



THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

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May 2023

Tornado Touches Down In Shawnee



On April 19, an EF2 tornado hit Shawnee leaving a trail of destruction. Many of our tribal members were affected and suffered storm damage or lost their homes and were without power.

As soon as the storm hit, the tribe jumped into action. AST Police and Emergency Management worked throughout the night checking on tribal members. The next morning, the Executive Committee declared a State of Emergency and put a plan together.

Relief stations were set up to provide water and snacks, Emergency Management, Police and tribal leaders were out assessing the damage/checking on members, Emergency Management provided generators and tarps.

One of the hardest hit areas was the Burning Wood addition. Tribal departments including ICW and Building Blocks, ASTHS and Thunderbird Casino delivered meals to tribal members. The American Red Cross was also in the Burning Wood addition providing assistance and handed out tarps, gloves and tools.



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR'S REPORT

John Johnson, AST Governor

Hello tribal members,

It is hard to believe it is already May. I know this month is a busy one with school awards assembly, last day of school and graduations. And let's not forget about our mothers, we get to celebrate them on May 14th. So Happy Mother's Day to all mothers!!

On April 19th an EF2 tornado hit Shawnee and impacted many of our tribal members. Thursday morning I declared a State of Emergency and put a plan together to help our members. We had relief stations set up, we were out delivering food and generators. In the coming weeks we will focus on recovery and debris removal. My thoughts and prayers go out to everyone impacted by the storm.

Now I will tell you about a few things that I have attended recently. On March 21st I had the pleasure to attend the United Indian Nations of Oklahoma (UINO) quarterly meeting. The purpose of the UINO is to create an organization of Tribal Nations and Tribal People to come

together, work together, become more informed on issues of importance to Tribal Nations and Tribal People, and act to protect and enhance the sovereignty Tribal Nations based in Oklahoma. The UINO has not met in the last 3 years due to COVID. This was a full day learning and discussing Indian Education programs, Oklahoma Indian Gaming, broadband network systems and dental healthcare just to name a few.

Then on March 25th, the tribe held an Easter egg hunt here at the Shawnee Complex. We had a great turn out with food, prizes and even the Easter Bunny. I want to thank the Secretary's office and the many volunteers that helped to make this event a success.

The 90th semi-annual General Council was held on April 1st. A lot of great information was given. I want to personally thank everyone that attended and that maintained a professional atmosphere in this tribal meeting. This was the best General Council meeting I have ever attended. So again THANK YOU!!!

By the time the paper is put to bed, a couple of the EC members and I will be

attending the annual Native American Finance Officers Association (NOFOA) in Washington DC. The agenda looks full of interesting topics from economic development, clean energy technologies and cybersecurity. I am looking forward to sharing with you what we will learn in the June newsletter.

As I see progress on the new buildings here on campus, I continue to think about the future. The Tecumseh Square project is ongoing and I hope to see more progress real soon. The building will house a bigger food pantry for our tribal people along with more office space. Another project is the new CCDF building at Horseshoe Bend. This building will help provide our after school program with a second site to reach more tribal children in this area. Health has purchased land and will soon begin construction on a new Shawnee clinic. Last but not least is the land acquisition project of turning our fee land to trust land. These projects will continue to move our tribe forward in a positive direction. I am excited to see the bright future of the Absentee Shawnee 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@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance department has completed 46 work orders in the last month while getting prepared for the upcoming lawn care season. I would like to thank the Maintenance and Housekeeping crew for all the hard work they do for the department.

OEH:

In total for 2023 OEH has assisted Tribal members with 21 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2023, we have collected, processed,

and recycled 12 bales of shredded office paper and cardboard equaling roughly 9 tons of recyclable waste that has been diverted from landfills.

The parking lot and entry gate at Camp Nikoti have been completed, which concludes all construction for Phase II of the youth camp.

Dirt work has been completed for the new police safety center. Plumbing for the site has also been completed and concrete will be poured in the coming days preparing for the start of building construction.

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@astrobe.com - (405) 214-4235

Weatherization Program

The weatherization program is currently working two homes in the Shaw-

nee area. Will be in the Little Axe after the homes in Shawnee are completed. The window process is moving very slow due to the lack of product. The home repair starts with the elders first then the remaining applicants. If there is any questions please feel free to e-mail me at dmarshall@astrobe.com or call me at 405-827-4311.

Land Management

Land Management has been working on the softball field at the youth camp removing trees to expand the field. We have some BIA projects with some of our tribal properties coming soon with tree removals and fence lines. Out of the wood that we are removing it will go back to our fire wood program for the upcoming winter months this year. Any concerns or questions please feel free to email or call cmartinez@astrobe.com 405-395-8101.

Respectfully,
Lt. Governor DeLodge

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

On April 19, 2023, North Shawnee & areas around Norman sustained substantial damage from a tornadic storm. Several tribal members and tribal employees were affected. Governor Johnson declared a state of emergency the following morning. The declaration is necessary to assist in the recovery of impacted areas for public assistance and possible individual assistance. The Tribe and the Absentee Shawnee Housing Authority set up relief stations for tribal members at 4 initial locations and the Indian Child Welfare Department made lunches for tribal members and First Responders at their offices as well as Building Blocks making some food deliveries to Burning Wood. As of this article, we are still in an assessment phase and helping where we are able. I would like to thank all those who stepped up to provide aid where and when needed for our people. To date, I have not heard of any reported injuries in our area. This is good. Materials things can be replaced, while our people cannot.

April was Sexual Assault Awareness

month and I was able to attend a conference with the Domestic Violence Department at the International Conference on Sexual Assault, Domestic Violence and Fighting for Change. Many of the attendees and presenters were law enforcement, prosecutors and all who work in the domestic violence arena. It was an educational and eye opening learning opportunity for me and yes, many of the stories were difficult to hear but it was necessary to acquire this information in order to create better outreach and services for our community from best practice programs.

Also in the month of April, I attended the Rogers State University's (RSU) Indigenous Peoples Gaming Day in Claremore, Oklahoma. This was a special invitation from an outstanding AST young lady, Miss Jaylan Gibson. She is a senior at RSU and plays third base for their women's fast pitch softball team. Last year, her team was the NCAA Division II 2022 National Champions. After seeing her and her team play, I can see why they are the reigning champs. She is an excellent player and I could see her passion for the game. I was honored to attend and proud to see her shine. Her parents are Jeremy and Jackie Gibson and sister Jaysan Gib-

son. Ne yi wa for the invite, it was a great day.

April was also National Child Abuse Prevention Month and sadly this is a wide-spread problem in Indian Country. The AST-ICW hosted a Blue Ribbon Week and planned child abuse prevention activities the last week of April. The last Saturday of the month a Kiddy 500 Box Care Race was held in coordination with ICW and the AST 102-477 Programs. This was a cardboard box car race for youth ages 2-14. Thank you for all who also came out to support our youth and to support child abuse prevention.

Since it is May, I would like to send a special congratulates to all of those who are graduating this month. Always remember as you venture out into the world - you are braver than you believe, stronger than you seem, smarter than you think and loved more than you will ever know. Congratulations to the Class of 2023!

