



# THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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April 2023

## Thunderbird Casino Holds Street Dedication



Kenneth Blanchard and Dan Little Axe were two of the most iconic tribal members and respected leaders. Their groundbreaking strides in gaming were honored recently.

Thunderbird Casino in Norman held a street dedication on March 24 for Kenneth Blanchard Drive and Dan Little Axe Lane.

Blanchard and Little Axe passed away in 2021 and 2022 respectively. They were both former Absentee Shawnee executive committee members and helped play a major part in bringing gaming to the

state of Oklahoma.

"Dan started this as a bingo hall and converted it into a casino and Ken signed the gaming compact with Governor Brad Henry," said Governor John Johnson.

Little Axe was instrumental in Thunderbird Casino's beginnings as a bingo hall in 1987. "This was an empty field. He went to Browning Pipestem and asked him how to get this started. "His daughter Diane Little Axe said, "Pipestem told him to find three investors. He did and then they signed a contract. I went on and watched him show other tribes how

to get their bingo halls up and running."

Blanchard signed the Oklahoma Tribal-State Tribal Gaming Act in 2004 which paved the way for the state to offer Class III gaming. Now almost 20 years after the signing, Oklahoma has more than 140 casinos and gaming is a billion dollar industry.

Their political careers spanned decades with both men serving multiple terms as Governor and Lt. Governor. Little Axe was the first elected Governor and Blanchard was the first elected Lt. Governor for the Absentee Shawnee Tribe.

The pair even served in office together as Governor and Lt. Governor.

The families of these two great men unveiled the signs. "It means a lot to me and my family, especially my mom that she's here to witness this," said Little Axe, "It's monumental and a long time coming."

Thunderbird Casino was the first casino in Oklahoma so it's only fitting that the 2 men who were pioneers in Oklahoma's gaming industry are honored on this historic spot. Their names will forever welcome all to the casino.

## From The Election Commission

### UNOFFICIAL ELECTION RESULTS ABSENTEE SHAWNEE ELECTION COMMISSION PRIMARY ELECTION – MARCH 18, 2023

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

#### EXECUTIVE COMMITTEE

##### GOVERNOR (4 Year Term)

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

##### SECRETARY (4 Year Term)

Alicia L. Edwards Miller	163	Votes
Eileen Pearce	96	Votes
Misty McGirt	123	Votes

#### ELECTION COMMISSION

##### ELECTION SECRETARY (Prorated 2 Years)

Shirley Adkins	1	Votes
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##### COMMISSION MEMBER #2 (3 Year Term)

Charlotte Ellis	1	Votes
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We the Officials are responsible for declaring the above election results, do hereby claim the above statements are true and correct to the best of our knowledge.

*Diana Wilson*  
Diana Wilson, Election Commissioner

*Shirley Adkins*  
Shirley Adkins, "Appointed" Election Secretary

*Charlotte Ellis*  
Charlotte Ellis, Commission Member #2

*James Palinkas*  
James Palinkas, Judge

*James Spybuck, Jr.*  
James Spybuck, Jr., Deputy Commissioner

*Brandi Routledge-Hunt*  
Brandi Routledge-Hunt, Commission Member #1

*Zackery Smith or Billie James*  
Zackery Smith or Billie James, Alternate

*3/18/23*  
Date

## ANNUAL (RUN OFF) ELECTION

**PLEASE fill out EACH BLANK completely and return by the Deadline.**

### ABSENTEE BALLOT REQUEST

I, \_\_\_\_\_, hereby certify that I am or will be an Eligible

(Print Name)

Voter of the Absentee Shawnee Tribe on or before June 17, 2023. I cannot physically be present to cast my Vote at the **June 17, 2023 Annual Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): \_\_\_\_\_ (first) (middle) (maiden) (last)

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

CDIB#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All **REQUESTS** must be returned to the Election Commission by the deadline date of **May 28, 2023**

**Mail to:**  
Absentee Shawnee Election Commission  
P.O. Box 741  
Tecumseh, OK 74873

**Fax to:**  
**Fax # (405) 273-1337 (Do not fax to any other fax #)**  
Phone: (405) 275-4030 ext. 6271  
Toll free number 1-800-256-3341 ext. 6271

**Deliver in Person to:**  
Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot. This form may be duplicated for your convenience.

#### ELECTION COMMISSION USE ONLY

Received: \_\_\_\_\_ Approved: \_\_\_\_\_ Disapproved: \_\_\_\_\_

If Disapproved (reason): \_\_\_\_\_

Denial Letter Mailed: \_\_\_\_\_ Ballot Mailed: \_\_\_\_\_

\_\_\_\_\_  
Election Commission/Representative





GOVERNOR  
John Johnson



Lt. GOVERNOR  
Ezra DeLodge



SECRETARY  
Alicia Miller



TREASURER  
Joseph Blanchard



REPRESENTATIVE  
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello tribal members,  
Spring is here with the weather getting warmer and plants starting to bloom. Easter is a few short weeks away. Before we know it, kids will be out of school for summer.  
The tribe held an Easter Egg Hunt on March 25th. Lunch was provided and we had prizes for the different age groups. I hope you were all able to attend and have fun.  
If you have been to the Shawnee campus you have seen the dirt work that is

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,  
Please see below for department updates. If you have any questions or concerns please contact me by email [ezrad@atribe.com](mailto:ezrad@atribe.com), call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance Department has been working hard to maintain all incoming work orders which consist of minor repairs, plumbing, electrical, welding, moving/rearranging offices and assembling/installing new furniture, and ground maintenance. House-keeping has been working effortlessly with maintaining the upkeep of the buildings on the complex.

OEH:

In total for 2023 OEH has assisted Tribal members with 17 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. For 2023, we have collected, processed, and recycled 10 bales of shredded office paper and cardboard equaling roughly 7.5 tons of recyclable waste that has been diverted from landfills.  
The entry gate at Camp Nikoti has been completed. Curbing for the dining hall parking lot has been completed and the parking lot is currently being paved, which will be the final work done for Phase II of Camp Nikoti. Dirt work has begun on the new Police Safety Center and is on schedule to be completed by the end of March.

SECRETARY’S REPORT

Alicia Miller, AST Secretary

*Ho wa se ke sa ke!*  
Happy spring! As we know, spring is the season which the natural world re-creates and reinvigorates after the colder winter months. Dormant plants begin to grow again, those hibernating awake and it also means our spring dances are about to commence. I always look forward to this time of year because I also feel invigorated.

