



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 33, No. 09

September 2023



Big Jim Youth Award Winners

In June 2023, the Big Jim Youth Award Selection Committee identified the tribal members who would receive the prestigious awards for their High School Academic and Athletic performance. The selection committee for these awards consisted of individuals who are either educators, coaches, or affiliated in these areas or to the area of higher education within the state of Oklahoma. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. "The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond" said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.



Academic Achievement, \$1000.00 Scholarship
Athlete of the Year, \$1000.00 Scholarship

Cruz Merrell

Shawnee, Oklahoma
Parents: Jason and Robbi Merrell
Attending: Oklahoma State University
Accomplishments:
Top 5% of High School Class
National Honor Society – 4 years
Academic Letter Jacket Recipient – November 2022
Shawnee High School Soccer Varsity Letterman – 4 years

Essay: "The experience I gained through being a soccer player, [pre-engineering] student at Gordon Cooper Technology Center and intern [at Shawnee Milling Company] has lead me to be the person I am today...I have played soccer for almost my whole life...As a sophomore, I began playing Varsity...this year we are maintaining a good record and have won the Rose Rock Invitational Tournament. From my sophomore to junior year, I attended Gordon Cooper...my projects required me to solve complex issues with little outside help...and made me a better problem solver overall. This year I began interning at Shawnee Milling Company. I have been working with the Finance department. This has allowed me to confirm that I want to be an Actuary. My tribal role models have inspired me to accomplish my goals. I am proud of my Native American heritage and will always represent my tribe to the best of my ability."



Athlete of the Year, \$1000.00 Scholarship

Mia Little

Aledo, Texas
Parents: Troy and Brandi Little
Attending: East Central University
Accomplishments:
Captain of Aledo High School Ladycat Volleyball
1st Team All-District
2nd Team All-District
Track
Academic All-State
National Honor Society

Essay: "While being an Absentee Shawnee Tribal member I know that my future plans can be bigger and brighter...A big piece of my life and knowledge was my grandpa "Papa", David Little, he taught me almost everything I know about my culture today... Now later on in life my turn will come and I will carry on the tradition and share the cultures to my family in the future. In the fall of 2023, I will attend and play volleyball for East Central University...before I got accepted to play volleyball at ECU my backup plan for college was to attend Oklahoma State University. I always saw the next phase of my life going into Oklahoma and I know this is all because of my Papa. Choosing ECU made me feel closer to him and the traditions of the tribe. I can manage college while also feeling like I am a part of a home."



Academic Achievement, \$1000.00 Scholarship

Stevi Johnson

Norman, Oklahoma
Parents: Steven Johnson and Melanie Johnson
Attending: Oklahoma City University
Accomplishments:
National Honor Society
OSSAA State Academic Champion
Cross Country/Track
7th Generation Youth Advocate Award
Youth Trainer for Community Anti-Drug Coalitions of America

Essay: "I have learned from both of my parents about how they were raised and how my grandparents were raised and often through the good times there were times that life was centered around trauma, however I see how they survived...and how my parents and sister used their education to survive. When I was 11 years old I became involved with the Community Anti-Drug Coalitions of America as a youth trainer...the prevention training that I received at a young age helped me understand the abuse of substances and how a person can be overprescribed medication that can affect them negatively...Becoming a Physical Therapist can help...by using this skill to heal bodies and educate my community on the dangers of substances. I wish to use my position to help my people and be a good relative to my family, friends, and community...I've made it my mission to stay healthy. As a runner, you are trained to have a strong mind, body, and emotional balance...As a proud Absentee Shawnee Tribal member, I hope to continue my efforts, I hope to one day honor my promises of giving back to my people and grounding myself in my culture. For if it was not for my ancestor's sacrifices, I would not be afforded the opportunity to thrive."

Agriculture Dept. Hosts Indian Pumpkin Cooking Class





GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello tribal members,

As August ends and September begins be sure to stay hydrated and keep cool. Oklahoma is under a temporary heat dome. Always check on your family members, friends and especially our tribal elders. As school returns

to session remember to turn in your children's school clothing application, each child must be an enrolled member of the Absentee Shawnee Tribe and be in Kindergarten to 12th grade. Also check with the Education department or the 477 department for help with school supplies.

August was a busy month for me. I attended the OVW Tribe to Tribe consultation with Secretary McGirt in

Tulsa, OK. I heard many stories, concerns and questions regarding OVW. The panel had a lot of information that I found interesting. I also attended the OIGA conference in Tulsa as well as the other 4 EC members. We got a lot of good information.

Be looking for upcoming dates for the October General Council.

Thank you

Governor Johnson



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 staff has completed 52 work orders in the last month. The Maintenance crew has done a great job taking care of the campus grounds during these hot days. I would like to say thank you to the Maintenance and Housekeeping crews for all their hard work they do for the department and Tribe.

OEH:

In total for 2023 OEH has assisted Tribal members with 42 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2023, we have collected, processed, and recycled 24 bales of shredded office paper and cardboard equaling roughly 18 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. The exterior metal and brick

has been completed, as well as the interior framing, and evidence room. The storm shelter/EOC room will be completed in the coming weeks with the top cap.

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

Zoom meetings for the month of August:

August 7th - Tribal Caucus: Tribal Consultation on the IHS Tribal Consultation Policy

August 14th - NIHB FY2024 Appropriations

August 22-24th - HHS Regional Tribal Consultation for Region 6

August 29-31st - The IHS TSGAC/DOI SGAC meetings.

BIA Roads Program

I attended the Oklahoma Department of Transportation Tribal Advisory Board Quarterly Meeting in Oklahoma City on August 8th. They discussed House Bill 2418 that was passed in April of 2023. This is important for all tribal members that have teens. Beginning November 1,

2023 all teen drivers must complete the Oklahoma Department of Transportation teen driver work zone and first responder safety course to receive a driver's license.

The Oklahoma Turnpike Authority Deputy Director mentioned they will be reaching out to tribes soon for tribal members tag information so they can bill those individuals that use the toll roads. They have been able to set up a system that now recognizes tribal plates. The billing process could start as early as November if not definitely the beginning of 2024.