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

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

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members,

Wow! May is coming in with a bang. First, let me say "Thank You!" to our staff and volunteers. As soon as the storms hit our area, the Executive Committee was in communication providing direction to employees and multiple programs. The major hindrance we ran into was the roads were blocked with downed power lines, toppled trees and other debris. Our thoughts and prayers are with all our members that have been affected. We are working expeditiously to provide assistance or point people in the right direction to get their needs addressed.

Before the storms came, the Agriculture Department hosted a couple events for the month of April. The AST Farms Hog Roast was a success as members were

able to attend and take part in the meal; approximately 175-200 people participated. The following week, there was the Plant Distribution, where over 4000 starter plants were handed out. Look in other parts of the newsletter to find the submission from Ag. I want to acknowledge 3 B's Farms, local AST family for donating the 500 lb. pig for the roast. Everyone that attended left with full bellies and a greater appreciation for our farm.

Realty recently submitted paperwork to the EC for review and possible approval of the new Policy and Procedures for the Tiny Home Village. In addition, there has been some discussion with the Housing Authority about assisting with the intake process and daily management. More details will be forthcoming as information becomes available.

In Finance, myself and a few staff attended the Spring Native American Finance Officers Association (NAFOA)

meeting and conference. For some, it was their first time to participate and gain valuable knowledge regarding best practice and updates on financial guidelines. While there, staff was able to network and initiate communication with other like-minded Tribal programs. I will report more on this next month.

As I finish up this month's edition, I ask our folks to keep our members and staff in prayer as they deal with recovery efforts. If you get a chance, Spring Bread Dance will be taking place and I hope you're able to attend one of the grounds to participate or look on at this important ceremony which helps make us who we are. Also, I want to express my appreciation to those who continue to show support, provide advice, and encourage us as we move the Tribe forward.

Neyiwa!
Joseph H. Blanchard

REPRESENTATIVE'S REPORT
DeWayne Wilson, AST Representative

Hello Tribal Members,

I enjoyed our Annual Easter Egg festivity and seeing so many Tribal members and their families having a good time. I was happy to see many of you at the 2023 Spring General Council on April 1st. I was able to visit with the Tribal Members and get some really good feedback. I also want to take the time to wish our graduating class of 2023 "Happy Graduation!"

Education Department:

Education/ TYP /ASTPD hosted two-PCSO Fentanyl Awareness Classes for the community, one at the Multipurpose Building and the other at Brendle Corner. Education/ TYP applied for the CTAS Grant, Purpose Area 9: OJJDP Tribal Youth Program. Tribal Youth Program (TYP) had the Melokami Youth Camp (Spring Break camp) at Brendle Corner. Education stays involved with the ESSA Tribal Consultation with numerous area schools. TYP organized the Little Axe Soccer Program and had their first games at the Little Axe High School practice field.

The Workforce department has been busy this past month; The HVAC employees have completed painting and doing slight renovations in Building #1's basement. This area is being utilized as the HVAC training area. It will have a test furnace and AC unit for the interns to work on and an area for homework. Each HVAC student continues meeting the training requirements for obtaining their HVAC license at Moore Norman Technology Center. Their first semester will end in May 2023. The HVAC employees have been helping Tribal elders with maintenance on their HVAC units, changing filters, installing smoke and carbon monoxide alarms. If any tribal elders need assistance with their unit don't hesitate to contact the Tribe's HVAC mechanic.

Cultural Preservation Department:

The Language Program has uploaded eleven pre-recorded language lessons to the tribal member login page. The Language program will continue to upload lessons as long as necessary. For general language questions and information, please contact the department by phone (405) 275- 4030, EXT 6340 or email at ASTLanguage@astribe.com. The library

has been chosen once again to present the Read for Adventure program to the youth. On April 4th and 5th, Ms. Paula Jackson read the book "Juniper's Butterfly Garden--A Small Start for a Better World" at Building Blocks II and III. All those that participated received a voucher, for up to four people, redeemable for free admission to the OKC Zoo. If anybody is interested in checking out the book, the library still has 20 vouchers available.

Gaming Commission:

The Casino's external audit conducted by the Gaming Commission is coming to a close and the final reports will be submitted to National Indian Gaming Commission (NIGC) by April 30th, 2023. The Casino internal audit is starting as the Gaming Commission office has received a list of requested documents. The Gaming Commission attended the Indian Gaming Association (IGA) Conference with our focus was to attend sports betting sessions in preparation of the State of Oklahoma becoming a sport betting state. We will also be attending the Oklahoma Tribal Gaming Regulatory Association (OTGRA) Conference at River Spirit Casino in Tulsa, OK. These conventions and conferences keeps the

Gaming Commission up to date on the latest changes on regulations by NIGC or the State of Oklahoma in addition to any questions we may have and information on what's to come.

Youth Camp:

Construction continues to move along. A lot of tree cutting happening in preparation of starting the ground work on the baseball/ softball field. The Tribe's Self Governance Dept. is working with Cleveland County, who has completed laying asphalt around the dining hall. Also, they have started bringing in and leveling gravel on the Youth Camp roads.

I would like tell the Secretary office and all the employee volunteers how appreciative I am of all of their hard work and coordination that it took to organize the Easter Egg festivity. We couldn't do this job without everyone, "Thank You" If you have any questions or concerns about these 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.

Respectfully,
DeWayne Wilson
Tribal Representative

ELECTION COMMISSION

OFFICIAL ELECTION RESULTS
ABSENTEE SHAWNEE ELECTION COMMISSION
PRIMARY ELECTION - MARCH 18, 2023

This is to announce the OFFICIAL Election results of the March 18, 2023 Primary for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant on the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

EXECUTIVE COMMITTEE

GOVERNOR (4 Year Term)

John Raymond Johnson 145 Votes
Andrew Warrior 59 Votes
Ewell Longhorn 113 Votes
Danny Little Axe, Jr. 65 Votes

SECRETARY (4 Year Term)

Alicia L. Edwards Miller 163 Votes
Eileen Pearce 96 Votes
Misty McGirt 122 Votes

ELECTION COMMISSION

ELECTION SECRETARY (Prorated 2 Years)

Shirley Adkins 1 Votes

COMMISSION MEMBER #2 (3 Year Term)

Charlotte Ellis 1 Votes

We, the Officials are responsible for declaring the above election results, do hereby claim the above statements are true and correct to the best of our knowledge.

Diana Wilson
Diana Wilson, Election Commissioner
Shirley Adkins
Shirley Adkins, "Appointed" Election Secretary
Charlotte Ellis
Charlotte Ellis, Commission Member #2
James Spybuck, Jr.
James Spybuck, Jr., Deputy Commissioner
Brandi Routledge-Hunt
Brandi Routledge-Hunt, Commission Member #1
James Palinkas
James Palinkas, Judge
March 24, 2023
Date

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 June 17, 2023. I cannot physically be present to cast my Vote at the **June 17, 2023 Annual 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 **May 28, 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



PUBLIC NOTICE

OPENING DATE: THURSDAY JUNE 22, 2023 AT 12:00pm

The Absentee Shawnee Tribe of Oklahoma will be offering salvage vehicles, miscellaneous heavy equipment, office furniture and equipment for sale at a SEALED BID AUCTION with all sales final to the highest bidder.