The Rising Warrior (Domestic Violence) Department presented an updated elder code in the previous month’s EC meeting. I felt more time was needed to closely review the code before its actual passage and implementation. I did spend a good amount of time reviewing, met with the department director and grant staff for their input and discussed areas of concern. I feel the domestic violence elder code may take a bit longer before placing back on the agenda.  
The Indian Child Welfare Department hosted a lunch and learn session for the community on March 14th at the Shawnee Multi-Purpose building. I would like to say thank you to the Director and to her staff for holding these important community gatherings and thank you to the tribal members who attended and voiced your thoughts. I appreciate you for being present to support our AST children in this fashion. This department has taken important steps by having an in-depth review of their own program by the Capacity Building Center for Tribes. The assessment team was also present and I am glad they took time out of their schedules to come and

going on behind the All Nations Bank. This is for the new police department. Soon the foundation work will begin and the building will start to take shape.  
The After School building is coming up quickly. There have been a few setbacks due to supply and demand but it is scheduled to be completed in September of 2023.  
The tribe’s newest department, 477, was started on January 1st, 2023. 477 has taken some existing departments and combined into one department to offer more services for our tribal members. The director of this department is Briana Ponkilla. She has been working

We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.  
Jarrod Lloyd, OEH&E Director  
[jlloyd@atribe.com](mailto:jlloyd@atribe.com) - (405) 214-4235

BIA Program(s)

The Roads Department has completed the Transportation Safety Plan. During this process we have found that 72nd street east of Norman has several dangerous intersections. The department will be applying for FY23 Tribal Transportation Program Safety Funds (TTPSF). Throughout this year the tribe will be working with the City of Norman and Cleveland County on 72nd intersections and 156th S-curve safety project.

We are also in the process of adding a couple more routes to our inventory. The deadline to submit the routes to Southern Plains is March 15th. As long as all documents are good, Southern Plains will then send to the Albuquerque, NM office for final approval. It might be as late as September before we get a response.  
In the next couple of months road construction will begin on the campus. The work will be done on Absentee Shawnee Drive and White Turkey Street that goes to the Cultural Preservation building. During this time please use James L. Edwards Ln.  
If you have questions or need more information on Self-Governance Programs please contact Twyla Blanchard at 405.275.4030, ext. 6325 or email at [TwylaB@atribe.com](mailto:TwylaB@atribe.com).

meet with us. These lunch and learn gatherings are about our AST children, supporting the staff and families, and how we can be better as a department. We have areas to work on and we are committed to seeing continued positive change in this area.  
I would like to thank the AST Tribal Youth Program (AST Education) and the AST Police Department for hosting the Fentanyl Awareness Class. The information was presented by the Pottawatomie County Sheriff’s Office and it was eye-opening. This is a nationwide problem as well as a problem here in our local community. There will be more awareness classes offered by the Sheriff’s Office at different venues and I encourage you to sit and listen about Fentanyl awareness wherever it is offered. We all need to know the dangers of this drug. The Indian Health Service has re-issued a Public Safety Alert from the Department of Justice, DEA Reports Widespread Threat of Fentanyl Mixed with Xylazine. The alert states the Sinaloa Cartel and Jalisco Cartel, in Mexico, are using chemicals largely sourced from China, and are primarily responsible for the vast majority of the fentanyl that is being trafficked in communities across the United States.  
On Friday, March 24th, Thunderbird Casino, Norman and the Executive Committee held a street naming dedication in honor of Mr. Dan Little Axe Sr. and Mr. Kenneth Blanchard near the casino entrance. These two gentlemen were contributory to our tribe on so many levels and this was a token of our gratitude of their governmental service for the AST people. It was my humble honor to be a part of this with their

hard on the policy and procedures so it is an easy transition for the departments along with the tribal members. So be on the lookout for more information regarding this great new program.

The 90th Semi-Annual General Council is set for April 1st, 10am at Thunderbird Casino in Little Axe. I hope you plan to attend. We have some exciting things happening in our tribe, so please come out and hear about, ask questions and voice concerns.  
In closing, we are entering into spring which is the start of storm and severe weather season. Please get prepared and have a plan for your safety.

Land Management

The Land Management Program was established August 2021 and is funded through BIA CARES. Land Management has just finished up the winter season of splitting and delivering wood to elders. During this winter season we assisted 19 tribal elders and completed 1 land clearing project. We continue working on land management projects for the tribe such as land clearing, tree cutting, and assessments. If you have any concerns or questions call (405)395-8101 or email [cmartinez@atribe.com](mailto:cmartinez@atribe.com). Clayton Martinez, Land Management Coordinator.

Weatherization Program

The weatherization program has been up and running for a year as of 3-3-22. This program is funded through BIA ARPA funds. We have had a total of 77 applications, 42 online applications and 35 paper applications. Out of the 77 applications 19 have been completed and 4 are in the process of being completed. Due to a work related injury in June of 2022 the repairs have slowed down due to work restrictions and inclement weather. As of February 2023 I have been released with no work restrictions. The repair process will be moving faster due to the release. The repairs start with elders first then the remaining applicants. Thank you for your concerns and for being patient. If you have any questions you can e-mail me at [dmarshall@atribe.com](mailto:dmarshall@atribe.com) or call or text at 405-827-4311. Donnie Marshall, Project Coordinator.

Respectfully,  
Lt. Governor DeLodge

families.  
The Annual AST Easter Egg Hunt resumed after being dormant the past few years due to COVID-19. There were 5,000 eggs hunted and amazing prizes handed out for all categories. Thank you to all who came out participated and had fun. The Secretary’s Office typically spearheads this event and we had an overwhelming response of volunteers and donations. I appreciate you all in making this a great event for our tribal community.  
The Little Axe Health Center expansion is rolling along and is still projected to be completed in 2024. All the earthwork, structural steel and concrete pours have pretty much been completed. There is a re-route for the LA Pharmacy in order to accommodate the construction, so please be mindful of this new temporary process when picking up your medications from this clinic.  
Lastly, I would like to take this opportunity to say THANK YOU to all who supported me in the Primary Election in March. I am so humbled and again, honored to represent YOU! I love our Shawnee people and I feel I have a real opportunity to make a difference for the future of OUR TRIBE, especially coming out of these COVID-19 years. The June Run-Off is set for Saturday, June 17, 2023, please let your voices be heard if you want continued stability to move the OUR TRIBE forward!

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

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



REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I wish everyone a Happy Easter! I hope everyone is doing well and taking care of one another. The Tribal Elections are being held March 18, 2023. Please get out and vote! Due to weather this last month, it had slowed tribal business (closures and meetings) and construction from occurring.

**Education Department:**

As I have been advising in our monthly Tribal newsletter, it is a good time to get an education as well as applying for the other programs within the education department. Education/ Tribal Youth program staff set up an informational table at the AST Health Native Connections College Fair. The Education Dept. continues to collaborate with other tribal depts. (Courts and Domestic Violence) and schools to either develop programs and/ or stay involved in changes that affect Tribal/ Native American students. Finally, on March 21st – Education/Tribal

Youth program/ASTPD will host the Pottawatomie County Sheriff’s Office Fentanyl Awareness Class at 6:30 pm at the AST Health Multipurpose Building. Please call the Education Department with any questions or concerns regarding their available programs to help our Tribal Member students succeed. They can be reached at (405)275-4030, Ext 6242 or education@astribes.com

Workforce Development and Career Initiative Program: In Mid- March, our first HVAC candidate started acquiring his required training hours under the guidance of the Tribe’s HVAC mechanic. These HVAC candidates will be helping with AC &/or Furnace repairs, replacements, as well as preventive maintenance responsibilities. Our HVAC mechanic continues to fulfill work orders for the tribe as well as tribal members (preference to elders) on their heating and air conditioning units. Spring is here; please don’t hesitate to call the Tribe if your units are not working properly.

