
March 10, 2023
10 a.m.-12 p.m.
AST Multi Purpose Building
2029 James L. Edwards Ln.
Shawnee, OK 74801

Presentation by
Carla Smith
OSU Extension Horticulturist

Come learn and explore all about:

- ❖ Beneficial insects to our gardens!
- ❖ Why pollination is important!
- ❖ How to attract beneficial pollinators to our vegetable gardens!
- ❖ Butterfly gardens!
- ❖ Conservation!
- ❖ Bees!

Questions? Call Gabby Rice (405)827-6545

Spring

HVAC
MAINTENANCE
CHECKLIST



INSIDE THE HOME

- ❑ Air out your entire house by opening doors and windows.
- ❑ Replace your air filters.
- ❑ Switch the direction of your ceiling fan blades and turn your fans on.
- ❑ Clean your vents with a damp cloth and mild detergent.
- ❑ Dust items that may need a good spring cleaning – this will help your HVAC unit run efficiently!
- ❑ Clean pet supplies – beds, toys, clothes, etc. to remove hair and dander.
- ❑ Adjust your programmable thermostat for warmer weather.
- ❑ Turn on your AC to ensure it's working correctly.

OUTSIDE THE HOME

- ❑ Clean around the outside of your air conditioner unit to ensure a 1 – 2 foot clearance around the entire unit.
- ❑ Using a damp rag, spot clean dirt and debris from the outside of your unit.

MAINTENANCE

- ❑ Schedule your AC unit checkups for the year to maintain a healthy, working unit.

If your air conditioner isn't working the way it should (not cooling, smells funny, making weird noises) be sure to schedule an appointment with the tribes HVAC Mechanic.

Contact: (405) 275-4030
Ext. 6267 or 6249





We would like to wish our son, Taylor Carter, a Happy 30th Birthday! Sending lots of love from all your family, Justine Seetot & Frank Carter.



Happy Birthday Hayley M. Dover May you have a very awesome day. Thinking of you. Love you, from all your family



Happy Birthday BK! We love you!!



Happy Birthday to Casey L. Westberry. Hope you have a blessed day! Thinking of you. Love you, from all of your family.



Momma Happy Beautiful Blessed Birthday! Thank you for EVERYTHING you do for us, for me. I'm so lucky to have you as my momma! You're the glue that holds our family together. We pray our GOOD LORD continues to bless you and we celebrate many many many more birthdays with you. I love you!! Enjoy your day!!



Happy Birthday to Derek M. Hilderbrand! Wishing you a great day. Thinking of you. Love you, from all of your family.



Jiya "Bug" Happy Beautiful belated Birthday my baby!! Omg you're 12 years old!! I love you so very much! You are my last baby and I wish time wouldn't go so fast, but here you are almost a teenager. Life without you would be impossible to deal with. You bring so much laughter and love into our lives. I hope you have a blessed and wonderful birthday! Love always and forever Momma and Toby



Happy Birthday to Jerry W. Squire, wishing you a very good day. Love from all of your family.



Congratulations!



Congratulations to tribal member Amaya Martinez, a senior at Shawnee High School in Oklahoma, who signed her letter of intent to play basketball for Northeastern Oklahoma A&M College in Miami, Oklahoma.

Congratulations!



I WANT TO CONGRAULATE MY SON (TRIBAL MEMBER) AARON TIGER AND DAUGHTER IN LAW NICOLE TIGER FOR WINNING AN AWARD FROM CITY OF SULPHUR FOR BEING THE BEST SMALL BUSINESS OF THE YEAR! SULPHUR NUTRITION THEY HAVE TWO SHOPS ONE IN SULPHUR, OK AND ONE IN DAVIS, OK. THEY ARE GOING ON 7 YRS. OF BEING AN ENTREPRENEUR. THEY WORK HARD 7 DAYS A WEEK AND STRIVE TO MAKE A POSITIVE IMPACT WITHIN THEIR COMMUNITIES. AND STILL FIND TIME FOR FAMILY TIME, THEY HAVE 4 BEAUTIFUL CHILDREN 3 DAUGHTERS AND ONE SON. THEY JUST DON'T SERVE SHAKES AND TEAS THEY ARE ALSO INDEPENDENT DISTRIBUTORS AND WELLNESS COACHES. SO IF YOU ARE IN THE AREA ANYTIME STOP IN AND TRY A SHAKE AND TEA THEY ARE DELICIOUS "BE YOU, DO YOU, FOR YOU". SO PROUD OF THEM.