I previously mentioned that we submitted for Tribal Transportation Safety Fund and we have been awarded for 2 different projects. One in the amount of \$73,985.85 for "Safety countermeasures at the S-curve of 156th Ave NE, a two-lane roadway"(location is by the Resource Center) and the other in the amount of \$3,840 for "Systemic Application of Low-Cost Intersection Safety Countermeasures at the Stop-Controlled Intersections in rural Oklahoma".

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

Respectfully,

Lt. Governor DeLodge



SECRETARY
Misty McGirt

REPRESENTATIVE'S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members, again I hope everyone is healthy and continues to look out for one another during the hot weather. I would like to acknowledge all the hard work and time of the Education Dept. and 477 staff in distributing the much needed school supplies to our Tribal community.

Education Department: We began awarding students their financial aid for the Fall 2023 school year. This financial aid is for the Graduate, Higher Ed, and Job Training programs. The Education Dept. presented the Big Jim Youth Awards for Academic Achievement and Athlete of the Year. The Big Jim Youth Awards are awarded to both male and female participants who met academic excellence and who excelled in athletics. The Education Dept. got real busy distributing AST 477 School Supplies at AST Complex and at Brendle Corner facility. AST 447 School Supply distribution assists families with needed school supplies.

Workforce Program: All three of the HVAC interns started back to school (Moore/ Norman Tech. Ctr.) on August 14, 2023 for their last semester. After graduation, they will continue as interns at the Absentee Shawnee Tribe of Oklahoma until they meet their apprentice hourly requirements. Once the apprentice requirements are obtained, the interns will be eligible to take the HVAC Journeyman test to become licensed HVAC technician.

Cultural Preservation: As the Language Department grows, we continue to seek out new grants for funding. One such grant Mr. Miller and Ms. Butler have been working on is the

Living Language Grant. This grant is a three year grant and is intended for immersion projects that can provide an "all-of-community" language program with measurable outcomes. At the time of writing this article, they were preparing the final documents to submit the grant. The Director of Cultural Preservation is also the interim NAGPRA Coordinator travelled to Ohio to attending a NAGPRA consultation with the Ohio History Connection. On July 24th, the Cultural Preservation Department held a fry bread demonstration for the CCDF Summer School Age Program. The department started out the demonstration by feeding each participant an Indian Taco. Then, Mrs. Devon Frazier-Smith ended the demonstration by teaching the students how to make fry bread and allowing each student the chance to make their own. The 2nd Annual Algonquian Language and Cultural Convention in which Cultural Preservation/Language Program are co-hosts will be held at the First American Museum in Oklahoma City on Saturday, September 30th. Some things on the agenda include workshops, detail discussions of the Algonquian language, and cultural topics of concern.

Gaming Commission: NOTICE: The Gaming Commission is looking for another Gaming Commissioner. If you are interested, please file a Letter of Interest through the Secretary's office. The Gaming Commission continues to improve our staff by attending various training events throughout the year. On July 19th, we sent a Compliance Officer to attend the Advanced Internal Audit Workshop offered by the National Indian Gaming Commission at WinStar World Casino in Thackerville, OK. Our goal is to

internalize our own Internal Audits process through the Gaming Commission. The Gaming Commission attended the Annual Oklahoma Indian Gaming Association's Conference and Tradeshow on August 14th-16th in Tulsa. These events will offer opportunities to network with other tribes, receive updates on different topics in the gaming world, interact with vendors, and attend several in person training seminars detailed to the regulation of gaming. The Gaming Commission continues to stay busy with the processing of gaming licenses, working with Thunderbird casino administrative staff to update policies and procedures, and overseeing the regulation of the tribe's gaming operations.

Youth Camp: Construction on the softball field has started. Presently, the construction company is doing the dirt work of the softball field. We continue to look at up-grades (lighting, coated fencing) to improve safety issues at the Youth Camp. The next anticipated project at the Youth Camp, is to apply for an ICDBG grant to receive funding for an administration building. I will keep you updated.

I would like to take this opportunity to encourage our Tribal membership to look on our website, our Facebook page, and/ or call our 477 department to see if that department can assist you in your future endeavors. If you have any questions or concerns about these programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 3512 or by email: dewayne.wilson@astrobe.com.

Respectfully,

DeWayne Wilson



REPRESENTATIVE
DeWayne Wilson



102-477 (477) Programs

On September 27, 2022, the AST Executive Committee passed a resolution authorizing and approving the submission of a 102-477 plan. On December 15, 2022, the AST 102-477 Plan was approved by the Bureau of Indian Affairs. This plan became effective January 1, 2023.

The AST 102-477 Plan is a for three year period, January 1, 2023-December 31, 2025. The approved plan met all the requirements for the Public Law 102-477, Indian Employment, Training and Related Services Consolidation Demonstration Act of 1992, as amended by the Omnibus Indian Advancement Act Bill of 2006, and the Indian Employment, Training, and Related Services Consolidation Act of 2017.

Under the current 102-477 Plan, the AST 477 Programs will combine like services and activities to serve three components which are employment/training, education and support services. By implementing this plan it is the hope of the AST Tribe to help identify and resolve barriers that participants will face in their pursuit of employment, training and educational endeavors, to strengthen cultural and language development within all AST tribal members to encourage self-sufficiency and to serve tribally determined goals consistent with the policy of self-determination and self-governance. These are just a few programs goals thus far. The main goal is to provide resources and support to help individuals and families become economically self-sufficient.

The AST 477 Program has been in effect for 6 months now and has had a lot of growth within the administration and organization of the program. We are ready to put the information out to the greater community so that everyone can participate in the services we are offering. The 477 Program application is available on the website and as of this newsletter will be an online application process. I am very proud of the work we have done thus far but I know that we will continue to expand and create more opportunities for employment, training, support services and economic development in the years to come. Please bear with us in implementing and providing services. Ni yi wa! Si wi n'wi ke Ni ti mo wi ke!