All items will be SOLD AS IS with attachments, parts, accessories, or quantities as shown at time of the sale.

All items will be available to view and inspect at Thunderbird Casino at 15700 East State Highway 9, Norman, OK on June 22, 2023 between 8:00am to 11:59am. All items will be available to view on The Absentee Shawnee Tribe of Oklahoma website at www.astribe.com under Procurement on the SERVICES tab beginning Friday May 19, 2023.

All bids must be submitted on the bid form and sealed in the envelope provided by The Absentee Shawnee Tribe the day of the auction. Interested bidders may receive a bidding packet from The Procurement Department at the Tribal Complex or online at www.astribe.com under Procurement on the SERVICES tab beginning Friday May 19, 2023.

Sealed bids must be submitted in person on June 22, 2023 prior to bid opening at 12:00pm.

The successful bidder will be required to pay in full the day of the auction by credit card and all item(s) purchased will need to be removed from Thunderbird Casino by 5:00pm the day of the auction.

**2023 Pottawatomie County
Pasture & Livestock Tour**

Hosted by: Shawnee Conservation District, Oklahoma NRCS,
Absentee Shawnee Tribe & OSU Pottawatomie County
Extension

Date: Friday, May 19th
Time: 8:30 AM-3:00 PM

Tour Stops:
Coker Farms
Absentee Shawnee Tribal Farms
Riverview Farms

Please RSVP by
**Tuesday, May 15th to the Pottawatomie
County Extension Office @
405-273-7683**

1 CEU Pending
Sponsored by: Shawnee Conservation District
Lunch Sponsored by: Shawnee Conservation District. Facilities Host: Absentee Shawnee Tribe



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Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact (Mike Trammell, OSU Ag Educator/Agronomist) at (405) 273-7683/michael.trammell@okstate.edu at least two weeks prior to the event.

Congratulations



Tribal member Jimmy Squire placed first in the Southwest Amputee Golf Association Tournament and was the overall champion. The tournament was held at Winstar Golf Course on April 11.

He was the only tribal amputee golfer from Oklahoma and the only tribal member out of Oklahoma to represent the tribe, state, and city of Shawnee.

Squire would like to thank the Executive Committee and the for their sponsorship and the AST Veterans for their support.

He is also seeking sponsors for the upcoming Southwest Amputee Golf Association Tournament in Waco, Texas in June and The Texas Adaptive Sports Association World Ranking Golf Tournament in Galveston, Texas in October.

RSU Softball Indigenous Peoples' Day



Pictured L-R: Jayse Gibson; Representative DeWayne Wilson; Jaylan Gibson; Secretary Alicia Miller; Jeremy Gibson; Jackie Gibson

Tribal member Jaylan Gibson plays softball for Rogers State University located in Claremore, OK. Recently RSU Softball hosted an Indigenous People's Day on Saturday, April 8th. RSU is currently ranked 8th in NCAA Division 2 softball and are the defending National Champions.

Congratulations Stevi!

HOME OF CHAMPIONS

Norman North senior, Stevi Johnson, recently signed a national letter of intent to attend Oklahoma City University on on track and field scholarship. Stevi plans on following a pre-physical therapy major, with the ultimate goal of acceptance in the Doctor of Physical Therapy program. We're so proud of you and share your excitement on the next step in your journey.



Brody Miller
Tecumseh High School Senior

2nd year Page at the Oklahoma House of Representatives. Paged for Representative Danny Sterling (March, 2023). Parents are Mr. Scott & Mrs. Alicia Edwards Miller



Happy Birthday Wade Simpson!
Sending you tons of kisses and hugs on your birthday, Little buddy, have a rocking day!
Love Always
Aunt Trina, Uncle Larry & Uncle Clyde (Booner).



Happy 10th Birthday Bayleigh!
You are the sweetest smartest girl ever. You're family is so proud of you!



Happy Birthday to Chubs and Jacob Foreman!!!



Happy 78th Birthday Mom, Joann Walker!
We love you so much!



Camp Nikoti: TYP Soccer Program 2023



Our season officially started March 20th and games started on April 8th. This will be our 8th year running a soccer program in the Little Axe community. We currently have 55-60 kids signed up and playing. We have 3 volunteer coaches and several parents that are helping out with practices and games. Our season runs from March 20th through June 3rd. Games are played each Saturday between 9am and 12pm at the Little Axe High School practice football field. We typically have 8 games each season as long as the weather permits it. We currently have 4 age divisions and teams are mixed up each week to allow the youth to play with all of their peers. Our program is built on learning about soccer, participation, exercise, and having fun. Our youth are excited and looking forward to all the fun they will have this season.



TYP Camp Nikoti Afterschool: Explorers Program

The Explorers Program was made to teach the youth about public safety and to get a positive interaction between our youth and the cops. The designated day for the Explorers program is Thursday of each week. We are currently using our afterschool youth for this program. Every Thursday, we do an activity with the kids. We have done worksheets, play games, and the kids have written letters to the AST police. The AST police have come in to hang out with the kids and they got to ask the cops any questions that they had. We've also had emergency management come in to speak with the kids about what to do during certain type of weather. We had t-shirts made for the kids to wear every Thursday. If the kids wear their shirts then they are given a reward. We plan to finish the Explorers program with our afterschool youth by the end of the school year and then continue the Explorers program during our summer camp.



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



Building Blocks II

Building Blocks children had a blast hunting for Easter Eggs on April 6th. The Easter Bunny showed up with the kids, while they hunted the Eggs and took pictures. Thanks to the Parents and AST tribal employees for joining us and helping with the Egg Hunt. A Special Thanks to Governor Johnson & Lt. Governor DeLodge for coming to the Easter Egg Hunt.



Building Blocks will have 'Muffins with Moms' in the afternoon at 3P.M. on Friday, May 12th. We invite Building Blocks Moms to join their child for Muffins. Happy Mother's Day on Sunday, May 14th.

Building Blocks will be closed on Monday, May 29th in observance of Memorial Day.

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.

Our Playground Reinstallation is Complete! Shade Sails and Benches were the final add, which were installed on April 10th & 11th. Our Splash Pad water features are going to be repainted, soon. Also, turf will be added to the playgrounds in grassy areas. Hooray for our new playgrounds. Have a Magnificent May!

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.

There is nothing like summer fun this time of year! Our students this month will be learning about: Insects, All about the Earth, The Meaning of Family, Colors, Shapes, and Sizes. Our school age students will start summer break towards the end of May. We also had our new playground canopies installed!



Closure: Monday May, 29th for Memorial Day
 Have a great Memorial Day Weekend!

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 from our Easter egg hunt in April!



Cultural Preservation Department

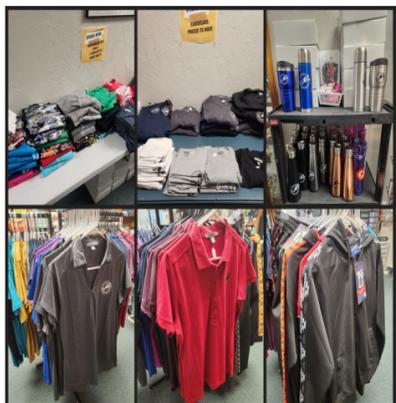
The month of April was slow in Cultural Preservation. Following is a breakdown of each departmental program's most recent activities.

