



THE ABSENTEE SHAWNEE NEWS

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November 2022

AST Veterans Receive Eagle Feathers



Absentee Shawnee Veterans Jason Bender and Elijah Foreman received eagle feathers from the Grey Snow Warrior Society. The ceremony was held October 12th at the AST community center during the AST Veterans Association regular monthly meeting.

Grey Snow Warrior Society Vice Commander Michael Rowe presented the feathers.

"It's a big honor for me to present these eagle feathers. It's a mark of distinguishment," said Rowe. "For anybody that's served, it's a big honor. You've earned them."

The feathers came from the Grey Snow Eagle House in Perkins. The facility was started in 2006. Grey Snow Eagle House gives long-term care to permanently injured bald and golden

eagles, provides rehabilitation care to Oklahoma bald and golden eagles, offers on and offsite educational opportunities, and participates in nationwide research endeavors.

"Eagle feathers are a mark of distinction. They were always reserved for warriors," explained Rowe.

Each type of feather has different types of meaning. The eagle feather is the most esteemed. The eagle is the bravest and strongest of all birds and its feather is bestowed on the brave warriors who earned them.

"The eagle feather is a sign of strength, honor, protection and spirituality of who we are as native people, Shawnee people," said Jason Bender, "It was a great honor to be presented a warriors eagle feather."

Happy Veterans Day - November 11th



THANK YOU VETERANS

REMEMBER AND HONOR





GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello fellow tribal members,

In a few weeks we will be starting the holiday season. I know it is hard to believe that it is already that time of year but I am excited for the holidays and the fun festivities. I want to wish everyone a Happy Thanksgiving. I hope you get to enjoy this time with family and friends.

Back on October 1st the tribe held the 89th semi-annual General Council meet-

ing at the Thunderbird casino in Little Axe. The attendance was smaller than normal but we still had a good meeting. It was great to see the tribal members that did attend. The EC gave reports along with Health and All Nations Bank. If you were unable to attend, please save a spot on your calendar for the next General Council that will be in April 2023.

On the weekend of October 22nd the Fall Bread Dance was held. I look forward to this time of year when we have our fall ceremony and we all come together. It is a good feeling to come gather with so many

tribal members and I am glad we continue to carry on this tradition.

I want to remind everyone to get out and Vote on November 8th. If you are a registered voter, please go and vote on the many important issues and people that are up for election. This is your time to be heard.

As I close I would like to thank all that have served in the Armed Forces. November 11th is Veterans Day, the day we celebrate you and your service. In observance of this day the AST campus will be closed.



Lt. GOVERNOR
Ezra DeLodge

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,

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

Maintenance:

The Maintenance Department has completed 31 work orders in the last month while taking care of the campus grounds. I would like to say thank you to the Maintenance staff and Housekeepers for all the hard work they do for the department.

OEH:

In total for 2022 OEH has assisted Tribal members with 72 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2022, we have collected, processed, and recycled 34 bales of shredded office paper and cardboard equaling roughly 25.5 tons of recyclable waste that has been diverted from landfills.

Cleveland County is beginning work on dining hall parking lot at Camp Nikoti on the week of October 24th. The parking lot and entry gate are scheduled to be completed by the end of the year, which will complete Phase II of the Youth Camp.

We are now accepting bids from general contractors for construction of the AST Police Safety Center. The deadline for bidding is October 31st. After bids are received, we will select a winning bidder and we plan to break ground on the project in November.

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

BIA Self-Governance

We had the resolution passed in the Special EC Meeting held on September 27th. Our 477 Plan (Si wi n'wi ke Ni ti mo wi ke) was submitted on September 29th. We had a Public Hearing Notice that was held on October 17th at 6pm in the AST Health Multipurpose Building that was a requirement for the plan.

BIA Roads Program

I am very happy to announce the AST Safety Plan has been finalized. I will be

meeting with Cross Timbers on applying for additional safety funds. The deadline to submit is January 2023. I continue to work with Cleveland County and some routes that I will be adding to the TIP. I have reached out to Pottawatomie County on some routes in Tecumseh but not having much luck. I would like to get some of our routes here the Tecumseh/Shawnee area taken care of.

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

Driveway Assistance Program

Due to the inflation we are currently having trouble finding contractors that can complete driveways for \$1800. If the assessment amount is over \$1800 it is the responsibility of the homeowner to pay the difference to the contractor. I would also like to remind those members that have received assistance, once the driveway is completed; it is the homeowner's responsibility for the up keep. We do not have any additional funds to assist. At this time we are no longer accepting any more applications. If you have any questions please contact Donnie Marshall by email or phone at dmarshall@astrobe.com or (405) 827-4311.

Weatherization:

The weatherization program currently has 59 applicants on file. Repairs are moving at a good pace, we are completing 2-3 homes a week.

The repairs start with elders first then other applicants. We are currently working in the Shawnee area and will be in the Little Axe area by the last week of October.

If you have any questions please feel free to contact me by e-mail or phone, dmarshall@astrobe or 405-827-4311

Land Management

Land Management has been working at the youth camp finishing up with the tennis, basketball courts and softball fields. We continue to work on getting our heater wood split and stack for our wood program. We also been helping out with other projects that land management has been included in. If you have any questions or concerns please email me at cmartinez@astrobe.com or call 405-395-8101.

Agriculture:

In the months of March and April, 2022, the Ag Dept. staff worked with the staff of the Grants Department to work on an application to submit for an ANA Social and Economic Development (SEDS) grant. On September 29th, a notification was sent to the tribe that the ANA Fund-

ing organization had awarded the Absentee Shawnee Tribe Agriculture Department a 3 year funding opportunity.

In our application, we submitted the information, objectives, goals and future daily operations of the program for 2022. The main goal for the startup program was based upon a Food Sovereignty Project. The definition of Food Sovereignty is:

Food Sovereignty is the right of people's healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.

A food system of this kind, in which the people who produce, distribute and consume food also control the mechanisms and policies of food production and distribution, is the ultimate goal of the day to day operations of the department.