Briana Ponkilla, MJIL
477 Director

**Absentee Shawnee Tribe
102-477 Program (477
Program)**



Eligibility Requirements:

- Complete Intake Application
- Reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties
- Provide proof of tribal enrollment/membership (AST or other Federally Recognized Tribe)
- Selected Service Registration (if applicable)
- Complete Self-sufficiency Plan
 - Also one of the following:
 - Unemployed
 - Underemployed
 - Economically disadvantaged
 - Displaced worker
 - Youth
 - Homeless
 - Veteran
 - Disability
 - In need of child care (income and additional documentation required)

What is 102-477?

The AST 102-477 Program consolidates grant funds with similar program activities in a coordinated effort to maximize those grant funds. The 477 Program will be implemented to provide a program service model that results in a single coordinated comprehensive program or "One Stop Shop" and reduces administrative costs by consolidating administrative functions for the multiple approved grants.

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

AST 477 Program Goals

- To integrate employment, training, education, supportive services and related programs in order to improve their effectiveness in leading to participant self-sufficiency.
- To help identify and resolve barriers that participants may face in their pursuit of employment, training and education endeavors.
- To end dependency of needy parents on public assistance programs.
- To reduce current unemployment rates among tribal members and other federally recognized tribal members residing in the service area.
- To promote job readiness through preparation and self-advocacy resulting in sustainable employment for eligible participants.
- To provide and expand services that allow for safe and healthy environments for children.
- To provide continuous services to children while enabling parents and guardians to seek gainful employment, obtain educational goals, as well as providing them with a comprehensive family support system.
- To strengthen cultural and language development within all Absentee Shawnee Tribal members to encourage self-sufficiency.
- To serve tribally determined goals consistent with the policy of self-determination and self-governance.
- To improve the availability, affordability, quality and coordination of child care programs and early child development programs in an attempt to serve all eligible families.

Process for application for 477 Assistance:

1. Complete application and provide as much documentation as possible with application.
2. Intake Clerk will review your application and set up an interview appointment with you and the assigned Caseworker.
3. During the interview, you and the Caseworker will review your application and discuss you barriers to employment as well as your goals and how the AST 477 Program can help you achieve your goals.
4. An Individual Self-sufficiency Plan (ISP) will be formalized to show the steps both parties will take to help the participant achieve their goals and become successful for the agreed period up to 12 months.
5. The Caseworker will check in with you and make sure you are continuing to be successful with your employment and/or training goals as well as the need for any support services.
6. At the end of the 12 months, there will be an exit meeting to determine if additional time is needed to meet goals or if you successfully meet your goals and graduate from the program.

Questions should be directed to:

Briana Ponkilla, 477 Director
Email: Briana.ponkilla@astribe.com
Phone: 405.275.4030.
Ne yi wa!

477 Application

AST 477 Application can be found at www.astribe.com/477-program or by email: 477Program@astribe.com.

**WE ARE
HIRING**

Join Our Team

BENEFITS OF WORKING WITH US

- MEDICAL, DENTAL & VISION
- BASIC & VOLUNTARY LIFE
- SHORT-TERM DISABILITY
- 401K RETIREMENT
- VACATION & SICK LEAVE
- 13 PAID HOLIDAYS PLUS BIRTHDAY

Apply at www.astribe.com/employment



**INTERESTED IN
A CAREER IN THE
HEALTH FIELD?
JOIN OUR TEAM!**

WWW.ASTRIBE.COM/EMPLOYMENT

**Absentee Shawnee Tribe
Available for Rent
Asher Home**

**415 E. Baker Street
Asher, OK**



2 Bedrooms, 1 Bath

Home is available for rent at the above address. Rent is \$800.00 a month with a \$500.00 deposit. The rental agreement is for one year; all payments are due to the finance department, Absentee Shawnee Tribe. The tenant will be responsible for the utilities in their name. Please inquire with the Realty Department for more information.

Should you have any questions, please feel free to contact the Absentee Shawnee Realty Department 405-275-4030.

AST Elders Fundraiser Bingo

BINGO

SATURDAY, OCTOBER 21 2023

After the AST Elders Council Meeting

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

CONCESSION STAND

\$1 PER BINGO CARD

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

ATTENTION PARENTS OF AST STUDENTS

Please keep track of your child's school clothing card balance by the receipts or click on the link which will enable you to check your balance, <https://www2.consumercardaccess.com/main/absenteeshawnee/Home>

All receipts must be turned in before the end of December of that year.

- TO MAKE A PURCHASE:**
1. Swipe the card
 2. Select CREDIT
 3. Sign for your purchase

School Clothing Cards do not have a PIN



AST SCHOOL CLOTHING PARTICIPANTS

You will receive a call from the School Clothing Program when cards are loaded. PLEASE do not call the School Clothing Program to see if cards have been loaded. Every year a school clothing application will need to be filled out with a copy of the child's updated CDIB card.

If the CDIB card is expired, please contact the AST Enrollment Department to update the card.

School Clothing applications can be dropped off in person at the office; drop box in front of AST Police Department or by mail to Absentee Shawnee School Clothing Program, 2025 S Gordon Cooper Drive, Shawnee, OK 74801.

AST Tribal Health System holds Back to School Drive-Thru Event



The Absentee Shawnee Tribal Health System held a Back to School Drive-Thru Event on August 9 at the AST Multi-Purpose Building in Shawnee and the Little Axe Health Center. They gave out backpacks, school supplies, and other miscellaneous items for students grades K-12.



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 had a busy and fun summer here at Building Blocks. Now we are ready for learning and the children are doing some new and exciting things.

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

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

Building Blocks will be closed Friday, September 1st for AST Day. Also, we will be closed the following Monday, September 4th for Labor Day.

Grandparent's Day is Sunday, September 10th. We hope everyone celebrates their special Grandparent's on this day!

Fall is quickly approaching. Fall begins Saturday the 23rd.



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

At the Center
 School is officially in fully swing and fall is here! Finally time for some cooler temperatures!
 Who's ready for football?!
 At the center our littles are learning about "All About Me's", ABCs&123s, the changing weather, and farm animals!
 We are having Goodies with Grandparents on September 8th @ 3:00pm. Please join us for snacks and punch in the Big Room!