Cultural Preservation

In conjunction with the powwow, we will be hosting a stomp dance can-making workshop and a practice/demonstration workshop in early June. Please be on the lookout for upcoming flyers on the Tribe's official Facebook page and on the website.

Gift Shop

The Gift Shop is open! We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m. Please be patient with us at the Little Axe location as there is currently only one individual to cover both shops.



We have gone through our inventory and cleaned our shelves at the gift shop! As a result, we are having a Spring Inventory Sale. Some of the items we currently have are t-shirts (mostly 2XL to 4XL and Small and mediums), long sleeve shirts (Larger sizes), cardigans, drinkware, and polos (all sizes). Please see the pictures to the left. Also, a select amount of Pendleton merchandise is on sale. Please come see what we have.

Also, we are still figuring out the details for getting the shop online. However, in the meantime, if you live out of state, we can ship items to you. Please contact the Gift Shop Manager, Mrs. Merry Rodriguez, at (405) 275-4030 ext. 6310 or at mrodriguez@atribe.com for more details.

Library

The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 3 library visitors with 5 books checked out. Also, 11 virtual books were checked out. Ms. Paula Jackson has been working on promoting the library and has recently converted the library application to a digital format that can be emailed. Since doing this, she has added 27 new patrons to both libraries which now brings the total to 124 library card holders.

The library was chosen once again to present the Read for Adventure program to the Youth. On April 4th and 5th, Ms. Paula Jackson read the book "Juniper's Butterfly Garden—A Small Start for a Better World" at Building Blocks II and III. All those that participated received a voucher, for up to four people, redeemable for free admission to the OKC Zoo. This was great timing as the 4 year old class at BBII was learning how to care for caterpillars in their classroom!

Also, on April 4th and 5th, Ms. Jackson did an Easter Activity with the 3 & 4 year olds at Building Blocks II and Building Blocks III. They made cute Easter bunnies (please see the pictures below).



If you would like to view what books we have in the library currently, please visit <https://www.librarycat.org/lib/ASTribe> to view the catalog. Also, recently she added some new Native American titles available in either eBook or audio format to the virtual library (<https://okvirtuallibrary.overdrive.com/>). If you would like to fill out an application for a library card, you may contact Ms. Paula Jackson at (405) 275-4030 ext. 6416 or at PJackson@atribe.com.

Please come in and visit! We have a wide variety of resources available for checkout, and many magazines, newspapers and journals for your reading leisure. We are open to your suggestions for the library and look forward to serving your informational needs! **THPO (Tribal Historic Preservation Office)**

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 500 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 264 projects. These projects were completed in 14 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 13 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

At the Elder's Service Event in January, the THPO program presented the Oral History project. The power of storytelling is essential to preserving our Tribe's history, and we find the need or urgency for this project as we are losing more and more tribal members. We received a good response at the event and have seven elders interested in participating. However, like mentioned last month we still need more individuals. If you would like to volunteer for this project or have any other questions, please contact the Cultural Preservation Department.

Language

Mr. Scott Miller has continued working on building the foundations for the Language Program. We are happy to announce, at the writing of this article, there are eleven pre-recorded lessons on the tribal member login page of the website. Additional lessons are in the que to be recorded. You may also use the tribal app to access the lessons.

Please note that the language surveys can still be completed. To date, we have remained at 90 language surveys collected. The data collected is enough to form a picture of where we are as a tribe in our language use and retention. So far, the results do not look promising for those able to understand and even speak limited Shawnee. Mr. Miller is grateful for the respondents.

On March 13th, Mr. Miller spent about two hours with the children at the afterschool program. He created a small booklet with the Shawnee Alphabet, animals, foods, numbers and weather for them to use and keep. The kids picked up the easy words quickly. This can be considered a test run to find out if the material was appropriate for the window of teaching to short attention spans.

For general language questions and information, please contact the department by phone or email at ASTLanguage@atribe.com.

Your concerns are important to us. Ne yi wa for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 6245 or cbutler@atribe.com if you have any questions or concerns.

Me ni ke s'fwa

(mee nah ke s'thweh)
Berry Month
May

Me ni – berry
(mee nah)

Hi ne qi – squirrel
(hah nee qah)

Ke mo wi ne – rain
(kee moh wah nee)

Qi s'ki mi wa pa – play ball
(qah s'kah mah weh peh)

Ma n'ya la wa – dance
(meh n'yeh leh weh)

Ho m'so me – clan
(hoh m'soh mee)

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

Po ne ka ko – to bet
(poh nee keh koh)

Mi wi s'ki wa – meeting
(mah wah s'kah weh)

Ma ne ta ha ko – have a good time
(meh nee teh heh koh)

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

Te ka na ki fe – don't be late
(tee keh neh kah thee)

Mi ne to la fi ke – bugs
(mah nee toh leh thah kee)

Pi s'ke ma – mosquito
(pah s'kee meh)

Ho se qi – tick
(hoh see qah)

Ho ga – fly
(hoh cheh)

Don't forget to watch the pre-recorded lesson on the AST Website, tribal member login page.

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



Library Newsletter

May 2023

**You can now apply for a AST Library card online!
Access the OK Virtual Library through the Libby app.
Borrow books, E-books, audio books & more.
<https://form.jotform.com/230804193039150>**

Books of the Month

The Round House by Louise Erdrich

In the spring of 1988, a woman living on a reservation in North Dakota is attacked. The details of the crime are slow to surface because the victim is traumatized and reluctant to relive or reveal what happened. Her thirteen-year-old son, Joe is irrevocably transformed. He tries to heal his mother, but she will not leave her bed. Joe finds himself increasingly alone. Joe becomes frustrated with the official investigation and sets out with his trusted friends, Cappy, Zack, and Angus, to get some answers of his own. Their quest takes them first to the Round House, a sacred space and place of worship for the Ojibwe.

In April, I visited both Building Block locations for Easter activities & story time. The 3-4 year old classes decorated Easter bunnies. We read **How to Catch the Easter Bunny by Adam Wallace**.

Both books are available on Libby with your library card.

Read for Adventure, the state wide literacy program, is now underway. Children who check out Juniper's Butterfly Garden receive a voucher for four guests to visit the Oklahoma City Zoo for FREE! We read this book at Building Blocks and have about 20 vouchers left. Stop by and check out a copy or bring your child by to read this book for a free voucher. The passes expire 6/30/2023 and are first come first serve. The book can be checked out for one week since we only have a few books.



The Oklahoma Library Associations annual conference was held in Norman in March. We toured the First Americans Museum & attended educational sessions. One important topic was Digital Inclusivity. Communities and persons of color are disproportionately affected by the Digital Divide, especially if those rural areas are within contingent sovereign Indigenous nations.