The Six Pillars of Food Sovereignty have been the main focus of the department:

1. Focuses on food for people
2. Builds knowledge and skills
3. Works with Nature
4. Values food providers
5. Localizes food systems
6. Puts control locally

Through this grant, in year 1, we are to reach out/assist 40 individuals/households with the re-introduction or continuation of food sustenance. In year 2, our total is 70 individuals/households and in year 3, our total is 100 individuals/households. To achieve these numbers, the department staff will continue the community outreach that was provided in 2022- plowing and tilling garden plots, educational classes, food preservation classes, cooking classes, land management, soil management and any other avenues related to agriculture.

At this point and time of the existence of the department, we are trying to promote, educate and facilitate the need for individual food sustenance. Our efforts, at this time, aren't to meet market demands and standards, but to assist in providing foods directly from field to table, hoof to table, pond/lake to table.

Join us on Saturday, December 3rd, for our 1st Annual Ag Dept. Community Meeting. Let us share with you what our operations were in 2022, what our goals are for 2023, the list of agriculture classes lined up for 2023 and answer questions and take suggestions for future ventures.

Respectfully,
Lt. Governor DeLodge



SECRETARY
Alicia Miller

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

I love seeing the seasons change, pulling out the winter sweaters and coats, and watching squirrels run around the yards, but please be careful of the deer running across the roads. I am also excited to be with family during this holiday season. I hope you also have close kin or friends, who are your chosen family, to be with during this time and create wonderful memories.

By the time you read this November article, we have yet to go to the polls to cast our votes for state and national representation. We, as Native people of this land, have a true opportunity to elect representatives who are willing to work with tribes. I have great hope – so let's be sure to turn out and vote!! The tribe is also still waiting to hear the appellate arguments at the Supreme Court regard-

ing ICWA (which should be around November 9th). I personally am anxiously waiting how the legal arguments turn out.

The Domestic Violence Department held activities during the month of October for Domestic Violence Awareness Month. It was a really good turnout for the "Cruising Not Bruising" car show on the tribal campus (behind the courts building), ne yi wa for all who came out to support this event to stand against domestic violence and great job to the DV staff!

The EC monthly meeting was held on October 19th and we appointed four (4) judges to the AST Supreme Court and District Court. Appointments were long overdue and three out of the four are enrolled tribal members of federally recognized tribes. We also passed a resolution to join an intertribal agriculture council and approved applying for a HUD-ICD-BG grant for a project at the youth camp.

Human Resources is gearing up for the

2023 open enrollment for employee benefits. This is an annual activity and each year the process becomes easier and easier for tribal employees to update their benefits. I anticipate this year's enrollment period to be just as smooth. In October, the HR Department teamed up with the casino and the health system for an AST job fair. I have got a rough estimation of participation but would like a full report which I will be obtaining soon. There is discussion of having a 2nd event in the near future.

I would like to wish each and every one of you a safe Veteran's Day, a Happy Thanksgiving, and Happy Birthday to those who are celebrating a birthday this month. "Til next month, si li no ke ka no la. Ne yi wa.

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



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello Tribal members, friends, and family:

At the time of this article, preparations have been made for Fall Bread Dance ceremonies. Many times over the years, individuals have asked, "what do I need to do to be Shawnee?" Besides providing a little history, I always ask "who is your family?" The reason is simple because it provides a way for me on whom to point them towards. If they aren't sure, then I send them over to Cultural Preservation for a conversation to determine their ancestry. As a cultural practitioner, these activities are our religion and something I've been fortunate to partake in since a young child. As Chief Calvin White has said, "this helps brings balance back to your life. When you walk through those woods, the limbs and leaves are brushing away all the bad things. It's a time to be humble." It is my hope that many of you took the opportunity to view or participate and you received the blessings.

Recently I returned from a business trip on behalf of Thunderbird Casino.

This was a great networking trip and I was able to interact with several vendors who would like to interact with our operation. I have passed along this information to staff so they can make the appropriate decision on the worthiness of the product; new set of interactive games and a Hot Seat Lotto associated to the card area. There is one area I can't discuss at the moment but will definitely share at the right time, if it is approved by the TEI Board. The Executive Committee is aware of the People's concerns and what has been shared with us in trying to assist our entity to move forward towards potential future expansion. I plan to attend the upcoming regular board meeting to discuss this new information.

A comment was shared with me concerning posts on social media. I typically don't reply to these but I wanted to respond to clear up any confusion. It was suggested my department and I are not providing accurate data and that I contradicted my General Council report. As most professionals in the Finance world are aware, there is a delay in reporting exact information until the previous month is closed out and then reconciled. The ARPA monies balance that was provided

was our record at the end of July. The General Council reports were submitted by August 30th, to allow time for Media to order, print, and secure the binding by the October 1st meeting. I also mentioned at Council, approximately 500 members did not apply for the Summer Assistance Program. If there are questions related to the balance, Ms. Tina Ontiveros is the Project Coordinator for these funds and she can confirm the minimal amount remaining in the member's portion.

The final item I will report on this month is our General Fund. As many of our members know, the Tribe only has 1 true revenue source, Thunderbird Casino. The other options are our Tag and Tax Program and the C-Store. Tax office generates income through the sale of tags, sales tax collection, severance, tobacco refund, and quarterly fuel tax. Without the C-Store, we would not be able to acquire the latter two. In the last year, C-Store has finally been able to turn a profit for consecutive months. However, they are not in a position yet to make dividend payments to the Tribe. The reason I am mentioning these topics is because I am projecting a shortfall in over-

all revenue and what we would spend for Tribal operations in 2023. In my review, I have advised the EC the Casino has not been paying their full appropriations to the Tribe. We are set to have a meeting with personnel to discuss this ongoing problem.

As I close my article for this month, I want to express my gratitude to our Veterans. From the youngest to the eldest, they at one time signed the dotted line to unselfishly agree to protect our way of life. Native Americans have the highest rate per capita of any race to proudly serve in our military forces. As we enter the holiday season, it is a time to be thankful for all the blessings the Creator has bestowed upon our Tribe and our families. As many of us break bread, please remember those who have lost loved ones, who will be missing from the table; and think of those who are sick, hospitalized or incarcerated. It is my hope you have a wonderful Thanksgiving. Eat lots of turkey and gobble til you wobble.

Neyiwa!