**Cultural Preservation Department:**

Since the last newsletter article, the

Language Program has uploaded six pre-recorded language lessons to the tribal member login page. For general language questions and information, please contact the department by phone or email at ASTLanguage@astribes.com. Also, Cultural Preservation/THPO staff traveled to Cherokee, North Carolina during the week of February 13th through the 16th and attended the National THPO Conference. At this conference, the staff met with the new staff Archaeologist with the U.S. Department of the Interior – Bureau of Indian Affairs. We discuss some of the ongoing projects in the department. Programs under Cultural Preservation continuously have activities or events that promote our culture.

**Gaming Commission:**

Gaming Commission continues to work with Thunderbird Casino administrative staff to update the Casino’s policy/ procedures. At the recent Executive Committee Meeting, the Executive Committee passed a resolution approving the up- dated version of the Absentee Shawnee Tribe of Oklahoma

Gaming Ordinance that was recently approved by NIGC. I continue to attend the monthly Gaming Commission meetings.

**Youth Camp:**

Construction of the basketball/ tennis courts is nearing completion, still needs to install surface, marking, and equipment. Construction of the softball field has started. The Tribe is cutting the trees and we will start hauling dirt onto that location. Construction of the Youth Camp entrance and the dining hall curbing (under OEH) has been completed. The construction of dining hall parking lot has started. The Tribe is working with Cleveland County on the parking lot project.

My prayers have been with those families who have lost loved ones. If you have any questions or concerns, feel free to contact my office at (405) 275-4030, Ext 6238 or by email: dewayne.wilson@astribes.com.

Respectfully,  
DeWayne Wilson  
Tribal Representative



Veterans Honor Tribal Member

AST Veterans Commander Jason Bender honors proud AST member Jimmy Squire, who is competing in the Southwest Amputee Golf Association Tournament at WinStar in April. He is the only amputee golfer from Oklahoma to represent the state, City of Shawnee and the Absentee Shawnee Tribe. Squire has placed the last couple of years at the tournament. The AST Veterans would like to wish him good luck on all his endeavors.



AST WIA Summer Youth Program

8 week program starting June 5<sup>th</sup> 2023

Monday to Friday 8am to 5pm



- On the job training
- How to do a resume
- Interview skills
- Filling out applications
- Customer Service

Application will be accepted starting April 17<sup>th</sup> and ending May 5<sup>th</sup> (No exceptions)

Must be 14 years old or older

Current CDIB card

Any question please call Governor’s office 405-275-4030 x 6307 or x 6269

WE ARE HIRING!



JOIN OUR TEAM!

VACANCIES FOR  
ABSENTEE SHAWNEE TRIBE  
AND ABSENTEE SHAWNEE  
TRIBAL HEALTH SYSTEM

Apply at [www.astribes.com/employment](http://www.astribes.com/employment)



ABSENTEE SHAWNEE TRIBE

AMERICAN RESCUE PLAN ACT  
EDUCATION INCENTIVE AND SUPPORT PROGRAM  
(ARPA EISP)

Applications and Guidelines  
Available at:  
[www.astribes.com/education](http://www.astribes.com/education)

Pre-K - 12<sup>th</sup>

College

Vocational

GED



Education Department  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801

405.275.4030  
[Education@astribes.com](mailto:Education@astribes.com)



ABSENTEE SHAWNEE  
HOUSING AUTHORITY

ONLINE HOUSING APPLICATIONS

\*\*AVAILABLE NOW\*\*



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

FOLLOW AND LIKE US ON OUR NEW FACEBOOK PAGE!



Absentee Shawnee Housing Authority

ONLINE PROGRAM APPLICATIONS

[WWW.ASHOUSINGAUTHORITY.COM](http://WWW.ASHOUSINGAUTHORITY.COM)

FOR MORE INFORMATION  
Call: (405) 273-1050



Agriculture Department

The agriculture department has continued to make progress in plowing and tilling tribal members' plots in preparation for this year's growing season. If anyone is needing assistance or has a request for plowing, tilling, or wanting garden boxes, please contact the Ag department as soon as possible. We are making way for future events to come, such as, our Open house on Saturday April 15, 2023 from noon to 4 p.m. We invite everyone to come to join us for food and fun while getting to know the Farm on 43406 Benson Park rd. Shawnee, OK 74801. Our highly anticipated event coming up will be our Plant Distribution, on April 17th- 21st from 9 a.m. to 6:30 p.m. on Monday and Tuesday and 9 a.m. to 5 p.m. Wednesday through Friday or while supplies last. The plant distribution will be at the farm on Benson park rd. Last year we gave away 2,200 plants of 12 varieties! Be on the lookout for future announcements!

Our cattle continue to grow in numbers; we currently have 21 new calves that have been born in the past 3 months! We expect more to drop in the coming months as well. We have been continuing our monthly gardening classes, focusing on various topics. For the month of April we will be focusing on starting up a planter box. We continue to partner with Carla Smith, horticulturist from OSU extension office, and our next class will be April 14, 2023 from 10 a.m. to noon at the Multi-Purpose building on the AST complex. If you have any questions please contact us at (405) 827-6545 or by email at agricultural@astribes.com.

THANK YOU

The family of Joe Spoon would like to thank everyone for their support during this difficult time. Special thanks to Glenn Mann for officiating the funeral and the Absentee Shawnee Tribe for all their help. Thank you for the flowers, food, prayers, hugs and help. It is all very appreciated.

God bless everyone for supporting our family in this trying time.

Ne yi wa  
Thank You  
The Spoon Family

2023 AST Annual Easter Egg Hunt - March 25, 2023







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



Building Blocks II

Building Blocks invited Kayla Cartwright from Oklahoma Family Dentistry to visit with the children about Dental Health on March 8th. The children enjoyed learning about brushing their teeth.



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

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

On March 14th we had our 3 Stars Review with DHS. Also, we are currently preparing for 5 Stars and will be applying soon.

Building Blocks Easter Egg Hunts and Parties will be Thursday, April 6th.



Building Blocks will be closed Friday, April 7th for Good Friday.  
Have a Happy Easter and an Awesome April.



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



Building Blocks III C.D.C.

Hello Spring!

We have enjoyed the rain and sunshine that comes this time of year. The children at our center this month have been focused on: amazing critters, family & friends, and the beginnings of springtime. We are also looking forward to our Annual Easter Egg Hunt, and parties on April 6th for our students to enjoy. We wish everyone a Happy Easter!

