



"Among the Shawnee"

January 2018

The Absentee Shawnee News

INSIDE THIS ISSUE

2	Executive Committee	12	Emergency Management	18	ICW-Foster Care	30	Realty
4	Building Blocks	14	Tax Commission	20	Birthdays	34	Enrollment
7	Elder's Corner	15	Election Commission	26	Diabetes & Wellness	35	Title VI Bingo
8	AST Health	16	Title VI	28	Fitness Calendar		

Volume 29 No. 01

AST Members Kid's Christmas Movie Event - December 9, 2017 Cinema Centre 8, Shawnee, OK



Governor Butler-Wolfe Tribal Address to the Absentee Shawnee People

will be held January 13, 2018 at 11:00 a.m. in the Absentee Shawnee Tribal Healthcare Multipurpose Center, 2025 Gordon Cooper Drive, Shawnee, Oklahoma 74801.

Positions are open for 2018 Elections.

Check page 15 for more information on available positions, fees, and qualifications.

Left to Right: Twila Blanchard, Tresha Spoon, AST Governor Edwina Butler-Wolfe, Atheda Fletcher, AST Treasurer Leah Bender, Shelby Raines, Annie Wilson, and Melissa Hill.

More photos from the event can be found on page 25!

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



John Johnson
Lt. Governor



Leah Bates
Treasurer



Anthony Johnson
Representative

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

Happy New Year My Fellow Tribal Members!!
I hope everyone had a safe holiday and spent time with your families. On January 13, 2018 at 11:00 a.m., the First Tribal Address will be held at the Multi-Purpose Building on the Absentee Shawnee Complex. I would like to speak to the tribal people on the state of the tribe when I first started my role as Governor, where the Tribe is today and where we can be in the next 5 to 10 years. Being transparent to you, the members of the Absentee Shawnee Tribe, has always been my platform. I hope that everyone will be able to attend the First Tribal Address of the Absentee Shawnee Tribe in January.

During the month of November, Governor Mary Fallin held the annual Tribal Leaders of Indian Nations in Oklahoma luncheon at the Governor Mansion on November 30, 2017. There were a total of eight (8) Tribes that attended the lunch with Governor Fallin. Those in attendance were the Alabama-Quassarte Tribal Town, Chickasaw Nation, Kaw Nation, Kiowa Tribe of Oklahoma, Osage Nation of Oklahoma, Pawnee Nation of Oklahoma, Shawnee Tribe of Oklahoma and the Absentee Shawnee Tribe of Oklahoma. After the luncheon, the tribes had limited time for questions to ask Governor Fallin. My question to Governor Fallin concerned the Every Student Success Act (ESSA) and how the State was going to implement this Act into the public schools. I continue to express my concern with the consultations that I have attended this past spring with the public schools. Also, I strongly expressed my concern with the four (4) day school schedule that some schools across the State of Oklahoma had no choice to implement to just meet financial shortage. Governor Fallin response is that they are looking at the administration cost that each public school is paying and looking at different avenues for cutting back cost. The luncheon was a production event as this is a chance for Tribal Leaders to have

the chance to talk to one other and talk about what each tribe is doing in economic development.

As everyone knows the month of December is very busy at the Absentee Shawnee Tribal Complex. We are working on budgets, Christmas programs and our Tribal Christmas Children outing to the movie. The Absentee Shawnee Tribal Christmas Children outing was for ages 0 – 18 and they will receive a \$25.00 Wal-Mart Gift Card. If you were not able to attend the movie, you may pick up the gift card at the AST Finance Office from 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm Monday thru Friday through January 31st 2018. There will be no exceptions after January 31, 2018.

The Tribal Christmas Children outing was held on December 9, 2017. All tribally enrolled Children were treated to a movie at the Jones Theatres Cinema Centre 8 in Shawnee, Oklahoma. There were a total of 187 people that attended the event with 131 of them being children. However, each year there seems to be an issue of who attends the movie. One of the main issue's was the one chaperon per family requirement. That means only one adult can accompany their children to the movie. Unfortunately, additional family members over 18 years of age could not attend. The reason being is we can only pay for admission for our Absentee Shawnee Tribal Children and cannot pay for other tribal children. We do not take money for admission on day of the movie because that day is only for Absentee Shawnee Tribal Children and their chaperon.

Subsequently, this year's movie day it was set up with other organizations on the same day, normally, we would be the only organization at the movies. Another issue is a question that was directed to the Gov-

ernor's Office that the flyer was not being out for everyone to know about this event. In order to coordinate this event I have to work with the movie theater schedule as to when we can set a time and date. This usually means I do not know until the middle of November and our November Newsletter is already mailed out. If we put it in the December Newsletter then you would receive the information after the scheduled time of the movie. It's a hit and miss but we did have a large turnout that attended the movie. Lastly, I would like to thank the following people for their help at this year's event:

Atheda Fletcher, Anne Wilson, Tresha Spoon, Twyla Blanchard, Melissa Hill and Shelby Rains from Enrollment, Sherman Tiger and Treasurer Bender.

Listed below are the meetings I attended during the months of November and December:

November

- 22nd 4 hours of administration leave to AST Employees
- 23rd—24th Thanksgiving Holiday
- 28th 9:00 a.m. CTSA Meeting
- 10:00 a.m. ATOKA Meeting with Tribe Attorney on Project
- 29th 5:30 p.m. TEC Board Meeting
- 30th 11:00 a.m. – 2:00 p.m. Tribal Leaders of Indian Nation in Oklahoma Luncheon with Gov. Fallin.

December

- 2nd Meeting Durant, Oklahoma
- 3rd Oklahoma Council of Indian Education (OCIE) Conference Durant, Oklahoma
- 5th 11:30 a.m. Meeting with ASEDA, Inc., County Commissioners
Randy Thomas, Melissa Dennis
- 1:00 p.m. Internal Audit Review Thunderbird Entertainment Center
- 6th Inner Office Meetings
10:00 a.m. Jenifer LittleSun, Executive Director, Southern Plains
Tribal Health Board
- 7th Walked in the Shawnee Christmas Parade
- 9th Absentee Shawnee Christmas Movie for AST Children
- 12th 10:00 a.m. meeting of Health Budgets
- 13th 2:00 p.m. Meeting with First Nations Health Care
7:00 p.m. AST Veterans Meeting, Warrior Room, Thunderbird Entertainment Center, Norman, Oklahoma
- 15th 9:00 a.m. CTSA Meeting
6:00 pm White Turkey Christmas Dinner, OKC
- 16th Elders Meeting
- 17th 9:00 a.m. Charter School Meeting at the AST Resource Center, Little Axe
- 18th 5:30 p.m. TEC Board Meeting
- 19th 8:00 a.m. Fox News Station TV- Red Earth Christmas Tree

- 20th 10:00 a.m. Regular Executive Committee Meeting
- 21st 9:00 a.m. Directors Meeting

Other Topics/Expressions:

Happy Birthday & Anniversary

To those who have had a birthday or anniversary I extend my warmest regards.

Condolences

To those families who may have lost a family member this month I extend my deepest condolences to you and your family.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF) – united and together!!

If you should have any concerns or just want to stop by the office I encourage you to do so. Or you can call me at 405 275-4030, Ext: 6308 or cell number 405 481-0397.

Thank you for your support.

Governor Edwina Butler-Wolfe

Executive Resolution NO. E-AS-2017-83

A resolution duly adopted by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma establishing holidays for calendar year 2018.

Monday, January 1	New Year's Day
Monday, January 15	Martin Luther King, Jr. Day
Monday, February 19	Presidents Day
Friday, March 30	Good Friday
Monday, May 28	Memorial Day
Wednesday, July 4	Independence Day
August 2018 – Friday before Labor Day	Absentee Shawnee Day
Monday, September 3	Labor Day
Monday, November 11	Veteran's Day
Thursday & Friday November 22 & 23	Thanksgiving
Tuesday & Wednesday, December 25-26	Christmas

Now therefore be it resolved that the Executive Committee of the absentee-Shawnee Tribe of Oklahoma hereby adopts and establishes the 2018 Holidays Schedule for Calendar year 2018 as set out herein, and that such dates shall be formally observed as tribal holidays.

BBIII 2017 Christmas Program

The Christmas season is over and a new year has begun!



December was fun, chaotic, and festive, all at the same time! We had a great turn out for our Christmas program. The teachers and kiddos worked so hard on their performances. Everyone made it through all the singing, laughing, dancing and crying. Chef Suzy made a wonderful buffet of food for everyone to enjoy. We thank all of the families who were able to join us to celebrate Christmas.

Our employee dinner was held at the center. We enjoyed the delicious food we had catered by Ted's and everyone participated in a Secret Santa gift exchange.



We are excited to be growing! In fact, we are in the process of opening two more classrooms, a second 2's class and a second 3's class. Because of this, we've hired 2 new full-time employees. We still have availability in our classrooms, since we're licensed for 103 children. Please feel free to visit our center between 9:00 a.m. – 11:00 a.m. and/or 3:00 p.m. – 5:00 p.m. for a tour. Or call the center with any questions you may have.

Thank you,
Billie Thompson
Building Blocks III Director
bthompson@astribe.com



The AST Building Blocks CDC III announces its participation in the Child and Adult Care Food Program (CACFP).

All participants in attendance are served meals at no extra charge to the parents. The United States Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the USDA. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to USDA by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave, SW, Washington, DC 20250-9410, by fax 202-690-7442, or e-mail at intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at 800-77-8339 or 800-845-6136 (Spanish).

USDA is an equal opportunity provider and employer.



Every Tuesday for 10 weeks

Beginning January 23, 2018 - 6:30 pm

Absentee Shawnee Housing Authority

Community Building

2102 E. Main Street

Shawnee, OK 74801

Preference given to AST tribal members

Call (405) 395-4493 to ENROLL



Snacks/Meals will be provided



**BUILDING
BLOCKS**
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE



Absentee Shawnee
Tribe of Oklahoma
Building Blocks CDC
16051 Little Axe Drive
Norman, OK 73026
P: (405) 360-2710
F: (405) 360-2726

BUILDING BLOCKS III DATES TO REMEMBER:

January 1, 2018:
Closed for New Year's

January 15, 2018:
Closed for Martin Luther King, Jr. Day

WALK-IN CLINIC WITH EXTENDED HOURS



Here for you,
now more than ever.

EXTENDED HOURS:
9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday
NO APPOINTMENT NEEDED.

A child with a high fever. An ear infection. Flu. A blood sugar spike or fall. **To take better care of you, Shawnee Clinic is now open extended hours on weeknights and additional hours on Saturday.** We ask for your respect in understanding that these times are for people who need acute care immediately, not routine medical care. Last walk-ins will be accepted at 8:30 p.m. weekdays and 4:30 p.m. Saturdays.

Shawnee Clinic provides quality health care for people in our community. Sensitive, trusted, compassionate. You are at the heart of what we do.



SHAWNEE CLINIC
ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.
Prevention. Progress. Pride.

2029 South Gordon Cooper Drive | Shawnee, OK 74801
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

Regular hours of operation: 7 a.m. to 5 p.m. M-F.
Closed the first Wednesday of every month from noon-5 p.m.
Closed Sundays & holidays.



WWW.ASTHEALTH.ORG

The Dangers of Winter Coats and Car Seats

(Furnished by: Child and Adolescent Health Division at the Oklahoma State Department of Health)

Puffy Coat Check

Winter brings cold weather and potentially slick roads, but families still need to travel every day. We bundle up our children to help them brave the elements, but a bulky coat and a car seat can be a dangerous combination. There are ways to safely transport children in child car seats while still keeping them warm.

