



# THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

Volume 33, No. 11

November 2023

## Hopewell Ceremonial Earthworks UNESCO World Heritage Commemoration Ceremony



Absentee Shawnee Tribal Representative DeWayne Wilson and members of AST Cultural Preservation attended the Hopewell Ceremonial Earthworks UNESCO World Heritage Commemoration Ceremony. AST Language Linguist and tribal member Scott Miller gave the blessing.

The historic event was held October 14 in Chillicothe, Ohio at Mound City, the headquarters of Hopewell Culture National Historic Park. The Hopewell Ceremonial Earthworks, which include

five locations managed by the National Park Service and three managed by the Ohio History Connection were built by Native Americans between 1,600 and 2,000 years ago.

Over 600 people gathered on the banks of the Scioto River to celebrate the brilliance and wonder of these great mounds.

Chief Glenna Wallace, of the Eastern Shawnee Tribe spoke about the skill and great ability used to create them. "We stand upon the shoulders of geniuses,

uncommon geniuses who have gone before us. That's what we are here about today,"

Ohio Governor Mike DeWine also praised the sheer brilliance they were created with. "My wish on this day is that the people who come here from all over the world, and from Ross County, all over Ohio, all the United States — wherever they come from — my wish is that they will be inspired, inspired by the genius that created these, and the perseverance and the long, long work that it took to

create them," Ohio Gov. Mike DeWine said. "They're awe-inspiring."

There are only about 1,000 World Heritage sites around the globe and this site is the United States' 25th addition to the World Heritage List. The designation puts the spot in the same category as wonders of the world including Greece's Acropolis, Peru's Machu Picchu and the Great Wall of China. The process to garner World Heritage status was started in the late 90's.

## Great Council State Park Set to Open 2024



On a recent trip to Ohio, Absentee Shawnee Tribal Representative DeWayne Wilson toured the construction progress of the new Great Council State Park. The cultural interpretive center will be located on State Route 68, between Xenia and Yellow Springs, in Oldtown, and focus on the history of the Shawnees.

The three-story structure will have over 12,000 square-feet and is designed to pay tribute to the Shawnee longhouse. A living stream will be showcased on the main floor along with a theater. The first floor will also feature two interactive exhibits for kids - cattail weaving and

ribbonwork.

The second floor will feature a historical timeline of the Shawnees in Ohio prior to European settlement and now in modern day. The lower level will feature temporary exhibits about culture, history, art and the modern-day Shawnee tribes.

The building also includes a second-story balcony overlooking a view from where the Shawnee village would have been located at the end of the 1700s, including the presumed location of the original council house on site.

Brant Fulks, Capital Program

Administrator for Southwest and Central Districts with ODNR showcased the construction progress and explained that they are recreating this with the look and feel of how Oldtown would have looked 250 years ago.

Ohio Department of Natural Resources broke ground on the facility in May of 2022 and construction is expected to be complete in spring of 2024. ODNR has been working with the Ohio History Connection and the three Shawnee tribes: the Absentee Shawnee Tribe; Eastern Shawnee Tribe of Oklahoma and the Shawnee Tribe to develop plans for

the interpretive center. All displays will honor the Shawnee tribes of the past and allow present-day members to share their stories and legacy.

"It's great to meet with the people who are making this historic project a reality. I am glad we finally have a seat at the table." Said Representative Wilson, "They truly want our opinions and actually listen to us since this great facility is about us. This is our history. So many of the people we have met, all have said - we want to do this right."



**GOVERNOR**  
John Johnson



**Lt. GOVERNOR**  
Ezra DeLodge



**SECRETARY**  
Misty McGirt



**TREASURER**  
Joseph Blanchard



**REPRESENTATIVE**  
DeWayne Wilson



## 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 Absentee Shawnee Tribal Maintenance Department is currently staffed by six full-time employees. The Maintenance Department has been working hard to maintain all incoming work orders which consist of minor repairs, moving/ rearranging offices and assembling/installing new furniture, and ground maintenance such as mowing, weed eating and edging. Housekeeping has been working effortlessly with maintaining the upkeep of the buildings on the complex. I would like to thank the Maintenance staff for all the hard work they do for the department and Tribe.

### OEH:

In total for 2023 OEH has assisted Tribal members with 58 different septic renovations and installations, water well drilling and installations, well renovations,

and community water connections.

For 2023, we have collected, processed, and recycled 32 bales of shredded office paper and cardboard equaling roughly 24 tons of recyclable waste that has been diverted from landfills.

The new Police Safety Center is on schedule to be completed in January of 2024. Interior work is underway, all primary utility connections have been completed, and all of the parking lot work has been done except for the secure entry for staff at the rear of the building.

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

### Self-Governance

A Continuing Resolution was signed and will expire on November 17th. Hopefully the House and the Senate will come to an agreement on the budgets. Until then everyone is in full operation.

### BIA Roads Program

On October 5th we had our bid selection meeting for the campus road maintenance. We had a total of 5 bids. The

winning bid went to Connelly Paving Company. They will be starting maintenance work on the campus November 6th and should be done within 45 days depending on the weather. During this time everyone will need to use the entrance south of the casino to access the Shawnee Clinic and tribal offices. We appreciate your patience during this time.

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

### Land Management

The cooler temperatures have finally made it here. We will start delivering wood to the elders that have made a request. Please contact Cynthia Carpenter at (405)275-4030 Ext. 3566 or by email: ccarpenter@astrobe.com.

### Weatherization

We continue to work on our list starting with the elders. The biggest problems that we continue to face is getting glass for windows that need to be replaced and other materials. Thank you for being patient. If you have any questions please reach me at (405)827-4311 or dmarshall@astrobe.com.

Respectfully,  
Lt. Governor DeLodge

## SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,

I hope all is well with everyone and their families. This year and these past couple months have flown by since I've been in office. In September, I attended the Oklahoma County Juvenile Court Judges and Tribal Partners meeting with ICW staff. I also attended the Public Health training 101 hosted by the Southern Plains Health Board. September 30th is the "Every Child Matters movement for residential school children and survivors". I was invited to participate with my family in a 27 mile walk, beginning at the Mekuskey Mission on the Seminole Reservation and ending at St. Gregory's in Shawnee.

I would like to thank Absentee Shawnee Police Officer, Lisa Williams, for assisting along with Shawnee P.D. on this journey for our safety. It was a really great experience and I look forward to participating in years to come. We had General Council on October 14 and it was outstanding to see all of the tribal members and hear their concerns it was a great turn out. We had 120 Tribal members, and 54 Employees/guests sign in. I hope our numbers increase come spring time and I look forward to seeing all of you again.