We will be closed April 7th for Good Friday.

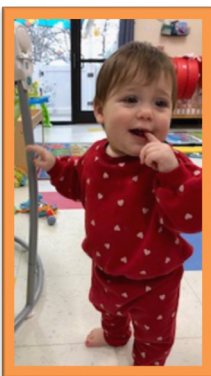
If you love being around children, have early child care training/experience, and are eager to learn APPLY NOW!

**NOW HIRING! Multiple positions! Call (405) 360-2726 or Apply Online @**

**<https://www.astribc.com/employment>.**

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405) 360-2710.

Please enjoy the pictures we captured over the past month!



**NOW TAKING WAITING LIST APPLICATIONS**

**FOR MORE INFORMATION CALL 405.445.4600 CHASITY HARJO-ASP MANAGER**

Absentee Shawnee Tribe  
After School Program

**FUN & CREATIVE LEARNING ACTIVITIES**  
**JUNE 5-JULY 28, 2023**  
**WWW.ASTAFTERSCHOOL@ASTRIBE.COM**

**SUMMER**



Help us celebrate Earth Day on April 22.

Earth Day was first created in 1970 as a way to educate the public about environmental issues that were ongoing across our nation. The first Earth Day led to the creation of the United States Environmental Protection Agency (EPA) and the passing of other environmental laws including the Clean Water Act and Clean Air Act.

The Absentee Shawnee Tribe Office of Environmental Health and Engineering receives grants from the EPA that assist in recycling efforts as well as ongoing water sampling and monitoring to ensure our natural resources are protected for our future generations to enjoy.

Recycling containers are set up for public use at many of our facilities. These containers are for cardboard only. Through our recycling program, AST OEH has been able to prevent hundreds of tons of paper and cardboard from being sent to a landfill, which helps to conserve our natural resources and reduce our waste stream.



## Cultural Preservation Department

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

### Cultural Preservation

We are still looking into new ways to offer workshops to the community. We hope to begin recording how-to videos for such things as moccasins, yarn belts, etc. and offer those to interested individuals. However, we still need individuals who can and would be willing to take part in this project. If you know of anybody or are interested yourself, please contact Ms. Maureen Bemo at (405) 275-4030 ext. 6238 or at mbemo@atribe.com.

### Gift Shop

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



Please come in on either **April 5th or April 6th** to take part in our **Egg Extravaganza**. Try your luck in finding an egg containing a discount for the store, but be aware, you could also find a zonk egg.

We are still working with distributors in producing new emblem bearing items, and have started working with a new distributor that offers different designs of blankets. Some of the new items we have received can be seen in the pictures above and to the right. To better serve your needs, we plan to survey our tribal members and patrons. So, please be on the lookout for the survey on the website within the next month.

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



### Library

The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 8 library visitors with 3 books checked out. Also, 14 virtual books were checked out. Ms. Paula Jackson has been working on promoting the library and has added 5 new patrons to both libraries. To date, she has cataloged over 795 books, 45 being added recently.

The month of February was **Love Your Library Month**. To help celebrate, the library hosted an event to get more people in the doors. All month long, all new applicants and existing members received a raffle ticket for checking out a book. 10 entries were put in the hopper, and we drew the lucky winners on March 2nd, Read Across America Day. Please help me in congratulating Maxine Little Axe and Sandra Stewart! They received an AST throw blanket.

Also, on March 1st and March 2nd, Ms. Jackson traveled to both Building Block facilities to join them in celebrating Read Across America Week which also coincides with the birthday of Dr. Seuss. She read the book “My Many Colored Days” by Dr. Seuss. She read to the three and four year old classes. (Pictured to the right is Ms. Jackson reading to the class.)

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

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

### THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 560 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 368 projects. These projects were completed in 17 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 18 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

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



From February 13th through February 17th, Cultural Preservation/THPO staff traveled to Cherokee, North Carolina for the 23rd Annual National Association of Tribal Historic Preservation Officers (NATHPO) Conference. (Pictured to the left is THPO, Mrs. Devon Frazier-Smith, and Cultural Preservation Director, Ms. Carol Butler, at the Museum of the Cherokee Indian.) This year's conference was hosted by the Eastern Band of Cherokee Indians. After our attendance at the Annual NATHPO Conference, we were most thrilled about having learned of ongoing updates and changes in nationwide historic preservation policy or procedure, like the National Register Bulletin 38 revision and the Land Area & Name Directory (LAND) Initiative; the presentation of updates from ACHP and USFS Office of Tribal Relations; and, having had the opportunity to review geophysics and remote sensing utilizations at the provided Monday workshop. We were also very thrilled to meet the new Staff Archaeologist for the U.S. Department of the Interior-Bureau of Indian Affairs, Mr. Christopher Blosser. We were able to discuss with him some of the ongoing projects in the department.

### Language

Mr. Scott Miller has continued working on building the foundations for the Language Program. We are happy to announce, at the writing of this article, there are six pre-recorded lessons on the tribal member login page of the website. Additional lessons are in the que to be recorded. We have also been given confirmation that tribal members can use the tribal app to access the lessons.

**Please note that the language surveys can still be completed.** To date, the language program has received 90 surveys. So far, the results do not look promising for those able to understand and even speak limited Shawnee. The idea from collecting data is twofold; one is to give us an indication of where fluency and proficiency is in the tribe and where to focus lessons. The other is to have data to use when applying for other grants and funding for the program.

For general language questions and information, please contact the department by phone or email at [ASTLanguage@atribe.com](mailto:ASTLanguage@atribe.com).

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

## Cultural Preservation Department

### Language Program

*K'te ki we ke s'fwa*

(K'tee kah wee kee s'thweh)

Planting Month

*Ti me* – corn  
(tah me)

*Wi pe ko* - pumkin  
(wah pee koh)

*M's'ko ge fi ke* – beans  
(m's'koh chee thah kee)

*Fa m'qi* - squash  
(theh m'qah)

*La ko ni qa* – put in the ground; to plant  
(leh koh nah qah)

*S'ke pi k'yi* - green  
(s'kee pah k'yah)

*S'ko ta qi le* - grass  
(s'ko teh qah lee)

*Pa ti ka ne fe* – rabbit  
(peh tah keh nee thee)

*Ho wi wi le* – eggs  
(hoh wah wah lee)

*Se se pi* - duck  
(see see pah)

*Ma ta la me wa ti* – Great Spirit  
(meh teh leh mee weh tah)

*Gi ka li ko te yi qa* – all relations  
(chah keh lah koh tee yah qeh)

*We sa ke ta ha wa* – hope  
(wee seh kee teh heh weh)

*Ho wa li ko te wa* - peace  
(hoh weh lah koh tee weh)

Pre-recorded language lesson are available on the AST Tribal Member Login page.

Please fill out the language survey on the tribe's website in the Language section under the Government tab.

Ne yi wa!