As a general rule, winter coats should not be worn underneath a car seat harness because that can leave the harness too loose to be effective in a crash. Here's a simple way to check whether your child's coat is too big to wear underneath a harness:

Step 1. Put the coat on your child, sit him or her in the car seat and fasten the harness. Tighten the harness until you can no longer pinch any of the webbing with your thumb and forefinger.

Step 2. Without loosening the harness at all, unhook it and remove your child from the car seat. Take the coat off, put your child back in the car seat, and buckle the harness straps, which should be adjusted just as they were when the child was wearing the coat.

If you can pinch the webbing between your thumb and forefinger now, then the coat is too bulky to be worn under the harness.

How to Bundle Up Safely

If you find that the coat can't be safely worn under the harness, here are a couple things you can do:

- For smaller children, put a blanket over them to keep warm.
- For a bigger child, after securing him or her in the car seat, turn the coat around and put it on backward (with arms through the armholes), so the back of the coat serves as a blanket resting on top of the harness.

HAPPY NEW YEAR! The Officers wish to extend our appreciation and thank you to every Elder member for their support and participation in the Elders Council during 2017! The last year has flown by and it is now time to reassess our past year's work and think about what we want to accomplish in 2018. New Years marks a new beginning—new adventures to enjoy and new memories to create!

In recapping the past year, the following is a list of many of the Elders Council activities:

- New officers elected and terms began in April 2017;
- Hosted speakers and projects on a variety of topics;
- Held fundraisers at various tribal events;
- Participated in various tribal and community events;
- Hosted Elder Thanksgiving and Christmas Dinners;
- Maintained the Elders Council traditional holiday projects; and
- Hosted two fun day-trips.

As we gear up for a fantastic new year filled with fun activities for the members, our goal is to bring unity and present a strong presence through collaboration and communication so that our group can be a viable partner with our tribe and our community. A few of our goals are to increase attendance, host more fun activities and make our meetings as interesting and beneficial to our day-to-day living, our tribe and our community. We encourage all Elders to get involved, come to the meetings and enjoy the fellowship that this organization offers.

Following is our 2018 meeting schedule. Mark your calendars and join us.

DATE	TIME	LOCATION
January 20	10:00 A.M.	Title VI Bldg., Shawnee
February 17	10:00 A.M.	Resource Center, Little Axe
March 24	10:00 A.M.	Title VI Bldg., Shawnee <i>(1 week later due to AST election)</i>
April 21	10:00 A.M.	Resource Center, Little Axe
May 19	10:00 A.M.	Title VI Bldg., Shawnee
June 23	10:00 A.M.	Resource Center, Little Axe <i>(1 week later due to AST election)</i>
July 21	10:00 A.M.	Title VI Bldg., Shawnee
August 18	10:00 A.M.	Resource Center, Little Axe
September 15	10:00 A.M.	Title VI Bldg., Shawnee
October 20	10:00 A.M.	Resource Center, Little Axe
November 17	10:00 A.M.	Multi-Purpose Bldg., Shawnee
December 22	10:00 A.M.	Resource Center, Little Axe

First quote for 2018: "Cheers to a new year and another chance for us to get it right."

Until next time,
Atheda Edwards-Fletcher

Care on your schedule, that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

HOURS OF OPERATION:

9 a.m.-9 p.m. Monday – Friday
9 a.m.-5 p.m. Saturday – Sunday
9 a.m.-5 p.m. Holidays
(except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday of the month from noon-5 p.m.

First appointment – 9 a.m.
Last appointment – 8:30 p.m. Monday – Friday
Last appointment – 4:30 p.m. Saturday, Sunday & Holidays

Minor illnesses and injuries – an earache, a sprain, the flu – can sneak up on you. That's why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

At PlusCare, we're dedicated to providing high-quality, clinic-based health care to members of our community. **On evenings. On weekends. This is all for you.**



PLUSCARE

LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.



15702 East State Highway 9 • Norman, OK 73026
Phone: 405.447.0477 Fax: 405.366.8996

WWW.ASTHEALTH.ORG



ASTHS January 2018 Monthly Update

The health system is very excited about the New Year and the new services that we continue to offer the patients of the AST Health System. The health team continues to press forward with the Tribal Consultation process with participation at both the federal and state level regarding funding and efforts with the new administration. In addition to dealing with the fallout of the state's budget cuts, and the effort with the OSDH in taking care of all of our patients on services with SoonerCare (Medicaid) programs, advocacy is as important as ever in fighting for every cent with our tribal partners and the tribe's self-governance office. We are bringing our Chronic Care Program online very soon along with expanding our services via our Diabetes and Behavioral Health programs. As patient loads increase, we are very thankful for the effort by all to help us reduce missed appointments! Missed appointments costs money and time away for patient care, and negatively impacts all clinical areas with underutilization of services – great job to both the patients and the health team! Please continue to be leery of the flu season, as we continue to see increase effects of it upon our patients and their families. In this New Year we wish everyone good health, and if you are not experiencing good health, please come and see us and let us help you with our vast array of outstanding people, services, and programs!

Elder care and advanced aging concerns such as fall risk, monitoring loved ones who live alone, and homebound health care, remain critical priorities to the tribe and the health system. The health system has and shall continue full partnership with the tribe in serving and coordinating medical care for any tribal member with a homebound medical need that falls within the scope and authority of our health and wellness system. **If you know any tribal member who is homebound and needs medical assistance, please contact our health administration office at (405) 701-7621 and we will be happy to assist with the best possible resources and coordinated care.**

The January 2018 Employees of the Month and the Employee of the Year will be announced in the February Newsletter as selection was not completed by the printing due to the holiday schedule – stay tuned!

A handwritten signature in black ink, consisting of a large, stylized initial 'M' followed by a long, sweeping horizontal line.

Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
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January 2018 - **Updated** Scheduled Closings

Date:	Time(s) Closed:	Locations:
Mon., Jan.1 st <i>(New Year's Day)</i>	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9a until 5p (last patient accepted at 4:30p)
Tues., Jan 2 nd <i>(Holiday Observed)</i>	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9a until 5p (last patient accepted at 4:30p)
Wed., Jan 3 rd <i>(1st Wed of Month)</i>	Noon to 5 PM	All AST Health facilities CLOSED - PlusCare Clinic & Shawnee Clinic Ext Hours re-OPEN at 5p until 9p (last patient accepted at 8:30p)
Mon., Jan 15 th <i>(MLK Jr. Day)</i>	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9a until 5p (last patient accepted at 4:30p)

February 2018 - Scheduled Closings

Date:	Time(s) Closed:	Locations:
Wed., Feb. 7 th <i>(1st Wed of month)</i>	Noon to 5 PM	All AST Health facilities CLOSED - PlusCare Clinic & Shawnee Clinic Ext Hours re-OPEN at 5p until 9p (last patient accepted at 8:30p)
Mon., Feb. 19 th <i>(President's Day)</i>	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9a until 5p (last patient accepted at 4:30p)

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

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall "Absentee Shawnee Tribal Health",
Twitter @ASTHealth & on ASTHS website at www.asthealth.org

FREE MUSIC LESSONS
Guitar • Bass • Piano • Drums
Available to all Native Americans w/CDIB#
For details, call Absentee Shawnee Behavioral Health
405-878-4716



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

IMPORTANT INCLEMENT WEATHER INFORMATION

Norman, Oklahoma – The safety of our patients and employees is paramount in any emergency or inclement weather situation, and the Absentee Shawnee Tribal Health System (ASTHS) recognizes the fact that inclement weather and other emergencies can affect ASTHS' ability to open (or remain open) for seeing patients and the employees' ability to get to work (or to get home). For our patients, we strive to keep the health system closed for the briefest period of time possible. However for impending inclement weather - we are offering the following suggestions for our patients:

1. Please be sure to call ahead with your prescription re-fill needs within the allotted timeframe (24 hour fill time).
2. Please be sure to pick-up your medications (during non-weather event days) from pharmacy so that you will not go without during inclement weather.
3. Please make sure your patient contact information is up-to-date (such as phone number and email addresses) for notifications.
4. **Please call ahead before** venturing out into bad weather to see if we are open or closed.
 - Little Axe Health Center (405) 447-0300
 - Shawnee Clinic & SC Extended Hours (405) 878-5850
 - PlusCare Clinic (405) 447-0477
5. Watch for AST closure announcements on OKC's local news channels.
6. Follow AST Health on Facebook at [Absentee Shawnee Tribal Health](#) for the latest announcements.
7. Follow us on Twitter @ASTHealth; or
8. ASTHS website www.asthealth.org

With the anticipation of electricity outages, the ASTHS recommends to fully charge your cell phones beforehand. The ASTHS encourages all patients to please stay safe and weather aware.

Prevention. Progress. Pride.

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

WWW.ASTHEALTH.ORG

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CONTRACT HEALTH SERVICES NEWS

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines.
Keep a copy on hand
and update your information.

EMERGENCY AND URGENT CARE SERVICES

CHS for a currently enrolled AST member who resides in the defined catchment area and needs emergent or urgent care.

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify CHS on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third-party resource has made the determination such services were "emergency care" or "urgent care." Such evidence may include payment from private insurance.
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center CHS office or the Shawnee Clinic CHS office.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to 5pm.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and does not have insurance.

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.

2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES Little Axe Health Center & Shawnee Clinic

Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records

REFERRAL MANAGEMENT Little Axe Health Center

Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Jennifer Wells, CH Technician
Melinda Ferrell, PBA, Dental Referrals

REFERRAL MANAGEMENT Shawnee Clinic

Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/
Medical Assistant

LITTLE AXE HEALTH CENTER CHS
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

SHAWNEE CLINIC CHS
405.878.5850 (Primary)
405.878.4702 (Secondary)



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Keeping Your Children Safe During the Winter Months

Staying Healthy

- Feed your children healthy, balanced meals during the winter. Include fruits and vegetables.
- Teach children how to properly wash their hands to kill germs.
- If your child is sick, keep them home from school and other public places until they are better.
- Ask your pediatrician about the necessity of flu vaccines for young children
- Stay inside during extremely cold or wet weather.
- Make sure your family takes multivitamins every day.
- Sanitize shared items such as phones, toys, and door knobs regularly.