### Domestic Violence

October is Domestic Violence Awareness month. Our ladies in that department have had a lot of events going on. October 12th was wear Purple Day, and October 27th motorcycle event will be at

the complex.

### ICW

I have some exciting news I would like to share with you all if you missed General Council, We are in the process of getting a bigger building for our ICW department. This is something that's been needed for a while I'm glad we are able to move forward with this! Our children deserve this. Upcoming events are Thanksgiving Nov. 15, December 8 Angel Tree gifts are due, December 15 wrapping party, December 16 Christmas Party. If you need any more information on these events, don't hesitate to contact our ICW office 405-395-4490 or ICW@astrobe.com.

Ne yi wa  
Secretary McGirt

## TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello and Good Morning to our AST Tribal Members and Friends!

As I begin this month's report, first, let me say I hope all is well with you and your families. My office and staff express our condolences for those who have lost loved ones recently. Additionally, I've heard from a few of you to express well-wishes in my recovery. It was pointed out I've missed a deadline or two. As much as I remind folks to take care of themselves, I've been remiss in handling my own personal needs. Though this year has had its share of setbacks, the majority of us get back up when we're knocked down. It is abnormal for me to see the doctor, have to go to the ER, or see Same Day and PlusCare. What I will say is how much I appreciate our staff within the Health System, their professionalism and expediency with getting me in and diagnosing the problem; or referring me on to Specialty.

At the time of this writing, the EC has just completed the Monthly Meeting. Though there were only a handful of resolutions, there is one that is vitally important, ICW. Utilizing some of our remaining ARPA funds, the Committee unanimously agreed to purchase a location, increasing office space and square footage. Every meeting, every discussion, someone wants to be negative or make derogatory comments. Let me be the first to say, there is no underlying tone, no political agenda or any other innuendo as suggested or proposed by membership. As these funds are set to diminish in the next year, we have to make decisions on how best to expend the money. In review of snapshots sent to me, there was one comment that stuck out. Here is the paraphrase, "How about we make some systemic change by building real

infrastructure, some resilient food and energy systems so we can survive the next 20 years. We need to diversify our economies and build up our Nation instead of being stressed out about our casinos."

As mentioned at General Council, this Executive Committee has done that the last 3 years, trying to anticipate the changes coming and adapt to whatever circumstance that is being presented. Hopefully, for those members who attended this recent meeting, they were able to see the drastic improvement to our AST Tribal Complex, with all the new construction. The majority of our property is being used and there isn't much space left for any future growth. Since members have asked us to operate as a business, we have been moving forward steadfast. In discussion with some of our Elders, I explained how this is very similar to when our Tribe began operations back in the 70's. Without foresight and preparation from that generation, we would not have what we do today. Their sacrifice has enabled us to operate in the fashion that we do.

Before this month has concluded, I will meet with all Directors/Coordinators and their EC oversight to discuss budgets. Once all the data has been compiled, Finance and I will crunch the numbers then present a proposal back to the EC for final approval. Since there are no new sources of revenue, the budget will be very similar to the last few years. That being said, there was a question about purchasing insurance for all Tribal members. In my reply, I suggested the approximate estimate of the annual cost to be at or near \$9.2 million and more questions needed to be answered before full consideration.

To correct part of this issue, I have suggested we look at franchise opportunities to be located at Tecumseh Square. A short list is being comprised to determine what would be the best options available for our community and how best to move

forward. Besides taking advantage of the growing economy, it also gives our employees and local members better dining possibilities and potential jobs.

Part of the conversation touched on Energy. Over the last couple of months, I've been on conference calls and attended a Summit in Tulsa. With all the new funding being provided by the U.S. Government to enhance Tribal atmosphere, we would be foolish not to take part in these meetings and see how it could benefit our Tribe. Earlier this summer, I brought a contractor around to all our entities to compile data for completion of a feasibility study for solar and/or wind power. This report should be coming due at any point and provide data to show the associated costs for possible conversion and the potential savings for our Tribe.

As your Treasurer, I promised to find ways to save money, expand services, and stretch our dollars, to get the best bang for our buck. As Chief Malerba, Secretary for the Department of the Treasury said in April at the Spring NAFOA Conference, "the Absentee Shawnee Tribe has been creative and innovative in handling their CARES funds. We are excited to see what they do next." Though some of our folks don't agree with the process, I am beyond ecstatic for our little Tribe to be noticed by the Chief Executive out of the almost 580 tribal nations.

I hope many were able to attend and participate in Fall Bread Dance ceremonies. For those who did not, please try to visit the next one. Many of us come back refreshed, with regained purpose, ready to tackle any obstacles. It is what makes us Shawnee. As I close, I also want to send a special shout-out to our Veterans. We appreciate your sacrifice and say "Thank You!" for your service.

Happy Thanksgiving!

Joseph H. Blanchard

**REPRESENTATIVE'S REPORT**

DeWayne Wilson, AST Representative

Hello Tribal Members,

Again I want to apologies for missing General Council. We had a very busy week in Ohio. I want to give a few highlights of the 8TH Annual Tribal Nations Conference in Columbus, Ohio. One, my meeting and visit with the Governor of Ohio, Mike DeWine, next, touring the construction of the newly Great Council State Park in Old Town, Ohio and finally, attending the Hopewell Cultural National Historic Park Commemoration Ceremony in Chillicothe, Ohio. However, the thing that impressed me the most is the positive attitude and cultural sensitivity, the State of Ohio agencies (especially the Governor Office) and private organizations have toward our Tribe and other tribes during this conference. I want to say "Thank You" the Ohio History Connection for hosting this annual conference.

**102-477 Program:** The AST 477 Program has been in effect for 10 months now and has had a lot of growth within the administration and organization. The 477 Program application is available on the Tribe's website as well as an PDF online application process. Remember, you can also come into the 477 Dept. (Building 1) on the complex to make an application. Currently, we have approximately 185 AST 477 participants. We are continuously trying to provide education, employment and training opportunities for our participants. We are working with various departments within the

tribe to better coordinate our services and provide a holistic approach to participant's self-sufficiency. Our goal is to assist participants reach their family goals, intellectual goals and individual goals in order for them to be self-sufficient. In the near future, we hope to work with outside entities to provide a wider range of opportunities for our participants.