VOTE

Alicia Edwards Miller

ABSENTEE SHAWNEE
TRIBE
SECRETARY



★ KEEP MOVING FORWARD ★


VOTE!!!

DANNY LITTLE AXE JR.
AST GOVERNOR
FOR THE PEOPLE



VOTE! VOTE!

**Re-Elect
John Raymond
Johnson
For AST
Governor**



The Primary Election will be held on
Saturday, March 18, 2023

The polls will be open from 8:00 a.m. to 6:00 p.m. at the Little Axe Resource Center and the AST Health Multipurpose Building on the AST Tribal Complex

AST Veterans Association



AST Veterans attended OKC Princess Honor Dance held February 11, 2023 in Shawnee OK, in honor of Little Miss Indian OKC Princess Zoli Gibson and Head Lady Leah Bender both AST tribal members. Veterans Commander Jason Bender as well as fellow tribal members filled the arena to sing, dance and spectate and enjoyed themselves.

Available for Rent
Asher Home

415 E. Baker Street
Asher, OK



2 Bedrooms, 1 Bath

Home is available for rent at the start of April. Rent is \$800.00 a month with a \$500.00 deposit. The rental agreement is for one year; all payments are due to the finance department. Please inquire with the Realty Department for more information.

The advertisement will be available to the Absentee Shawnee Tribal members first for the month of March. If the rental property is still available by April, advertisement will be opened up to the public for rent.

Should you have any questions, please feel free to contact the Realty Department.

LEGAL NOTICES

FILED in the Office
of the Court Clerk

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

FEB 06 2023

Absentee Shawnee Tribal Court
Court Clerk

In the matter of name change
Of Nolan Tilley,

Case No. CIV-2023-01

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

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

Lindsay Shawnee
being duly sworn upon oath states:

That she/he is the Plaintiff Lindsay Shawnee above-named, and that on the 6 day of February 2023, 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, Lindsay Shawnee, 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)

Lindsay Shawnee
PLAINTIFF

Subscribed and sworn to before me this 6 day of February 2023.

Ashley Stanley
NOTARY PUBLIC

My Commission Expires: June 23, 2024

ASHLEY STANLEY
Notary Public - State of Oklahoma
Commission Number 20007499
My Commission Expires Jun 23, 2024

FILED in the Office
of the Court Clerk

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

FEB 06 2023

Absentee Shawnee Tribal Court
Court Clerk

In the matter of name change
Of Jazlynn Hartfield

Case No. CIV-2023-02

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

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

Lindsay Shawnee
being duly sworn upon oath states:

That she/he is the Plaintiff Lindsay Shawnee above-named, and that on the 6 day of February 2023, 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, Lindsay Shawnee, 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)

Lindsay Shawnee
PLAINTIFF

Subscribed and sworn to before me this 6 day of February 2023.

Ashley Stanley
NOTARY PUBLIC

My Commission Expires: June 23, 2024

ASHLEY STANLEY
Notary Public - State of Oklahoma
Commission Number 20007499
My Commission Expires Jun 23, 2024

FILED in the Office
of the Court Clerk

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

FEB 06 2023

Absentee Shawnee Tribal Court
Court Clerk

In the matter of name change
Of Makiah Tilley

Case No. CIV-2023-03

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

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

Lindsay Shawnee
being duly sworn upon oath states:

That she/he is the Plaintiff Lindsay Shawnee above-named, and that on the 6 day of February 2023, 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, Lindsay Shawnee, 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)

Lindsay Shawnee
PLAINTIFF

Subscribed and sworn to before me this 6 day of February 2023.