Playing Outside

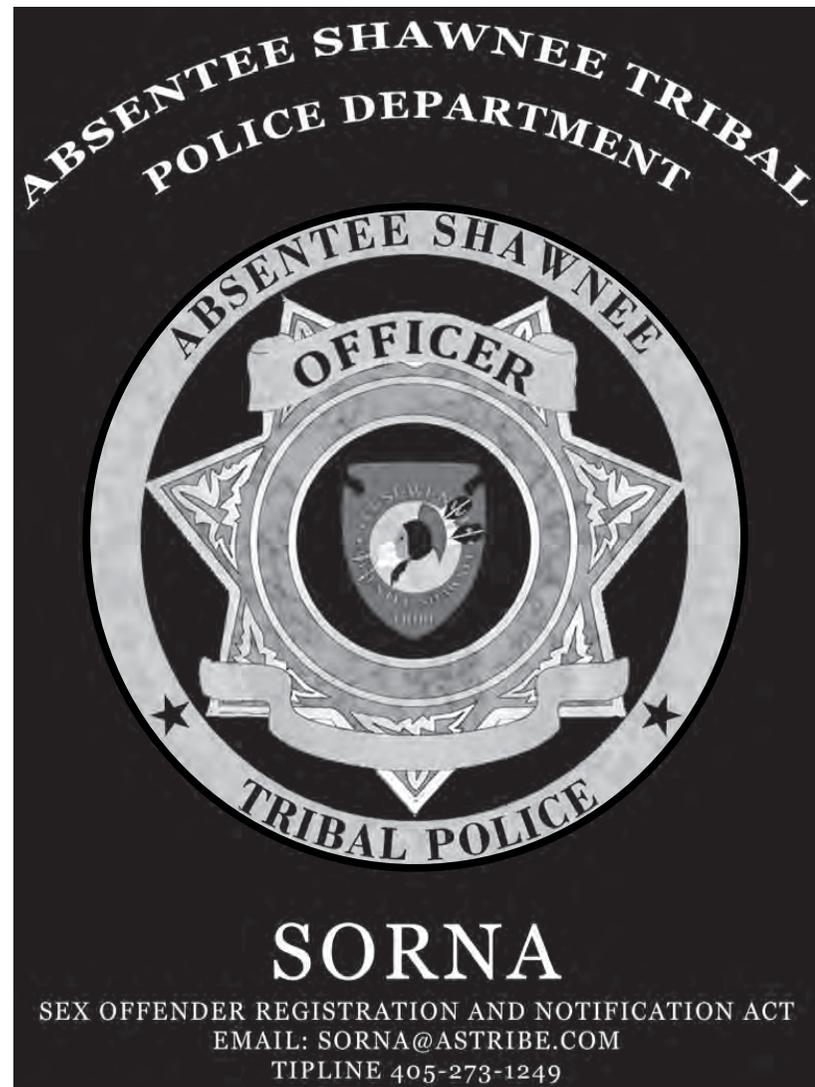
- Set a limit on time spent outside. Have children come inside periodically to warm up or change into dry clothes.
- Make sure your child has sunscreen on all exposed skin. Sunlight's reflection in the snow can cause sunburns even in the winter.
- Do not allow children to build snow forts or tunnels that could collapse and bury them.
- Check on your children regularly to make sure gloves are dry and noses aren't too red.
- Give your children a healthy snack before allowing them to play in the snow. Extra calories will give them plenty of energy.
- Regularly de-ice or sand areas where children may play.
- Do not let younger children shovel snow; it can strain their muscles.

What to Wear

- Multiple layers of tight to loose-fitting clothes, water-proof top layer, and warm socks and boots. Avoid cotton, instead dress them in wool or flannel.
- Buy water-proof boots that are one or two sized too big so your child will be able to wear multiple pairs of socks.
- Apply powder to your child's feet before putting on boots to prevent dampness.
- Avoid drawstrings as they can cut off circulation and make frostbite a greater threat.
- It is very important that children wear hats and gloves. Most body heat is lost through the head and hands.
- Dress children in colorful clothes that are easily seen from a distance.

Sledding Safety

- Never use streets to sled on unless they have been blocked off from traffic
- Sled only in the daytime
- Do not sled on steep or icy hills
- Avoid bumps in the snow that could cause the sled to become airborne. Also watch out for trees in the sled's path
- Go in groups, an adult should always accompany young children



**Contact information:
Emergency Management
Coordinator can be
reached at the
Tribal Police Department
405-275-3200, cell phone
number 405-740-1562,
and at this email address:
lday@astribe.com**

Emergency Numbers

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-749-1591	Cleveland County
OG&E	405-272-9595	Report Power Outage
	1-800-522-6870	
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT. OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions

WOMEN'S HEALTH SERVICES

There is a welcoming place for women.



Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? **Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations** are beyond important. They make you healthier. Better. More able to do the hard work that women do.

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



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ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

Court Advocacy

Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

Shelter Placement Assistance

The Absentee Shawnee Tribe's Domestic Violence Program works with other shelters within Oklahoma in order to help victims obtain safe housing. Emergency transportation for the victim and children may also be available.

Housing and Utility Assistance

Assists victims of domestic violence, sexual assault, stalking, and/or dating violence in emergency situations. This assistance may allow for a victim to either receive housing or utility assistance.

Referral Assistance

Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe's Domestic Violence Program.

Community Outreach

The Absentee Shawnee Tribe's Domestic Violence Program offers educational trainings, informational displays, and community events in order to provide more awareness to both Tribal and Non-Tribal communities.

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 273-2888.

AST Tax Commission/ Department – December 2017

As chairman of the AST Tax Commission, over the coming months I'd like to begin to start educating the AST membership about the purpose and role of the AST Tax Commission and how we work. Although taxes are one of those necessary "evils" in society and in our daily lives, governments around the world couldn't function without taxes; our tribal government is no exception. In order to obtain the necessary revenue for the Tribe to operate, the AST Tax Commission is authorized by the AST Tax Code to perform the assessment, compliance/collection, and enforcement of taxes imposed by the AST Tax Code. So who is the AST Tax Commission?

To begin with the AST Tax Commission was established with the mission to "... carry out the duties and functions assigned to it in the AST Tax Laws". Per the Code, the Commission consists of three commissioners appointed by the Executive Committee and a staff/department consisting of a Tax Administrator, Administrative Assistant, and a Tax Clerk. Approximately 90% of taxes collected are from sales and motor vehicles. And although it's the Tax Commission/Department who collects the taxes we have no authority to determine how those taxes are spent. It's the Executive Committee who determines how those taxes are allocated and spent.

Phillip S. Ellis
Chairman, AST Tax Commission

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 • Fax: (405) 214-4225

NEW REGISTRATIONS

- VALID OKLAHOMA DRIVER'S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- NOTARIZED TITLE
- NOTARIZED BILL OF SALE or PURCHASE AGREEMENT
- LIEN ENTRY FORM (if you are making payments)
- LIEN RELEASE FORM (if previous owner had lien)

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

Note: You may be asked to provide supporting documentation for verification purposes.

RENEWALS

- VALID OKLAHOMA DRIVER'S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- PREVIOUS YEARS REGISTRATION

ANYONE MAY COME RENEW THE VEHICLE AS LONG AS THEY HAVE THE ABOVE LISTED DOCUMENTS FOR THE TRIBAL MEMBER

TAG PRICES

1-4 YEARS	\$85
5-8 YEARS	\$75
9-12 YEARS	\$55
13-16 YEARS	\$35
17- OVER YEARS	\$15

PENALTY

\$0.25 A DAY

FY-2017 YTD TAX COLLECTIONS (through 11/30/2017)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,050.71	\$10,504.68	\$6,327.41	\$1,249.55	\$11,726.12	\$5,626.42	\$5,788.21	\$6,196.86	\$6,000.02	\$1,077.12	\$11,160.42	\$0.00	\$66,707.52	2.42%
Gaming % of free cash	\$250,000.00	\$200,000.00	\$150,000.00	\$100,000.00	\$250,000.00	\$300,000.00	\$200,000.00	\$250,000.00	\$150,000.00	\$250,000.00	\$239,499.80	\$0.00	\$2,339,499.80	84.98%
Employee (1%)	\$7,658.64	\$21,213.62	\$11,265.34	\$7,924.08	\$15,147.53	\$15,133.49	\$13,042.41	\$11,803.29	\$11,235.03	\$11,201.14	\$15,062.98	\$0.00	\$140,687.55	5.11%
Severance (8%)	\$3,310.81	\$831.89	\$867.28	\$658.59	\$4,176.63	\$1,052.37	\$2,297.27	\$873.02	\$2,985.08	\$1,990.05	\$931.90	\$0.00	\$19,974.89	0.73%
Motor Vehicle	\$11,861.13	\$16,062.81	\$19,746.67	\$11,107.82	\$14,387.88	\$13,723.64	\$12,730.96	\$13,259.04	\$16,556.62	\$11,238.02	\$11,439.86	\$0.00	\$152,114.45	5.53%
Tobacco Refund	\$2,216.22	\$690.73	\$649.57	\$974.45	\$773.32	\$3,795.17	\$3,787.48	\$4,455.66	\$5,274.12	\$4,002.32	\$4,874.32	\$0.00	\$31,493.36	1.14%
TOTAL TAXES	\$276,097.51	\$249,303.73	\$188,856.27	\$121,914.49	\$296,211.48	\$339,331.09	\$237,646.33	\$286,587.87	\$192,050.87	\$279,508.65	\$282,969.28	\$0.00	\$2,750,477.57	
Miscellaneous	\$516.46	\$212.50	\$138.10	\$140.30	\$85.15	\$125.15	\$220.15	\$207.65	\$145.21	\$190.75	\$510.00	\$0.00	\$2,491.42	0.09%
TOTAL COLLECTIONS	\$276,613.97	\$249,516.23	\$188,994.37	\$122,054.79	\$296,296.63	\$339,456.24	\$237,866.48	\$286,795.52	\$192,196.08	\$279,699.40	\$283,479.28	\$0.00	\$2,752,968.99	100%

FROM THE ELECTION COMMISSION:

The following positions will be open for the Elections to be held in 2018.

EXECUTIVE COMMITTEE:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Lt. Governor	\$590.00	Two (2) Years
Tribal Treasurer	\$590.00	Two (2) Years
Tribal Representative	\$590.00	Two (2) Years

ELECTION COMMISSION:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Deputy Commissioner	\$215.00	Three (3) Years
Commission Member #1	\$215.00	Three (3) Years

Fee Amount: Basic fee (Executive Committee \$500.00 and Election Commission \$125.00) plus \$40.00 Alcohol test, \$25.00 Drug test and \$25.00 MVR.

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.

Consult the Election Ordinance for Specific/Additional Qualifications.



ARROWHEAD

AUTOMOTIVE CENTER

**10% OFF ALL SERVICES
FOR TRIBAL EMPLOYEES & MEMBERS**
Must present CDIB card or tribal employee ID. Not valid with any other offers.

Isn't it time you got more from your repair shop?
Experience the Arrowhead way of doing things.

TIRES | MAINTENANCE | REPAIR

Arrowhead Automotive Center
1100 North Broadway Street
Tecumseh, OK 74873
(405) 598-6920
www.arrowheadautomotivecenter.com

Arrowhead Automotive Center is owned by the Eastern Shawnee Tribe of Oklahoma



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES

A guiding hand
on your shoulder.

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here; the people are kind. If you need us, please call us, **8 a.m. to 5 p.m. Monday through Friday.**

<p>LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300</p> <p>BEHAVIORAL HEALTH Rolanda Smith 405.701.7987</p>	<p>SHAWNEE CLINIC 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850 • 1.877.878.4702 (Toll-free)</p> <p>BEHAVIORAL HEALTH Roberta Cooper 405.878.4716</p>
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Services available for all Federally Recognized Tribes.

AAAHC

WWW.ASHEALTH.ORG

Title VI News

HAPPY NEW YEAR! It's 2018, can you believe it?

CLOSINGS:

- We will be closed on January 1; no meals will be served or delivered this day.
- January 15, AST complex will be closed in remembrance of Dr. Martin Luther King, Jr.

During the less than 13 years of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from December, 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America's pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history. Later in 1968, Dr. King's wife, Mrs. Coretta Scott King, officially founded the Martin Luther King, Jr. Center for Nonviolent Social Change, which she dedicated to being a "living memorial" aimed at continuing Dr. King's work on important social ills around the world.

We had a great turnout for Bingo! 74 elders and five guests participated.