Stay tuned for any upcoming events!
 Please enjoy some pictures from last month :)



Reminders
 Sept 1- AST Day; Center is Closed
 Sept 4- Labor Day; Center is Closed
 Sept 8- Friday School @ LA
 Sept 27- Happy Birthday Mrs. Donna & Ms. Kailey!!

September

Bird watching in the 2's class!

SNO-CONE FACTORY!!!!

Tods havin' Fun in the sun!

Last day of Summer Break!

What are the 4's & 5's doing to Mrs. Dyonna?!

Sunny Days

ONLINE HOUSING APPLICATIONS

****AVAILABLE NOW****

FOLLOW AND LIKE US ON OUR NEW FACEBOOK PAGE!

Absentee Shawnee Housing Authority

ONLINE PROGRAM APPLICATIONS
WWW.ASHOUSINGAUTHORITY.COM

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

FOR MORE INFORMATION
 Call: (405) 273-1050

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@atribe.com / NEdwards@atribe.com

Cultural Preservation Department

Over the next couple of months, we will learn some of the things Shawnees don't do. Some of these sayings and rationale may slightly differ from family to family. However, the gist and moral are often the same. I would also say "mi ti we ge ti" (forgive me, I'm not doing it on purpose) if I leave something out or the reasoning isn't the same as what you may have learned. I am only providing what I can recall from what I have seen and heard.

Te ka m'fi ge mo ti ke yi – Don't brag on yourself.
(tee keh m'thah chee moh tah kee yah)

Shawnees are proud but humble people. No matter the accomplishment and praise you might receive, we don't purposely brag or bring attention to ourselves. There is always someone or people who will be jealous. Their mission is to try to bring you down in a bad way.

Te ka ni na ki mo ti we fa ne – Don't sing at the table or while eating.
(tee keh nah neh kah moh tah wee theh nee)

The old folks would tell us as children to not sing at the table or when eating. The reason is, when we got older our kids would be crybabies.

Te ka pi we fa ne ti k'pa ke gi ke – Don't eat in the dark.
(tee keh pah wee theh nee tah k'peh kee chah kee)

Shawnees believe spirits and beings are active especially in the dark. If you eat in the dark and notice pieces of food missing, this is an indication a spirit has taken a piece of your food. This can be a bad sign and you should throw your food out. When feasts for loved ones are conducted, there is a brief period when food is left on the table in the dark for the spirit of the loved one. This is the time when a spirit eats. If you must drink or eat in the dark or carry food at night, pour out or pinch off a small piece and throw it out. This should keep the spirits from bothering you.

Te ka pe pi ke ti yi me ge ke – Don't throw food.
(tee keh pee pah kee tah yah mee chee kee)

Old timers would say not to throw food because you only throw food to dogs. It is also disrespectful to throw food to people and disrespectful to those who prepared it.

Te ka mo ne s'qe na po we ki na ke – Don't clean graves.
(tee keh mo nee sqee neh po wee wah neh kee)

Understandably it is difficult to see the final resting place of a loved one un-kept. Shawnees have passed down through the generations that we don't clean graves. This possibly goes back to the days when Shawnees moved from place to place throughout the original homelands. In those days it would be difficult to know where graves were left, especially when encampments were moved and vegetation changed around camps and along trails and routes. Even today it is not customary to visit the grave site of loved ones.

Te ke pa ta ke ka li pe we p'fa yi na ti ho fa p'se mo fo ge we ya fi –
(tee kee peh teh kee keh lah pee wee p'theh yah nah tah hoh theh p'see moh thoh chee wee yeh fah)
Don't look back when leaving a grave.

At a traditional Shawnee funeral, the person in charge of the funeral will give instructions to those attending the 4 day ceremony. These instructions must be followed for your safety and to help the loved one go on their journey. One of these instructions is to not look back when leaving the grave site. After things have concluded at the grave, we are told not to look back, especially the ladies, when leaving the grave site. It is said the loved one may have a difficult time going on their journey if they see sadness and hear weeping.

Te ka hi m'ya li ke mi ge lo fe g'ke ti ho fa p'se mo fo ge we ya fi -
(tee keh hah m'yeh lah kee mah chee loh thee ch'kee tah hoh theh p'see moh thoh chee wee yeh thah)
Don't bring kids to funerals.

The strong beliefs of our elders saw to it that young children were not allowed at a traditional funeral. The seriousness of a funeral is no place for a child that has not become of age. A deceased person is said to be more powerful than when they were alive and should be handled with respect and care. Kids could be bothered by the deceased person's spirit and have night terrors or other happenings if kids are allowed at funerals.



LIBRARY NEWSLETTER

SEPTEMBER 2023

BOOKS OF THE MONTH

I highly recommend the audio book of **Warrior Girl Unearthed** by **Angeline Bouley**. Warrior Girl is a thrilling mystery about a Native teen that must find a way to bring an ancestor home to her tribe.

Perry Firekeeper-Birch was ready for her Summer of Slack but when she attends a meeting at a local university, Perry learns about the "Warrior Girl", an ancestor whose bones and knife are stored in the museum archives, and everything changes. Perry has to return Warrior Girl to her tribe. Determined to help, she learns all she can about NAGPRA, the federal law that allows tribes to request the return of ancestral remains and sacred items. But there is more to this repatriation than meets the eye as more women disappear. Available on Libby.

"Isabella Star LaBlanc brings an authentic-sounding narration to this powerful audiobook."
—AudioFile

The Jingle Dancer. New York Times best selling-author Cynthia Smith's lyrical text is paired with the warm evocative watercolors of Cornelius Van Wright and Ying-Hwa-Hu in this affirming story of a contemporary Native American girl who turns to her family and community. A great family read aloud book. Available in the AST Library.



LIBRARY NEWS

Summer was a busy time for everyone. I visited both Building Blocks locations. The 3 & 4 year old classes created paper plate wreaths for the 4th of July. Dream Catchers were made by the students in the After School Program.

During the summer break we worked with the CCDF program encouraging the students to continue reading over summer break. We made dreamcatchers and Jingle dance art. We also read Juniper's Butterfly Garden so the students could receive free OKC Zoo tickets.