Ashley Stanley
NOTARY PUBLIC

My Commission Expires: June 23, 2024

ASHLEY STANLEY
Notary Public - State of Oklahoma
Commission Number 20007499
My Commission Expires Jun 23, 2024

FILED in the Office
of the Court Clerk

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

FEB 06 2023

Absentee Shawnee Tribal Court
Court Clerk

In the matter of
A.M. & T. R.

Case No. JFJ-2022-01

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR TERMINATION OF PARENTAL RIGHTS

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

Randal Homburg being duly sworn upon oath states:

That he is the Attorney General Randal Homburg above-named, and that on the 1st day of November 2022, said Plaintiff filed in this Court a Petition against Defendant, James Davis: and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, James Davis, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service upon the said Defendant by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Randal Homburg
PLAINTIFF

Subscribed and sworn to before me 26 day of January 2022 2023.

Melissa One
NOTARY PUBLIC

My Commission Expires:

SECHLEA LEA COPE
Notary Public - State of Oklahoma
Commission Number 20007225
My Commission Expires Jun 17, 2024



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

90th Semi-Annual General Council Meeting
Saturday, April 1, 2023 - 10:00 am
Thunderbird Casino Event Center - Norman, OK

AllNations Bank

AllNations Bank announces added benefits for Absentee Shawnee Tribe members!!

We have partnered with the Oklahoma Native Assets Coalition, Inc. (ONAC) to establish the **Simply Safe Account**. This account makes banking accessible to everyone. AllNations Bank was the first Native American owned bank to offer this account, a certified Bank On account by The Cities for Financial Empowerment Fund. **Simply Safe Account** features are listed below:

- A debit card that honors the Absentee Shawnee Tribe – issued to AST members.



- Low balance to open
- Low monthly fee (**Fee is now waived for AST members**)
- Free direct deposit
- Free debit card
- Free online banking, bill pay & mobile app
- Free online monthly statement (\$2.00 fee for a paper statement)
- No overdraft fee (This is a check-less account. Account transactions are limited to Withdrawals at the Teller Window, Debit Card and ATM transactions, Online Bill Pay, Online or Mobile banking transfers.)

For any other questions about the Simply Safe Account features and benefits, please call AllNations Bank at 405-273-0202. Or go to our website www.anbok.com to download a new account application form and start banking with your Simply Safe Account today!



2023 Gordon Cooper Drive
Shawnee, OK 74801
FDIC Insured

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

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 county clerks stamp from the county in which 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.



ASTHS March 2023 Monthly Update

March is Brain Injury Awareness Month

Brain Injury Awareness Month, recognized each March, provides an important opportunity to bring attention to the prevention of traumatic brain injury (TBI) and to promote strategies to improve the quality of life for persons living with TBI and their families.

TBIs, caused by an impact or force to the head or body or a penetrating injury to the head, affect millions of U.S. persons each year. Falls are a leading mechanism of TBI, and older adults are at increased risk for sustaining a TBI and experiencing TBI- associated adverse outcomes. A report in the March 2020 issue of Morbidity and Mortality Weekly Report (MMWR) found a nation-wide 17% increase in the rate of fall-related TBI deaths during 2008–2017, with increases in most states. The largest increases in fall-related TBI deaths occurred among persons aged ≥ 75 years.

Evidence-based prevention efforts to decrease falls are important to reducing the incidence and prevalence of TBI among older adults. CDC’s STEADI (Stopping Elderly Accidents, Deaths & Injuries; <https://www.cdc.gov/steady/index.html>) initiative includes resources and tools for health care providers to improve identification of patients at risk for a fall, as well as effective strategies to reduce the risk for fall-related injuries, including TBI.

What is traumatic brain injury?