**CCDF Program:** In September, the Child Care Assist (CCA) staff hosted a new curriculum training "Teaching Strategies" for our employees at both tribally operated centers. In October, the Indian Child Welfare (ICW) department toured our facility. ICW Staff met with the After-school Program staff to inform them of how ICW functions and to broaden the tutors understanding of the ICW program. In December, the CCA plans to participate in the Zombie Fun Run events (Trunk or Treat).

**Education Department:** In September, AST Education Department partnered with the Sac and Fox Nation for the State Tribal Education Partnership (STEP) Grant. The Tribal Education Departments National Assembly (TEDNA) couldn't apply for the grant so the Sac and Fox Nation will be the grantee. Under this partnership/ agreement, TEDNA provides a project director. Under the STEP grant, the Education Department plans to partner with Tecumseh and Little Axe Schools in the near future. There's no direct money/services for students, this is a capacity building grant for Tribal Education Departments. We will meet via "Go To" meetings each week. In mid- October, the Education Department staff will be attending the National Indian Educa-

tion Association Annual Convention and Trade Show in Albuquerque, NM.

**Workforce Program:** Busy as usual, the HVAC interns continue their training. The HVAC Program will be advertising Heater/ Furnace systems check for this coming winter. If you want/ need your Heater/ Furnace system check please contact Diane at ext. 3504. Elders will be given preference.

**Cultural Preservation:** In September, Ms. Devon Frazier-Smith and Ms. Carol Butler attended a consultation hosted by TX DOT (Texas Department of Transportation) in Austin, Texas. At the consultation, Ms. Frazier-Smith and I were able to talk to the Texas Historical Commission, which is also Texas's State Historical Preservation Office. We had several conversations in which we expressed our desire to utilize the commission's partnerships to strengthen our own AST History in Texas. Also, the Cultural Preservation/Historic Preservation Staff will be joining Phase 2 of TX Dot's Tribal Histories Project. Also, Mr. Scott Miller, Ms. Carol Butler and I, attended the 2nd Annual Algonquian Language and Cultural Convention. The convention was well received. Ms. Carol Butler and Mr. Scott Miller sat on the panel titled 'Barriers to Maintaining Culture'. At this event, the AST Cultural Preservation Department hosted a stomp dance demonstration in the morning, and a tribal member, Renea Williams, taught two beaded collar workshops.

**Gaming Commission:** In late September, the Gaming Commission recently attended online trainings with NIGC regarding updated regulations for Key

Employees and Primary Management Officials, Background Investigations and Licensing. The purpose of this training is to review changes to the regulations, examine new definitions and understand their implications, and to enhance Tribal gaming background and licensing. These online trainings are important for the Gaming Commission. This helps the tribe to stay up to date with day to day job duties and to make necessary changes to our rules and regulations. In October, the Gaming Commission has approved the renewal of a three year facility license for the Thunderbird Entertainment Inc. (Shawnee Location). Also in Oct., NIGC has conducted their annual site visit and we did very well. ASTGC will receive a final report in a few weeks. As the gaming world advances or modernizes, so do the rules and regulations.

**Youth Camp:** Our patience and perseverance finally paid off. The softball field construction and other projects are finally completed. We are in the process of getting bids for lighting for the softball field, basketball and tennis courts and for the dining hall parking lot and playground area.

If you have any questions or concerns about the programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 6239 or by email: dewayne.wilson@atribe.com. Again, it is my pleasure to be your Tribal Representative.

Ne yi wa! Si wi n'wi ke Ni ti mo wi ke! (Thank you! Shawnee's help everyone!)

DeWayne Wilson  
Tribal Representative

# Hopewell Ceremonial Earthworks Celebration Reception



Absentee Shawnee Tribal Representative DeWayne Wilson and members of AST Cultural Preservation recently met with Ohio Governor Mike DeWine. The group attended a reception at his residence on October 11. They presented him with a blanket and First Lady Fran DeWine with a shawl.

The reception was held to celebrate the Hopewell Ceremonial Earthworks as a World Heritage site. While in Ohio, they also attended the 8th Annual Tribal Nations Conference sponsored by Ohio History Connection and Ohio Department of Transportation in Columbus, OH.

## Cultural Preservation Department

*P'sa k'fe we Ke s'fwa*  
Deer Month (November)

This month we are trying something new that will hopefully help everyone hear and pronounce the phrases below. At the bottom of the page is a QR code that can be scanned to download the audio for this month. We hope everyone finds this useful in learning to speak Shawnee. Ne yi wa!

*Ho ne we ki ni* – Hello my friend

*Ne ho wa se la p'wi ya no li* – Happy to see you

*Hi ke ho wa se li si mi mo* – How are you doing?

*Ta pe* – good enough

*Ti ne wa ke si hi* – Where are you going?

*Ho ta wa na ke ne si hi* – I'm going to town.

*Ho wa he ne* – ok

*Hi ke mi ta we fa ne* – Are you hungry?

*Ho ge ni ne ma ge we fa ne* – I just ate.

*Hi ke si wi nwi to wa* – Do you speak Shawnee?

*Te ki we he ne ki ko gi ya* – I speak a little of our language

*Ho wa si!* – That's good

*S'ki ti no ke ka ni k s'ko la* – I hope to see you again.

*i hi* – yes

*Si li no ke ka no la* – see you later



**FROM THE ELECTION COMMISSION:**

**The Filing Period for Elective Office in 2024.**

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 2024:**

**EXECUTIVE COMMITTEE**

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Lt. Governor	\$800.00	4 Year Term
Tribal Treasurer	\$800.00	4 Year Term
Tribal Representative	\$800.00	4 Year Term

**ELECTION COMMISSION**

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Deputy Commissioner	\$300.00	3 Year Term
Commissioner Member #1	\$300.00	3 Year Term

Fee Amount includes: Alcohol test, drug test, MVR, OSBI, FBI plus certified postage fee, ballot printing (twice), Absentee Ballot/correspondence postage.