The Library is excited to announce we now have a dedicated kids workstation loaded with ABCmouse and several other educational websites. "This project was made possible in part by the Institute of Museum and Library Services [NAB-252254-OLS-22]."



APPLY FOR A LIBRARY CARD ONLINE:
[HTTPS://FORM.JOTFORM.COM/230804193039150](https://form.jotform.com/230804193039150)
405-275-4030 X3530
PJACKSON@ASTRIBE.COM

September 30 is Orange Shirt Day

 **EVERY CHILD MATTERS.**

September 30 is National Day for Truth and Reconciliation
A day honoring the children forced into Indian boarding schools

Remember the children who never returned home.



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

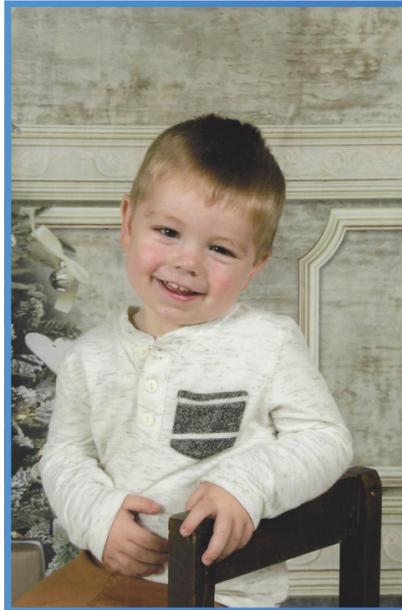
All articles for the next month's
issue are **DUE** by the
15th of the current month.

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



HAPPY 3RD BIRTHDAY, HARLAND! WE WISH YOU LOTS OF LOVE AND HAPPINESS ON YOUR SPECIAL DAY! BEST WISHES FROM YOUR FAMILY & FRIENDS!

HAPPY BIRTHDAY



**Happy Birthday Colt!
Love Aunt Trina, Uncle Larry & Uncle Clyde**



Happy 2nd Birthday Everlynn Grace.

We love you sweetie pie.
Have a great birthday!
Love Nana, Papa, Unc and Aunties

HAPPY BIRTHDAY



**Happy 22nd Birthday Eryn!!
Have a bless and wonderful birthday.
We all love you.
Love Mom, Dad and Family**



**Happy 2nd Birthday Colson Michael!!
Love you always- Mom, Dad, Autumn, Mae Mae, Granny, and Papa**

HAPPY BIRTHDAY



**The AST Complex will be closed
Friday, Sept. 1, 2023 - AST DAY
Monday, Sept. 4, 2023 - Labor Day**



ABSENTEE SHAWNEE TRIBE AGRICULTURE DEPARTMENT

CLASSES WITH OSU EXTENSION HORTICULTURIST CARLA SMITH ARE NOW ONLINE



- JAN 13, 2023 - GARDENING 101
- FEB 10, 2023 - SOIL FERTILIZER 101
- MARCH - NO CLASS
- APRIL 14, 2023 - GARDEN BOXES
- MAY 12, 2023 - FRUIT PRODUCTION
- JUNE 9, 2023 - SEED SAVING

TO WATCH ONLINE,
WWW.ASTRIBE.COM/AGRICULTURE



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	

HOME IS WHERE
THE HEART IS.

It's also where the money is.

You've been taking care of your home for years. Now it's time you let it take care of you. Whether you're looking to remodel your old kitchen, buy that new car, or send that smart child off to college, AllNations Bank can help. Our Home Equity Loans make it easy for you to enjoy the appreciation in your home. Stop by today and let us show you where the money is in your home.

AllNations Bank

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

Member
FDIC

Absentee Shawnee Tribe's Domestic Violence Department

<p>Our mission is to: Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.</p>	<p>We help with: Domestic Violence Sexual Assault Dating Violence Stalking Sex Trafficking</p>
<p>Our services are confidential and include:</p>	
<p>Safety Planning Emergency Assistance Court Advocacy Shelter Placement Assistance Referrals</p>	<p style="text-align: center;">↕</p> <p>Must be intimate partner related violence and the victim must be fleeing the home/situation</p>
<p>Who we serve: Natives and non-Natives LGBTQ2S+ Any Religion Any income level EVERYONE</p>	<p>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.</p>

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

@ASTRisingWarrior
For emergencies call 911 or AST PD @ 405.275.3200

This project was supported by Grant No. 2015-TW-AW-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/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



ASTHS September 2023 Monthly Update



September is Dementia Awareness Month

Dementia is an umbrella term for a collection of symptoms that are caused by disorders affecting the brain and impact on memory, thinking, behavior, and emotion. The most common is Alzheimer's disease, which affects 50-60% of people with dementia. Other types of dementia include vascular dementia, Lewy body dementia, and fronto-temporal dementia. Dementia can also sometimes affect people who are under the age of 65. This is known as young onset dementia.

Our brains are made up of over 86 billion nerve cells – more than the stars in the Milky Way. Dementia damages nerve cells so they are no longer able to communicate effectively and this impacts how our body functions.

The specific symptoms a person living with dementia experiences will depend upon what parts of the brain are affected and/or the specific disease that is causing their dementia. Symptoms may include:

- loss of memory
- difficulty in finding the right words or understanding what people are saying
- difficulty in performing previously routine tasks
- personality and mood changes

Although each person will experience dementia in their own way, eventually those affected will be unable to care for themselves and need help with all aspects of daily life. Dementia is the leading cause of disability and dependency among the elderly.

Dementia affects more than 50 million people worldwide, with a new case of dementia occurring somewhere in the world every 3 seconds. Dementia can also affect individuals under the age of 65 (young onset dementia). Greater awareness and understanding of dementia is important to challenge the myths and misconceptions that surround the condition.

There is currently no cure for most types of dementia, but treatment and support are available.