## Library News

*by Paula Jackson*

**April 2023**

**April Fool's Day 04/01**  
**Intl. Children's Book Day 4/02**  
**Good Friday 4/07**  
**Easter Sunday 4/09**  
**Earth Day 4/22**  
**Upcoming:**  
**National Day of Prayer**  
**Cinco de Mayo**  
**Mother's Day**  
**Armed Forces Day**  
**Memorial Day**  
**Congratulations to**  
**Maxine Little Axe &**  
**Sandra Stewart.**  
**The winners of**  
**LOVE YOUR LIBRARY Month**  
**Promotion**

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



**International Children's Book Day** is always held on or around April 2nd. This was the birthday of Danish author, Hans Christian Andersen, who wrote some of the best-known children's stories, including 'The Emperor's New Clothes', 'The Little Mermaid' and 'The Ugly Duckling'.

In February & March I visited both Building Block locations for story time.

**Love from the Crayons by Drew Daywalt**

This book, featuring all The Crayons, explores the bright colors and subtle shades of love.

**Mama, Do You Love Me? by Barbara M. Joosse**

The lyrical text introduces young readers to a different culture, while at the same time showing that the special love that exists between parent and child transcends all boundaries of time and place.

**My Many Colored Days by Dr. Suess.**

The late Dr. Seuss saw his original text about feelings and moods as part of the "first book ever to be based on beautiful illustrations and sensational color."

**You can find these books available on Amazon or enjoy a free read along version on YouTube.**







Mom – Happy happy birthday to you! The cutest beach baby back in 71. We love you so incredibly much!  
Love your 3 – Just, Jop & Hils

Sherrie – Happy birthday to my little baby sis. Wishing you a most wonderful day.  
Love – B

HAPPY  
Birthday



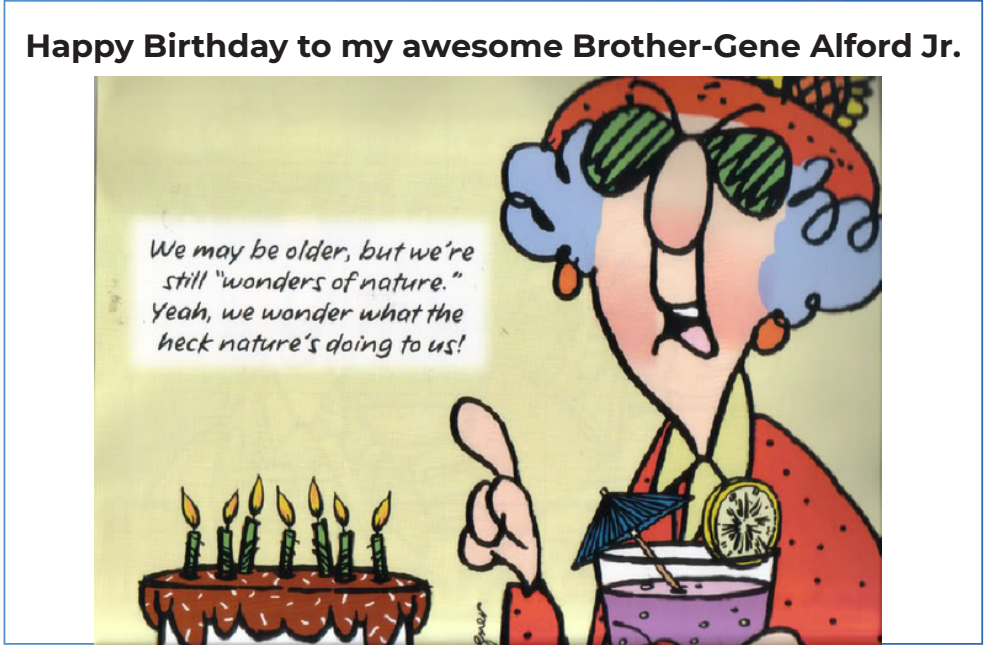
Happy Birthday Grandma!  
We love and appreciate you so much. We hope you have a wonderful day.  
From all your kids & grandkids.

Happy Birthday



Happy 1st Birthday to our Babygirl, Stevie Jo Robison. Mama & Daddy love you more than anything in the world!

HAPPY  
Birthday



Aunt Gert  
Happy birthday to my beautiful sweet auntie! Hope your day is absolutely wonderful!  
Love Sherrie & kids

Vikki – Happy birthday cousin. Many more are wished for you!  
Love, Sherrie & kids.

HAPPY  
Birthday  
TO YOU

AST 102-477 PROGRAMS  
AST-102-477 PROGRAMS  
S'wí n'wí ke Ní t'í mo wí ke

ABSENTEE SHAWNEE TRIBE  
PRESENTS

INDIAN CHILD WELFARE  
Protecting One First. Preserving One Future.

FREE TO THE PUBLIC

DOOR PRIZES

# KIDDY 500

CARDBOARD BOX CAR RACE 2023

Saturday, April 29, 2023  
11:00AM – 1:00PM  
Absentee Shawnee Tribal Complex  
2025 S. Gordon Cooper Dr  
Shawnee, OK 74801

CAR KITS AVAILABLE UPON REQUEST

AGES 2-14

DEADLINE TO REGISTER APRIL 15TH  
EMAIL OR CALL TO REGISTER

T-SHIRTS FOR ALL RACERS

HOT DOGS FOR ALL RACERS

Email ASTChildcare@ASTribe.com to Register  
Or Contact us at (405) 445-6000

"RACING TO DEFEAT CHILD ABUSE"

# Spring

## HVAC MAINTENANCE CHECKLIST

### INSIDE THE HOME

- Air out your entire house by opening doors and windows.
- Replace your air filters.
- Switch the direction of your ceiling fan blades and turn your fans on.
- Clean your vents with a damp cloth and mild detergent.
- Dust items that may need a good spring cleaning – this will help your HVAC unit run efficiently!
- Clean pet supplies – beds, toys, clothes, etc. to remove hair and dander.
- Adjust your programmable thermostat for warmer weather.
- Turn on your AC to ensure it's working correctly.

### OUTSIDE THE HOME

- Clean around the outside of your air conditioner unit to ensure a 1 – 2 foot clearance around the entire unit.
- Using a damp rag, spot clean dirt and debris from the outside of your unit.

### MAINTENANCE

- Schedule your AC unit checkups for the year to maintain a healthy, working unit.

If your air conditioner isn't working the way it should (not cooling, smells funny, making weird noises) be sure to schedule an appointment with the tribes HVAC Mechanic.

Contact: (405) 275-4030  
Ext. 6267 or 6249

# NOTICE

## IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to [media@astribe.com](mailto:media@astribe.com)

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

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





ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

AST Tribal Complex will be closed  
Friday, April 7, 2023 - Good Friday

# Home Sweet Home

At AllNations Bank, we have mortgages in all shapes and sizes and we'll find one to fit your needs. Stop by today and let us turn a house into Home Sweet Home!