**QUALIFICATIONS:**

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

**ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)**

- A) Must have a valid Oklahoma State Driver's License
- B) Must have a negative result on a drug and alcohol test
- C) Must have a high school diploma or GED

**ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA  
ELECTION COMMISSION  
RESOLUTION NO. EC-2023-01**

**OCTOBER 14, 2023**

**A JOINT RESOLUTION DULY SUBMITTED BY THE ELECTION COMMISSION AND THE EXECUTIVE COMMITTEE OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA DEFINING CERTAIN TERMS FOR PURPOSES OF CLARIFICATION IN THE ELECTION COMMISSION POLICY AND PROCEDURES LAST UPDATED 10/09/2018.**

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma is a federally recognized Indian Tribe exercising all inherent sovereign rights from time immemorial; and

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma has a Constitution approved by The Department of the Interior, as last amended in May 2019; and

WHEREAS, the Election Commission is empowered by the Constitution to speak and otherwise conduct elections in the name of, and on behalf of, the Absentee Shawnee Tribe of Indians of Oklahoma; and

WHEREAS, the Election Commission has a written and recorded AST Election Commission Procedural Manual and Policies, including requirements by which tribal members are qualified for office and also defined within the Absentee Shawnee Tribe of Indians of Oklahoma Constitution, noted above; and

WHEREAS, certain terms have been considered ambiguous as to their true and accurate meaning by the Election Commission based on past election experience; and

WHEREAS, the Election Commission and the Executive Committee have met to discuss these terms to arrive at a joint agreement in order to clarify these identified ambiguities; and

WHEREAS, the term "physically reside" shall be defined as "having and/or holding a residence or home for a period of at least one year, which is fit for occupancy and receiving current and verified postal mail, such residence verified by documentation in the form of a current year-to-year lease, deed, current tax receipt and/or tax record", such definition to be included in the Election Commission Procedural Manual and Policies; and

WHEREAS, on September 20, 2023, the Executive Committee approved a similar resolution L-AS-2023-59 at a Regular Executive Committee Meeting; and

Resolution No. EC-2023-01  
October 14, 2023  
Page 2 of 2

NOW, THEREFORE BE IT RESOLVED; that the definition of the term "physically reside" shall be as follows:

**"having and/or holding a residence or home for a period of a least one year which is fit for occupancy and receiving current and verified mail, such residence verified by documentation in the form of a current year-to-year lease, deed, current tax receipt, and/or tax record"**, such definition to be included in the AST Election Commission Procedural Manual and Policies.

**CERTIFICATION**

We, Diana Wilson, Election Commissioner, and Shirley Adkins, Election Secretary, of the Absentee Shawnee Tribe of Indians of Oklahoma Election Commission, do hereby certify this Resolution No. EC-2023-01 to be a true and exact copy as approved by the Election Commission at a duly called regular monthly meeting held on October 14, 2023, there being a quorum present, by vote of 3 in favor, 0 opposed, and 1 abstention, as follows: Deputy Commissioner: Yes; Secretary: Yes; Commission Member #1: Abstain; and Commission Member #2: Yes.

  
Diana Wilson, Commissioner

  
Shirley Adkins, Secretary

**ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA  
ELECTION COMMISSION  
RESOLUTION NO. EC-2023-02**

**OCTOBER 14, 2023**

**A JOINT RESOLUTION DULY SUBMITTED BY THE ELECTION COMMISSION AND THE EXECUTIVE COMMITTEE OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA DEFINING CERTAIN TERMS FOR PURPOSES OF CLARIFICATION IN THE ELECTION COMMISSION POLICY AND PROCEDURES LAST UPDATED 10/09/2018.**

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma is a federally recognized Indian Tribe exercising all inherent sovereign rights from time immemorial; and

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma has a Constitution approved by The Department of the Interior, as last amended in May 2019; and

WHEREAS, the Election Commission is empowered by the Constitution to speak and otherwise conduct elections in the name of, and on behalf of, the Absentee Shawnee Tribe of Indians of Oklahoma; and

WHEREAS, the Election Commission has a written and recorded ABSENTEE SHAWNEE TRIBE OF OKLAHOMA ELECTION ORDINANCE, adopted December 15, 2007, with three additional qualifications added on June 20, 2015, by referendum, including requirements by which tribal members are qualified for office, as also defined within the Absentee Shawnee Tribe of Oklahoma Constitution noted above, and

WHEREAS, documents of minimal educational requirements have been found difficult to obtain by candidates due to no fault of their own, based upon past election experience due to those records having been lost or destroyed; and

WHEREAS, the Election Commission and the Executive Committee have met to discuss the educational proof difficulty to arrive at a joint agreement in order to clarify this qualification; and

WHEREAS, including the high school diploma or GED, an applicant for office may submit a higher education diploma or certificate which indicates a higher education degree from an accredited institution indicating completion of an associate degree, bachelor's degree or higher or a transcript indicating any admission requirement based upon a high school diploma provided the transcript is an original certified copy or a transcript indicating any admission requirement based on a high school diploma provided the transcript is an original certified copy.

Resolution No. EC-2023-02  
October 14, 2023  
Page 2 of 2

WHEREAS, on September 20, 2023, the Executive Committee approved a similar resolution L-AS-2023-60 at a Regular Executive Committee Meeting; and

NOW, THEREFORE BE IT RESOLVED, that the document requirement to prove educational minimal requirements for the Election Ordinance as indicated in the Checklist for Prospective Candidates shall be as follows:

**"High School Diploma or GED, or Higher Education Degree, including Associates, Bachelor's or Post Graduate degree, or an Original Certified copy of a Higher Education Transcript indicating a high school diploma or GED as a pre-requisite to college enrollment"**, such definition to be included in the Checklist for Prospective Candidates.

**CERTIFICATION**

We, Diana Wilson, Election Commissioner, and Shirley Adkins, Election Secretary, of the Absentee Shawnee Tribe of Indians of Oklahoma Election Commission, do hereby certify this Resolution No. EC-2023-02 to be a true and exact copy as approved by the Election Commission at a duly called regular monthly meeting held on October 14, 2023, there being a quorum present, by vote of 4 in favor, 0 opposed, and 0 abstentions, as follows: Deputy Commissioner: Yes; Secretary: Yes; Commission Member #1: Yes; and Commission Member #2: Yes.

  
Diana Wilson, Commissioner

  
Shirley Adkins, Secretary



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



These past few months have been busy for Building Blocks. Our staff participated in 2 day curriculum training on September 29<sup>th</sup> & 30<sup>th</sup> for use of Teaching Strategies with Lesson Plans and Assessments. We officially became a 5 Star Center on October 1<sup>st</sup> & we had Cake to Celebrate. Also, 9 of our staff went to Training on Saturday, October 14<sup>th</sup> for Sensory Processing Needs and Challenging Behaviors.



We are excited for the holiday season. Building Blocks will be closed November 10<sup>th</sup> for Veteran's Day. Also, we will be closed Thursday, November 23<sup>rd</sup> & Friday, November 24<sup>th</sup> for Thanksgiving. We wish everyone a Happy and Safe Thanksgiving.