Dementia Figures

- There are currently estimated to be over 55 million people worldwide living with dementia. The number of people affected is set to rise to 139 million by 2050, with the greatest increases in low and middle income countries.
- Already 60% of people with dementia live in low and middle income countries, but by 2050 this will rise to 71%.
- A new case of dementia arises somewhere in the world every 3 seconds.
- Up to three quarters of those with dementia worldwide have not received a diagnosis.
- Almost 80% of the general public are concerned about developing dementia at some point and 1 in 4 people think that there is nothing we can do to prevent dementia.
- Almost 62% of healthcare practitioners worldwide incorrectly think that dementia is part of normal ageing.
- 35% of caregivers across the world said that they have hidden the diagnosis of dementia of a family member.
- Over 50% of caregivers globally say their health has suffered as a result of their caring responsibilities even while expressing positive sentiments about their role.

Early Symptoms of Dementia

Memory Loss

Declining memory, especially short-term memory (remembering things that have happened recently), is the most common early symptom of dementia. People with ordinary forgetfulness can still remember other facts associated with the thing they have forgotten. For example, they may briefly forget their next-door neighbor's name but they still know the person they are talking to is their next-door neighbor. A person living with dementia may not only forget their neighbor's name but also the context. Memories for things that happened long ago may be preserved over recent events.

Difficulty Performing Familiar Tasks

People with dementia often find it hard to complete everyday tasks that are so familiar that we usually do them without thinking. Someone with dementia may not know in what order to put on clothes or the steps for preparing a meal. People with dementia may dress inappropriately, wearing several layers of clothes on a warm day or very few on a cold day.

Problems with Language

Occasionally, everyone has trouble finding the right word but a person with dementia can often forget simple words or substitute unusual words, making speech or writing hard to understand. They may also have difficulties following a conversation and therefore become more withdrawn.

Disorientation in Time and Place

We all sometimes forget the day of the week or where we are going momentarily but people with dementia can become lost in familiar places such as the road they live in, forget where they are or how they got there, and not know how to get back home. Someone who has dementia may also confuse night and day.

Problems with Concentration, Planning, or Organizing

A person with dementia may find it difficult to make decisions, solve problems, or keep up with paying their bills.

Misplacing Things

Anyone can temporarily misplace his or her wallet or keys. A person with dementia may put things in unusual places such as an iron in the fridge or a wristwatch in the sugar bowl.

Changes in Mood or Behavior

Everyone can become sad or moody from time to time. Dementia may cause someone to become unusually emotional and experience rapid mood swings or irritability for no apparent reason. Alternatively, they may show less emotion or social interaction than was usual previously.

Trouble with Images or Spatial Relationships

Image problems are different from typical age-related problems, such as cataracts. People with dementia can have difficulty in reading, judging distances, seeing objects in three dimensions, and in determining color or contrast.

Withdrawal from Work or Social Activities

At times, everyone can become tired of housework, business activities, or social obligations. However a person with dementia may become very passive, sitting in front of the television for hours, sleeping more than usual, or appearing to lose interest in hobbies.

If you are experiencing any of these symptoms or are concerned about a friend or relative, visit your doctor and discuss your concerns.

Caring for Someone with Dementia

In the past, we tended to presume that a person with dementia lost their individuality and personality during the course of their illness.

As physical damage occurred to the brain, their value as a person was assumed to diminish. People with dementia were sometimes not treated as individuals in their own right.

When dementia care takes into consideration your personal history, individual traits, and characteristics, it has been shown there is a positive impact on slowing the progress of disease.

An approach to dementia care which recognizes and respects the personal history, character, and individuality of the person living with dementia has been shown to have a positive impact on the progress of the disease.

Local Support

If you are caring for a family member or are being cared for by a caregiver, you can contact the Seeking Hope program, a part of the Alzheimer's and Dementia Initiative within the Absentee Shawnee Tribal Health System. Seeking Hope provides quality, person-centered care and support for Native Americans. Certified dementia specialists are available to deliver home and community-based services to people living with dementia and their family members. These services consist of caregiver support trainings; dementia-specific consultation, resource assistance and material; and assistance with home care planning.

Two programs are available for caregivers and family members of those who are experiencing memory loss. Music & Memory and Savvy Caregiver in Indian Country are the programs that you can enroll and participate in if you or a loved one is experiencing Alzheimer's or dementia. Contact Atheda Fletcher at 405-561-7893 or Gayla Temple 405-561-7870 for more information.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Demolition and construction has begun in the old Pharmacy location. The expected completion date (ECD) is December.
- Construction and remodel continues Behavioral Health area. Services are temporarily housed in the Diabetes/ Wellness area and in Administration. ECD: August
- Construction continues in the new Primary Care and Dental areas. We expect delivery of all equipment and furniture in August. ECD: September
- 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: February 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. The team continues to work through the design and scoping phase with the architect (anticipate 73K-80K sq. ft.)!

August 2023 Health Employee Awards of the Month

Employee of the Month: Billie Moore, LPN

Team of the Month: Purchased Referred Care (PRC)

Special Leadership Award: Lawana Martin, LPN, PRC Asst. Director

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

WEARABLE TECHNOLOGY FITNESS WATCHES



TRACK STEPS

Your daily step count is one easy way to make sure you are getting enough physical activity.

STEP GOAL

It is recommended to work up to at least 7,000 steps per day



REDUCE SITTING

Stand or walk at least a few minutes every hour.



MODERATE INTENSITY

5 to 6 on a 1-10 scale

With a watch you can use heart rate and speed to help keep you on track.



ENCOURAGE EACH OTHER

Not only will your watch encourage activity but you can join a group of friends to cheer each other on as you work toward your goals.



WORKOUT ANYWHERE

With a fitness watch you can workout anywhere. You don't need other equipment to gauge how hard you worked or how much you did.



AST DIABETES AND WELLNESS CENTER
405-561-7874



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)



U.S. Department of Veterans Affairs

Have questions?

Call 1-800-MyVA411
(1-800-698-2411)



VA SURVIVOR BENEFITS & THE PACT ACT

You may be eligible for VA benefits and services after your loved one has passed.



The PACT Act makes it easier for many survivors to receive Dependency and Indemnity Compensation (DIC).

VA will be contacting survivors who were previously denied DIC benefits and may be newly eligible under the PACT Act. You do not need to wait for VA to contact you to submit a claim.

How to Apply for DIC and/or Accrued Benefits

Surviving family members may apply for these benefits using the appropriate VA form on va.gov/family-member-benefits.