Traumatic brain injury (TBI) happens when a sudden, external, physical assault damages the brain. It is one of the most common causes of disability and death in adults. TBI is a broad term that describes a vast array of injuries that happen to the brain. The damage can be focal (confined to one area of the brain) or diffuse (happens in more than one area of the brain). The severity of a brain injury can range from a mild concussion to a severe injury that results in coma or even death.

What are the different types of TBI?

Brain injury may happen in one of two ways:

Closed brain injury. Closed brain injuries happen when there is a non-penetrating injury to the brain with no break in the skull. A closed brain injury is caused by a rapid forward or backward movement and shaking of the brain inside the bony skull that results in bruising and tearing of brain tissue and blood vessels. Closed brain injuries are usually caused by car accidents, falls, and increasingly, in sports. Shaking a baby can also result in this type of injury (called shaken baby syndrome).

Penetrating brain injury. Penetrating, or open head injuries happen when there is a break in the skull, such as when a bullet pierces the brain.

What are the possible results of brain injury?

Some brain injuries are mild, with symptoms disappearing over time with proper attention. Others are more severe and may result in permanent disability. The long-term or permanent results of brain injury may need post-injury and possibly lifelong rehabilitation. Effects of brain injury may include:

- Cognitive Deficits (Coma, Confusion, Decreased Attention Span, Memory Problems, etc.)
- Motor Deficits (Paralysis or Weakness, Tightening/ Shortening of the Muscles, Poor Balance, Tremors, etc.)
- Perceptual or Sensory Deficits (Changes in hearing, vision, taste, smell and touch or loss of sensation, vision problems, etc.)
- Communication/ Language Deficits (Difficulty Speaking or Choosing the Right Words, Difficulty Reading, etc.)
- Functional Deficits (Impaired Abilities with Dressing, Bathing or Eating, Inability to Drive a Car or Pay Bills, etc.)
- Social Difficulties (Impaired Social Capacity, Difficulty Making/ Keeping Friends, etc.)
- Regulatory Disturbances (Fatigue, Changes in Sleep Patterns/ Eating Habits, Dizziness, Headaches, etc.)
- Personality or Psychiatric Changes (Apathy, Decreased Motivation, Irritability, Anxiety, Depression, etc.)

Can the brain heal after being injured?

Most studies suggest that once brain cells are destroyed or damaged, for the most part, they do not regenerate. However, recovery after brain injury can take place, especially in younger people, as, in some cases, other areas of the brain make up for the injured tissue. In other cases, the brain learns to reroute information and function around the damaged areas. The exact amount of recovery is not predictable at the time of injury and may be unknown for months or even years. Each brain injury and rate of recovery is unique. Recovery from a severe brain injury often involves a prolonged or lifelong process of treatment and rehabilitation.

Types of Brain Injury Rehabilitation Programs

There are a variety of brain injury treatment programs, including the following: Acute rehabilitation programs, Subacute rehabilitation programs, Long-term rehabilitation programs, Transitional living programs, Behavior management programs, Day-treatment programs, and Independent living programs.

<https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6909a1-H.pdf>



CONSTRUCTION UPDATE

Little Axe Health Clinic

- Full occupancy of the new Administration and Facilities areas are anticipated for early March.
- Lab and Imaging (X-Ray) are expected to move into their new areas in early April.
- Pharmacy, with a modified drive-thru, will move to their temporary location on the west side of the building no later than the end of March.
- Pre-construction work will begin in the Dental department in mid-March.

Substantial completion/ occupancy of the Little Axe Expansion is expected for Spring 2024!

Shawnee Health Clinic

We continue to identify and evaluate potential sites! Initial programming has been re-submitted with edits to the architects to solidify space and budgeting.

February 2023 Health Employee Awards of the Month

Employee of the Month: Melinda Ferrell, Patient Resources Specialist

Team of the Month: Purchased Referred Care (Contract Health)

Special Leadership Award: Genevieve Foster, Health System Financial Officer and Dayna Dick, Health HR Manager (Compensation Implementation Team)

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



OPERATING HOURS EFFECTIVE FEB. 6TH

LITTLE AXE HEALTH CENTER
405.447.0300
7:30am–6:00pm 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–6:00pm Mon.–Fri.