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

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

Have a wonderful November!



### ABSENTEE SHAWNEE TRIBE OF OKLAHOMA BUILDING BLOCKS III C.D.C

16051 Little Axe Dr Norman, OK 73026  
Phone: (405) 360-2710; Fax: (405) 360-2726



#### In the Classroom

Food, family, & Football! That's all the best parts about Thanksgiving, right? This month our littles are learning about everything fall, Thanksgiving, and possibly Pumpkin Spiced Lattes.

#### At the Center

Please be on the lookout for center closures. We usually have them posted up to two weeks in advance! Please enjoy our photos from Orr Family Farm last month!

We are hiring! If you are interested in working in childcare, please visit the center or [www.astribe.com/employment](http://www.astribe.com/employment)

Director: Skye Foreman  
Asst. Director: Renee Richardson



#### Activities

We will be having our Thanksgiving meal on Wednesday November 15, 2023 @ 11 am. Parents be sure to let us know if you are planning to eat with your child by Thursday November 9th.

#### Reminder

- November 10th- Closed for Veterans' Day
- November 13th- Happy Birthday, Ms. Victoria!
- November 20th- Happy Birthday, Ms. Kayla!
- November 22nd-24th- Closed for Thanksgiving Break
- November 24th- Happy Birthday, Mrs. Denica!



Be Grateful, thankful, & blessed



## AST Elders Fundraiser Bingo



# BINGO

SATURDAY, DECEMBER 2 2023

1-4 PM AST Multi-Purpose Bldg, Shawnee, OK

CONCESSION STAND

\$1 PER BINGO CARD

Contact Charlotte Ellis, Treasurer at (405) 620-4091

# SAVE THE DATE

## Benefit Powwow

HOSTED BY:  
UNIVERSITY OF AMERICAN INDIAN  
OF ALUMNI SOCIETY  
OKLAHOMA

THUNDERBIRD CASINO  
NORMAN, OK

# JANUARY 20<sup>TH</sup> 2024

Proceeds benefit AIAS activities including the F. Browning Pipestem Scholarship fund



Mike McGonigal  
Happy Birthday my love, 52 and many many more to come. Everyday with you is always an Adventure!!  
Love You -Jackie McGonigal

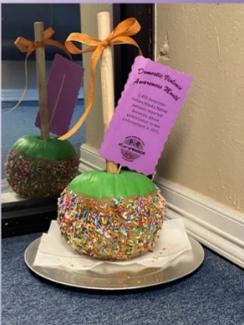
HAPPY  
*BirthDay*  
TO YOU

# AST COMPLEX CONSTRUCTION NOTICE



STARTING NOVEMBER 6, ALL CARS MUST USE THE ENTRANCE SOUTH OF THUNDERBIRD CASINO.  
ONLY BANK EMPLOYEES WILL BE ABLE TO ACCESS ABSENTEE SHAWNEE DRIVE. THE CONSTRUCTION SHOULD LAST 45 DAYS.

## 2023 Domestic Violence Awareness Month Pumpkins



## Absentee Shawnee Tribe Rising Warrior Department Purple Day



## Domestic Violence Awareness Month 2023

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

@ASTRisingWarrior

For emergencies call 911 or AST PD @ 405.275.3200

# Fall Revival

Pastor: Victor Cope

Music Leaders: Donna Bear and Joshua Bear



When: November 3rd & 4th at 7pm and 5th at 11am

Dinner will follow service.

Where: Karis Ministries Indian Baptist Church

219 East Jefferson

Tecumseh, OK 74873

For any questions please contact Kevin and Carly Fox at 405-380-2105

# Thanksgiving Service & Thanksgiving Dinner



When: Sunday, November 19th

11:00am

Where: Tecumseh High School Alumni Building

901 North 13th Street

Tecumseh, OK 74873

Hosted by: Karis Ministries Indian Baptist Church



### 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 Cynthia Carpenter (405)275-4030 Ext. 3566 or email [ccarpenter@atribe.com](mailto:ccarpenter@atribe.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.

**WE WILL NOT DELIVER WOOD DURING BAD WEATHER.**



### LEGAL NOTICE

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

Reba Blackburn )  
)  
)  
VS ) Case No. JFD-2023-30  
)  
Joseph Washington )

#### AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR TERMINATION OF PARENTAL RIGHTS

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

Reba Blackburn being duly sworn upon oath states:

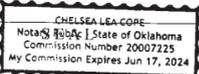
That she is the mother, Reba Blackburn above-named, and that on the 18 day of October, 2023, said Plaintiff filed in this Court a Petition against Defendant, Joseph Washington: and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, Joseph Washington, 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)

*Reba Blackburn*  
PLAINTIFF

Subscribed and sworn to before me 18 day of October, 2023

*Chelsea Lea Cope*  
NOTARY PUBLIC

My Commission Expires:



### LEGAL NOTICE

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

In the matter of name change )  
Of Goldie Martin ) Case No. CIV-2023-09  
)  
)

#### AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

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

Reba Blackburn  
being duly sworn upon oath states:

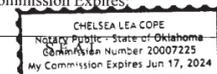
That she/he is the Plaintiff Reba Blackburn above-named, and that on the 18 day of October, 2023, said Plaintiff filed in this Court a Petition for a name change: and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Reba Blackburn, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

*Reba Blackburn*  
PLAINTIFF

Subscribed and sworn to before me this 18 day of October, 2023

*Chelsea Lea Cope*  
NOTARY PUBLIC

My Commission Expires:



## GET READY FOR WINTER



### IT'S TIME TO HAVE YOUR HEATER & FURNACES TESTED BEFORE IT GETS COLD!



- Must have application on file
- Elderly will be given priority first
- Be a current homeowner
- Current CDIB
- Only Service those in AST jurisdiction

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

Contact Diane Ponkilla or Lt. Gov  
(405) 275-4030 Ext. 3504

[www.atribe.com](http://www.atribe.com)

Made with PosterMyWall.com



ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

- AST Complex - (405) 275-4030
- 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
- Toll Free - 800-256-3341

The Absentee Shawnee Tribe will be closed  
Friday, November 10 - Veterans Day  
Thursday & Friday, November 23 & 24 - Thanksgiving