Any questions or concerns or suggestion, you can call us at 405-275-4030 ext. 6227 or leave a message.

Absentee Shawnee Tribe – Severe Weather Policy effective December 2013 states:

2. PROVISIONS

a. Prior to normal starting time it will be announced on one of the local television or radio channels that the Absentee Shawnee Tribe is open and/or closed based on weather severity. The Governor, and/or designee, will report to these channels: Channel 4, 5, 9, Fox 25; Radio- KTOK 1000; KOCK 1520 AM. Formerly the policy has been that when schools in Little Axe and Shawnee are closed then employees would be allowed administrative leave. This policy seeks to clarify on procedures and gives the decision making process back to the Tribe.

b. On days when weather conditions worsen as the day progresses, the Governor or another Member of the Executive Committee may decide to close early. In such cases, a decision and an announcement will be made through email to all employees



On behalf of the Title VI Staff and Title VI Members, we wish to extend a big Ne Yi Wa (Thank you) to the Lt. Governor John Raymond Johnson. He made it possible for an awning plus a guard rail to be installed at the Title VI Building in Shawnee.



**LITTLE AXE
HEALTH CENTER**
LITTLE AXE HEALTH, INC.
Prevention. Progress. Pride.

SECOND WIND TOBACCO CESSATION PROGRAM

Session Name	Date	Time
Session 1: Understanding basic tobacco facts	January 16, 2018	2:00-3:00pm
Session 2: Exploring factors that contribute to smoking	January 23, 2018	2:00-3:00pm
Session 3: Coping skills and relaxation techniques	January 30, 2018	2:00-3:00pm
Session 4: Identify potential danger situations	February 6, 2018	2:00-3:00pm
Session 5: Building personal support networks	February 13, 2018	2:00-3:00pm
Session 6: Long-term benefits with ending commercial tobacco use; and certificate of participation	February 20, 2018	2:00-3:00pm

Location: Little Axe Health Center
Training Room

Facilitator: Marvin Smith, LPC/LADC, Therapist

Contact Information: Rolanda Smith 405-701-7987





2% milk served daily

Menu subject to change



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AST Complex Closed 	2 Pork Chop Blackeye Peas Roll Fruit	3 Chicken Noodle Soup Grilled Chez Sandwich Pears	4 Baked Zita Green Beans Garlic Toast Salad Bar*	5 Scrambled Eggs Sausage Gravy Biscuit	6
7	8 Wieners N Kraut Veggies Tossed Salad* Cookie	9 Taco Casserole Ranch Beans Salsa Pineapples	10 Hot Ham & Chez Sandwich Chips Mac. Salad Applesauce	11 Chicken Pot Pie w/Veggies Biscuit Plums	12 Oatmeal Toast Sausage Patty	13
14	15 AST Complex Closed Dr, Martin Luther King Jr Day	16 Chicken Salad Sandwich LTOP Chips/Apple	17 Beef Fingers Mashed Pot./Gravy Winter Mix Apricots	18 Goulash Squash Bread Pears	19 Pancakes Bacon	20
21	22 Turkey Wrap Pork n Beans Chips Tropical Fruit	23 Smoked Sausage Carrots/Cabbage Cornbread Cookie	24 Chicken Alfredo Greenbeans Mixed Fruit	25 Frito Chili Pie Ranch Beans Chez Mandarin Oranges	26 Scrambled Eggs Ham Croissant	27
28	29 Hamburger French Fries LTOP Pudding	30 BBQ Chicken Baked Beans Pot. Salad Pineapples	31 Roast Mashed Pot/Gravy Carrots Roll/Cookie			

NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

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

ICW - Foster Care

THE INDIAN CHILD WELFARE ACT OF 1978

The Indian Child Welfare Act is a 1978 federal law. It offers protections to Indian children, parents, guardians and tribes in cases in which a child has been removed from its home. The ICWA forces state courts to recognize the political, cultural, and social standards of Indian tribes and peoples. The Court must consider those standards during any proceeding or placement of the child. The ICWA protects the best interests of Indian children and seeks to promote a stable, secure Indian family.

PARTIES PROTECTED BY THE ACT

Indian children are those enrolled in a tribe or eligible to be enrolled, with at least one parent who is a member of an Indian tribe. The ICWA also protects three other parties. First, it protects the custodial parents of an Indian child should they be accused of wrongdoing. The ICWA makes the state courts provide full notice of all hearings, use expert witnesses, and follow a higher standard of proof than in non-Indian cases. The Act also makes the state court appoint an attorney to represent the parents if they are unable to afford one. Second, the ICWA protects Indian custodians. Indian people who have raised a relative child as if they were their own, or people to whom the natural parents have given temporary custody, are entitled to the same type of notice and protections as the natural parents. Finally, the Act protects tribal rights as well. The state court must give notice to the tribe and generally follow its recommendations about placement. If these parties' rights are not protected, the Act allows any of them to overturn the result of the state court. The ICWA does not apply in three types of cases. It does not apply in divorces or divorce modifications, unless a termination of parental rights is involved or custody is given to someone other than the natural parents. It does not apply if the child in custody is accused of a crime. Finally, Oklahoma courts have created a third exception to the law: the ICWA does not apply to noncustodial Indian parents who do not support or visit their children.

STATE AUTHORITY OVER INDIAN CHILDREN

In some cases, Oklahoma lacks any kind of authority over an Indian child. If the child lives on trust or restricted land, or in an MHO Housing cluster, or in a dependent Indian community, the state may not have authority to proceed. Under the ICWA, the case must be heard in the tribal court. For other Indian children, the state shares jurisdiction with tribal courts. However, the Supreme Court has said that tribal courts are the preferred court for Indian children. An Indian parent or tribe may request that a case be transferred to tribal court for proceedings.

If a child is placed in foster care, the Act requires the state to follow placement guidelines. The State must follow the Tribe's Tribal State Agreement and Placement Preferences

"RESPECT THE INDIAN CHILD WELFARE ACT BECAUSE OUR CHILDREN ARE NOT YOURS TO TAKE"

Before placing a child in a non-familial or non-tribal final home, states are required to make what are called "active efforts" to place the child in an ICWA-compliant situation. These efforts include mandatory attempts at parental and familial reunification before terminating rights permanently, and consultation with the tribe in a timely manner.



ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT
Ronelle Baker ICW Director 395-4491
Julie Wilson Child Protective Services/Foster Care 395-4492
Jackie Denny PSSF Program 395-4493

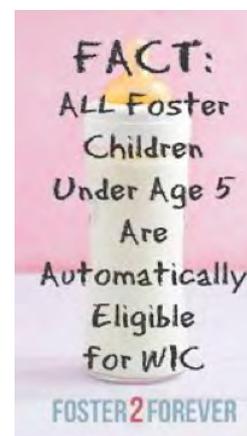
ICW HAS MOVED TO 105 N. KIMBERLY AVENUE

Midnight calls, long drives across state and emotional encounters all make it difficult for social workers in child protection services to really ever "clock out." Their job doesn't end when the typical 40-hour work week is over. The true nature of the profession requires them to be available at a moment's notice, 24/7, 365 days a year.

Please Report Child Abuse

You could be saving a child's life.

IF YOU ARE A GRANDPARENT THAT IS RAISING YOUR GRANDCHILD YOU MAY QUALIFY FOR TANF. GRANDPARENTS THAT HAVE LEGAL GUARDIANSHIP OF THEIR GRANDCHILDREN CAN RECEIVE TANF BY APPLYING FOR "CHILD ONLY" TANF GRANT WHICH WILL ONLY TAKE IN ACCOUNT THE GRANDCHILD'S INCOME/ASSETS. THE DEPARTMENT OF HUMAN SERVICES WILL ASK YOU FOR YOUR INFORMATION, BUT IT WILL NOT BE USED IN THE APPROVAL PROCESS. IF YOU HAVE ANY QUESTIONS IN REGARDS TO GRANDPARENTS APPLYING FOR TANF. PLEASE CALL JULIE WILSON 395-4492.



The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a federal assistance program of the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) for healthcare and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five. GRANDPARENTS RAISING THEIR GRANDCHILDREN MAY RECEIVE WIC FOR THEIR GRANDCHILDREN



If you are interested in becoming an AST foster care home and would like more information please contact

Julie Wilson
405-395-4492

COMMUNITY MARKET OF POTTAWATOMIE COUNTY
120 S. CENTER ST. SHAWNEE, OKLAHOMA. (405) 788-4957
HOURS OF OPERATION
MON. 12:30 TO 5:30 P.M., TUE. 10:00 A.M. TO 3:00 P.M.
WED. 10:00 A.M. TO 3:00 P.M., FRI. 10:00 A.M. TO 3:00 P.M.
(COMMUNITY FOOD BANK)

ICW attends Children's Benefit Concert

ICW was able to attend the 11th Annual Native American Children's Benefit Concert this past Saturday at Rose State College. We had a great night and were able to receive some donated toys for our tribal children this holiday season. Great music and a great time! We appreciate all who worked so hard to put this event together to benefit children in foster care.



Who are the children in need?

- Native American children in custody of tribe or state.
 - Native American children ages 0-17.
 - Native American children in sibling groups.
- Native American children with special, physical, or emotional needs.
 - Native American children mixed with another ethnicity.

TRIBAL FOSTER CARE HOMES ARE NEEDED FOR OUR TRIBAL CHILDREN

WILL YOU OPEN YOUR HOME TO A CHILD IN NEED?

**IF YOU ARE INTERESTED IN BECOMING A FOSTER CARE HOME PLEASE CONTACT:
JULIE WILSON 275-4030 EXT. 6376**



JANUARY 2018 BIRTHDAYS!