Joseph H. Blanchard

REPRESENTATIVE'S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone is doing well, we have been blessed that this pandemic is decreasing in its intensity. I hope everyone enjoys their Thanksgiving Holiday with family and friends. Stay Healthy

Let's Go "Rock the Vote" on November 8th, 2022.

Education Department;

In the Education Department, again we continue to look for ways to assist our Tribal members who want to further their educational endeavors. If you are in need of educational financial assistance, the Education Department may be able to assist you in other areas. In Workforce Development, we have conducted our interviews and selected two candidates for

the HVAC Training Program. As for the hire of the HVAC position, we are very excited how this opportunity will provide an added service to our Tribal members as well as save our some Tribe funding that may be used in other programs.

Cultural Preservation Department;

In Cultural Preservation, now that a Linguist/ Project Coordinator have been hired, we are making it a priority to making the Shawnee Language accessible to our Tribal members. The Cultural Preservation Director has filled the Library Technician/ Gift Shop Assistant position and is in the process of filling the TCNS Coordinator position in the near future. Remember, the month of November is Native American month and the Cultural Preservation department will be offering workshops during this month. Some of the workshop will be Beaded Collar, Coloring Contest for children and elders,

and Beaded Earrings to name a few.

Gaming Commission;

The Gaming Commission continues to look for training for its employees and attend pertinent meetings/ conferences pertaining to up- dates in the casino world. Gaming Commissioners' continue to work with the Thunderbird Casino pertaining to up- dating their (Casino) policy/ procedures. I continue to attend the Gaming Commission meetings. Gaming Commission is waiting on approval from NIGC pertaining to changes (having three Gaming Commissioners) of Gaming Ordinance.

Youth Camp;

Construction continues at the Youth Camp. The playground project has been completed. We have had meetings with the construction management company of the tennis/ basketball court projects. The construction manager is in the

process of obtaining three bids for those projects. Once a decision is made they will start the construction of tennis/ basketball courts projects. The construction company continues their discussions with OEH dept. pertaining to the Youth Camp entrance and the Dining hall parking lot. The BIA/ Self- Governance Dept. continue to work with Cleveland Co. pertaining to the road project at the Youth Camp.

Again, if you have any questions or concerns about the programs or positions 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

FROM THE ELECTION COMMISSION:

The Filing Period for Elective Office in 2023.

A tribal member may file for office, **January 1 to January 10 (excluding weekends and holidays)**. **Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.** Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

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

EXECUTIVE COMMITTEE

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

ELECTION COMMISSION

Position	Filing Fees	Term
Election Commission Secretary	\$174.00	2 Year Term (unexpired term)
Commissioner #2	\$215.00	3 Year Term

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.



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.

FOR MORE INFORMATION

CALL (405) 275-4030

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

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

Absentee Shawnee Tribe Agriculture Department

1st Annual Community Meeting

Saturday December 3rd, 2022
10:00 a.m. – 2:00 p.m.

AST Multipurpose Building
2029 S. Gordon Cooper Dr.

Join us for a session of interaction with the staff to discuss the following:

- Operations of the past year
- Activities
- Classes planned for 2023
- Future agriculture projects- Orchards, Bee Keeping, Honey production, etc.
- Community garden
- Community suggestions & ideas

Lunch will be provided! Please RSVP by November 28, 2022
Contact: Gabby Rice
(405) 827-6545
Grice@astribe.com

Absentee Shawnee
Language Assessment Survey

The purpose of this survey is to provide a benchmark for the level our Tribal members speak and understand the Shawnee language. We are in danger of losing the ability to speak, understand and use our language fluently. Over the past many years we have relied upon only a few of our First Language speakers to carry us during times of ceremonies, feasts, funerals, and even everyday conversations. A great many of our First Language speakers have left us, so we must take advantage of every opportunity with our remaining First Language speakers to learn, maintain, preserve, and speak our Shawnee language.

Please take a few minutes to complete the survey. Your answers will be indicated by circling the letter under each question.

- 1) What is your age group?
 - a) 18 – 24
 - b) 25 – 34
 - c) 35 – 44
 - d) 45 – 54
 - e) 55 – 64
 - f) 65 and over
- 2) Do you speak Shawnee? If no, please go to question 6.
 - a) Yes
 - b) No
- 3) What level of Shawnee do you speak?
 - a) Native speaker - first language
 - b) Casual speaker - Can say some phrases and words
 - c) Limited speaker - Can say a few words
 - d) Do not speak any Shawnee
- 4) Is Shawnee your first language?
 - a) Yes
 - b) No
- 5) What level of Shawnee do you understand?
 - a) Full understanding - Conversational
 - b) Partial understanding - Understand words and phrases
 - c) Limited understanding - a few words
 - d) Not at all
- 6) Do you have family or relatives that speak and understand Shawnee?
 - a) Yes
 - b) No
- 7) What format would you use as the best method to learn Shawnee?
 - a) In-person classes
 - b) Zoom or Skype classes
 - c) Both
 - d) Learn on my own
- 8) In order to practice and retain Shawnee, would you use any of the following:

*Please circle all that apply

 - a) Mobile app
 - b) Pre-recorded class sessions on YouTube
 - c) Pre-recorded class sessions on a podcasts
 - d) A digital recording device
 - e) All the above
- 9) If you were to participate in language classes, what would you consider important to learn first?
 - a) Sounds
 - b) Simple words
 - c) Simple phrases
 - d) Conversations
 - e) How to write
- 10) Have you participated in Shawnee language classes before?
 - a) Yes
 - b) No
- 11) Were you able to remember and say the words and phrase taught in class?
 - a) Yes
 - b) No
- 12) Do you feel the Shawnee language is worth learning?
 - a) Yes
 - b) No
- 13) Do you feel the Shawnee language is worth saving?
 - a) Yes
 - b) No
- 14) Provide a reason why you believe the Shawnee language is important to the Absentee Shawnee Tribe.

Your participation in this survey is greatly appreciated. Ne yi wa! (Thank you)

Please mail surveys back by December 9th to AST Cultural Preservation c/o Scott Miller, 2025 S Gordon Cooper Drive, Shawnee, OK 74801

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 been working on enrollment at Building Blocks II. During October we enrolled 5 Infants and 1 toddler. We are also expecting to enroll a 2 month old baby in November. Then, we will have 53 children enrolled in our center.