**50% OFF**  
WEDDINGS FOR REMAINDER OF 2023

**25% OFF**  
JANUARY AND FEBRUARY WEDDINGS



**Thunderbird Chapel and Events**  
11395 OK-9  
Norman, OK 73026  
(405) 650-7070



**BIRTHDAY CELEBRATION FOR NAKIAUS DUDLEY (6) & NANAMI BRIELLE (3) WHITE THUNDER**

**DECEMBER 16<sup>th</sup>, 2023**  
CONCHO ERC, CONCHO, OK

Gourd Dance @2p Supper Break @5p Dance to Follow

**HEAD STAFF**  
MC: Burl Buffalomeat  
HS: Roger Davis  
HMD: Bobby James  
HLD: TheresaLynn Kiley  
HBD: Kurt Blackwolf  
HLG: Leona Goodblanket  
Honored Elder: Merle Big Medicine Lopez  
Honored Veteran: Jesse Hamilton  
Co-Host: StarHawk Society and Women's Auxiliary  
AD: Marshal Williamson

**TINY TOT CONTEST (ages 0-6)**  
**BOYS WINNER TAKE ALL** \$50+ Scooter 2 Consolations  
**GIRLS WINNER TAKE ALL** \$50+ Scooter 2 Consolations

*Hat & Boot Special Ages (0-12) In Honor Of Nanami Brielle 1<sup>st</sup> \$50 / 2<sup>nd</sup> \$30 / 3<sup>rd</sup> \$20*

*\$100 GRINCH MASCARAED CONTEST In honor Of Nakiaus Dudley*

*Vendors Welcome (\$25 OR Raffle Donation)*

For More Information, Please Contact Shelby White Thunder via Facebook Messenger or Sandra White Thunder 405-287-9222  
Sponsors are NOT responsible for ANY thefts or accidents. DRUGS AND ALCOHOL ARE ABSOLUTELY PROHIBITED!



## ASTHS November 2023 Monthly Update

### November is Honor a Caregiver Support Month

National Family Caregivers Month is an annual observance dedicated to recognizing and honoring the selfless individuals who provide essential care and support to their loved ones who are ill, disabled, or elderly. This month-long campaign seeks to raise awareness about the challenges faced by family caregivers, celebrate their dedication, and provide resources and support to help them in their caregiving roles. National Family Caregivers Month also encourages communities and organizations to get involved and assist caregivers in various ways.

National Family Caregivers Month is a month-long campaign that shines a spotlight on the crucial role of family caregivers in our society. It acknowledges the physical, emotional, and financial sacrifices made by caregivers who provide care to family members with chronic illnesses, disabilities, or age-related conditions.

### How to Get Involved with National Family Caregivers Month 2023?

There are several ways to get involved and show your support for family caregivers during National Family Caregivers Month:

- **Express Your Gratitude:** Take the time to thank family caregivers you know for their dedication and selflessness.
- **Offer Assistance:** If you have a friend or family member who is a caregiver, offer to help with tasks such as grocery shopping, cooking, or providing respite care.
- **Join Support Groups:** Connect with local or online caregiver support groups to share experiences and gain valuable insights.
- **Advocate for Caregiver Rights:** Support policies and initiatives that benefit family caregivers, such as paid family leave and caregiver tax credits.
- **Donate to Caregiver Organizations:** Consider making a donation to organizations that provide resources and support to family caregivers.

### History of National Family Caregivers Month

National Family Caregivers Month was established to recognize the significant contributions of family caregivers and to raise awareness about the challenges they face. It was officially proclaimed in 1997 by President Bill Clinton as a time to honor and support caregivers across the country.

Since then, National Family Caregivers Month has grown into a nationwide initiative that promotes caregiver well-being, offers valuable resources, and advocates for caregiver-friendly policies.

### Caregiver Program – Support When You Need It Most

The Native American Caregiver Support Program provides assistance to non-paid family members caring for elders (55 and older) and to grandparents raising grandchildren such as:

- Information about available services
- Assistance gaining access to available services
- Individual counseling and organization of support groups to assist in the caregiver role
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities
- Limited supplemental services to complement care provided by caregivers

### Caregiver Program – Elder Care

- Primary caregiver must be an adult family member providing unpaid in-home and/or community care for an individual 55 years or older, or an individual with Alzheimer's disease or related disorder with neurological and organic brain dysfunction
- Caregiver or Care recipient must be 55 years or older and Native American
- Caregiver or Care Recipient must live in Pottawatomie, Lincoln, Oklahoma, or Cleveland county (respite provider is able to live anywhere)
- Respite provider must live outside of care recipient's home

### Caregiver Program – Grandparents Raising Grandchildren

- Adult must be 55 years or older
- Adult must be related to child by blood, marriage, or adoption
- Adult must have a legal relationship with the child (as stated above, or court documents establishing adult as legal guardian)
- The child must live in the same household as the primary caregiver, which must be located in Pottawatomie, Lincoln, Oklahoma, or Cleveland county.
- Respite provider must live outside of care recipient's home

All available services are subject to grant funding. The Native American Caregiver Support Program is funded by Title-VI Part C through the Administration on Aging/Administration for Community Living.

For more information about the Caregiver program, contact Beverly Felton, MSN, RN, Public Health Director for the ASTHS Public Health Department at 405-701-7190 or [bfelton@asths.com](mailto:bfelton@asths.com).

References: <https://www.asthealth.org/caregiver-program> & <https://www.awarenessdays.com/awareness-days-calendar/national-family-caregivers-month-2023/>

### CONSTRUCTION UPDATE

#### Little Axe Health Clinic

- Construction continues on the Pharmacy expansion. All of the exterior framing has been completed and the "tie-in" to the main clinic has begun. The expected completion date (ECD) is now January.
- Construction of new Primary Care, Dental, and Behavioral Health is nearing completion! Dental will be moving into their new space Oct 17-18, Behavioral Health will be moving Oct 19-20 and Primary Care is scheduled for Nov 1.
- Remodel of the current Primary Care will begin in October. This will be the new location of the Specialty Clinic and PlusCare and the final phase of the expansion project! ECD: April 2024

#### Shawnee Health Clinic

##### COMING SOON! — NEW SHAWNEE HEALTH CLINIC!

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

The feasibility study has been completed. ASTHS announced a Request for Proposal (RFP) seeking an Architect and Engineering firm. All proposals shall be opened on Oct 15th.

### October 2023 Health Employee Awards of the Month

**Employee of the Month:** Dr. Siavash Nael

**Team of the Month:** Dental

**Special Leadership Award:** Sianna Morgheim, Lead Patient Registration Clerk

## FLU SHOT VACCINE CLINIC

Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Most seasonal flu activity typically occurs between October and May.