Aguirre Perez, Mabel Beatrice
Alford Jr., Paul Leon
Alford, David Wesley
Alford, Sandra Kaye
Altman, Garrett Michael
Anderson, William Chase
Armstrong, Frank Lee
Barber, Joeseoph Leeroy
Barbosa, Cash Cisco
Barfield, Amandia Quaymmie
Barton, Brittany Lynn
Bates, Terri Elaine
Bayliss # 160899, Jeffery Channing
Beach, Cary Sue
Bearden, Tammy Sue
Bettelyoun, Kelan Chase
Bittle, Boston Warrior
Blalock, William Charles
Blanchard II, Aaron Gabriel
Blanchard, Bernice Starr
Blanchard, Chelsey Kolesha
Blanchard, Chester Vernon
Blanchard, Cory Eugene
Blanchard, Terance Blaine
Blanchard, Twyla Gayle
Boston, Nathan Daniel
Boyd, Ladarius Eugene
Bradley, Clarence Scott
Bragg, Ronald Lee
Brannon, Tyneeka Alexandria
Bread, Christina L.m.
Brinson Jr, F E
Brokeshoulder, Sherri Dawn
Brown, Harper Janiece
Brummett, Taylor Renee
Burkhard, Valarie Mae
Casteel, Annabella Rai
Chisholm, Mark Wayne
Citty, Rebecca
Clark, Emiley Ann
Coleman, Justin Ray
Colungo, Damien Micheal
Condra, Karri Marie
Coon, Wynona Sloat
Cope, Michell Eldon
Coriz, Matoka Marie
Cox, Micheal Sage
Creamer, Maureen Jessica
Creek, Bessie Lee
Cripps, Jimmy Mark
Crossley, Orin Lee
Crossley, Rachel Ann
Crouch, Jennifer Renee
Cruz, Reyna Jalyssa
Cutler, Breanna Kailee
Dankenbring, Melody Renee
Davis, Rhonda Jean
Day, Vivian Denise
Day, Zander Nicholas
Deer, Braelyn Ariyahna
Deere, Christopher Lee
Deere, Clinton Jess
Delodge, Raymond Louis
Dibler Jr, Daymon Daniel
Downs, Cooper Maddox
Eckles, Ethan Andrew
Edwards, Connor Sagan-Riley
Ellis, Brandi Nicole
Ellis, Jackson Matthew
Ellis, Lisa Marie
Ellis, Ryan Mark
Felton, Kandice Nicole Grace
Fire, Orphie Jane
Flowers, Jasmine Lynne
Foreman Jr., James Louis
Foreman, Anthony Clayton
Foreman, Elijah Bryce
Foreman, Hunter Lynn
Foreman, Mary Ella
Freeman, Jerilyn Kay Barnett
Fritsch, Jaxon James
Fruit, Andrea Dee
Geissler, Jarett Paul
Gibson, Braxton Reid Caddo
Gibson, Clarence
Gibson, Gloria Lynne
Gibson, Jeremy Lee
Gibson, Jimmy Ray
Gibson, Martha Lynette
Gibson, Ronnie Caleb
Gibson, Walter Ray
Gilman, Howard Floyd
Gonzalez, Xochitl Olivia
Goodman, Thomas Donald
Granstrom, Tyler Michael
Hall, Bonnee RaeLynn
Hamman, Stacie Berlyn
Hanson, Bentley Robert Jin
Harjo, Nicholas Gerald
Harjo, Tabias Darnell
Harrington, Carolyn Jean
Harris, Samuel Lee Allen
Sabre
Haumpy, Tacie A'lize
Hawk, Quincy Ryan
Heatley, Cashis King
Heatley, Prada DeeAnn
Hernandez, Janessa Leann
Herrera, Angel Juventino
Hilderbrand, Cameron
James
Hill, Keiton James
Hill, Stephen Lee
Hood, Dantel Ruya
Hough, Alyssa Blake
Howe, Angelina Marie
Humphrey, Lou Ann
Innis, Nicholas Alexander
Irvin, Michael Reed
Isaacs, Betty B
James, Diane Rene
Januszewski, Connie Bradley
Jimboy, Kaden Allen
Jiron, Mary Elizabeth
Johnson Jr., Henry Caddo
Johnson Jr., Josie Ed
Johnson, Bradley Nathaniel
Preston Scott
Johnson, Bruce Dale
Johnson, David Lee
Johnson, Patrick Wayne
Johnson, Pauletta Elephant
Johnson, Tanessa Anah Marie
Kaseca, Thomas James
Keith, Shelli Leann
Kelly, Addison Marie
Kelly, Davis Daniel
Kelough, Manuel LeeWayne
Kelsey, Kyler Seann
Komahcheet, Nolan Frank
Larson, Brooke Nichole
Law, Destini Marie
Leath Jr., William Jake
Lester, Bradley Shane
Lewelling, Amber Dawn
Little Axe Jr., Ricky Lee
Little Axe, Courtney Nicole
Little Axe, Darrell James
Little Axe, Daveny Amour
Little Axe, John Al
Little Charley, Keith Eldon
Little, Mia Rachelle
Little, Shea Alexis
Little, Sutton Keith
Little, Troy Don
LittleAxe-Nettles, Aniah Elizabeth
Littlecreek, Catherine
Littlecreek, Kami Dawn
Livsey, Shannon Marie
Longacre, Nancy L. Warrior
Longhorn II, Leonard Wayne
Longhorn Moore, Tylee Raquel
Longhorn, Bruce Jerome Allen
Longhorn, Crystal Alaina
Longhorn, La Donna Gail
Longhorn, Shawna Michele
Longman, Caitlin Oteaka
Lovins, Marilyn Sue
Lowe, Charles Jake Kilraine
Lowry, Linda Diane
Mann Jr., Glenn Dale
Mann Sr., Glenn Dale
Mann, Marc Andrew
Marquez II, Quentin Miles
Marriott, Cadence Sunay
Martin, Jared Webster
Martinez, Laronda Ann
Martinez, Naliyha Tewa
Martinez, Sam Littlecreek
Martinez, Winter Dawn
Masquas, Hazel Lynn
Masquat, Kinsley Rae
Mathany, Connie Ruth
Maxwell, Jimmy Ray

JANUARY 2018 BIRTHDAYS!

Maxwell, Nellie Tiger
Mazzucco, Tiana Bright Path
McAnally, Makiah Hope
McBroom, Tallon Cole
McCreary, Gabriel David
McCreary, Lisa Jane
McGirt, Travis Wade
McPherson - Khalil, Jessica Lynn
McPherson, Alan Lynn
McPherson, Mason Thomas
McPherson-Brittain, Jason Tyler
McReynolds, Loren Joel
Meek Jr, Jimmy David
Melton, Serena Jo
Melzer, Logan Michael Boyer
Mendoza, Samuel Lee
Merrell, Maddox Andre
Milburn, Michelle Sahara
Miller, Laney Lee
Miller, Tre Dean
Mitchell, Gage Jaydn
Mitchell, Nycole Morningstar
Montgomery, Nathan Andre Patrick
Morgan, Autumn Dawn
Morris Jr., John Gilbert
Morris, Betty Sue Williams
Morris, David Leon
Morris, Jordan Marie
Morris, Lucas Hayden
Mull, Neela Mahadevi
Munroe, Ellen Marie
Nail, Brandy Diane
Nance, Desmond Ravon
Nance, Eva Renae
Navarro, Eric Roberto
Navarro, Isaac Joseph
Neash, Diondre DaShawn
Ned, Tina Renee
Nelson, Payton Ashlee
Nicholson Jr., Larry Zenith
Nicholson, Victoria Rose
Norton, Jai'Nasha Camille
O'Brian, Connie Frances
Odell, April Babette
Panther Jr., William
Panther, Cheyanne
Parsons-Squire, Autumn Lynn

Patty, Elsie Wynona
Pawnee, Izabella Danae
Pearce, Kelle Dawn
Pearl Atwood, Donna Sue
Pelts, Brandy Nicole
Pewenofkit, Alta Rochelle
Poncho, Octavia Marie
Puckitt, Zesa Lou-Ann
Queen, Marlene Lucille
Rakestraw, Mariah Diane
Ramirez II, Antonio
Ramos, Georgina Lynn
Rapp, Olivia Astrid
Reed, Teresa June
Reeves, Sharon Annette
Reyes, Jose Angel
Riden, Carter Daniel
Ridenour, Logan Taylor
Riedel, Brian Alan
Roach, Dawson Wayne
Roberts, Ramona Lee
Robertson, Wanda Lejean
Robison, Tyrel Lane
Rochon, Stephen Arthur
Rolette, Ty Clay
Ruimveld, Chad Christopher
Rutledge, Naomii Laiyla
Rye, Gail Marie Alford
Sam-Ruimveld, Bailey Shae
Issi Balalli
Sanders, Dylan Wayne
Seber, Jamie Nicole
Seber, Lauren Elizabeth
Serena, Anthony George
Shaffer, Christie Elaine
Shawnee, Keaten Wayne
Shelton, Xavier Race
Sherrill, Quentin Patrick
Shields, Aaliyah Brooke
Shields, Laila Annaliese
Shular, Sandra Jeanne Hood
Sloat, Cilicia Ann
Sloat, Warren Howard
Smith, Al Murray
Smith, Mariah Love
Smith, Ryan James
Snake, Anita Mae Burton

Snake, Barry Gabriel
Sorrells, Sandra Lee
Spoon, Barbara Jo
Spoon, Carl David
Spoon, Christopher Jaye
Spoon, Deric Brandon
Spoon, Preston Sha'Queal
Spoon, Tina Louise
Spybuck, Winter Dawn
Squire, Jimmy Dowell
Starr, Adrien Miguel
Starr, Martin
Starr, Rance George
Steinruck, Eugene Donnell
Stewart, Glenn Alan
Stewart, James Clyde
Stone, Brian David
Stricklin, Victor Medrano
Stryker, Rodney Shane
Sullivan, Glenda Ann
Surface, Ashley Katherine
Sutton, Santos Daniel
Switch, Casey Camden
Switch, Hannah Nichelle
Tarbox, Christy Lee
Taylor, Nathan Wayne
Thomas, Joel Elijah
Thorpe II, Ronnie Allen
Thorpe Jr., James Francis
Thorpe, Shylah Jean
Tiger, Christopher Blaine
Tiger, Summer Dawn
Tiger, Wanda Little Axe
Tilley, Makiah Lynn
Tolbert, Ashlyn Reilly
Tonyan, Teagan Gwen
Torres, Fernando Jose
Torres, Rosa Marie
Treat, Joshua Steven
Turner, Timothy Jake
Tyner, Tonia Melanie
Uchida, Nolan Garrett
Valdivia, Thomas Lesley
Vanliew, Kesa La'nae
Villalobos, Valentina Noel
Wahpekeche, Eric Lynd
Wahpepah, Hazel Paige

Walker, Roger Steven
Warrior, Riley Shayne
Warrior, Tobin Shane
Warrior, Zybelle Rose
Washington, Rebecca Marie
Watson, Daniel Owen
Watson, Julie Marie
Watson, Matthew Payden
Watson, Patrick Scott
Watson, Shawnee Sharisse
Webb, Kelly Britt
White Thunder, Sheldon
Thomas
White, Jesse Lee
White, Seth Wesley
Whited, Angela Kay
Williams, Joseph Billy
Williams, Joseph Bryan
Williams, Joshua David
Willoughby, Marcie Deann
Wilson, Aarion James Deer
Wilson, Alix Re`Ann
Wilson, Alta Louise
Wilson, Calvin Lee
Wilson, Christopher Dale
Wilson, Dean Owen
Wilson, Edward Wayne
Wilson, Faith Anne Marie
Wilson, James Francis
Wilson, Michael Eugene
Wilson, Stephen Edward
Wilson, Wesley Dean
Wise, Landon Kyle
Wolf Sr., Aaron Paul
Wolf, Angel Erica
Wolfe Jr., Houston Hugh
Womack, Kaleigh Patricia
Wood, Shelby Maddison
Woods, Jiya Marie
Wright, Phillip Lawrence
Wunderlin, Donna Jo
Wyatt, James Allen
Yandell, Leon Allen
Yeahpau, Michael Tyrus