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

SHAWNEE WALK-IN CLINIC
405.878.5850
9:00am–6:00pm Mon.–Fri.
9:00am–4:00pm Sat.

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: Jan. 28, 2023



March - April 2023 - Scheduled Closings

Dates Closed:	Time(s) Closed:	Locations
Wed., Mar. 1st (1 st Wed. Month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Walk-In Clinic RE-OPENS at 5 PM until 6 PM. -PlusCare RE-OPENS at 5 PM until 7 PM. -Little Axe and Shawnee Pharmacies RE-OPENS at 5 PM until 8 PM.
Friday, April 7th (Good Friday)	Closed All Day	ALL AST Health facilities CLOSED

In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay: Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405) 878-5850, or PlusCare at (405) 447-0477

Elders Service Day - January 19, 2023

The Absentee Shawnee Tribal Health Systems recently held an Elders Service Day. The Purchased Referred Care (PRC)/Contract Health Services (CHS) department was instrumental in organizing the first time event held on Thursday, January 19, 2023. Melinda Ferrell, Patient Resource Advocate with PRC/CHS, coordinated the event and she did an excellent job at organizing the event. Invitations were sent to all departments within the Absentee Shawnee Tribe that offered services not only to AST elders but all tribal members. The event serviced elders 59 years and older with elders being first priority but was not limited to only this group.

The event was very informative and many elders were able to complete applications regarding services, especially regarding Medicare. AST Health System would like to thank all departments who were able to set up tables with information regarding to their programs and departments.



Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801-0381

Title VI
Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members

For many years The Title VI Department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Grant provides gas as supportive services and for us to provide supportive service you must be a participant in the Title VI Program.

Guidelines:

1. Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member, have a current intake form on file (FY-2023)

4. Must provide Proof of Residency (utility bill – in the applicants name)

5. Handicap/Disabled

6. NO RENTAL PROPERTY WILL BE MOWED

As a Title VI Member as long as you are within the guidelines you can put in your application and turn in your applications to the Title VI Department. As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will mow every two (2) weeks weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

This year we are trying to get an early start on our grass mowing list,

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@atribe.com

Thomasine Owings

Thomasine Owings
Title VI Director

Absentee Shawnee Tribe of Oklahoma
Title VI Department
2025 S Gordon Cooper Dr
Shawnee OK 74801
405-275-4030

CDIB # _____
D.O.B. _____

Grass Mowing Application

The Following are the requirements for this program:

1. Must be an Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member (have an current intake form for the current year 2023)

4. Handicap/Disabled

5. Must provide Proof of Residency (utility bill must be in applicant's name)

6. NO RENTAL PROPERTY will be mowed

The Absentee Shawnee Tribe Maintenance Department will **ONLY** mow and weed eat applicant's lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees or shrubs.

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 6227

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____


HOME PHONE: _____ MESSAGE PHONE: _____

EMAIL: _____

FINDING DIRECTIONS TO HOME:

*DISCLAIMER

Maintenance will not move any items that are in the way of them mowing your yard so if you are able or can get some help in getting your yard cleaned, will be very much helpful in maintaining your yard.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BEEF TIPS & NOODLES PEAS & CARROTS MIXED FRUIT	2 BAKED CHICKEN VEGGIES BREAD PUDDING	3 OATMEAL SAUSAGE PATTIES APPLE SLICES
6 KRAUT & WEINERS GREEN BEANS BREAD ICE CREAM	7 TACO SALAD SALSA/CHIPS APPLE	8 TURKEY SANDWICH PICKLES MAC SALAD YOGURT	9 CHICKEN BROCCOLI CASSEROLE BEETS ROLL/PEARS	10 SCRAMBLED EGGS BACON TOAST/GRAPES
13 EGG ROLLS STIR FRY VEGGIES RICE FORTUNE COOKIE	14 CHICKEN ALFREDO GARLIC BREAD VEGGIES MIXED FRUIT	15 MANWICH POT. SALAD PICKLES ORANGE	16 CORN BEEF CABBAGE CARROTS BREAD	17 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
20 CHICKEN FRIED STEAK MASHED POT/GRAVY BROCCOLI PEAR	21 COLD CUT SANDWICH THREE BEAN SALAD APPLESAUCE	22 BAKED ZITA GREEN BEANS BREAD STICK JELL-O	23 STEW CRACKERS CHEZ STICKS PEACHES	24 CEREAL SAUSAGE PATTIES TOAST/RAISINS
27 SLICED HAM BLACKED EYE PEAS CORNBREAD PUDDING	28 TATOR TOT CASSEROLE VEGGIES CRISP	29 CHICKEN SALAD SANDWICH BAKED CHIPS MANDARIN ORANGES	30 PINTO BEANS W HAM CORNBREAD ONIONS CAKE	31 BOILED EGG BISCUIT GRAVY

MENU SUBJECT TO CHANGE

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM
BREAKFAST ON FRIDAYS- 9 AM TO 11 AM

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 AMERICAS HEROES

Office of Tribal Government Relations

va.gov/tribalgovernment | 405.456.3876

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org

DON'T DELAY: TEST SOON AND TREAT EARLY

| COVID-19 |

If you are at high risk of getting very sick from COVID-19, and test positive, treatment may be available.

Get tested as soon as possible after your symptoms start.

Contact your healthcare provider right away if your result is positive.

Don't delay. Treatment must be started early to work.

cdc.gov/coronavirus

CS29478-A | February 6, 2022 10:26 AM

HEALTH BUZZ!!



We have been busy! We’re working diligently to spread the word about the Alzheimer Disease Program Initiative and our two programs, Music & Memory and The Savvy Caregiver in Indian Country. Check out some of our awareness signage below.

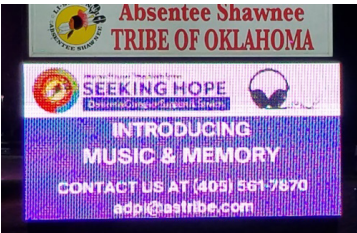
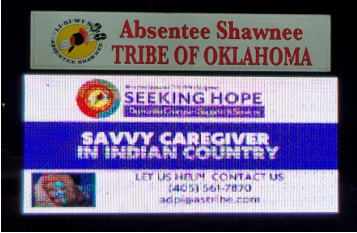
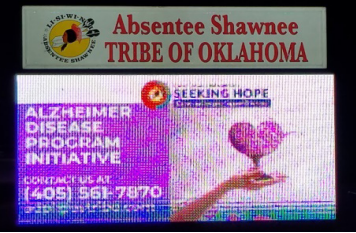
177 & Benson Road



Highway 9



Shawnee, OK, AST Complex



We have participated in several events recently:

Upon request from the Comanche Nation Elder’s Council, the Alzheimer Disease Program Initiative staff presented information on the AST Health System’s Alzheimer’s Disease Program Initiative’s “Seeking Hope” caregiver programs and dementia. The meeting was held on February 6 at their Comanche Nation Elder’s Council monthly meeting in Lawton, OK. There were 120+ elders along with members of their tribal leadership in attendance. Our presentation was well received and many Comanche Elders met with us after the meeting to ask questions.

Twila Parker, our AST Elder’s Council President, joined us and shared information about the AST Elder’s Council activities, travels, and gave a brief history of how our tribal name came to be. Twila held the audience’s attention and was a great representative for our tribe.



During January, 2023, other events included the Public Health Nurses Quarterly Meeting, AST Elder’s Service Day, and the AST Elder’s Council Meeting.