*Purchase, Construction, Refinance, Home Improvement*

# AllNations Bank

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

www.anbok.com

ABSENTEE SHAWNEE TRIBE

# HOMEOWNER ASSISTANCE FUND (HAF)

## SERVICES OFFERED

- Mortgage Payment
- Insurance Payment
- Property Charges, such as Property Taxes
- Utility Payment, such as electric, gas, home energy, water, sewer, solid waste disposal, and internet
- The maximum amount for this one-time assistance per household is up to \$8,000.
- All assistance will be issued directly to companies indicated by the applicant.

## FOR MORE INFORMATION

CALL (405) 275-4030

Taylor Masquas  
ext 6440  
HAF Specialist  
[TMasquas@atribe.com](mailto:TMasquas@atribe.com)

## ELIGIBILITY

- Applicant or Spouse must be at least 18 years of age. (Co-habitant applicants do not have to be legally married.)
- Applicant or Spouse must be a homeowner, meaning a property deed must be provided with the county clerks stamp from the county in which the applicant resides.
- Applicant or Spouse must be a member of a federally recognized tribe.
- If Absentee Shawnee tribal member, residence can be anywhere within the US.
- If tribal member of other tribe, residence must be within Pottawatomie County.
- Annual household income cannot exceed 150% of the area median income.
- Applicant must be able to attest to financial hardship after January 21, 2020 due directly or indirectly to COVID-19.





## ASTHS April 2023 Monthly Update



### April is Autism Awareness Month

#### Everyone’s story is different.

The experience of Autism is not one thing. It is many things. It is dreams, talents, relationships, victories, hurdles, and everything in between. The connection between those experiences is you. You break the mold. No matter who you are, the person you are, is infinite—and you are the only you there is.

### Understanding Autism

#### What is Autism Spectrum Disorder (ASD)?

Autism Spectrum Disorder (ASD), hereafter referred to as Autism (which includes Asperger’s Disorder and Pervasive Developmental Disorder – Not Otherwise Specified [PDD-NOS]), is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person’s social skills, communication, relationships, and self-regulation. The Autism experience is different for everyone. It is defined by a certain set of behaviors and is often referred to as a “spectrum condition” that affects people differently and to varying degrees.

While there is currently no known single cause of Autism, early diagnosis helps a person receive resources that can support the choices and opportunities needed to live fully.

#### Signs & Characteristics

Autism impacts an individual throughout the lifespan. However, research shows that early diagnosis can lead to improved quality of life. The behaviors of Autism may be apparent in infancy, but they usually become clearer during early childhood. As part of a regular health visit, your child’s doctor should perform developmental screenings focused on Autism. This screening is recommended at ages 18 and 24 months for all children.

#### Social Communication and Interaction Skills

Social communication and interaction skills can be challenging for people with ASD. Examples of social communication and social interaction characteristics related to ASD can include:

- Avoids or does not keep eye contact
- Does not respond to name by 9 months of age
- Does not show facial expressions like happy, sad, angry, and surprised by 9 months of age
- Uses few or no gestures by 12 months of age (for example, does not wave goodbye)
- Does not point to show you something interesting by 18 months of age
- Does not notice when others are hurt or upset by 24 months of age
- Does not notice other children and join them in play by 36 months of age
- Does not pretend to be something else, like a teacher or superhero, during play by 48 months of age

#### Restricted or Repetitive Behaviors or Interests

People with ASD have behaviors or interests that can seem unusual. These behaviors or interests set ASD apart from conditions defined by problems with social communication and interaction only.

Examples of restricted or repetitive behaviors and interests related to ASD can include:

- Lines up toys or other objects and gets upset when order is changed
- Repeats words or phrases over and over (called echolalia)
- Must follow certain routines
- Has unusual reactions to the way things sound, smell, taste, look, or feel

It is important to note that children with ASD may not have all or any of the behaviors listed as examples here.

#### Ways To Get Support

The Autism Society’s National Helpline is a fantastic way to learn about resources and services in your area. Speak with a trained Information & Referral (I&R) Specialist about desired resources and support options. While the Helpline isn’t able to provide direct services, the I & R Specialist will connect you to resources and providers that can. You can speak with an I&R Specialist by calling 800-3-AUTISM (800-328-8476).

<https://autismsociety.org>

<https://www.cdc.gov/ncbddd/autism/signs.html>



### CONSTRUCTION UPDATE

#### Little Axe Health Clinic

- The temporary walls have been removed in the north corridor and Lab and Imaging (X-Ray) are expected to move into their new areas in early April (awaiting furniture and equipment installation).
- Pharmacy, with a modified drive-thru, will move to their temporary location on the west side of the building at the end of March/ early April.
- Pre-construction work has begun in the Dental department and temporary walls have been erected.

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

#### Shawnee Health Clinic

A site has been identified for our new Shawnee Clinic and a Purchase Agreement has been signed! We are currently awaiting Environmental and Engineering assessments to finalize the transaction. We will be providing updates to the General Council. (Note: Timeline for news article submission limited details that could be shared at this time.)

### March 2023 Health Employee Awards of the Month

Employee of the Month: Robert Schoolfield, Title VI Driver/ Kitchen Assistant

Team of the Month: CompleteCare Home Health (CCHH)

Special Leadership Award: Stephanie Ruby, CCHH Director of Nurses

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



Congratulations



Plaque: “Congratulations on your retirement. Presented to Shirley Walters in sincere appreciation for your dedicated years of service with Absentee Shawnee Tribal Health Authority. We hope that you enjoy your well-deserved retirement. 2011-2023”

Shirley Walters, an Absentee Shawnee Tribal member, was presented with a plaque and a Pendleton blanket to recognize her recent retirement. Walters worked as a Phlebotomist and Lab Assistant at the Absentee Shawnee Tribal Health System and previously with the Indian Health Services.

“Congratulations Shirley! Enjoy your well-deserved retirement! Thank you for your dedication to patients and the community. You will be missed!” Dara Thorpe, deputy director of AST Health System, said.



April 2023 - Scheduled Closings

Dates Closed:	Time(s) Closed:	Locations:
Wed., April 5th (1 <sup>st</sup> Wed. Month)	Noon to 5 PM	All AST Health facilities <b>CLOSED</b> -PlusCare RE-OPEN at 5 PM until 7 PM. -LA and Shawnee Pharmacies RE-OPEN at 5 PM until 8 PM.
Friday, April 7th (Good Friday)	All Day	ALL AST Health facilities <b>CLOSED</b>
Sat., April 8th	<b>OPEN</b>	Saturday, April 8th Shawnee SameDay and PlusCare <b>OPEN</b> 9am-4pm Shawnee and LA Pharmacy <b>OPEN</b> 9am-5pm
Sunday, April 9th (Easter)	All Day	ALL AST Health facilities <b>CLOSED</b>

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.

