March 6, 2018 - AST Employees attend Active Shooter Training with Shawnee Police Sergeant Steve Leader

Left to Right: AST officer Steven Crisp, AST officer Jason Brinker, AST Governor Edwina But-ler-Wolfe, AST Police Chief-Brad Gaylord and Shawnee Police Sergeant Steve Leader.

continued on page 7

NOTICE

The General Council will be at 10:00 am on April 14, 2018 at the Absentee Shawnee Health Multi Purpose Building on the Tribal Complex.
Hello Tribal Members!

I hope everyone is doing well. As Spring approaches, that means gardens will need to be plowed. Please call Lt. Governor John Johnson’s Office for more information on plowing the gardens. It’s also time for Daylight Saving Time again, Saturday, March 10, 2018. I hope everyone turned their clocks forward an hour before going to bed. There is a Senate Bill, SB 1308, if passed, this could be the last time to either spring forward or fall back an hour in November. This bill will need to be passed by the Oklahoma Legislature then have Governor Mary Fallin sign the bill. When and if SB 1308 passes you will not have to worry about changing your clocks back an hour in November. Oklahoma would be the third State to not observe Daylight Saving Time. The other States that do not practice Daylight Saving Time is Arizona and Hawaii.

As many parents, grandparents, and guardians of children in school are aware of the concern for the upcoming “Walk Out” that Oklahoma Teachers may exercise on April 2, 2018, if a pay increase is not in place by April 1, 2018. We hope that this does not take place but will support a walk out if it happens. Our teachers are in need of a pay raise as it has been long overdue to them. The Senate is looking for ways to pay for a teacher pay raise. They (Senate) have approved numerous revenue plans to fund a $5,000.00 increase but those efforts were blocked by the House Democrats. The Democrats have stated that the bill was “far from equitable and left unaddressed many of our state’s needs” and “This bill sought to mend some of our state’s problems with taxes that asked working families to pay more while asking very little of those at the top and the oil and gas industry,” the Democrats said. As you can see, this is an issue that does not seem will be resolved in the very near future.

The week of March 5 through 9, 2018, I attended the public-school consultations. Tresha Spoon, Director of Absentee Shawnee Education Department, and I have been very busy attending. These consultations are scheduled throughout the month of March and April at different locations. The purpose of these meaningful consultations will assist in building relationships and strengthening support system to bridge the gap between educators and tribes so that we may increase academic success and cultural understanding for Oklahoma students from Pre-K through 12th grade.

Governor’s Meetings Attended

February

28th Charter School Training State Capital (all day)

March

5th 6:00 pm CTSA Policy and Procedure Meeting and JOM Meeting
6th 10:00 am Kickapoo Tribe for White Rock School Tribal Consultation
7th 10:30 am Shawnee Public School Tribal Consultation
8th 9:00 am NIGC Training at the Grand Casino
5:00 pm Meeting with Tribal Youth and mother of an Eagle Scout Project
Expressions
For those families who lost a loved one this month, I offer my sincere condolences to you and your family on your loss.

Conclusion
I appreciate tribal members that have came by my office with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere.

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

Respectfully,
Governor Edwina Butler-Wolfe
405 275-4030, Ext: 6308
405 481-0397 tribal cell number

Mick Cornett, candidate for Oklahoma Governor and AST Governor Edwina Butler-Wolfe
AST BEHAVIORAL HEALTH

Spring Celebration
Arts & Craft Sale
FRIDAY
April 13th 2018
10am - 3pm
Little Axe Health Clinic

Start SPRING with a NEW LOOK
by supporting our LOCAL ARTISTS

BLANKETS  JEWELRY
HOME DECOR  BEADWORK

Vendor Information:
Call Victoria Andrews
(405)701-7995

No Fee : Asking Vendors for donation to set up a table
*Limited Space
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 weekdays 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.

2029 South Gordon Cooper Drive 1 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

WALK-IN CLINIC WITH EXTENDED HOURS

18 SUMMER INTERNSHIP

Are you a Native American student who is seeking a future in a healthcare related field?

If you are in College or Vo-Tech or are a High School Student who is College/Vo-Tech bound and want experience, apply for our 8-week Summer Internship Program.

HERE ARE THE FACTS:

- We will have 5 internship positions available to Native American (AST preferred) students - must have GED. The internship is a rigorous 8 week program, up to 20 hours per week, at $10.00 per hour, designed to familiarize you with a variety of professions and technical careers in the healthcare field.
- The Program starts June 4th and ends July 27th, 2018
- Must have a current GPA of 3.0 or above in either High School or College/Vo-Tech and a desire to serve in the healthcare field
- Age range: 16-22 years of age (High School students preferred or College/Vo-Tech students 22 years of age or younger)
- Must be available Tues-Thurs during normal business hours

Applications can be found on the AST Tribal website at www.astroide.com under “Employment Opportunities”. Please submit a cover letter and résumé along with the employment application located on the website.

APPLICATIONS WILL BE ACCEPTED MARCH 26 - APRIL 30, 2018

If you have questions about the application or need assistance please contact Ms. Dayna Dick with AST Health Human Resources at 405.701.7638.

Please contact Mr. Mark Rogers, AST Health Executive Director, at 405.532.6286 with any questions or for information regarding this program.

P: 405.447.0300  •  F: 405.701.7631  •  WWW.ASTHEALTH.ORG
I hope that March was a lucky month for all of you. We’ve had our ups and downs here at Building Blocks III with regards to times of wellness and times of illness. We’ve had 15 confirmed cases of the flu since January. Most were children, with only 4 being staff members. We are definitely ready for flu season to end so that we can enjoy spring.

Our classes celebrated Dr. Seuss’ birthday with some green eggs and ham. The kiddos were a little suspicious of the eggs at first, but after trying them, some realized it still tasted like scrambled eggs and had no problem eating them up!