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.

Yeah, we are excited for the news that Building Blocks II will officially be a 3 Star Center Starting January 1st, 2023.

Building Blocks will be closed for Veteran's Day on Friday, November 11th. We are also closed Thursday & Friday, November 24th & 25th, 2022 for Thanksgiving. We hope everyone has a very Thankful Holiday.

The holiday season is upon us and Building Blocks Staff and Children are beginning to do lots of holiday based arts and crafts. The children love doing activities and projects that they can take home and show their parents.

Remember that Daylight Savings Time
Ends Sunday, November 6th and set
your clocks back. Have a Safe and Happy
November.



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



Building Blocks III

We are 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.

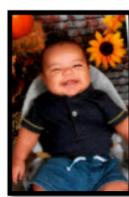
The holidays are just around the corner and we couldn't be more excited! This month our students are learning about community helpers, opposites (big/small), farm animals (reading the book "Little Red Hen"), and focusing on "All about me" using our frog street curriculum.

Closures: November 24th & 25th for Thanksgiving break.

Our Annual Christmas Program this year will be on Friday, December 2nd @ 7pm at Tecumseh City Hall.

We hope you have a wonderful Thanksgiving!

Please enjoy the pictures we captured over the past month.



Fall Leaves
&
Autumn
Breeze



Some of our 3 year olds
class making Apple Pies!



Central Tribes Shawnee Area, Inc. (CTSA HEAD START)

Administrative Office 1535 N. McKinley Shawnee, OK 74801 P: (405) 275-4870 F: (405) 275-9684	Little Feet Big Steps 806 E. Grant Shawnee, OK 74801 P: (405) 878-5820 F: (405) 275-9684	Early Bird Head Start 111 W. Vine Cushing, OK 74023 P: (918) 225-1029 F: (918) 225-9969	Yellow Earth Learning Center 920884 S. HWY 99 Stroud, OK 74079 P: (918) 968-9445 F: (918) 968-1763
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Parents and Guardians...

Little Feet → Big Steps is enrolling **NOW** for the 2022-2023 School Year!!!!

Early Head Start ~ Birth to 3 year olds
Head Start ~ 3 year olds – 5 year olds
Child Care ~ Birth to 5 year olds



At CTSA, our goal is to meet the individual needs of ALL of our children – especially those with disabilities. We offer a fun and exciting programs for your children to learn and grow!

Our qualified and dedicated teachers and staff provide rich learning environments at our centers, where families and friends are encouraged to volunteer and spend time with their child.

If you have a child or know of a child that would benefit from an interactive, engaging, stable, and safe learning environment – **please call today!!!**

We look forward to sharing your child's learning years with you!!!

Little Feet → Big Steps
806 E. Grant St
Shawnee, OK 74801
Ph: (405) 878-5820



Head Start → Ages: 3-5
Early Head Start → Ages: Birth to 3



Extended Day Child Care available to those who qualify



Contact

Administration for Enrollment Questions
Ph: (405) 275-4870
melaniew@ctsaheadstart.org

Dementia: What we need to know

Dementia is the progressive loss of cognitive functioning to an extent that it interferes with the person's daily life and activities. It refers to the progressive cognitive impairment in one or more cognitive domains; most often learning, memory, language, executive function, complex attention, perceptual-motor or social cognition.

Facts and figures

- Dementia is not a normal part of aging, but it is more common as people grow older.
- 55 million people are living with Alzheimer's and other dementias worldwide
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- 1 in 9 people with age 65+ in the US will develop dementia
- More than 6 million Americans are living with Alzheimer's disease, and it is the 6th leading cause of death in the U.S.
- There is lack of awareness although numbers are increasing.

Risk factors

- Genetics and first degree family history of dementia, increased age, female gender
- Unhealthy lifestyles: Lack of physical activity, unhealthy diet, smoking, alcohol and other substance abuse
- Chronic diseases such as obesity, hypertension, elevated cholesterols, diabetes etc.
- Mental disorders early in life , depression and chronic stress, traumatic brain injuries
- Smaller cognitive reserve: Cognitive reserve refers to individual differences in how tasks

are performed that may allow some people to be more resilient than others.

Difference between Alzheimer disease (AD) and dementia

Although these terms are often used interchangeably, they actually have different meanings. While dementia is not a specific disease but a general term that describes a wide range of symptoms, Alzheimer's disease (AD) is a specific brain disease. It is the most common type of dementia. The other common neuro degenerative dementias include Frontotemporal dementia (FTD), Dementia with Lewy Bodies (DLB), Parkinson's disease dementia and vascular dementias.

Common early signs and symptoms of dementia and Alzheimer's

Depending on the area of the brain that's damaged, dementia can affect people differently and cause different symptoms. The may include,

- Memory loss: It is the most common symptom of dementia. Early sign include difficulty remembering names of familiar things, recent events, conversations etc.
- Challenges in planning or solving problems, including daily activities and routines, routinely misplacing possessions.
- Confusion with time or place: they may wander and get lost even in familiar places
- Trouble understanding visual images and spatial relationships
- Difficulty with communication: difficulty in reading and writing, trouble expressing ideas and thoughts, forgetting familiar words, names of family members

and objects, repeating questions etc.

- Difficulty with abstract thinking, multitasking, difficulty managing finances/bills and numbers.
- Poor judgment and decision making even with everyday life situations
- Changes in mood and personality: Individuals with Alzheimer's may get confused, depressed, anxious, easily upset, fearful, impulsive, and suspicious or even delusional.

Screening and diagnosis of dementia

There is no single diagnostic test that can determine if a person has dementia, and therefore the diagnosis can take a long time. The diagnosis is made through a systematic assessment that eliminates other possible causes of cognitive changes. Diagnosis of dementia requires at least two or more mental functions be impaired enough to interfere with daily living. A diagnostic process may include detailed medical history, mental status examination, psychiatric and psychological evaluations, and neuro imaging studies such as CT (Computerized Tomography), SPECT (Single Proton Emission Computed Tomography), PET (Positive Electron Tomography) etc.

Do memory issues always mean dementia?