KORBAN WOODY

Love you, Rodney

To an AWESOME Grandson.
Love you sugar booger, Granny

Love you lots, Tony

Happy 9th birthday!
Love you, Doyle & Laurel

Love you, Brandy, Micah, & Dakiah

To my precious little doll, love you very, very much.
Love, Grandma

Love ya little man, Tyler

Happy Birthday son, we love you very much.
Mom & Dad

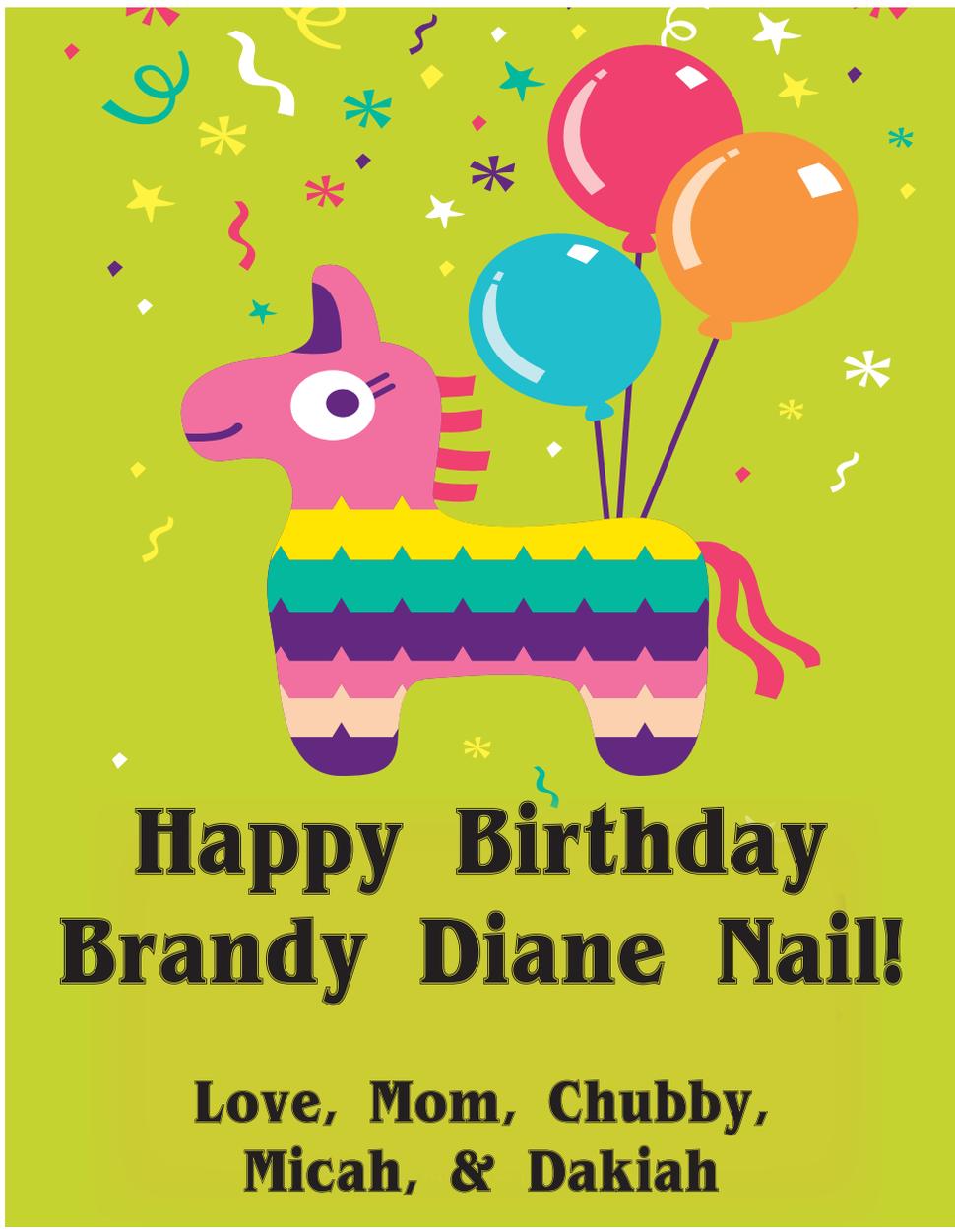


Happy
BIRTHDAY
To You

**HAPPY
BIRTHDAY
TO THE BEST
GEEP OF A
SISTER!**

**MANY MORE WISHES ARE SENT
YOUR WAY TODAY & ALWAYS!**

**LOVE,
SHERE**



**Happy Birthday
Brandy Diane Nail!**

**Love, Mom, Chubby,
Micah, & Dakiah**

**HAPPY
BIRTHDAY!**

**JIMMY DAVID
MEEK**

TO MY NEPHEW WAY
OUT THERE IN FLORIDA.
WE LOVE YOU AND
WISH YOU THE BEST
FROM HERE.
LOVE,
YOUR AUNTIE SADIE AND
COUSIN SHERIE

Barbara Jo Spoon
HAPPY BIRTHDAY

TO YOU SWEETIE.

Hope your day is the happiest.

I love you much. Love, Mom

**Happy
Birthday**



TO YOU

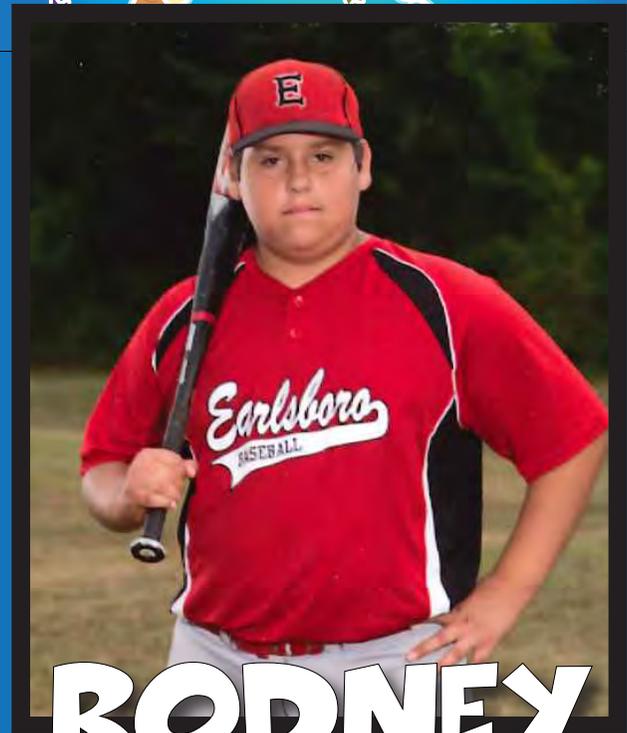
Aunt B

Happy Happy Birthday
to the most awesome Aunt!!!
We love you so very much!

Thanks for being you!

Love,
J.D., J.J., J.T., R.A.T.

**HAPPY
BIRTHDAY**



**RODNEY
STRYKER**

Happy 13th Birthday
Love you lots, Auntie & Tony

We love you very much,
Derek, Megan, Logan, & Korban

Happy 13th Birthday brother.
Love you, Laurel & Doyle

Happy Birthday to my little man.
Love you, Granny

Happy Birthday to my little cousin.
Love you, Brandy, Micah, and Dakiah

To my awesome daughter,

Sandra Kaye Alford

You are the greatest caregiver. You do so much and I love you more than you know.

Love you, Love you, Love you!



AST member

Stevi Johnson

recently completed her middle school cross country season for Longfellow Middle School in Norman. Stevi placed in all meets this past season and finished second in the Mid-South conference in leading her team to the Mid-South Team Championship. Stevi plays point guard for the school basketball team, runs track, and plays violin in the orchestra. Last month, she was elected president of the National Junior Honor Society and was selected by committee for 2017-18 Leadership Class. Stevi is in the NPS Gifted and Talented program and was selected to participate in the Duke University Talent Identification Program. Stevi is also Sac & Fox and is the reigning Jr Miss Sac & Fox Princess. Stevi is the granddaughter of the late Jerome Dean Johnson and her family is very proud of her dedication to hard work.



Thank you,
Steven Johnson



Introducing the 2016 Miss, Jr. Miss, & Little Miss Indian Oklahoma City:

Miss Indian OKC
Madeleine Freeman
Choctaw

Jr. Miss Indian OKC
Jessica M. Meikle
Choctaw

Little Miss Indian OKC
Victoria Eckiwady
Yakama

For Appearances or Sign Language Contact Patricia Nimsey
405.702.1054 • 405.70.3414





Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee Diabetes and Wellness



Fitness Facility Hours of Operation

Monday – Friday

6:00 a.m. – 9:00 p.m.

Fitness Facility Weekend Hours of Operation

Saturday

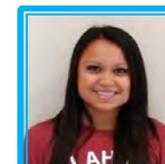
9:00 a.m. – 3:00 p.m.

Fitness Center



Brandon Goodman
Fitness Technician

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.



McKenna Watson
Fitness Technician

AST Diabetes and Wellness Program

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:

Monday-Friday 6:00am - 9:00pm

Saturday 9:00am - 3:00pm

Sunday CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)



What You Never Knew About Meal Frequency

Gaitan, Max MEd. "What You never Knew About Meal Frequency." *InBody USA*, 20 Nov. 2017

For the full article please visit https://www.inbodyusa.com/blogs/inbodyblog/what-you-never-knew-about-meal-frequency?utm_source=newsletter&utm_medium=email&utm_campaign=DECEMBER2017. For a more personalized discussion on your meal frequency patterns visit your [Diabetes and Wellness Team](#) and begin your journey to a more balanced & healthier lifestyle!

You know your diet has a lot to do with your weight and body composition. When it comes to weight loss, and maintaining weight loss, the number one strategy people use is modifying food intake. Most people emphasize their food choices, and that's definitely encouraged. Watching what you eat is important, but meal frequency is another dietary variable that often gets overlooked. Hand-in-hand is meal size. How do those qualities of your meals affect your weight?

In athletics, research has established timing and quantities for food intake that maximize performance, but people just trying to shed a few pounds are often less sure of how to optimize their meals for weight loss. Over 50 years ago, research suggested that eating frequent, smaller meals was associated with lower weight and better metabolic health. More recently though, that notion has been under substantial speculation. So, which is better for weight loss: frequent, smaller meals throughout the day, or just a couple larger meals at regular times during the day?

Before figuring out how to optimize your meals for weight loss, let's first take a look at some background knowledge on how your body handles meals, and why their frequency and size matters. >Please visit the webpage or stop by Wellness to read more about the following helpful subjects: Spacing Your Meals for Better Body Composition, Why Meal Frequency Matters, Calorie Restriction vs Fasting & Implications Beyond Weight Loss.<

In Conclusion: Meals affect your physiology, and your diet has a major impact on your body composition. Altering your eating frequency can affect your ability to reach your body comp goals, since meals affect met-

abolic rate, gut hormones, and satiety. At this point, research isn't definitive about reducing your meal frequency, but some promising studies suggest it's a strategy that could work. Here are a few key points:

- Lower eating frequency is associated with weight and fat loss.
- Energy deficit (calorie restriction) is critical to achieving weight and fat loss.
- Eating breakfast can help.
- Exercise regularly to keep up your metabolic rate, energy expenditure, and health and fitness while you lose weight.

While eating two meals per day generally seems like the most effective strategy for weight and fat loss, it may not work for you. Make sure to mitigate unintended consequences by defining your goals and planning your dietary strategy before you get going. Define your goals clearly, write down how you plan to change your diet and assess body composition on a regular schedule to find out if your plan is working. Remember that there is no 'magic pill' solution to achieving your body composition goals. Only dedication and hard work will get you there, but if you're looking for a bit of a leg up, consider maximizing your dietary strategies.



The Iowa Tribe of Oklahoma Vocational Rehabilitation (ITOVR) Program has provided vocational services to Native Americans consumers since 1994, and transition services to students since 2004. For years, our goal has been to empower Native American with disabilities, consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choice, to prepare for the transition from school to work or post-secondary school.

PROGRAM

Transition Services help Native American high school junior and seniors with disabilities continue their education, train for a job and find a job after completing education.