All Health closures/delays follow the “Absentee Shawnee Tribal Health System” on Facebook or visit our website out at [www.asthealth.org](http://www.asthealth.org).

Please plan ahead and allow up to 72 hours for medication refills in anticipation of our facilities closures.



OPERATING HOURS EFFECTIVE FEB. 6TH

**LITTLE AXE HEALTH CENTER**  
405.447.0300  
7:30am–6:00pm Mon.–Fri.

**LITTLE AXE HEALTH CENTER PHARMACY**  
405.292.9530 REFILL LINE  
8:00am–8:00pm Mon.–Fri.  
9:00am–5:00pm Sat.–Sun.

**PLUSCARE CLINIC**  
405.447.0477  
8:00am–7:00pm Mon.–Fri.  
9:00am–4:00pm Sat.–Sun.

**SHAWNEE CLINIC**  
405.878.5850  
7:30am–6:00pm Mon.–Fri.

**SHAWNEE CLINIC PHARMACY**  
405.878.5859 REFILL LINE  
8:00am–8:00pm Mon.–Fri.  
9:00am–5:00pm Sat.

**SHAWNEE WALK-IN CLINIC**  
405.878.5850  
9:00am–6:00pm Mon.–Fri.  
9:00am–4:00pm Sat.

FOR YOUR VISIT PLEASE...

-  CALL AHEAD
-  WEAR A MASK
-  FOLLOW GOOD SOCIAL DISTANCING & SPACING
-  USE AVAILABLE SANITIZERS & HAND WASHING
-  ALLOW TIME FOR ENTRY DUE TO SAFETY SCREENING MEASURES

Last Updated: Jan 28, 2023



## 2023 SUMMER INTERNSHIP

ARE YOU A NATIVE AMERICAN STUDENT WHO IS SEEKING A FUTURE IN A HEALTHCARE RELATED FIELD?

**AVAILABLE INTERSHIPS:** 8 INTERNSHIP POSITIONS

**DATE RANGE:** June 5<sup>th</sup> – July 28<sup>th</sup> (8 week program)

**HOURS:** An average of 20 hours a week

**PAY:** \$13.00 per hour

### I. ELIGIBILITY REQUIREMENTS

Must be Native American (AST Preferred) with a valid CDIB card  
Current GPA of 3.0 or above preferred  
Must be a High School Senior (Class of 2023) or current College/Vo-Tech student  
Must be between the age of 18-24 years old  
Must be available Monday - Friday 8a-5p, there may be some evenings and weekends  
Must be fully vaccinated as identified by the CDC  
Must be available the first two weeks of the internship

### II. HOW TO APPLY

Applications can be found on the AST Tribal Website at [ASTRIBE.COM](http://ASTRIBE.COM) or [ASTHEALTH.ORG](http://ASTHEALTH.ORG) under "Employment" or "Careers".  
Please submit a cover letter and resume along with the employment application found on the website.

### III. QUESTIONS

If you have any questions about the application or need assistance, please contact AST Health Human Resources at **405.701.7638**.

**APPLICATION DEADLINE APRIL 28<sup>TH</sup> 2023**

**P: 405.407.0300 F: 405.701.7631 ASTHEALTH.ORG**





**PURCHASED REFERRED CARE NOTICE:**

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

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

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

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

**PRC Little Axe Health Center 405.701.7951 • [PRC@astribe.com](mailto:PRC@astribe.com)**





Medicare Medicaid Marketplace

**Help Yourself Help Your Tribe**

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

### Bringing More to You

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

 **Olivia Wilson**  
★★★★★

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

### Dedicated Agent

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

### Proactive Approach

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

### Guaranteed Satisfaction

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

**BOOK A CONSULTATION TODAY**

 **918-853-1211**

 [atsales.exec@gmail.com](mailto:atsales.exec@gmail.com)

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 PORK CHOP MAC & TOM FRUIT COCKTAIL ROLL	4 CHILI W/ BEANS CRACKERS ONIONS, CHEZ JELL-O	5 BAKED CHICKEN PEA N CARROTS BREAD CRISP	6 BOILED EGG HAM TOAST	7 CLOSED FOR GOOD FRIDAY
10 BEEF FINGERS MASHED POT/GRAVY GREENBEANS PEARS	11 CHICKEN PATTY SANDWICH CHIPS FLUFF	12 BURRITO SPANISH RICE SALSA/CHIPS FRUIT COCKTAIL	13 BAKED POTATO HAM, CHEZ, ONIONS BROCCOLI N CHEZ PUDDING	14 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
17 BBQ CHICKEN GREENBEANS ROLL/APPLESAUCE	18 GOULASH OKRA BREAD CAKE	19 CHEF SALAD EGG, CHEZ, ONIONS COTTAGE CHEZ PINEAPPLES	20 BEANS STEAKFRIES ONIONS SPINACH	21 WAFFLES BACON FRUIT
24 HOT DOG POT. SALAD MANDRAIN ORANGES	25 CHICKEN STRIPS MASHED POT/GRAVY BROCCOLI PEACHES	26 HAM VEGGIES BREAD COOKIE	27 SALMON PATTY MAC & CHEZ TURNIP GREENS MIXED FRUIT	28 OATMEAL YOGURT FRUIT



\*MENU SUBJECT TO CHANGE\*

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

AST TITLE VI  
ELDER INTAKE FORM

TODAY'S DATE \_\_\_\_\_ REFERRAL SOURCE \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ VETERAN \_\_\_\_ YES \_\_\_\_ NO

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

SINGLE \_\_\_\_ MARRIED \_\_\_\_ DIVORCED/SEPARATED \_\_\_\_ WIDOWED \_\_\_\_ WIDOWER \_\_\_\_

SPOUSE'S NAME \_\_\_\_\_ SPOUSE'S DATE OF BIRTH \_\_\_\_\_

NAME OF EMERGENCY CONTACT (1) \_\_\_\_\_ PHONE \_\_\_\_\_

NAME OF EMERGENCY CONTACT (2) \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY LANGUAGE ENGLISH \_\_\_\_ TRIBAL \_\_\_\_ OTHER \_\_\_\_\_

HOUSING \_\_\_\_ HOUSE \_\_\_\_ APARTMENT \_\_\_\_ COMMUNITY HOUSING \_\_\_\_ OTHER EXPLAIN \_\_\_\_\_

COMPOSITION \_\_\_\_ LIVES ALONE \_\_\_\_ LIVES WITH SPOUSE \_\_\_\_ LIVES WITH FAMILY/FRIENDS

NUMBER IN HOUSEHOLD \_\_\_\_\_ WHO HELPS \_\_\_\_\_

HEALTH HISTORY \_\_\_\_ ASTHMA \_\_\_\_ ALZHEIMER'S \_\_\_\_ ARTHRITIS \_\_\_\_ CANCER \_\_\_\_ DEMENTIA

\_\_\_\_ DIABETES \_\_\_\_ CHRONIC PAIN \_\_\_\_ HEARING AID \_\_\_\_ CHOLESTEROL \_\_\_\_ BLOOD PRESSURE

PRIMARY TRANSPORTATION \_\_\_\_ Own Car \_\_\_\_ Friend \_\_\_\_ Public Trans. \_\_\_\_ Senior Trans. \_\_\_\_ Family

PROSTHETIC DEVICES \_\_\_\_ Walker/Cane \_\_\_\_ Wheelchair \_\_\_\_ Hearing Aid \_\_\_\_ Glasses \_\_\_\_ Dentures \_\_\_\_ None

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

IF YES, NAME OF PROGRAM & WHERE LOCATED: \_\_\_\_\_

HEALTH CONCERNS \_\_\_\_\_

SERVICES CURRENTLY BEING RECEIVED \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PROVIDE THE DATE OF YOUR VACCINATION COVID 19

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ BOOSTER \_\_\_\_\_

Johnson & Johnson \_\_\_\_\_ FLU \_\_\_\_\_

Interconnected Living & Wellness– What does this mean to you?