Not everyone with memory problems have dementia. There are many other reasons one may be experiencing memory and cognitive problems, including aging, medical or psychiatric illnesses, stress, adverse effects of medications, alcohol and substance abuse, nutritional deficiencies, brain injuries etc. Early detection helps to eliminate the reversible causes and helps

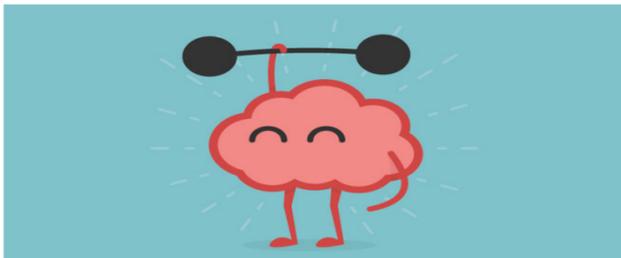
initiate treatment to control symptoms at an early stage and slow down the disease progression as a whole.

What can we do to help?

There is no cure for dementia, but there is help.

- Get screening done at the earliest when dementia is suspected. Early diagnosis provides better care options.
- Be aware that medications which may change disease progression are available.
- Driving becomes unsafe as cognition deteriorates. Patients with a clinical dementia rating (CDR) score ≥ 2 are considered unsafe to drive.
- Risk for fall, wandering and behavioral issues worsen as the disease advances.
- Advance directives and other advance care planning should be discussed prior to the onset of moderate or severe dementia, when possible.
- Maintain dignity, respect, and quality of life in patients with dementia.
- Support caregivers: Caregivers of patients with dementia can suffer significant stress, particularly as the patient's cognitive function declines or behavioral symptoms worsen. Counseling and participation in support groups can be beneficial. It is also helpful to encourage the caregiver to get help in sharing the caregiving burden with other family members or, if affordable, paid caregivers.

LET'S KEEP YOUR BRAIN HEALTHY!!



How is the best way to keep your brain healthy? Following are 5 things in order of importance that will help.

1. Exercise regularly.

A day equals 24-hours, just give 1-hour a day to exercise and you have 23-hours left to do whatever you want—think about it! Exercise increases blood flow to the brain during your physical activity. Commit to 30-60 minutes a few times a week. Any moderate aerobic activity that increases your heart rate is beneficial.

2. Get plenty of sleep.

It is important that you try to get 7 to 8 consecutive hours of sleep per night, not fragmented sleep of two or three hour increments. Sleep can boost your overall memory and brain health.

3. Eat a Mediterranean diet.

What is that?? Well, generally plant-based food. Yes, meat products in moderation, limited sweet products, olive oil is a common ingredient, herbs and spices used instead of salt. Bottom line, a Mediterranean diet is good for your ticker. I really like it, and I think you would, too!!

4. Stay mentally active.

Your brain is similar to a muscle—you need to use it or you lose it! To help keep your brain sharp, do crossword puzzles, read, pay cards, do jigsaw puzzles. Oh, working does wonders, too! These are fun things to do—so keep working the brain!!

5. Remain socially involved.

Humans are social creatures! Being with each other to talk and share experiences nurtures the soul. Social interaction is healthy, like exercise for the brain. So stay involved.

Following is a brain game for your enjoyment. Try it!! Answer is somewhere in the ASTHS section! That's it for now!

Stay healthy,
Atheda Fletcher
Grant Project Principle Investigator
Alzheimer's Disease Program Initiative

BRAIN GAMES

2						
				2		
		1				

LATIN SQUARE

PLAY IT: Shade in exactly seven of the empty squares in this grid so that:

- (1) There is only one shaded square in each row and in each column.
- (2) No shaded squares touch each other, even diagonally, and
- (3) The number of shaded squares bordering on the squares containing figures is equal to the figure in each particular square.



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@astribe.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.

Cultural Preservation Department

Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program's most recent activities.

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. However, from now until the end of December, we will be opening the gift shop in Little Axe twice a month as Christmas is approaching.



Some inventory that the gift shop recently received can be seen in the pictures to the left. Other items we have received include coats and gloves, new blankets, polo shirts, bags, purses, and cups. We are currently working with distributors in producing new emblem bearing items such as throw blankets, portfolios, mouse pads, and patches.

If you haven't been in our store recently, please stop by either location. Maybe you will find something you cannot pass on.

Library

We are happy to announce that we have opened the library to the public! Please help me in welcoming Ms. Paula Jackson as our new Library Technician/Gift Shop Assistant! Ms. Jackson has been busy organizing and cataloging the books in the library. To date, she has cataloged over 600 books. Currently, we are looking for new books particularly those wrote about the Shawnees. If you have any suggestions please reach out to Ms. Jackson or myself. Also, please be on the lookout in next month's newsletter for an article spotlighting different books.

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 look forward to serving your informational needs!

THPO

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 315 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 20 projects. These projects were completed in 5 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 3 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

Language

Please help me in welcoming Mr. Scott Miller as our new Language Linguist/Project Coordinator! Since Mr. Miller's start date, he has hit the ground running. He has been working with Media and MIS on technological tools that can be available to tribal members such as more language content with sound on the website. Please be on the lookout for this in the coming months. Mr. Miller has also been working with the other Shawnee Tribes on content sharing. Also, please be on the lookout of a survey for the language program.

Events

November is Native American Heritage Month!! We have a few events planned such as coloring contests for the elders and youth, workshops, and Facebook events. Please be on the look-out for announcements on the website and Facebook.

Your concerns are important to us. We thank you 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.



Absentee Shawnee Tribe's Domestic Violence Department



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

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

Our services are confidential and include:

Safety Planning
Emergency Assistance
Court Advocacy
Shelter Placement Assistance
Referrals

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

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

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

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

Contact Us:

Office Line 405.273.2888
Fax 405.273.1192

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

@ASTRisingWarrior

For emergencies call 911 or AST PD @ 405.275.3200

This project was supported by Grant No. 2015-TW-AI-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/information are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



JOIN THE THUNDERBIRD CASINO TEAM!

100% Employer-Paid Benefits

- Medical • Dental • Vision • Life

Additional Benefits

- Supplemental Life
- Short Term Disability
- Long Term Disability
- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match
- Employee Discounts

PLUS

AST Tribal Members receive an additional sign-on bonus upon completing their 90th day of employment at Thunderbird Casino in Norman or Shawnee:

\$250 + \$250 = \$500

90-Day New-Hire Bonus

AST Tribal Bonus

Total Bonus at 90 Days

Visit playthunderbird.com and click on 'JOIN OUR TEAM' to apply.