"Your very best defense against the flu virus is an annual influenza vaccine. At Little Axe Health Center, Shawnee Clinic, and PlusCare, we have the latest flu vaccines available to keep your life moving. Together, let's live healthy through this flu season!"

### Walk in. Get a flu shot. Be well.

If you don't have time to schedule an appointment for your Flu shot, the Absentee Shawnee Tribal Health System is now offering walk-in opportunities at the Little Axe Health Center and Shawnee Clinic Multi-Purpose Bldg location.

This service is for all established patients (12 years of age and up), patients and family with our health system. If you are not an established patient, bring your insurance card.

If you have additional questions, please call:

Little Axe Health Center (405)447-0300  
 PlusCare Clinic (405)447-0477  
 Shawnee Clinic (405)878-5850

The vaccinations will be offered at the following locations, dates and times:

**LITTLE AXE HEALTH CENTER**  
 5:30 PM - 7:00 PM

- Thursday, Oct 19th
- Thursday, Nov 2nd
- Thursday, Nov 16th

**SHAWNEE CLINIC, MULTI-PURPOSE BLDG**  
 5:30 PM - 7:00 PM

- Tuesday, Oct 17th
- Tuesday, Oct 24th
- Tuesday, Nov 14th



SHAWNEE CLINIC  
 LITTLE AXE HEALTH CENTER  
 PLUS CARE



### Heal With CompleteCare

Home Health offers skilled care and support so you can live safely and independently in your home.

How?

Our nurses come to your home to check your vitals, discuss your medications, and help you better manage chronic diseases, such as heart diseases, diabetes, and more. Therapist can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

Best of all?

It's done under the guidance of your doctor!

If you would like more information, please reach out to one of our staff members at 405.701.7085!



## PACT ACT & VIETNAM, COLD WAR ERA VETERANS



The PACT Act, signed into law August 10, 2022, expands health care and benefits for Vietnam era Veterans.



**PACT Act Health Care Eligibility**  
 Veterans who served in these countries during specific time periods are eligible to enroll in VA health care effective August 10, 2022.

**Republic of Vietnam**  
 January 9, 1962 - May 7, 1975

**Thailand**  
 Any U.S. or Royal Thai base  
 January 9, 1962 - June 30, 1976

**Guam or American Samoa**  
 (or in their territorial waters)  
 January 9, 1962 - July 31, 1980

**Laos**  
 December 1, 1965 -  
 September 30, 1969

**Cambodia**  
 at Mimot or Krek,  
 Kampong Cham Province  
 April 16, 1969 - April 30, 1969

**Johnston Atoll**  
 (or on a ship that called there)  
 January 1, 1972 - September 30, 1977



**Toxic Exposure Screenings**  
 As a general matter, there are several types of possible exposures or hazards Veterans may have experienced during their military service, including:

- Air Pollutants
- Chemicals
- Radiation
- Warfare Agents
- Occupational Hazards

**ON NOVEMBER 8, 2022:** VA will begin incorporating toxic exposure screenings. Every Veteran enrolled for VA health care will receive an initial toxic exposure screening and a follow-up screening at least every five years. Eligible Veterans who have not enrolled will have an opportunity to enroll and receive the screening.



The law expands health care and benefits for Veterans who participated in certain nuclear response or cleanup activities:

**Enewetak Atoll**  
 January 1, 1977 -  
 December 31, 1980

**Palomares, Spain**  
 January 17, 1966 -  
 March 31, 1967

**Thule, Greenland**  
 January 21, 1968 -  
 September 25, 1968



**PACT Act Benefits**  
 The PACT Act adds two new Agent Orange presumptive conditions:

- Monoclonal gammopathy of undetermined significance (MGUS)
- High blood pressure (hypertension)

Family members or dependents of a deceased Veteran may qualify for various VA benefits due to the additional disabilities defined in the PACT Act if they meet eligibility requirements. More information for survivors is available online at [VA.gov/PACT](https://va.gov/PACT).

#### 4 EASY WAYS TO APPLY FOR VA HEALTH CARE

- Apply online at [va.gov/health-care/apply/application/introduction](https://va.gov/health-care/apply/application/introduction)
- Call the toll-free hotline 877-222-8387 Mon - Fri, 8:00 a.m. - 8:00 p.m. ET
- Mail a completed, signed Application for Health Benefits VA Form 10-10EZ
- Bring a completed, signed VA Form 10-10EZ to the nearest VA Medical Center or clinic.

#### 4 EASY WAYS TO GET STARTED WITH CLAIMS

- Learn more at [va.gov/disability/how-to-file-claim/](https://va.gov/disability/how-to-file-claim/)
- Visit a VBA Regional Office [va.gov/benefits/offices.asp](https://va.gov/benefits/offices.asp)
- Call the Benefits hotline (for specific questions) at 1-800-827-1000
- Work with an accredited VSO [va.gov/ogc/apps/accreditation/index.asp](https://va.gov/ogc/apps/accreditation/index.asp)



Learn more and sign up at [VA.gov/PACT](https://va.gov/PACT)  
 Download the [VA Form 10-10EZ](https://va.gov/health-care/apply/application/introduction)  
 Call us at 1-800-MyVA411 (1-800-698-2411)  
 Find a VA at [va.gov/locations/](https://va.gov/locations/)



# WERE YOU EXPOSED TO BURN PITS, HERBICIDES, OR OTHER TOXINS WHILE IN THE MILITARY?



You may be eligible for VA health care and compensation.

Learn more at [VA.gov/PACT](https://va.gov/PACT)



Have questions?  
 Call 1-800-MyVA411  
 (1-800-698-2411)

# 2023-2024 BENEFITS & RESOURCES EVENT

GET SAME-DAY BENEFITS ASSISTANCE!

FRIDAY, NOVEMBER 3, 2023 - 10 A.M. - 3 P.M.  
 AST MULTI-PURPOSE BUILDING  
 2029 JAMES L. EDWARDS LANE  
 SHAWNEE OK 74801

GIVEAWAYS & SNACKS PROVIDED BY PBA, PRC, AND LEGACY TRIBAL SERVICES.

#### GET ASSISTANCE WITH:

- 2024 MEDICARE AND MARKETPLACE OPEN ENROLLMENT OPTIONS
- SOCIAL SECURITY AND DHS SERVICES
- SOONERCARE
- VETERANS ADMINISTRATION
- FOOD & HOUSING
- TRIBAL PROGRAM ASSISTANCE
- AND MUCH MORE!