Dependency and Indemnity Compensation

Monthly payment for the eligible surviving spouse, dependent children or parent(s) of the Veteran or service member if Veteran or service member died in the line of duty or due to a service-related injury or illness.



Accrued Benefits

A one-time payment to a surviving spouse, dependent child(ren) or dependent parent(s) of a deceased Veteran based on relationship when the record shows additional benefits (such as VA compensation or pension) due to the Veteran prior to passing.

Additional Survivor Benefits Available:



Burials and Burial Allowance

Burial benefits available include a gravesite in any of our National cemeteries with available space, opening and closing of the grave, perpetual care, a burial flag, and a Presidential Memorial Certificate, at no cost. Some survivors may also be eligible for a plot allowance, transportation allowance, and burial allowances based on the service connected disability status of the deceased Veteran.



Final Monthly Payment

If a Veteran who is receiving VA compensation or pension benefits passes away, their last month of benefits can be paid to their surviving spouse.



Home Loan Guaranty

Certificate of Eligibility is available for surviving spouses receiving DIC.



Education and Training

Chapter 35 benefits and Fry Scholarship are the two main GI Bill programs offering educational assistance to survivors and dependents of Veterans who died in the line of duty or as a result of service-related disabilities.



Health Care

Survivors and dependents of Veterans may qualify for health care benefits, such as CHAMPVA.



U.S. Department of Veterans Affairs

Learn more and sign up at [VA.gov/PACT](https://va.gov/PACT)
Download the [VA Health and Benefits App](https://va.gov/PACT)
Call us at 1-800-MyVA411 (1-800-698-2411)
Find a VA at [VA.gov/find-locations/](https://va.gov/find-locations/)

HEALTH BUZZ!!



If you have attended any of our events or listened to any of our presentations then you have likely heard us share our love for the Savvy Caregiver in Indian Country and Music & Memory. Why do we love them so and why do feel they are beneficial?

Caregivers are the best medicine available for the elder! But caregivers often feel unprepared for their caregiving role. Research suggests that caregiver training, such as the Savvy Caregiver in Indian Country, reduces caregiver stress and improves health outcomes for care recipients. The Savvy Caregiver in Indian Country training will provide caregivers the needed skills so they may continue to provide care over the course of the elder's time of memory and thinking loss - skills that include recognition of the elder's changing cognitive function and what types of activities are best at those times so that the elder can remain as involved with their family as their abilities allow. It emphasizes the importance of caregiver self-care, decision-making, and expanding family support.

We also recognize that the caregiver's time is valuable and although the course is designed to be delivered over six weekly two-hour sessions, we can tailor it to accommodate your schedule. We truly appreciate the honor of caregivers allowing us into their homes to provide this training.

We love Music & Memory because of the tremendous amount of research behind what music can do for reviving our deepest-seated memories. A study from 2022 revealed that music therapy may improve social interactions between people with dementia and their caregivers. A board-certified music therapist and clinical psychologist said, "These foundational memories and songs are locked together in deeper vaults down winding mountain roads that dementia doesn't seem to be able to fully crush. I've seen a person not recognize their spouse of 65 years but when I play their wedding song this individual turns to their spouse and they recognize them and dance." For people with Alzheimer's disease, dementia, or other cognitive impairments, those connections persist when other parts of their memory may fail. Participants in our Music & Memory program will receive a kit that contains equipment that enables them to listen to a thoughtfully selected playlist with music from their youth.

On another note, we have been out and about quite a bit lately and have taken part in a number of activities including the Kickapoo and Iowa Tribal Health Fairs in June and the Sac & Fox Nation Health Fair in July. Along with the AST Title VI Department, we hosted an event where Title VI participants were treated to breakfast and lunch. Presentations were given by Atheda Fletcher on dementia in Oklahoma and our two caregiver programs, Savvy Caregiver in Indian Country and Music & Memory and Carey Lee from the Alzheimer's Association on "Healthy Living". We then held a corn-hole tournament, played chair volleyball, and topped off the event with bingo.

As always, we have some amazing volunteers that step up and make our events not only possible but enjoyable for everyone. We want to thank Dos Owings, Donna Butler, Jennifer Castaneda, and Robert Schoolfield from Title VI. Jason Bender, as always, does a fantastic job of calling our bingo games. We would also like to thank Lisa Harrington, Shea Warden, and Iris Jaquez from the Diabetes and Wellness Department, Alex Lewis and Brent Shields from the Health System Media Department, Twila Parker, President of the AST Elder's Council, and Rob Meely from Behavioral Health, Charica Elias, and Ralph Roy. Pictured to the right are just a few moments from the day.

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

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



Absentee Shawnee Tribal Health System
SEEKING HOPE
Dementia Caregiver Support & Services





9-1-23 AST DAY
9-4-23 LABOR DAY
9-10-23 GRANDPARENTS DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AST DAY TITLE VI CLOSED
4 LABOR DAY TITLE VI CLOSED	5 CHICKEN POT PIE VEGGIES BISCUIT MANDARIN ORANGES	6 PORK N POTATOES GREEN BEANS ROLL CRISP	7 GRILLED CHEZ SANDWICH VEGGIE SOUP COOKIE	8 BOILED EGG TOAST BACON FRUIT
11 EGG ROLL STIR FRY VEGGIES RICE FORTUNE COOKIE	12 CHICKEN STRIPS MASHED POT/GRAVY ROASTED BROCCOLI FLUFF	13 SPAGHETTI W/MEAT SAUCE GREEN BEANS SALAD BAR*	14 COOK'S CHOICE	15 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
18 PORK CHOP STUFFING CAULIFLOWER MANDRAIN ORANGES	19 MEATLOAF MASHED POT/GRAVY VEGGIES FRUIT	20 HAM & CHEZ SANDWICH TOM, ONION & CUCUMBER SALAD	21 CHICKEN FAJITAS BELL PEPPER & ONIONS TORTILLA/FRUIT	22 SCRAMBLED EGGS SAUSAGE PATTIES CINNAMON RAISIN BREAD
25 BAKED CHICKEN WILD RICE GREEN BEANS MIXED FRUIT	26 CHEF SALAD HAM, EGGS, ONIONS CRACKERS PEACHES	27 SALMON PATTY COLESLAW MAC & CHEZ PEARS	28 ROAST RED POT CARROTS ROLL	29 BAGEL CREAM CHEZ GRAPES BOILED EGG

MENU SUBJECT TO CHANGE

MONDAY – THURSDAY LUNCH SERVED 11 AM TO 1 PM
FRIDAYS BREAKFAST SERVED 9 AM TO 11 AM
ANY CONCERNS OR QUESTIONS PLEASE FEEL FREE TO CALL OR EMAIL ME
405-716-4941 OR dowings@astribe.com

HEAL FOR THOSE WHO COULDN'T.