**Happy 21st Birthday
Legus Trent Mitchell**

He's a full time student at Gordon Cooper Votech and works as a tutor after school at the AST Building Blocks after school program.



**Happy Birthday
Justin D. Westberry**
Hope you have a great day. Love you, from all of your family



**ABSENTEE
SHAWNEE TRIBE
WORKFORCE DEVELOPMENT
&
CAREER INITIATIVE
PILOT PROGRAM**

NOW ACCEPTING APPLICANTS!
MUST MEET ELIGIBILITY REQUIREMENTS

LIMITED SPOTS AVAILABLE



THREE-YEAR PROGRAM INCLUDING TRAINING WITH MOORE NORMAN TECHNOLOGY CENTER OR GORDON COOPER TECHNOLOGY CENTER

FOR MORE INFORMATION & APPLICATION:
CONNOR EDWARDS,
WORKFORCE PROJECT COORDINATOR
PHONE: (405) 275-4030 EXT. 6439
CONNORE@ASTRIBE.COM

FALL Maintenance Checklist

Clear Debris from Your HVAC Unit
Fall is the perfect time to clean away leaves, grass, and other debris that might dirty the components or block airflow.

Review Your Thermostat
As the temperature cools down, remember to adjust your thermostat settings. If you can set a program, continue to enjoy energy-saving benefits by making the temperature cooler when you are away from home or asleep.

Deep Clean your Home
Dirt, dust and other allergens are picked up by your HVAC system, and they may trigger allergies or asthma. Clean your home now and minimize the irritants spread by your system.

Change your Air Filters
Keep your HVAC system in peak condition by changing out the air filters every few months. It will help keep the air clean in your home, improve air flow, and help your HVAC perform more efficiently.

Schedule a Maintenance Check-Up
The best way to ensure your HVAC system is ready for winter is to invest in professional maintenance. Ask for a thorough inspection and address any issues before they become big problems.



FOR AST TRIBAL MEMBERS ONLY

**MARK
YOUR
CALENDARS**

NO APPOINTMENT NEEDED
FIRST COME, FIRST SERVED

PROBATE SEMINAR

SATURDAY, OCTOBER 22, 2022 11 AM - 1 PM
AST MULTI-PURPOSE BLDG, 2029 JAMES L EDWARDS LN, SHAWNEE, OK
A seminar to go over the steps to avoid probate. This will not be setting up probate or helping anyone setup things to avoid probate.

LEGAL CLINIC

THURSDAY, OCTOBER 27, 2022 & THURSDAY, NOVEMBER 17, 2022
1- PM - 4:30 PM
AST COURTROOM, 2025 S GORDON COOPER DR, SHAWNEE, OK
To help Tribal Members fill out forms & answer basic legal questions. Attorneys will not be writing up orders or petitions

FOR QUESTIONS, PLEASE CALL AST COURT AT (405) 275-4030 EXT 6336 OR 6211

LEGAL NOTICE

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

Amy Crider)
Vs) Case No. JFD-2022-21
Eric Crider)
)

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

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

Amy Crider being duly sworn upon oath states:

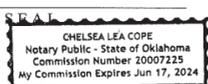
That she/he is the Plaintiff Amy Crider above-named, and that on the 5 day of October, 2022, said Plaintiff filed in this Court a Petition against Defendant, Eric Crider and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, Eric Crider, 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)

Amy Crider
PLAINTIFF

Subscribed and sworn to before me this 5 day of October, 2022.

Chelsea Lea Cope
NOTARY PUBLIC

My Commission Expires:



Let us help...



With one of your Cooling/
Heating/Water bill
Through the LIHEAP or LIHWAP Assistance Programs
If you live in Pottawatomie or Cleveland counties
And enrolled with any federally recognized tribe.

LIHEAP - Heating / Electric
LIHWAP - Water



Applications can be picked up at the Social Service Department or printed off the website of the Absentee Shawnee Tribe. For any questions please call:

Social Service Department
(405) 878-4723
Fax: (405) 273-7938
Email: awilson@astribe.com / NEdwards@astribe.com





ABSENTEE SHAWNEE TRIBE

OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

The Absentee Shawnee Complex will be Closed
Friday, November 11 - For Veterans Day
Thursday & Friday, November 24 & 25 - For Thanksgiving

No Wait Car Loans

Get same day approvals at AllNations Bank.

If time is money and you have neither to waste, stop by our local branch and let an auto loan specialist put you back on the road again. With loans this quick and easy, it doesn't make sense to waste another minute.



AllNations Bank

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



PUBLIC NOTICE TO THE AST COMMUNITY

The Absentee Shawnee Tribe has limited supply of firewood to provide to Elders 55 and up in the community. The firewood assistance is available for elders in dire need of this resource to keep warm and healthy during the winter months.

Please call Land Management 405-395-8101 or email cmartinez@astrobe.com. We will have a short application to fill out for first time elders. For elders that received wood last year, please call and update. Priority will be given to the elderly members that have limited means to get firewood during this time.

Delivery time will depend on number of first priority.

WE WILL NOT DELIVER WOOD DURING BAD WEATHER.





ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org

November 2022

Section B

13 October 2022

AST HEALTH SYSTEM PRESS RELEASE

Subject: Modifications to Services Effective October 16, 2022

The AST Health System is pleased to announce that we have extended our hours of operations to accommodate your needs and better serve you. Effective 16th October, 2022 our new operating hours will be as follows:

- Little Axe Health Center, 405.447.0300: 7:30am – 6:30pm, Monday – Friday
- Little Axe Health Center Pharmacy, 405.292.9530:
 - 8:00am – 8:00pm, Monday – Friday
 - 9:00am – 5:00pm, Saturday – Sunday
- PlusCare Clinic, 405.447.0477:
 - 8:00am – 7:00pm, Monday – Friday
 - 9:00am – 4:00pm, Saturday – Sunday
- Shawnee Clinic, 405.878.5850: 7:30am – 6:30pm, Monday – Friday
- Shawnee Clinic Pharmacy, 405.878.5859:
 - 8:00am – 8:00pm, Monday – Friday
 - 9:00am – 5:00pm, Saturday
- Shawnee Walk-In Clinic, 405.878.5850:
 - 8:00am – 7:00pm, Monday – Friday
 - 9:00am – 4:00pm, Saturday

For any inquiries or any unique medical assistance you may encounter, please coordinate through your primary care provider or ASTHS Administration by calling 405.447.0300. To stay informed of changes and access the most current information, please follow the “Absentee Shawnee Tribal Health System” on Facebook and visit our website at www.asthealth.org for daily updates. Ne-yi-wa!