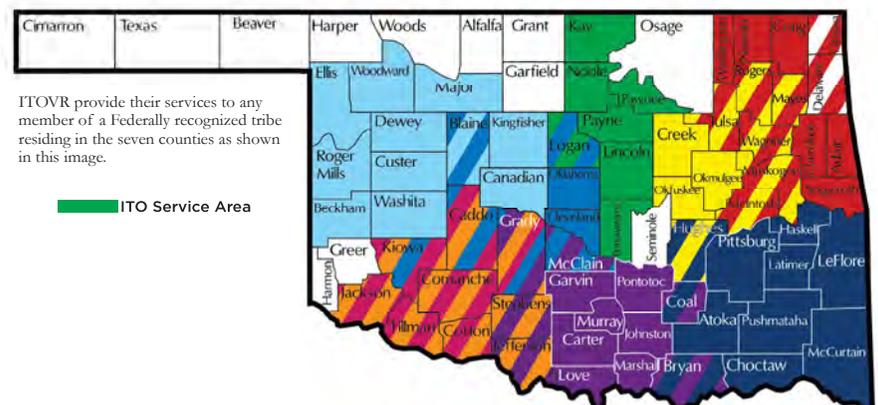
You design your own customized Individualized Plan of Employment (IPE) with our help.

QUALIFICATIONS

- Are you an enrolled member of a federally recognized tribe?
- Are you a Junior/Senior in High School?
- Do you reside in our services area?
- Disability documentation from a Doctor, Physician or Mental Health Provider noting disability and impediments?
- An IEP or 504 Plan may be accepted as proof.

SERVICES

- Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Resume Building, Interview Etiquette, etc.
- Other Various Services



For more information contact:
Taylor McClellan, Counselor
405-547-5721 x223 · 888-336-IOWA
tmcclellan@iowanation.org

IOWA TRIBE OF OKLAHOMA
335588 E. 750 RD.
PERKINS, OK 74059
405-547-2402
BAHKHOJE.COM



January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
		<u>Dance Mix Wednesday</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>HIIT Friday</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Strength Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

Fitness sessions will be available every Wednesday and Friday at the Little Axe Health Center

"Dance Mix"- Bring a co-worker, your shoes, and your energy to learn new and FUN dance moves to help improve your fitness level.



Absentee Shawnee Fitness

"Circuit Training"- A time efficient training system aimed at developing strength through pre-determined training stations.



"Cardio Kickboxing"- Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.

"HIIT"- High-intensity Interval Training alternates between intense training intervals and brief rest periods to give you an short and effective workout.

Diabetes and Wellness

Sign up, stay connected.

ONLINE PATIENT PORTAL →
for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register. For more help, call your clinic, and we'll walk you through it.



Install the app on iPhone or Android for real-time access to your health information





Phillip S. Ellis for Tribal Treasurer - 2018

By the time you read this message I will have applied, or be applying, to run for our Tribe's Treasurer position. My grandparents were Charles and Joyce Ellis and Frank and Edna (Little Charley) Little Axe. My parents were Russell Ellis and Aileen (Little Axe) Ellis. I have years of extensive experience working with and for Native American tribes combined with public

accounting experience (audit and tax) and corporate accounting experience. I possess a Master's Degree from The University of Tulsa and a Bachelor's Degree from Arizona State University. I am CPA eligible and working towards certification in Oklahoma. I also served in the U.S. Marine Corps.

My current roles at the Tribe include:

- Financial Analyst
- Tax Commission Chairman – Absentee Shawnee Tax Commission
- Board President – Absentee Shawnee Economic Development Authority (ASEDA), Inc.

I respectfully feel I am the “right choice” and as tribal Treasurer I would be committed to serve our people honorably and aggressively. By working for our Tribe for over a year now, I am aware of the potential, resources, and competitive advantages that our Tribe possesses. I would be committed to and stand for:

- Positive Change
- o Strengthen the internal controls throughout our Tribe and better integrate the working processes for the departments under the Treasurer's oversight.
- o I will not micromanage.
- o I will stress collaboration among the departments and programs.
- o I will bring executive-level leadership to our government and businesses.
- Integrity & Transparency
- o I will take a strong stance against fraud by ensuring our tribal resources are not stolen or wasted (e.g., better budgeting processes and management).
- o I will provide transparency in our finances and operations.
- Business Growth

- o I will aggressively push for economic growth and that our economic future is more stable and secure.
- o I will support tribal member business ventures.

I believe it's important that I meet as many tribal members as possible to hear your thoughts and concerns to be truly effective on the Executive Committee. Therefore, I have begun a meet & greet campaign to meet as many of you as possible over the coming months. I believe I am “the right choice” and am humbly asking for your support and vote this coming March.

Sincerely,

Phillip S. Ellis
phillie2829@gmail.com
918-703-7528

Let your voice be heard.

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

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

Together, we will fulfill our mission.

<p>LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300</p>	<p>SHAWNEE CLINIC 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850</p>	<p>PLUSCARE CLINIC 15702 East State Highway 9 Norman, OK 73026 405.447.0477</p>
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HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASHEALTH.ORG

Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- Please visit www.indiantrust.com whereabouts unknown/Oklahoma/Absentee Shawnee Tribe, to see if you or your relatives are on this list.
- Gift deed transactions will take time to get approved from the BIA.
- Negotiated sales must follow the proper procedures to ensure the transaction is considered for approval.
- A family member of a deceased landowner must initiate the probate process.

If anyone has any questions, please contact the Realty Department @ (405) 275-4030.

PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent's family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

Should you have any questions, please contact Lea Tsoatdle at 405-275-4030 ext. 6248.

IF YOU'D LIKE TO SUBMIT AN AD OR ARTICLE:

**Give us a call at (405) 598-1279 or (405) 481-0558
or send us an e-mail to
stiger@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.***

If you are a family member to anyone one on this list of deceased tribal members, please contact the Realty/Probate for information on how to get the probate process started.

NAME

- | | | |
|----------------------------------|-------------------------------------|--------------------------------|
| 1. HOOD, Eugene Tyner | 19. SQUIRE, Thomas | 37. CUELLAR, Ronald Lee |
| 2. POWELL, Michael Edward, Sr. | 20. GUTHERIE, Thomas David | 38. SUMMERS, Dorothy Jean Dirt |
| 3. PHELPS, Mary Raylee | 21. BISHOP, Vanessa Kay | 39. SWITCH, Charles William |
| 4. DOOLEY, Charles | 22. BEAR, Bonnie Jean Bigpond | 40. RAMIREZ, Helen Gibson |
| 5. JOHNSON, Robert "Bobby", Jr. | 23. ENGLAND, Connie Sue Lasenberry | 41. WOOD, Judith Ann Masquat |
| 6. SPYBUCK, James Cody | 24. LONGHORN, Cynthia A. | 42. LARNEY, Darrell Wayne |
| 7. RUPE, Dorothy Spoon | 25. KASKUSKE, Clara Louise Rolette | 43. WILSON, Harold Wayne |
| 8. LASENBERRY, Lawrence G. | 26. JAMES, Barbara Cheryl Wilson | 44. LITTLE, Edwin Thomas |
| 9. LASENBERRY, Bobby Joe | 27. WAPSKINEH, Shirley | 45. TIGER, Luvenia (Starr) |
| 10. MADDOX, Pamela Gaye Tiger | 28. BYERS, Shannon Leon | 46. FRAZIER, Mary Ann Gibson |
| 11. SWITCH, Randall Carroll, Jr. | 29. GIBSON, Isaac, Sr. | 47. PONKILLA, Martin Ned |
| 12. COUCH, Rickie Charles | 30. ABRAMS, Geraldine Spoon Clifton | 48. BARNETT, Charles Wayne |
| 13. SINKS, Raymond Leonard | 31. NEASH, Lonnie Allen | 49. MCGOWAN, Charles Lee |
| 14. HERRERA, Aileen L. Mann | 32. WEBSTER, Michael Brice | 50. WASHINGTON, Algene Sr. |
| 15. JOHNSON, Troy | 33. ELEPHANT, Edward E., Jr | |
| 16. KASTL, Richard D. | 34. McCOY, Ramona Cadue (Sloat) | |
| 17. WILSON, James "Jim" Leon | 35. WILLIAMS, Billy John | |
| 18. EDWARDS, John Laddis | 36. TIGER, Roland | |

Here are the guideline that the Probate Office follows:

25 C.F.R Part 15

§ 15.104 - Does the agency need a death certificate to prepare a probate file?

- (a) Yes. You must provide us with a certified copy of the death certificate if a death certificate exists. If necessary, we will make a copy from your certified copy for our use and return your copy.
- (b) If a death certificate does not exist, you must provide an affidavit containing as much information as you have concerning the deceased, such as:
- (1) The State, city, reservation, location, date, and cause of death;
 - (2) The last known address of the deceased;
 - (3) Names and addresses of others who may have information about the deceased; and
 - (4) Any other information available concerning the deceased, such as newspaper articles, an obituary, death notices, or a church or court record.

§ 15.105 - What other documents does the agency need to prepare a probate file?

In addition to the certified copy of a death certificate or other reliable evidence of death listed in § 15.104, we need the following information and documents:

- (a) Originals or copies of all wills, codicils, and revocations, or other evidence that a will may exist;
- (b) The Social Security number of the decedent;
- (c) The place of enrollment and the tribal enrollment or census number of the decedent and potential heirs or devisees;
- (d) Current names and addresses of the decedent's potential heirs and devisees;
- (e) Any sworn statements regarding the decedent's family, including any statements of paternity or maternity;
- (f) Any statements renouncing an interest in the estate including identification of the person or entity in whose favor the interest is renounced, if any;
- (g) A list of claims by known creditors of the decedent and their addresses, including copies of any court judgments; and
- (h) Documents from the appropriate authorities, certified if possible, concerning the public record of the decedent, including but not limited to, any:
 - (1) Marriage licenses and certificates of the decedent;
 - (2) Divorce decrees of the decedent;
 - (3) Adoption and guardianship records concerning the decedent or the decedent's potential heirs or devisees;
 - (4) Use of other names by the decedent, including copies of name changes by court order; and
 - (5) Orders requiring payment of child support or spousal support.

§ 15.201 - What will the agency do with the documents that I provide?

After we receive notice of the death of a person owning trust or restricted land or trust personalty, we will examine the documents provided under §§ 15.104 and 15.105, and other documents and information provided to us to prepare a complete probate file. We may consult with you and other individuals or entities to obtain additional information to complete the probate file. Then we will transfer the probate file to OHA.

Since the retirement of Judge Reeh and the departure of ALL the OKC support staff a temporary alignment was made until effective 01/01/2016, further notice. Our office submits the probate case file to Shawnee Field Office when all documents are received.

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A) (A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

ELIGIBILITY

- ENROLLED ABSENTEE SHAWNEE TRIBE
- 18 YEARS OF AGE OR OLDER
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE'S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF \$2,800.00)

REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

**HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE
SUBMITTING TO SOCIAL SERVICES**

ATTENTION TRIBAL MEMBERS!!!

When mailing in your application for any assistance through the Social Service Department, Please DO NOT send original CDIB, Drivers License and Social Security cards. Please attach copies of your ID's only; if you are in the office copies will be made. Absentee Shawnee Tribe is not responsible for lost ID's in the mail. If you have any questions, please call (405) 275-4030, ext. 6225 or 6255.