Be the ancestor the next generation will thank. Reach out for free mental health help.

CALL OR TEXT 988 | MENTAL HEALTH LIFELINE

Suicidal Thoughts Depression & Anxiety Substance Abuse Domestic Violence Self Harm Paranoia & Psychosis Emotional Distress

988OKLAHOMA.COM

WHAT IS 988? 988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.

GETTING HELP CAN BE HARD. SO WE MADE IT EASIER. The mental health professionals on the other end of the line are here to help guide you.

- 1

CALL THE LIFELINE
 It all starts when you call 988. You'll be connected to a mental health professional to talk you through what's going on and get the resources you need for either yourself or your loved one. About 80% of the time, things can get sorted out with just a phone call. But if you need more help, we got you.
- 2

CONNECT WITH A MOBILE CRISIS TEAM
 If you or your loved one need more help after your initial phone call, the 988 call center will send a mobile crisis team to assess things and intervene if necessary. About 7 in 10 crises can be resolved at this touchpoint.
- 3

GET TRANSPORTATION
 Some people need more in-depth care. If this is the case, transportation will be provided to help Oklahomans in need safely arrive at an Urgent Care and Crisis Center. In metro areas, transportation will be provided by law enforcement. If the closest center is more than 30 miles away, we'll connect you with a private transportation service to get you the help you need.
- 4

CHECK IN AT AN URGENT CARE AND CRISIS CENTER
 For those of us that need higher touch help, an Urgent Care and Crisis Center has your back. These centers are staffed 24/7/365 with licensed local medical professionals, nurses, and peers who have been through it themselves. Every center accepts both drop-offs from first responders and walk-ins.

To learn more about how 988 works, visit: 988oklahoma.com [@988OKLA](#)

988 MENTAL HEALTH WORD SEARCH

Q E P A X T E X T O W C A L L A B R
 S W A S T H Z Q H I D A S W K S E E
 E E T D H S T R E S S J F E T D H S
 L L I M O S K S R J V S T I G M A I
 F L E A U L G N A N C Q F L E I V L
 C N N R G P S U P P O R T J K N I I
 A E C E H A L G Y S P V A E C D O E
 R S E L T H E R A P I S T K R F R N
 E S O P S V A W A R E N E S S U S C
 M E N T A L H E A L T H B E M L A E
 E R L N K L I F E L I N E R L N K L
 O K L A H O M A L R X N M I N D H O

Find the following words in the puzzle. Words are hidden horizontal and vertical.

AWARENESS	MINDFUL	SUPPORT
BEHAVIOR	OKLAHOMA	TEXT
CALL	PATIENCE	THERAPIST
LIFELINE	RESILIENCE	THERAPY
MENTAL	SELF CARE	THOUGHTS
HEALTH	STIGMA	WELLNESS
MIND	STRESS	

CALL OR TEXT 988 | MENTAL HEALTH LIFELINE

HEALTH SYSTEM

Prevention. Progress. Pride.

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.

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

AST HEALTH SYSTEM DIRECTORY

LITTLE AXE HEALTH CENTER 405-447-0300

- Administration
- Business Office
- Little Axe Dental
- Health Information Management
- Lab/X-Ray
- Optometry
- Patient Benefit Advocates
- Primary Care
- Public Health
- Security
- Electronic Health Record
- Physical Therapy
- Behavioral Health 405-701-7987
- Little Axe Purchased Referred Care 405-701-7951
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-292-9530
- CompleteCare Home Health 405-701-7085
- Transportation 405-701-7603

SHAWNEE CLINIC 405-878-5850 OR 877-878-4702 TOLL FREE

- Administration
- Business Office
- Health Information Management
- Lab/X-Ray
- Patient Benefit Advocates
- Contract Health
- Physical Therapy
- Primary Care
- Public Health
- Behavioral Health 405-878-4716
- Diabetes & Wellness 405-701-7977
- Pharmacy 405-878-5859 OR 866-742-4977 TOLL FREE
- Transportation 405-701-7603

PLUSCARE 405-447-0477

GENERAL

- AST Resource Center 405-364-7298
- Corporate Compliance Hotline 405-701-7135
- Patient Advocate 405-701-7623
- AST Tribal Complex 405-275-4030
- AST Tribal Police 405-275-3200
- AST Housing 405-273-1050
- COVID Hotline 405-695-1787

Worried about losing your SoonerCare Coverage?



Two ways to renew

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

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



MEDICARE 101 IN-PERSON LEARNING EVENT

You're invited to attend these FREE in-person events hosted by the Medicare Assistance Program at the Oklahoma Insurance Department. Medicare 101 will provide unbiased Medicare information and resources for Oklahomans, along with a chance to ask questions directly to CMS-trained counselors. Whether you're approaching Medicare eligibility or looking to learn more about your existing coverage, these events can help you navigate the Medicare maze.

Summer 2023 Medicare 101 Schedule:

- Monday, June 19 | 2 p.m.
- Monday, July 17 | 2 p.m.
- Monday, August 21 | 2 p.m.
- Monday, September 18 | 2 p.m.



Located in the Public Conference Room at the Oklahoma Insurance Department
400 N.E. 50th St. | Oklahoma City, OK 73105

All events are free & open to the public. No registration is required.



Visit www.map.oid.ok.gov for more information.

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](http://988lifeline.org). Call or text 988 or chat 988lifeline.org.



Help Yourself → Help Your Tribe

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

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

Native American Special Enrollment Periods

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

Did You Know?

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