November 2022

FLU SHOT & COVID VACCINE CLINIC

LITTLE AXE HEALTH CENTER, 5:30P- 7P

- Thurs., November 3rd
- Thurs., November 17th

SHAWNEE CLINIC MULTI-PURPOSE BLDG, 5:30P-7P

- Tues., November 1st
- Tues., November 15th

FOR YOUR INFORMATION:

- ✓ Flu & COVID-19 Vaccine Clinics are open to the public.
- ✓ The eligible age for all vaccines at this event is 12 years and older.
- ✓ Moderna will also be available for ages 18 and older.
- ✓ New bivalent COVID-19 vaccines are available for those that qualify.
- ✓ Bivalent vaccines protect against the original COVID-19 and the Omicron Variants.

For inquiries or appointments please call 405.701.7190

PUBLIC NOTICE

Medication Delivery

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

Thank You



Help Yourself → Help Your Tribe

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

2023 Open Enrollment

Medicare: Oct 15 - Dec 7, 2022
Marketplace: Nov 1 - Jan 15, 2023

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, it provides you with immediate access to specialized health care services?

• If you qualify for and enroll in a zero-cost plan, it helps PRC apply funding and deliver care to more people?



THE ALZHEIMER'S DISEASE PROGRAM INITIATIVE AND THE ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEMS PRESENT

BINGO

FOR DEMENTIA PREVENTION

JOIN US FOR AN AFTERNOON OF GAMES, AND LEARN ABOUT DEMENTIA AMONG NATIVE AMERICANS.

FREE ENTRY AND BINGO PLAY

DOOR PRIZES, T-SHIRTS, GREAT BINGO PRIZES, & SNACKS!

NOVEMBER 5TH FROM 1PM TO 4PM **MULTI-PURPOSE BUILDING IN SHAWNEE.**

FOR AST TRIBAL MEMBERS & NATIVE AMERICANS

MASKS ARE REQUIRED



Absentee Shawnee Tribal Health System has been nationally recognized for its commitment to improving cardiovascular health
The American Heart Association presents outpatient program achievement awards for proven dedication to ensuring patients have access to best practices that reduce the risk of heart disease and stroke

Absentee Shawnee Tribal Health System has received three American Heart Association outpatient program achievement awards in recognition of its commitment to reducing the risk of heart disease and stroke by improving our monitoring of and management of high cholesterol, Type 2 diabetes, and blood pressure. The awards recognize a commitment to following the latest evidence- and science-based care guidelines.

Nearly half of all adults in the U.S. have cardiovascular disease, including heart attack, stroke, or heart failure. High cholesterol, Type 2 diabetes, and uncontrolled high blood pressure are leading risk factors for cardiovascular disease, but with timely diagnosis, research-based treatment, and education, these conditions can be managed.

“We are proud to be recognized by the American Heart Association for our focus on Type 2 diabetes, cholesterol, high blood pressure management, and care,” said Dr. Marty Lofgren, Medical Director, and Interim Deputy Director. “By participating in these programs, we are able to put the science of the latest clinical guidelines to work improving the lives of our patients.”

As a participant in the Check, Change, Control Cholesterol, and Target: Type 2 Diabetes programs, Absentee Shawnee Tribal Health System was recognized after demonstrating how their organization has committed to improving risk factor management for patients. The outpatient achievement award programs put the unparalleled expertise of the American Heart Association to work for hospitals nationwide, helping ensure the care provided to patients is aligned with the latest evidence- and research-based guidelines.

This year, Absentee Shawnee Tribal Health System received these achievement awards:

- The American Heart Association’s Check. Change. Control. Cholesterol™: Participation
- The American Heart Association and American Diabetes Association’s Target: Type 2 Diabetes: Participation
- Target: BP™: Silver recognition jointly presented by the American Heart Association and the American Medical Association.

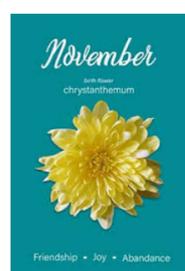
“Addressing Type 2 diabetes, cholesterol, and blood pressure management is key for better cardiovascular health – and critical today, when heart disease and stroke continue to be leading causes of death for Americans,” said Howard Haft, M.D., MMM, CPE, FACPE, volunteer science expert for the American Heart Association and executive director of the Maryland Primary Care Program, in Baltimore. “The American Heart Association is pleased to recognize Absentee Shawnee Tribal Health System for its commitment to managing patient risk factors related to high blood pressure, high cholesterol, and Type 2 diabetes.”

Michelle Wollenzin, RN, BSN, MSN, MLS
 Director of Clinical Services
 Absentee Shawnee Tribal Health Services.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2022	1 HOOGIE SANDWICH MAC SALAD ORANGE	2 CHICKEN STRIPS MASHED POT/GRAVY PEA/CARROTS PUDDING	3 PORK n HOMINY GREEN BEANS COOKIE	4 OATMEAL BACON TOAST/FRUIT
7 CHICKEN FAJITAS BELL PEPPERS/ONIONS TORTILLA SALSA/PINEAPPLES	8 MEATLOAF MASHED POT/GRAVY BRUSSEL SPROUTS FRUIT	9 CHILI CRACKERS CHEESE STICKS CAKE	10 BOILED EGG SAUSAGE PATTIES TOAST/FRUIT	11 VETERANS DAY
14 PORK CHOP MAC & TOM BREAD JELL-O	15 CHICKEN POT PIE VEGGIES BISCUIT APRICOTS	16 TURKEY OR HAM STUFFING W GRAVY GREENBEANS ROLL/COBBLER	17 BURRITO SPANISH RICE REFRIED BEANS MANDARIN ORANGES	18 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
21 SALIBURY STEAK MASHED POT/GRAVY BROCCOLI ROLL/PEACHES	22 CHICKEN NOODLE SOUP GRILLED CHEZ SANDWICH FLUFF	23 CEREAL MUFFIN FRUIT	24 HAPPY Thanksgiving	25 THANKSGIVING
28 CHICKEN BROCCOLI CASSEROLE BEETS ROLL/PEARS	29 GOULASH OKRA TOSSED SALAD* MIXED FRUIT	30 TUNA SANDWICH LTOP CHIPS/ORANGE		