Smart Start of Central Oklahoma will be providing the library 20 steam kits for children 3-5. <https://www.smartstartcentraloklahoma.org/>

<https://libbyapp.com/library/okvirtuallibrary>
<https://www.librarycat.org/lib/ASTribe>

LEGAL NOTICE

FILED in the Office
of the Court Clerk

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

MAR 30 2023
Absentee Shawnee Tribal Court
Court Clerk

In the matter of)
Gabriel Tiger)
Adriana Tiger) Case No. PG-2023-04
Jordan Tiger)
)

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

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

Donna Tiger being duly sworn upon oath states:

That she/he is the Plaintiff Donna Tiger above-named, and that on the 30 day of March, 2023, said Plaintiff filed in this Court a Petition against Defendant 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, 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 20 5, Section 206 and Section 209)

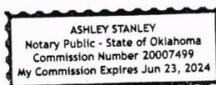
Donna J. Tiger
PLAINTIFF

Subscribed and sworn to before me this 30 day of March, 2023.

Ashley Stanley
NOTARY PUBLIC

My Commission Expires:

June 23, 2024
SEAL



★ ★ ★ RE-ELECT ★ ★ ★

**JOHN RAYMOND
JOHNSON**

**ABSENTEE SHAWNEE
GOVERNOR**

★ ★ ★ ELECT ★ ★ ★

**ALICIA
EDWARDS MILLER**

**ABSENTEE SHAWNEE
SECRETARY**

"Keep moving forward"

AST Agriculture Department Hosts Open House & Hog Feast



Let's make this year your best financial year.
Meet with a banker and start your financial spring cleaning today!

Our bankers can help you on a path to financial success. Let's put a spring cleaning plan in place now so you're ready for whatever comes your way. We offer several savings options as well as debt consolidation loans.



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Due to the tornado and power outage, the AST 2023 Graduates will be featured in the June AST News

AST Tribal Complex will be closed Monday, May 29, 2023 for Memorial Day

AIR CONDITIONER TUNE UP



- Air Conditioner Fan Not Blowing Cold Air
- Air Conditioner Is Not Turning On
- Air Conditioner Freezing Up Outside Unit
- Air Conditioner Making Noises
- Drainage Problem
- Or any problem related to Air conditioner



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- Must have application on file
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- Be a current homeowner
- Current CDIB
- Only Service those in AST jurisdiction

Absentee Shawnee Tribe
2025 S. Gordon Cooper Drive
Shawnee, OK 74801

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**ABSENTEE SHAWNEE TRIBE
REALTY/PROBATE
DEPARTMENT**



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INDIAN
LEGAL
SERVICES**

TUESDAY
JUNE 20, 2023

9AM TO 2 PM

MULTI-PURPOSE
BUILDING

PLEASE BRING THE FOLLOWING



DRIVER'S LICENSE,
TRIBAL OR STATE ISSUED
ID



FULL NAMES AND DATES
OF BIRTH OF YOUR
CHILDREN AND
GRANDCHILDREN



ANY PAPERWORK REGARDING
YOUR INDIAN LAND

PLEASE CONTACT THE REALTY
DEPARTMENT BEFORE THE
EVENT IF YOU NEED YOUR
LAND INFORMATION @
405.275.4030 EXT. 6246 OR
6248



BY APPOINTMENT ONLY TO INCOME ELIGIBLE TRIBAL MEMBERS

PLEASE CALL O. I. L. S. @ 405.943.6457 TO DETERMINE ELIGIBILITY AND TO SET UP YOUR APPOINTMENT BEFORE THE EVENT



ASTHS May 2023 Monthly Update



May is High Blood Pressure Awareness Month

High blood pressure increases the risk for heart disease and stroke, two leading causes of death for Americans. High blood pressure is also very common. Tens of millions of adults in the United States have high blood pressure, and many do not have it under control. High blood pressure usually has no symptoms, so the only way to know if you have it is to get your blood pressure measured. Talk with your health care team about how you can manage your blood pressure and lower your risk.

What is Blood Pressure?

Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day.

What do Blood Pressure Numbers Mean?

Blood pressure is measured using two numbers:

The first number, called systolic blood pressure, measures the pressure in your arteries when your heart beats. The second number, called diastolic blood pressure, measures the pressure in your arteries when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say, "120 over 80," or write, "120/80 mmHg."

What are Normal Blood Pressure Numbers?

A normal blood pressure level is less than 120/80 mmHg. No matter your age, you can take steps each day to keep your blood pressure in a healthy range.

What is High Blood Pressure (Hypertension)?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension).

The higher your blood pressure levels, the more risk you have for other health problems, such as heart disease, heart attack, and stroke. Your health care team can diagnose high blood pressure and make treatment decisions by reviewing your systolic and diastolic blood pressure levels and comparing them to levels found in certain guidelines.

The guidelines used to diagnose high blood pressure may differ from health care professional to health care professional:

If you are diagnosed with high blood pressure, talk with your health care team about your blood pressure levels and how these levels affect your treatment plan.

What are the Signs and Symptoms of High Blood Pressure?

High blood pressure usually has no warning signs or symptoms, and many people do not know they have it. Measuring your blood pressure is the only way to know whether you have high blood pressure.

What Causes High Blood Pressure?

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and having obesity, can also increase the risk for developing high blood pressure. High blood pressure can also happen during pregnancy.

What Problems Does High Blood Pressure Cause?

High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes. The good news is that, in most cases, you can manage your blood pressure to lower your risk for serious health problems.

Heart Attack and Heart Disease

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease. In addition, decreased blood flow to the heart can cause:

- Chest pain, also called angina.
- Heart attack, which happens when the blood supply to your heart is blocked and heart muscle begins to die without enough oxygen. The longer the blood flow is blocked, the greater the damage to the heart.
- Heart failure, a condition that means your heart can't pump enough blood and oxygen to your other organs.

Stroke and Brain Problems

High blood pressure can cause the arteries that supply blood and oxygen to the brain to burst or be blocked, causing a stroke. Brain cells die during a stroke because they do not get enough oxygen. Stroke can cause serious disabilities in speech, movement, and other basic activities. A stroke can also kill you. Having high blood pressure, especially in midlife, is linked to having poorer cognitive function and dementia later in life.

Kidney Disease

Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease than those without these conditions.

What Can I Do to Prevent or Manage High Blood Pressure?

Many people with high blood pressure can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making lifestyle changes. Talk with your health care team about

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

Learn more about ways to manage and prevent high blood pressure.

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure. Learn more about medicines for high blood pressure.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Radiology will be operational in their new space on April 13th and Lab is expected to be completely moved to their new area on April 19th.
- Pharmacy, with a modified drive-thru, will open in their temporary location on April 24th (the west side of the building). Pharmacy will CLOSE for relocation at 5 pm on Friday, April 21st and re-open on Monday, April 24th at 8 am.

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

Shawnee Health Clinic

We have purchased a location for construction of a NEW SHAWNEE HEALTH CLINIC!

The address is:

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

The team continues to work closely with the architects to solidify space and budgeting. Construction coming soon!



April 2023 Health Employee Awards of the Month

Employee of the Month: Dr. Brant McCall

Team of the Month: Dr. Elizabeth Saladin and Belinda Fowler, LPN

Special Leadership Award: Charles Sewell, Security

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



Absentee Shawnee Tribal Health System Hosts Wellness Training Course



The Absentee Shawnee Tribal Health System hosted a culturally-appropriate 12-step course for employees from Behavioral Health, AST Housing Authority, and Public Health on Monday, March 27th through Wednesday, March 29th at the ASTH Multipurpose building in Shawnee, Oklahoma. The training course focused on explaining the Medicine Wheel and other teachings and how to apply them to life and the surrounding community.