On February 14, we joined forces with Title VI for a Valentine’s Day Lunch and Bingo event. Title VI participants were served lunch, enjoyed the Rocks and Fossil Show presented by Herb Magley and Tim Good from the Oklahoma City Chapter of the Alzheimer’s Association, and then with great joy, some games of bingo. There were 37 Title VI participants present, along with volunteers.



We couldn’t have successfully pulled this event off without the help of our amazing volunteers: Lisa Harrington, Iris Jaquez, Sarah Lawrence, and Kaylee Martin from the AST Diabetes and Wellness Department; Cheri Hardeman from CompleteCare Home Health; Dos Owings and the Title VI staff, and AST tribal member, Jason Bender, who called our bingo games.

We would like to encourage you to contact the Alzheimer’s Disease Program Initiative staff at adpi@astribes.com or (405) 561-7870 if you or someone you know is having memory problems. We have two programs available, Music & Memory and The Savvy Caregiver in Indian Country. We can also provide additional resources for caregivers of loved ones with dementia and individuals living with dementia.

Warmest Regards,
Gayla Temple
Dementia Care Specialist
Alzheimer Disease Program Initiative



March is Brain Injury Awareness Month and provides the opportunity to bring attention to the prevention of traumatic brain injury (TBI), and promote strategies to improve the quality of life for persons living with TBI and their families.

Traumatic brain injury (TBI) is caused by an impact or force to the head or body, or penetrating injury to the head. This injury can lead to lifelong disabilities and even death. TBI affects millions of people in the US each year. However, North America indigenous populations are affected at a greater prevalence, with 27/100,000 TBI related deaths verses 18/100,000 in non-indigenous populations. It especially impacts the elderly and vulnerable in these communities with a higher risk of fall injuries.

Many people with TBI have their lives defined for them. It is important to understand that if you or a loved one is living with TBI there are many options to assist your family with care. At CompleteCare Home Health we give individuals a chance to overcome those definitions, by allowing them the opportunity to change the narrative and take hold of their health care needs in the privacy of their own home.

Our skilled nurses and staff are able to provide support and quality care with medication management, evaluations for disease process and management, care instruction and guidance to assist a loved one with TBI on how to manage daily care needs, speech therapy to evaluate and treat language, vocal patterns, and swallowing issues as well as address cognitive issues. If you or a loved one has been diagnosed with TBI related injury or disability let CompleteCare Home Health assist you by providing your family with a community of skilled medical staff with your home health care needs.

Contact us today at 405-701-701-7085 to see if we can help your family with at home health care needs.



MARCH IS

BRAIN INJURY AWARENESS MONTH

5.3 MILLION PEOPLE ARE LIVING WITH A BRAIN INJURY EACH YEAR AND WANT HELP TAKING BACK THEIR LIFE. LET US HELP YOU OR YOUR LOVED WITH QUALITY AT HOME CARE.

CALL TODAY → (405) 701-7085

CARING FOR YOUR LOVED ONES WITH DIGNITY, COMPASSION AND KINDNESS IN THE PRIVACY OF YOUR HOME



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



Help Yourself, Help Your Tribe

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

Special Enrollment Periods




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 Purchased Referred Care dollars go further.


Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850





Absentee Shawnee Native Connections Grant & Ensuring Hope Project Presents:

Mental Health Matters



Grow Positive Thoughts

Come pick-up your mental health gardening kit

3/21/23- Shawnee Behavioral Health

2029 S Gordon Cooper Dr, Shawnee, OK 74801

@ 10am - 4:30pm

3/22/23- Little Axe Clinic

15951 Little Axe Dr, Norman, OK 73026

@ 10am - 4:30pm

Limited supply

1 kit per person, must be present to receive

For more information contact Tiffany at trodriguez@astribe.com or Rob at rmeely@astribe.com or call us at 405-878-4716.

ABSENTEE SHAWNEE BEHAVIORAL HEALTH PRESENTS



WELLBRIETY MEETINGS



WHITE BISON, INC.