TITLE VI WILL
 BE CLOSED ON
 NOVEMBER 11
 VETERANS DAY
 NOVEMBER 24-25
 THANKSGIVING



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

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 _____ DEMINTIA _____

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

PRIMARY TRANSPORTATION _____ Own Car _____ Friend _____ Public Trans. _____ Senior Tran's _____ Family _____

PROSTHETIC DEVIACS _____ 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 _____

November Newsletter

AST DIABETES & WELLNESS DEPARTMENT

NOVEMBER EVENTS

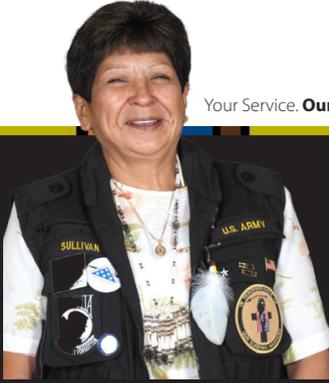
SANDWICH DAY	3RD	For every sandwich you eat on sandwich day, do 25 crunches . That way you can feel a bit healthier.
PUMPKIN DESTRUCTION DAY	5TH	When destroying your pumpkin, make sure to use your core to get a good core exercise.
NACHO DAY	6TH	For every nacho that you eat, do 10 jumping jacks.
VETERAN'S DAY	11TH	Show respect and thank a veteran for their service.
NATIONAL PICKLE DAY	14TH	For ever pickle that you consume, pat yourself on the back for hydrating yourself. Try eating a pickle after a workout to keep your hydration level high from sweating during the workout.
THANKSGIVING	24TH	For thanksgiving, hit a workout or a walk before consuming your meal. It will make it easier to enjoy all of the yummy food.
RED PLANET DAY	28TH	The first successful flyby was completed on this day, giving us the first pictures to ever document the planet of Mars. In honor of this day work on perfection your airplane balance exercise.

P.S. November 19th is BEDLAM! BOOMER SOONER OR GO POKES



VA U.S. Department of Veterans Affairs

Your Service. **Our Mission.**



VA WILL BE HOLDING A
Bringing VA Benefits Home event in your hometown.



During the event, you can:

- ✓ Speak with a VA representative
- ✓ Get answers to VA claim and benefits questions
- ✓ File your claim
- ✓ Get same-day decisions when you share complete information

EVENT DATE & TIME/S:

Wednesday, November 2, 2022
10 a.m. - 2 p.m.

LOCATION:

Absentee Shawnee Tribe Multipurpose Building
2029 James L. Edwards Lane
Shawnee, OK 74801

POINT OF CONTACT:

Mary Culley-VA, Mary.Culley@va.gov
Michael Gardner-VA, michael.gardner@va.gov
Connie Bottaro-ASTHS, cbottaro@astribes.com

PHONE NUMBER:

Mary Culley-VA (405) 626-3426
Michael Gardner-VA, (405) 456-3808
Connie Bottaro-ASTHS, (405) 701-7629




ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



Legacy Tribal Services
Simple Solutions. Uncommon Service.



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.



"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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

**Wednesday
November 2, 2022
10am-2pm**

AST Multi-Purpose Building
2029 James L. Edwards Lane
Shawnee, OK 74801

Get Same-Day Benefits Assistance!

2023 HEALTH BENEFITS OPEN ENROLLMENT EVENT



Questions? Contact a PBA!

Little Axe Health Center
405-447-0300

Shawnee Clinic
405-878-5850

www.asthealth.org

Giveaways and snacks will be provided by our Patient Benefit Advocates and our Contracted Benefit Advisor with Legacy Tribal Services.

*While Supplies Last






va.gov/tribalgovernment | 405.456.3876

Prevention. Progress. Pride. www.asthealth.org



Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

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

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

Did You Know?

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

VA Benefits

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

OKC VA Native American Nurse Navigator:

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

Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850



Caring for AMERICA'S HEROES
www.astribes.com

UPDATED PHARMACY MAIL POLICIES



Please be advised:

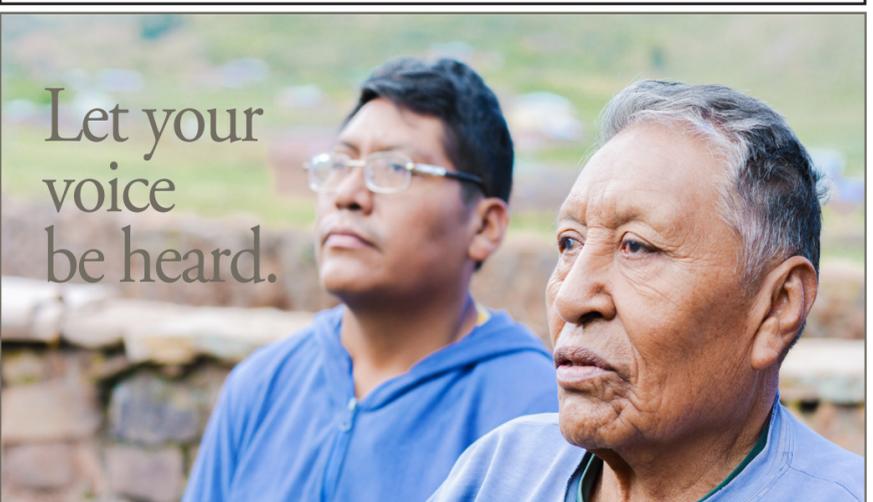
It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

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

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

Thank you!

Let your voice be heard.



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

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

Together, we will fulfill our mission.




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