“We use the Medicine Wheel to symbolize the four directions or four areas of growth: emotional, mental, physical, spiritual,” Mateo Littlebird, the course’s training facilitator, said.

The “Medicine Wheel and 12 Steps” course focused on educating participants about the Medicine Wheel model as well as how to incorporate it into the larger community. The Medicine Wheel is an ancient diagram that displays multiple elements, modeled after the Cardinal directions; and is used to categorize the 12 steps to encourage the betterment of oneself and their community.

Participants shared their insights and thoughts in group discussions and worked together in team-building exercises to explain the problems that affect their communities and how the Medicine Wheel teachings would help tackle behavioral health issues, such as substance abuse, family dysfunction, and mental health struggles.

The course was only for those who signed up, but Littlebird hopes that future programs are open to the public.

“We have to go beyond racial barriers to help anyone within the community in recovery,” Littlebird said.

The course was prepared and led by the White Bison Organization. The White Bison Organization is a non-profit organization that focuses on sobriety, wellness, and cultural-based healing for Indigenous peoples.

- Little Axe Health Center / 15951 Little Axe Drive, Norman, Oklahoma / 405.447.0300
- Shawnee Clinic / 2029 S. Gordon Cooper Drive, Shawnee, Oklahoma / 405.878.5850



What is Home Health and How Does It Work?

Home Health is professionally skilled care, such as nursing, physical therapy, speech therapy, and occupational therapy, that is provided in the comfort of your own home. The goal of Home Health is to help the patient remain independent in their home while regaining their health. Education is provided to the patient and caregivers to help manage the symptoms at home and to prevent emergency room visits and rehospitalization.

A doctor’s order is needed to begin Home Health services. Once your doctor sends in a referral to CompleteCare Home Health, we will schedule an appointment for a registered nurse case manager to come to your home and discuss your needs and ask you some questions about your health. Afterwards, a plan of care will be established for your personal health goals and your doctor will be updated on your progress.

Some examples of what Home Health can do are the following:

- Check that you are taking medications and other treatments correctly
- Check your blood pressure, temperature, heart rate, and oxygen levels
- Check the safety of the home (looking for fall risk situations)
- Check on your pain level (if any)
- Educate you and other caregivers about your personalized care (heart health, diabetes, etc.)
- Check glucose levels
- Physical therapy, occupational therapy, and speech therapy can be provided in the home (if ordered)

CompleteCare Home Health’s mission is “Promoting independence, healing, and comfort through quality and compassionate care at home, while becoming the leading provider of care management and clinical services for skilled nursing, rehabilitation therapies, personal and supportive care at home with your family.”

Call us today for more information on how we can help. 405.701.7085



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



Medicare Medicaid Marketplace

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Al Triggs
Contracted Benefits Advisor
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Exclusively Serving The Absentee Shawnee Nation

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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.



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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

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atsales.exec@gmail.com
 www.asthealth.org



PURCHASED REFERRED CARE NOTICE:

In the event services are required beyond what is available at ASTHS, your ASTHS primary provider may refer you for services outside of the clinic. For AST enrolled citizens, Purchased and Referred Care (PRC) funds may cover the cost for these services and some additional services such as hearing aids, orthodontics, and emergency room visits. The expenditure of PRC/CHS services is based on medical necessity and the current funding level of the program.

Currently-enrolled Absentee Shawnee Tribal citizens **MUST:**

- Provide proof of residency within the designated catchment areas for the previous 6 months.
- Reside within the AST catchment areas of Pottawatomie, Cleveland, Oklahoma, parts of Logan and Lincoln Counties.
- CDIB Card must be current and updated.

To coordinate these benefits on your behalf, we require you to call before scheduling any appointments with outside providers or facilities. In the case of emergency room visits, PRC will need to be notified within 72 hours of admission to determine eligibility for payment.

PRC Little Axe Health Center 405.701.7951 • PRC@astrobe.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hawaiian Chicken Wild Rice Carrots Roll/Pineapple	2 Ham Sweet Pot Green Beans Fruit	3 Cold Cut Sandwich LTOP Pasta Salad Peaches	4 Spaghetti w/ meat sauce Tossed Salad* Garlic Bread Mandarin Oranges	5 Breakfast Burrito Salsa Fruit
8 Kraut & Wieners Green beans Bread Fruit	9 Egg Roll Stir Fry Veggies Rice Jell-O	10 Pork Loin Roasted Broccoli Roll/Crisp	11 Chicken Strips Mashed Pot/Gravy Beets Cake	12 Scrambled Eggs Sausage Gravy Biscuit
15 Salisbury Steak Mashed Pot/Gravy Brussel Sprouts Pear	16 Baked Chicken Tossed Salad* Cauliflower Roll/Pie	17 Smoked Sausage Cabbage Bread Fluff	18 Hot Ham & Chez Sandwich Three Bean Salad Pudding	19 Scrambled Eggs Bacon Toast
22 Grilled Chicken Sandwich Baked Chips Apple	23 Tamale Refried Beans Spanish Rice Cookie	24 Chef Salad W Turkey Chez, Eggs, Onion Pineapple	25 Beef Tips & Noodles Peas & Carrots Mixed Fruit	26 Boiled Egg Sausage Gravy Biscuit
29 CLOSED FOR MEMORIAL DAY	30 Tuna Salad Pita Bread Chips Grapes	31 Roast Red Pot Carrots Roll		

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

MENU SUBJECT TO CHANGE

AST TITLE VI
ELDER INTAKE FORM

TODAY'S DATE _____ REFERRAL SOURCE _____

LAST NAME _____ FIRST NAME _____ MI _____

DATE OF BIRTH _____ MALE ___ FEMALE ___ VETERAN ___ YES ___ NO

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ PHONE NUMBER _____

SINGLE ___ MARRIED ___ DIVORCED/SEPARATED ___ WIDOWED ___ WIDOWER ___

SPOUSE'S NAME _____ SPOUSE'S DATE OF BIRTH _____

NAME OF EMERGENCY CONTACT (1) _____ PHONE _____

NAME OF EMERGENCY CONTACT (2) _____ PHONE _____

PRIMARY LANGUAGE ENGLISH ___ TRIBAL ___ OTHER _____

HOUSING ___ HOUSE ___ APARTMENT ___ COMMUNITY HOUSING ___ OTHER EXPLAIN _____

COMPOSITION ___ LIVES ALONE ___ LIVES WITH SPOUSE ___ LIVES WITH FAMILY/FRIENDS

NUMBER IN HOUSEHOLD _____ WHO HELPS _____

HEALTH HISTORY ___ ASTHMA ___ ALZHEIMER'S ___ ARTHRITIS ___ CANCER ___ DEMENTIA

___ DIABETES ___ CHRONIC PAIN ___ HEARING AID ___ CHOLESTEROL ___ BLOOD PRESSURE

PRIMARY TRANSPORTATION ___ Own Car ___ Friend ___ Public Trans. ___ Senior Trans. ___ Family