LITTLE AXE: 405.447.0300 • SHAWNEE: 405.878.5850 • WWW.ASTHEALTH.ORG



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



Legacy Tribal Services  
 Simple Solutions. Uncommon Service.

# November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TAMALES REFRIED BEANS SPANISH RICE CINNAMON ROLL	2 BEEF STEW CRACKERS CHEZ STICKS FLUFF	3 BOILED EGG TOAST BACON
6 PORK CHOP TOM & NOODLES BROCCOLI	7 CHILI DOGS FRITOS ONIONS, CHEZ GRAPES	8 CHICKEN NOODLE SOUP CARROTS CRACKERS/FRUIT	9 CEREAL TOAST SAUSAGE PATTIES FRUIT	10 VETERANS DAY OBSERVED
13 CHICKEN FRIED STEAK MASHED POT/GRAVY GREEN BEANS PEACHES	14 ROAST CARROTS/POTATOES ROLL/COBBLER	15 HOT HAM & CHEZ SANDWICH CHIPS MANDARIN ORANGES	16 SPAGHETTI W MEAT SAUCE GARLIC BREAD/JELL-O	17 BISCUIT SAUSAGE GRAVY CUTIES
20 BAKED CHICKEN PEAS & CARROTS ROLL	21 TUNA SANDWICH LTOP CHIPS/JELL-O	22 TITLE VI CLOSED NO DELIVERY OR MEALS SERVED	23 HAPPY THANKSGIVING	24 THANKSGIVING
27 SMOKED SAUSAGE CABBAGE CORNBREAD PEARS	28 CHICKEN POT PIE MIXED VEGGIES BISCUIT FRUIT	29 BEEF TIPS & RICE BRUSSEL SPROUTS ROLL PEACHES	30 MEATLOAF MASHED POT/GRAVY TOSSED SALAD* JELL-O	



**\*MENU SUBJECT TO CHANGE\***

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM SHAWNEE SITE  
 LUNCH SERVED MONDAY – THURSDAY 12 PM TO 12:30 PM AT BRENDEL CORNER  
 BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM SHAWNEE SITE  
 BREAKFAST SERVED FRIDAYS 10 AM TO 10:30 AT BRENDEL CORNER

## HEALTH BUZZ!!



I hope this finds everyone happy and healthy as we approach the holiday season. I look forward to time with friends and family along with time to reflect and be thankful for all that I have been blessed with. November is usually a very busy month so make sure you reconnect or stay connected to those around you, as it really is good for your heart and soul and your brain.

We want to recognize that November is “National American Indian Heritage Month”. Since November of 1990, it has been declared the month to honor the rich ancestry and traditions of Native Americans.

This November also marks the 40th anniversary of Ronald Regan’s 1983 declaration of November as Alzheimer’s disease Awareness Month. Reagan is noted as saying, “The emotional, financial, and social consequences of Alzheimer’s disease are so devastating that it deserves special attention.”

Those living with dementia and their families are often left alone to manage outside of normal society. But staying connected with a circle of family and friends is beneficial and a way to support both patients and their caregivers. Not only do social relationships enhance quality of life, but a growing body of research also suggests maintaining connections with others could help prevent cognitive decline. Having a good relationship with marital partners, adult children, siblings, and friends contributes to positive health effects. One large study, which included some 12,000 participants, suggests that when people are lonely, their risk of dementia rises by as much as 40%. Indeed, experts say, fostering social ties is more important than ever.

Another study showed that adults that are socially connected tend to have better long-term memory. Socializing can stimulate attention and memory and help to strengthen neural networks. Many scientists now believe that social interaction is key to maintaining good mental health and warding off diseases like dementia and Alzheimer’s. Although researchers are not certain what happens in the brain to produce the positive effects seen among the more socially engaged, it appears clear that close relationships and large social networks have a beneficial impact on memory and cognitive function as people age.

Researchers have also found that people who spend time with their family and friends cope with stress in healthier ways. Talking with family and friends during stressful times is better for our physical and emotional health rather than adopting unhealthy coping mechanisms. Scientists found that people who discussed difficult times in their lives had a lower pulse and blood pressure when they had a friend by their side.

We already knew we could feel a greater sense of wellbeing when spending time with our loved ones, but we are discovering how good our circle of friends and family can be for our physical and cognitive health. So, in closing, I would like to suggest that we all find new ways to become connected to our community. Attending community events is a great way to build your social connections and support. The ADPI – Seeking Hope staff knows this is important and tries to host events that are not only educational but also provide a time of fellowship

If you or someone you know would benefit from Savvy Caregiver in Indian Country, please email me, Gayla Temple, at [gtemple@astribe.com](mailto:gtemple@astribe.com) or [adpi@astribe.com](mailto:adpi@astribe.com), or call **405.827.8216** or **405.561.7870**. You can also visit the **Seeking Hope** webpage. Go to the **AST Health System’s** website, [asthealth.org](http://asthealth.org), click on “**Programs and Prevention**”, and click on “**Seeking Hope**”.

Warmest regards,  
 Gayla Temple  
 Dementia Care Specialist  
 Alzheimer’s Disease Program Initiative



# 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

**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 [mysooner.org](http://mysooner.org)  
Contact a Patient Benefit Advocate
- 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 with Legacy Tribal Services is available to assist in the enrollment process. Just give us a call!

Little Axe Health Center: 405-447-0300  
Shawnee Clinic: 405-878-5850  
[www.asthealth.org](http://www.asthealth.org)



Medicare Medicaid Marketplace

**Help Yourself Help Your Tribe**

Al Triggs  
Contracted Benefits Advisor  
Legacy Tribal Services  
(918) 853-1211  
Exclusively Serving The Absentee Shawnee Nation

**Bringing More to You**

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

**Olivia Wilson**  
★★★★★

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

**Dedicated Agent**

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

**Proactive Approach**

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

**Guaranteed Satisfaction**

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

BOOK A CONSULTATION TODAY  
**918-853-1211**

atsales.exec@gmail.com  
[www.asthealth.org](http://www.asthealth.org)



**Help Yourself Help Your Tribe**

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

**2024 Open Enrollment**

Medicare: Oct 15 - Dec 7, 2023  
Marketplace: Nov 1 - Jan 15, 2024

**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?

[www.asthealth.org](http://www.asthealth.org)



**PREVENTING SUICIDE**

**Help Prevent Suicide**

Suicide can touch anyone, anywhere, and at any time. But it is not inevitable. There is hope.

**988 Suicide & Crisis Lifeline**

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust through the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org). Call or text 988 or chat the lifeline.