Interconnected living & wellness care is what our AST Health System strives to offer patients by providing various services in a central location. We recognize that good health is inter-related by multiple facets of daily life – physical, emotional, spiritual, occupational, social and environmental elements. These 7 categories are known as the seven dimensions of wellness, and just like the domino effect, they all interact and affect each other in some way. That’s why your AST Health System stands unique in that it provides a central location to address all these important factors of your life!

Your wellness holds the utmost importance to us and in acknowledging, “the whole person, not the parts”, we as your health providers are able to care for you as a caring and collaborating team. So moving forward, we at the Health System and at the Diabetes & Wellness Program wish you good health & wellness in all elements of your life and stand to serve you as a whole.

Be Well.

For more information on the Diabetes & Wellness Program and/or to schedule an appointment, please contact us at (405) 701-7977. We are here for you!

For further reading on this subject and management tips on the 7 dimensions of wellness, please reference the following:

7 Dimensions of Wellness: A holistic approach to health  
By: Amy Green Published: 6/1/2016  
<http://www.alive.com/health/seven-dimensions-of-wellness/>



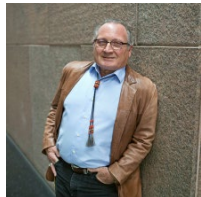
HEALTH BUZZ!!



In the February issue of *The Absentee Shawnee News*, I shared more information about one of our two caregiver programs, Music and Memory. Now, I would like to do the same with *The Savvy Caregiver in Indian Country*.

Dr. J Neil Henderson, an Oklahoma Choctaw native and Professor Emeritus at the University of Minnesota, saw the need for culturally specific caregiver training programs for American Indian elders. Dr. Henderson describes *The Savvy Caregiver in Indian Country* as a “descendant” of *The Savvy Caregiver* by Dr. Ken Hepburn. Through a grant from the National Indian Council on Aging, Dr. Henderson led a panel to indigenize *The Savvy Caregiver*, which Dr. Henderson points out was created in an urban, non-Indian population.

*The Savvy Caregiver in Indian Country* is a series of six weekly training sessions for caregivers to learn how to keep the person with dementia involved with the people around them while feeling safe, secure, and loved. It equips caregivers with caregiving techniques to match the stage of dementia their loved one is in. *The Savvy Caregiver* takes a realistic approach, Dr. Henderson says, and recognizes that you are not going to convert the person’s confusion, angst, and anxieties into a really mellow condition. Dr. Henderson notes that *The Savvy Caregiver* was indigenized in one more way, “...think of caregiving as an actual ritual of honoring the elder, that what we think of as caregiving tasks become symbolically important tasks assisting them as they walk toward the other side.”



Dr. J. Neil Henderson

For more information on *The Savvy Caregiver in Indian Country* or *Music & Memory*, email me, Gayla Temple, at [gtemple@astribe.com](mailto:gtemple@astribe.com) or [adpi@astribe.com](mailto:adpi@astribe.com), or call 405.561.7870. You can also visit the *Seeking Hope* webpage. Go to the AST Health System’s website, [asthealth.org](http://asthealth.org), click on “Programs and Prevention” and click on “Seeking Hope”.

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



What is home health and how does it work?

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

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

Some examples of what home health can do are the following:

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

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

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



LITTLE AXE HEALTH CENTER.....	405-447-0300
Administration	
Business Office	
Little Axe Dental	
Health Information Management	
Lab/X.Ray	
Optometry	
Patient Benefit Advocates	
Primary Care	
Public Health	
Security	
Electronic Health Record	
Physical Therapy	
Behavioral Health.....	405-701-7987
Little Axe Purchased Referred Care .....	405-701-7951
Diabetes & Wellness .....	405-701-7977
Pharmacy.....	405-292-9530
CompleteCare Home Health.....	405-701-7085
Transportation.....	405-701-7603

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

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

# Worried about losing your SoonerCare Coverage?

## Two ways to renew

### 1 UPDATE YOUR CONTACT INFORMATION

Update your contact information ie: mailing address, email and phone number.

Online at [mysooner.org](http://mysooner.org)

Contact a Patient Benefit Advocate

### 2 CHECK YOUR MAIL

Take action quickly to avoid any disruption in your coverage.

Respond to the request for information

Bring the letter to a Patient Benefit Advocate

## FOR THOSE WHO NO LONGER QUALIFY FOR SOONERCARE COVERAGE

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

Our contracted benefits advisor with Legacy Tribal Services is available to assist in the enrollment process. Just give us a call!

Little Axe Health Center: 405-447-0300

Shawnee Clinic: 405-878-5850




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

ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.

OKLAHOMA Health Care Authority

## Working Together to Serve Our Veteran Warriors


### VA Healthcare Services at ASTHS

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

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

### Did You Know?

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



**Office of Tribal Government Relations**

va.gov/tribalgovernment | 405.456.3876

### VA Benefits

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


**OKC VA Native American Nurse Navigator:**  
405.456.3808

Apply for VA Health Benefits:  
800.827.1000


Apply for VA Benefits:  
855.488.8441  
[www.va.gov](http://www.va.gov)

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**Little Axe Health Center**  
405.447.0300



**Shawnee Clinic**  
405.878.5850





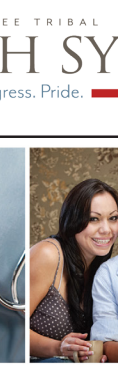
Caring for AMERICAS HEROES  
Since 1946



## HEALTH SYSTEM

Prevention. Progress. Pride.

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

## Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT NO COST TO YOU OR YOUR TRIBE


### Special Enrollment Periods

**Did You Know?**

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
- To add services, equipment, or help more people, we need your assistance.

- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchased Referred Care dollars go further.

**Contact a Patient Benefit Advocate**  
**Little Axe Health Center 405.447.0300**  
**Shawnee Clinic 405.878.5850**



## HEALTH SYSTEM

Prevention. Progress. Pride.