PROSTHETIC DEVICES ___ Walker/Cane ___ Wheelchair ___ Hearing Aid ___ Glasses ___ Dentures ___ None

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM? ___ YES ___ NO

IF YES, NAME OF PROGRAM & WHERE LOCATED: _____

HEALTH CONCERNS _____

SERVICES CURRENTLY BEING RECEIVED _____

EMAIL ADDRESS _____

PROVIDE THE DATE OF YOUR VACCINATION COVID 19

1st _____ 2nd _____ BOOSTER _____

Johnson & Johnson _____ FLU _____



May Newsletter

ASST Diabetes & Wellness Department

May Events

- May 2 Teachers Day Be sure to tell our favorite teacher how much you appreciate them. Maybe invite them to a workout!
- May 4 Star Wars Day May the Fourth be with you. Team up as Luke and Biggs and crush a workout together!
- May 5 Cinco de Mayo Celebrate the day by performing a 5 round HIIT workout!
- May 10 Golf Day Embrace the day and get on a course.
- May 17 World Hypertension Day Take time to educate someone on how they can prevent/treat hypertension.
- May 23 World Turtle Day Get outside and enjoy the day. Do it for the turtles!
- May 29 Memorial Day A great day to attempt the "Murph" challenge!

988

SUICIDE & CRISIS LIFELINE

There is hope

Talk with us.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-08-03-004

Help Yourself → Help Your Tribe

SEE IF YOU QUALIFY FOR A PLAN AT NO COST TO YOU OR THE TRIBE

Contact a PBA today to learn more! 405-447-0300

Native American Special Enrollment Periods

Special enrollment periods for ACA/Marketplace and Medicare insurance plans available to eligible AI/AN individuals.

Did You Know?

- 60% of the cost to render care to tribal members comes from other payment sources outside of tribal funding?
- When you participate in enrolling in insurance plans- you help us add services, buy equipment and deliver care to more people?
- If you qualify for and enroll in a zero-cost plan, it can help Purchased & Referred Care apply funding to more patients in need?

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HEALTH BUZZ!!



Happy spring!

What a fun, busy, and information-filled week! We are just returning from the Tribal Public Health Conference hosted by the Southern Plains Tribal Health Board. The conference was held April 11-13, 2023, at the Choctaw Casino and Resort in Durant, OK. The conference registered over 700 participants!

On the first day of the conference, Atheda and I presented to approximately 50 attendees about dementia, the Alzheimer's Disease Program Initiative & Seeking Hope, and what the AST Health System is doing to establish dementia-capable health services. We also had the opportunity to attend presentations by other tribal representatives on various topics and listen to some amazing keynote speakers.

Attending events such as this conference provides further opportunity to spread awareness about dementia, Alzheimer's disease, and how we can help with our two programs, *Savvy Caregiver in Indian Country* and *Music and Memory*. It also provides us time to learn, collaborate, and connect with other tribal healthcare systems.

In searching for information to share with our Tribal Members, we found this following article written by Novoslabs. This is very important information that may help shape a healthier lifestyle!

Following are 14 powerful tips to reduce your risk of Dementia and Alzheimer's

Did you know that the overall volume of our brain already starts to shrink in our 30s and 40s, with the rate of brain shrinkage further accelerating around age 60?

The frontal cortex (the region involved in short-term memory and executive thinking) and the hippocampus (the brain region involved in memory) shrink the most as decades pass.

This brain shrinkage goes hand-in hand with a slow, but steady decline in cognitive prowess.

We start to forget more. We find it more difficult to come up with words. We find it more difficult to put a name on a face.

The brain is the most valuable organ that we have, because it defines who we are. It stores your identity, our character, and our memories.

A healthy lifestyle, including supplements, can significantly slow down the process of brain shrinkage and reduce the risk of Alzheimer's disease.

So how can we protect our brain? How can we preserve our mental agility, thinking skills, and memories for longer?

We've taken the time to dig into all of the latest research into Alzheimer's prevention and put together a nice overview on how you can keep your brain healthy for the longest time possible.

1. **Eat a healthy brain diet**—these are some foods to eat to keep your brain at its best:
 - » **Blue & red fruit** – especially blue fruit—blue berries, bilberries and blackberries
 - » **Herbs**—Oregano, rosemary, turmeric, ginger, sage, and many other herbs and spices reduce inflammation and protect the DNA from damage
 - » **Green leafy vegetables**—kale, cabbage, broccoli, spinach and sprouts
 - » **Omega-3 fatty acids**—protection for the heart, eyes and brain—found in salmon, herring, anchovies and mackerel. Plant based omega 3 acids include walnuts, chia seeds and flax seeds.
 - » **Dark chocolate**—believe it or not, dark chocolate is full of brain-healthy substances that protect your brain and blood vessels and can slow down cognitive decline—it also can boost cognitive **decline**.
 - » **Olive oil**—4 table spoons of olive oil can reduce inflammation just as well as ibuprofen, a strong anti-inflammatory drug! It also has a range of other health benefits.
 - » **Tea and coffee**—tea can reduce the risk of Alzheimer's and Parkinson disease, and can reduce the risk of stroke. It does this by reducing inflammation and keeping the blood vessels healthy. Coffee is somewhat controversial; however, looking at the whole of all studies conducted, coffee has more benefits than drawbacks. However, don't drink too much coffee—keep it to a maximum of 3-5 cups per day!
 - » **Reduce sugar and starch intake**—Sugar damages your brain! Soft drinks, pastries, cookies, and other sweets cause sugar levels to rise and this damages the brain. Starchy foods such as bread, potatoes, rick and pasta are mainly sugar, causing our blood sugar to rise, and very few vitamins, minerals and other healthy substances.
 - » **Avoid unhealthy fats**—fried foods, junk food, cakes, etc.
 - » **Do not drink too much alcohol.**
 2. **Exercise**—the body is literally made to move! It's never too late to exercise.
 3. **Check if you have underlying medical problems**—get regular medical checkup to catch problems as soon as possible.
 4. **Check which drugs you take**—some drugs can increase the risk of Alzheimer's such as specific sedatives, antidepressants or antihistaminergic drugs used to fall asleep or treat allergies.
 5. **Be social**—loneliness is bad for the brain. Being with others brings joy. Stay social!
 6. **Relax**—relaxation, or meditation, is super healthy.
 7. **Don't hit your head**—people who sustain head injuries have more risk of dementia. When you hit your head hard, brain tissue gets damaged each time.
 8. **Get enough sleep**—sleep enables our brain to recover and repair itself. Don't underestimate the importance of sufficient and regular sleep.
 9. **Take the right brain supplements**—even with a very healthy diet, it is difficult to get enough nutrients. These are various nutrients that are important for the brain:
 - » B vitamin complex
 - » Zinc
 - » Selenium
 - » Vitamin D
 - » Iodine
 - » Omega-3 fatty acids
- Learn more about the most important supplements to take.
10. **Improve your gut**—the 40,000 billion bacteria that live in your gut secrete thousands of different substances that can enter your bloodstream and impact how your brain works, and influence your cognitive abilities and even your feelings. If you eat unhealthy food, your gut secretes unhealthy substances that make you feel bad and that can impair your thinking.
 11. **Challenge your brain**—Expose your brain to new things. Do things to engage the brain:
 - » Read book or magazine
 - » Solve puzzles
 - » Learn a new hobby
 - » Become a volunteer
 - » And, there are so many more!
 12. **Stop smoking**—many side effects that cause damage to the entire body!
 13. **Practice positive psychology**—be happy and avoid stress!