A CULTURAL APPROACH TO PERSONAL RECOVERY FROM SUBSTANCE ABUSE



Facilitated by: John Soap, LPC

THURSDAYS AT 5:30 PM - 6:30 PM

SHAWNEE MULTIPURPOSE BUILDING

2029 JAMES L. EDWARDS LN, SHAWNEE, OK 74801

FOR FURTHER INFORMATION CONTACT:

JOHN SOAP, LPC AT JSOAP@ASTRIBE.COM OR 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 pattern 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 2: Hope

Step 3: Faith

Step 4: Courage

Step 5: Integrity

Step 6: Willingness

Step 7: Humility

Step 8: Forgiveness

Step 9: Justice

Step 10: Perseverance

Step 11: Spiritual Awakening

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 are 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 2.) 4 laws of change 3.) 4 directions of growth

4.) 12 principles for healthy living 5.) Reclaiming our power 6.) The 12 steps of recovery

7.) Nature's way; Principles, laws, and values 8.) Cycle of life


9.) 8 feelings for healthy development 10.) Comfort zones

11.) The two thought system: Love and Fear

12.) The medicine wheel 13.) The laws of the unseen world


Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right and Reduce Food Waste

GO FURTHER with FOOD by incorporating these food, nutrition and physical activity tips



People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

Get Creative with Leftovers

Transform meals into soups, salads or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2023

CROSSWORD

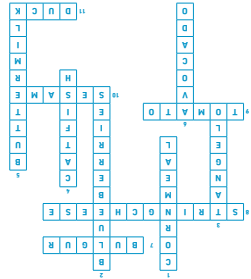
DOWN

- When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
- These tiny fruits are available fresh, frozen, or dried and include a color in their name.
- This fruit is a cross between a pomelo and a tangerine.
- This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
- A low-fat, slightly sour beverage that is part of the Dairy Group.
- Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.


ACROSS

- A type of quick-cooking wheat kernel that's popular in dishes like pilaf, tabbouleh, and kibbeh.
- This dairy food is common in lunchboxes and a popular snack for children and adults.
- This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
- These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
- This game bird is found on dinner tables in some households during the holidays and special occasions.

ANSWERS





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ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

Prevention. Progress. Pride.





Medicare Medicaid Marketplace

Help Yourself Help Your Tribe


Al Triggs

Contracted Benefits Advisor

Legacy Tribal Services


(918) 853-1211

Exclusively Serving The Absentee Shawnee Nation



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.



Olivia Wilson

★★★★★

"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

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 CLINIC405-878-5850 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
COVID Hotline	405-695-1787



MEMBER ACTION REQUIRED: Update Your SoonerCare to avoid coverage loss!



Get ready to renew your

SoonerCare

Coverage

1.

Update your contact information

Update your contact information ie: mailing address, email address and phone number.

*** Online at mysooner.org * Contact a Patient Benefit Advocate**

2.

Check your mail

Take action quickly to avoid a gap in your coverage.

*** Update contact information * Respond to request for information**

Don't miss important [SoonerCare coverage updates!](#)
Verify your contact information at

MySoonerCare.org

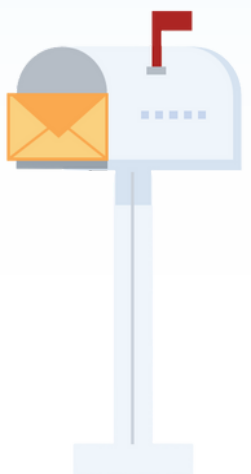
Or contact an ASTHA Patient Benefit Advocate

What if you don't qualify for continued coverage?

If you no longer qualify for Medicaid, you may be able to receive health insurance coverage through the ACA marketplace at no cost to you or your tribe.

* **Affordable:** Low-cost monthly premiums when federal subsidies are applied.

* **Comprehensive:** Plans cover things like prescription drugs, doctor visits, urgent care, hospitals visits and more.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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Little Axe Health Center: 405-447-0300
Shawnee Clinic: 405-878-5850
asthealth.org



OKLAHOMA
Health Care Authority