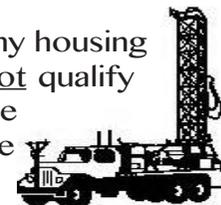
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

The principal role of OEH&E is to raise the health status of our tribal members to the highest possible level by providing services in the area of water and wastewater. To qualify for a water well and/or septic system, the applicant must be an enrolled Absentee Shawnee Tribal member and reside within one of these six counties; Pottawatomie, Cleveland, Oklahoma, Payne, Lincoln, or Logan, provide land ownership by verification such as a Warranty Deed or Notarized Lease Agreement through the Absentee Shawnee Tribe Realty Department. Proof of income is not required.

The services we provide are: new water wells, renovation of a water wells, new city or rural water connections, replacement of city or rural water service lines, new wastewater septic systems, renovation of septic systems, new city sewer lines/renovation of city sewer lines and water treatment systems as needed. We are not funded to perform annual pumping of septic tanks. That service is considered part of home maintenance.

If you are having water or wastewater issues or building a new home and need services please come by our office and fill out an OEH&E application for assistance.

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.





Office of Environmental Health **Brownfield Response Program**



What is a Brownfield?

The EPA defines a brownfield site as “...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land.”



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

- ◆ Abandoned Factories/Buildings/Homes
- ◆ Burned Homes
- ◆ Buried Dump Sites
- ◆ Open Dump Sites
- ◆ A Large Amount of Tires
- ◆ Former Cattle Dip Pit Sites
- ◆ Barrels of Unknown Substances
- ◆ Old Service Stations
- ◆ Oil Storage Facilities
- ◆ Oil/Gas Well Sites
- ◆ Old Dry Cleaning Businesses

If it's possible that you have a Brownfield site on your property, or if you know of a possible Brownfield site, please contact:

*Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235*

AST.Environmental.Programs@astribe.com

Follow us on Facebook to view and comment on current and upcoming projects

[www.facebook.com/
ast.environmental.programs](http://www.facebook.com/ast.environmental.programs)



ATTENTION:

AST children under the age of 18 must have their records updated with Enrollment. Please provide the Enrollment office with the following information:

- Legal name of minor
- Mailing address
- E-mail address
- Phone number

The Treasurer and Finance office's will work with enrollment to properly track our eligible AST minor's per cap investments beginning January 1, 2018. Please contact Enrollment office at 405-275-4030 ext. 6288 or ext. 6292.

OILS

Oklahoma Indian Legal Services will be at the Tribal Court House, Bldg. #3 each month on the 2nd Thursday from 9am-12pm.

Oklahoma Indian Legal Services (OILS) is a nonprofit organization that provides free legal services to low income Native Americans in Oklahoma. To be eligible for services you must fall within OILS income guidelines.

Contact information:

Oklahoma Indian Legal Services (OILS)
4200 Perimeter Center Dr., Ste 222
Oklahoma City, OK 73112
Telephone: (405) 943-6457
Telephone: (800) 658-1497
Facsimile: (405) 917-7060

A Little Note from The Tag Office

Did You Know.....

*Any name changes that may occur
(i.e. marriage, divorce, etc.) need to be updated
through enrollment, BEFORE any new
registrations or renewals can be processed.*



TITLE VI BINGO



Absentee Shawnee Housing Authority



Programs Available

- Lease to Own Homes
- Low Rent Housing
- Over Income AST member Down Payment & Closing Assistance
- College Housing Assistance
- Home Rehab Program
- Storm Shelter Assistance
- Transitional Housing
- Over-Income Rental Housing

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

***Honoring Our Past
With Promise for
Our Future***

**LIFE is Beautiful
Living Meth Free**



**National Suicide
Prevention**

**1-800-273-8255
(TALK)**



**Absentee Shawnee
Health Systems
Shawnee & Little Axe**

**Absentee Shawnee Tribe
Behavioral Health Services**



WHITE BISON, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

**Shawnee Multipurpose Building
(east of the Shawnee Clinic, Bldg. 16)**

For further information, contact:

**Shawnee Behavioral Health Services: John 405-878-4716
Little Axe Behavioral Health Services: Dara 405-701-7987**

AST Behavioral Health Services Medicine Wheel and 12 Steps



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

How the Process Works

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

Focus

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

Step 1: Honesty	Step 6: Willingness	Step 10: Perseverance
Step 2: Hope	Step 7: Humility	Step 11: Spiritual Awakening
Step 3: Faith	Step 8: Forgiveness	Step 12: Service
Step 4: Courage	Step 9: Justice	
Step 5: Integrity		

Teachings of the Medicine Wheel

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

- Four Seasons of Change
- Four Laws of Change
- Four Directions of Growth
- Twelve Principles for Healthy Living
- Reclaiming our Power
- The 12 Steps of Recovery
- Nature's Way: Principles, Laws and Values
- Cycle of Life
- Eight Feelings for Healthy Development
- Comfort Zones
- The Two Thought System: Love and Fear
- The Medicine Wheel
- The Laws of the Unseen World

Great health, great happiness, great pride.



Short and sweet. The healthier we are as individuals, the stronger we are as a Tribe. Thank you for trusting us to take care of you.

THREE LOCATIONS TO SERVE YOU:

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)

PLUSCARE CLINIC (Extended hours care.)
15702 East State Highway 9
Norman, OK 73026
405.447.0477

Accredited by
AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



PHARMACY SERVICES

Your health is our first order.

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you'd like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It's also important to let us know about changes in address, phone numbers, insurance and other contact information.

LITTLE AXE HEALTH CENTER
15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Regular Drive-thru:
Mon – Fri 7:30 a.m. to 5:30 p.m.

Extended Hours Drive-thru*:
Mon – Fri 5:30 p.m. to 9 p.m.
Sat – Sun 9 a.m. to 5 p.m.
Holidays 9 a.m. to 5 p.m.

(excluding Thanksgiving & Christmas)

*Extended Hours Rx Drive-Thru is available ONLY for PlusCare Clinic prescriptions and AST member emergency room visit fills.

SHAWNEE CLINIC
2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Regular Hours:
Mon – Fri 7 a.m. to 5 p.m.

Extended Hours*:
Mon – Fri 5 p.m. to 9 p.m.
Sat 9 a.m. to 5 p.m.

Closed Sundays & Holidays

*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST member emergency room visit fills.

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.

24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) **approved Walgreens locations in Shawnee and Norman**. You will need to submit your prescription, and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then, they will fill your prescription. You will have a five-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health-approved Walgreens service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, OK or 615 West Main Street, Norman, OK

The Absentee Shawnee Tribe is seeking qualified applicants for the position of TRIBAL SECRETARY.

For more information or to apply please visit
WWW.ASTRIBE.COM/EMPLOYMENT

or

PLEASE SUBMIT LETTER OF INTENT AND RESUME TO THE HUMAN RESOURCE DEPARTMENT
HR@ASTRIBE.COM



COME SEE US AT OUR NEW LOCATION



OPTOMETRY

15702 East State Hwy 9
Norman, OK 73026

Next to Thunderbird Casino in the PlusCare Clinic Building

P: 405.447.0300 F: 405.701.7080 W: WWW.ASTHEALTH.ORG



LITTLE AXE HEALTH CENTER
LI-SI-WI-NWI HEALTH, INC.

WWW.ASTHEALTH.ORG

Gov.	Governor Edwina Butler-Wolfe6308
	Glenna Jones6307
6263
Lt. Gov.	Lt.Governor Isaac Gibson6253
	Andy Warrior6309
	Mary Billy6267
	Scott Miller (BIA Spec.)6325
Lt. Gov.	Secretary John R. Johnson6289
	Alvina Barnes6275
	Jeff Gibson6256
Secretary6306
Treas.	Treasurer Leah Bates6239
	Donna Longhorn6240
Rep.	Rep Anthony Johnson6287
	Trent Norton6335

FINANCE	Victor Flores6282
	Shema Lincolh6250
	Jenny Ware6279
	Holly Davis6265
	David Deer6320
	Twylla Blanchard6233
	Jennifer Crenshaw6228
	Courtney Green6300
	Misty Griffith6290
	Phillip Ellis6280
	Phillis Wahahrickah-Tasi6338
	Sandra Burnett6385
HUMAN RESOURCES	
	Cheri Hardeman6252
	Elizabeth Clark6296
	Rachael Lankford6222
	Casey Adams6337
ICW	
	Ronelle Baker6375
	Julie Wilson6376
	Jackie Denny6377
LITTLE AXE RESOURCE CENTER	
	Duke Blanchard585-3669
MAINTENANCE	
	Kevin Kaseca6316
	Reta Harjo6249
	Stephen Fife6234
	Sherrl Yetter, Isaac Bettelyoun, John Mann, Cecil Walker
	Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek6331
	Robert Komahcheet585-8310
MIS	
	HELP DESK3100
	Tom Trimble6327
	Michael Berry6303
	Josh Gibson6329
	Rico Coon6328
	Donna Cody6402
OEH	
	Ken Jones6223
	Jarrod Lloyd6229
	Dakota Blanchard6299
	Evelyn Pabito6398
	Rebecca Diven6230
POLICE DEPT275-3200 / 275-3432
	Brad Gaylor (Chief)6302
	Linda Day6261
	Ric Mantooth6278
6266
	Jason Brinker6259
6232
	Steven Crisp6278
	James Woolbright6278
	Shawn Crowley6276
	Joseph Abbiss6278

PROCUREMENT	
	Asaycia Clayton6291
	Sheelby Thorpe6244
	Kayla Ketakea6281
	Tara Battise6410
REALTY	
	Cecil Wilson6246
	Lea Tsotaddle6248
	Colleen Butler6247
SOCIAL SERVICES	
	Annie Wilson (Director)6225
	Linda Gouge6255
TAX COMMISSION / TAG	
	Alicia Engler6257
	Connor Edwards6237
	Shelby White6258
TERO	
	Jeff Gibson6284
TITLE VI	
	Thomasine (Doss) Owings (DIR)6227
	Johnnie Mae Bettelyoun6272
	Donna Butler6270
	Robert Schoolfield6270
	Ted Watson6270
OTHER EXTENSIONS	
	Bldg. 1 Conf. Rm.6294
	Bldg. 1 Break Rm6305
	Gov. Bldg. 2 Conf. Rm.6330
	Fam. Svcs. Conf. Rm.6311
	Finance Conference Rm6236
OTHER ENTITIES & TOLL FREE	
	All Nations Bank273-0202
	ASEDA878-6782
	Toll Free1-800-256-3341
	Brendle Corner447-3372
	Building Blocks878-0633
	(Elizabeth Crawford, Briana Ponkilla)
	Building Blocks II LA360-2710
	(Billie Thompson)
	Housing273-1050
	Human Resources275-1468
	Indian Child Welfare878-4702
	Country Kitchen Restaurant366-7220
	Media598-1279
	(Sherman Tiger, Derek Hilderbrand)
	OEH/OEP214-4235
	Police Dept.275-3200 / 275-3432
	Thunderbird Casino NRM360-9270
	Shawnee Casino273-2679
	Tribal Store (Little Axe)364-0668
LITTLE AXE CLINIC	
	Clinic - Medical447-0300
	After hours447-0498
	Clinic - Dental307-9704
	Diabetes360-0698
	Pharmacy292-9530
	Resource Center364-7298
	(Chrissy Wiens, Buster Bread, Blake Goodman)
SHAWNEE CLINIC	
	Clinic (Bldg. 17)878-5850
	Pharmacy878-5859
	Toll free1-866-742-4977

2018

HAPPY NEW YEAR



ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRESORTED STANDARD
US POSTAGE
PAID
SPRINGFIELD, MO
PERMIT 96

RETURN SERVICE
REQUESTED

Volume 29 No. 01, January 2018