For more information on *The Savvy Caregiver in Indian Country* or *Music & Memory*, email me, Gayla Temple, at gtemple@atribe.com or adpi@atribe.com, or call 405.561.7870. You can also visit the Seeking Hope webpage. Go to the AST Health System's website, asthealth.org, click on "Programs and Prevention" and click on "Seeking Hope".

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



Absentee Shawnee Tribal Health System

SEEKING HOPE
Dementia Caregiver Support & Services

NATIONAL PREVENTION WEEK

A CELEBRATION OF POSSIBILITY

Share Your Thoughts! Enter to Win!

This National Prevention Week, Ensuring Hope Project encourages all youth and parents to complete a short survey to help AST Health System evaluate the community's understanding of mental health and substance misuse.

Ensuring Hope Project will be joining Tribal Opioid Response in *Little Axe* at the *Little Axe Health Center- Front Lobby* to give out raffle tickets to survey participants on **May 9th**.

Prize to be drawn by the Ensuring Hope Project on **May 12th**.

Let Us Help You Hit the Lake With New Gear!

All those who participate in the Ensuring Hope Project survey given at the *Shawnee Behavioral Health* location (next to the Police Dept.) on **May 12th** will receive an incentive item* AND a raffle ticket.

3 Winners will receive one of the following:

- Fishing Pole and Gear, Backpack
- \$25 Dollar Wal-Mart Gift Card
- \$15 App Store and iTunes Card

*Incentives while supplies last

This survey will be used for prevention planning and establishing/evaluating community awareness.

Prioritize Prevention!

Talk to your kids often about the dangers and consequences of substance abuse. They are listening!

Absentee Shawnee Tribe
2029 S Gordon Cooper Dr
Shawnee, Ok 74801

405-878-4716

Efoster@atribe.com

Absentee Shawnee Behavioral Health Grants Presents:

National Prevention Week

Check Out List of Events

Upcoming Events

May 08 Suicide Prevention

988 Suicide & Crisis Lifeline: People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

May 09 Fentanyl Awareness Day

Raising awareness about an urgent national problem: people are dying at alarming rates due to illicit fentanyl, a dangerous synthetic opioid. Get the facts and share them widely. Spread the word with us on May 9th!!

May 10 #Chalkyourwalk

In support of NPW, Write, draw and create messages of hope and support on the sidewalks. Come by Little Axe or Shawnee Behavioral Health to pick up your chalk.

May 11 Children's Mental Health Day

National Children's Mental Health Awareness Day shines a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.

May 12 Fishing Gear Raffle

Come do a survey for Ensuring Hope Project to be entered in a drawing! Lookout for more details throughout the week.



For detailed information: Contact Tiffany at trodriguez@atribe.com, Elizabeth at efoster@atribe.com or Vickie at vstewart@atribe.com or call 405-878-4716.

WHAT IS FENTANYL?



EVERYTHING YOU NEED TO KNOW

Fentanyl is a potent synthetic opioid. There are two types: medical fentanyl and illicitly manufactured fentanyl. Illicitly manufactured fentanyl is permeating the street drug supply and is now a major contributor to overdoses and deaths in the U.S.

Fentanyl is a potent synthetic opioid:

POTENT

Up to 50x stronger than heroin and 100x stronger than morphine. A few grains of sand worth can be lethal.

SYNTHETIC

Not plant-based. Made in a lab.

OPIOID

Pain reliever like oxycodone, morphine and heroin.

TYPES OF FENTANYL

Medical vs. Illicitly Manufactured

MEDICAL	ILLICITLY MANUFACTURED
Made in a sterile factory	Made in unsanitary conditions
Carefully blended	Sloppy mixing
Dose is precise and consistent	Dose is random and variable
Carefully administered by doctors	Hidden in the drug supply
Legitimate medical uses	Increases drug dealer profits

Why Should I Care?

Illicitly manufactured fentanyl is driving the recent increase in U.S. drug overdoses. Dealers are mixing it with, and disguising it as, other common drugs like Oxy, Percocet, Adderall and Xanax to increase profits. This process is not regulated and does not undergo any quality control – and as little as two milligrams of fentanyl (two grains of sand) is lethal.

What Can I Do To Help?

Spread the word on **Tuesday, May 9, 2023**. Learn more about how to protect yourself & your loved ones at fentanylawarenesday.org.



SCAN TO VISIT OUR WEBSITE
fentanylawarenesday.org

Help them know what to do if they need help

Teach de-escalation and mindfulness strategies

5 WAYS TO ADDRESS CHILDREN'S MENTAL HEALTH DAY WITH KIDS

- Teach emotion vocabulary words
- Incorporate social-emotional learning into instruction
- Normalize talk about feelings and emotions

May 11th
National Children's Mental Health Awareness Day

Wear **Green** to honor Children's Mental Health Day



HEALTH SYSTEM

Prevention. Progress. Pride.

ATTENTION ABSENTEE SHAWNEE TRIBAL MEMBERS:

WALGREENS PHARMACY

FOR EMERGENCY ROOM VISITS AND LATE HOSPITAL DISCHARGES ONLY.
DO NOT USE FOR ANY MONTHLY MEDICATION REFILLS!

Locations:

Walgreens (Shawnee): 1427 N Harrison Ave, Shawnee, OK
Hours: 9am- 9pm Monday- Friday, 9am-6pm Sat., 10am-6pm Sun.

Walgreens (Norman): 615 W Main St, Norman, OK
Hours: 24 Hours Monday-Sunday

Patients MUST provide:

- Current CDIB Card
- Primary Insurance Card
- SoonerCare Insurance

Please contact Little Axe Clinic Pharmacy or Shawnee Clinic Pharmacy during regular pharmacy hours for regular medication refills.

Little Axe Health Center 405.447.0300 • Shawnee Clinic 405.878.5850 • PlusCare 405.447.0477

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
- COVID Hotline 405-695-1787

Worried about losing your SoonerCare Coverage?



Two ways to renew

- 1 UPDATE YOUR CONTACT INFORMATION**
Update your contact information ie: mailing address, email and phone number.
Online at mysoonercare.org
- 2 CHECK YOUR MAIL**
Take action quickly to avoid any disruption in your coverage.
Respond to the request for information
Bring the letter to a Patient Benefit Advocate

FOR THOSE WHO NO LONGER QUALIFY FOR SOONERCARE COVERAGE

If you no longer qualify for SoonerCare you could receive health insurance coverage through the Marketplace at NO COST TO YOU or the tribe.

Our contracted benefits advisor **Little Axe Health Center: 405-447-0300**
with Legacy Tribal Services is available to assist in the enrollment process.
Just give us a call! **Shawnee Clinic: 405-878-5850**
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



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