There were some great St. Patrick’s day crafts that the teachers planned for the children. Ms. Renee’s 2-yr-old class made leprechaun hats, while Ms. Diana’s 4’s & 5’s made leprechaun traps.

Ms. Diana planned several fieldtrips for her class over spring break. They visited Dynamo Gym, the library, the Cowboy Western Heritage Museum, and the WONDERtorium in Stillwater. The children really enjoy the fieldtrips. It allows them time to get out and have different, fun experiences.

We attended the A.L.I.C.E. training for information regarding ways to respond in an active shooter/violent intruder situation. We appreciate all of the parents who supported our efforts to make our center a safer place for the children and staff. We reviewed and updated our Emergency Preparedness plan. The teachers have been doing drills with their children in the event that we would need to evacuate, should one of those situations arise. We are also scheduled to have ¼ inch thick glass installed at our front desk to provide another level of safety.

The Dental Department visited us on March 6th to provide some information to the kiddos and teach proper brushing. We are working towards a schedule that will provide these types of services to our center twice a year. We appreciate Michael Kuestersteffen, Dental Office Manager, for coordinating this event with us.

Billie Thompson
Building Blocks III Director
bthompson@astribe.com
AST hosts active shooter training for employees

In response to gun violence that has ravaged all corners of the nation, the Absentee Shawnee Tribal Police Department and Human Resource Department hosted an active shooter seminar for all AST employees on March 6th.

The class was presented by Sergeant Steve Leader of the Shawnee Police Department. The focus of the class was on A.L.I.C.E: a set of proactive, options-based strategies that increase your chances of survival during a violent intruder or active shooter event. The course, while designed for schools, coincides with the Department of Homeland Security model of Run, Hide, Fight, and is designed to teach skills and strategies that bridge the gap between the times a violent event begins and law enforcement arrives.

The A.L.I.C.E. strategy focuses on five important key points:

- **ALERT**: Be aware of your surroundings and look for out of the ordinary persons.
- **LOCKDOWN**: Locking doors may not be enough, learn ways to barricade where you are to keep the attacker out.
- **INFORM**: Call 911 when it is safe to do so but also tell others of what is happening. You may have to work as a team to buy time before the police arrive.
- **COUNTER**: As a last resort, if face to face with an attacker, then violence should be employed to disrupt their goals. Use force of numbers to your advantage.
- **EVACUATE**: Primary focus is to evacuate the danger area, just like a fire, do not wait for the police.

The seminar was approximately two hours. Those who attended received certification in A.L.I.C.E training.
The Blue Zones Project is coming to both Cleveland and Pottawatomie Counties!

What are Blue Zones? A Blue Zones Community® is an area in which citizens, schools, employers, restaurants, grocery stores, and community leaders have come together to optimize residents’ longevity and well-being. The Blue Zones Project® by Healthways takes a systematic, environmental approach to identifying and creating policies and programs that support community transformation. Blue Zones Project is a community well-being improvement initiative designed to change the way people experience the world around them. By impacting environment, policy, and social networks, Blue Zones Project makes healthy choices easier. As a result, people can live longer, better, and communities can lower healthcare costs, improve productivity, and boost national recognition as a great place to live, work, and play. Living longer, healthier lives is both our goal and the goal of the Blue Zones Project. The City of Shawnee is already meeting with the community to implement this exciting health and wellness effort. For more info, google Blue Zones Project to see how this program can improve your life span, health, and happiness.

The American Heart Association will have their Annual Heart Walk in Oklahoma City this year along with the OKC Marathon, both are in April and very family friendly events! Look for the information on both Facebook and the AST Health System website if you are interested in participating in any of these health promotion activity events. We will continue to be actively working towards group events throughout the year that get people moving and staying healthy in 2018 and beyond! April is also Financial Literacy month. Several recent studies have linked financial literacy to health outcomes, revealing higher financial literacy can be linked to better health of the individual and their family. Look for more information to come on this important study.

We are always thankful and very proud of our outstanding star performers, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee Awards and awardees are listed below. The AST Health System always strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

**Health Employee Awards of the Month for March**

<table>
<thead>
<tr>
<th>Award</th>
<th>Recipient</th>
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<tbody>
<tr>
<td>Employee of the Month</td>
<td>Toni Donahoo, Physical Therapist LittleAxe</td>
</tr>
<tr>
<td>Team of the Month</td>
<td>Shawnee Physical Therapy Department</td>
</tr>
<tr>
<td>Special Leadership Award</td>
<td>Michelle Johnson, RN, Primary Care</td>
</tr>
</tbody>
</table>

Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director
April 2018 - Scheduled Closings

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time(s) Closed:</th>
<th>Locations:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed., Apr 4th (1st Wed of Month)</td>
<td>Noon to 5 PM</td>
<td>All AST Health facilities CLOSED</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- PlusCare Clinic &amp; Shawnee Clinic Ext Hours will OPEN at 5p until 9p (last patient accepted at 8:30p)</td>
</tr>
</tbody>
</table>

* 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

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
CONTRACT HEALTH SERVICES NEWS

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

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 or Shawnee Clinic 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.
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.

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.
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 Sloot, 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)
Research clearly shows that there is a link between physical health and financial health.

When you think of “wellness” most people think of physical fitness, physical health or mental health. However, financial health “wellness” can be just as important. Being financially healthy has an indirect affect with overall wellbeing. There is a strong correlation between a person’s financial and physical health. “Financial stress is significant in the majority of people’s lives: 75% of those surveyed named money as their number one source of stress. Also, 1 in 4 American workers are seriously financially distressed, constituting more than 30 million workers who may be absent from or distracted at work as a result. In addition to the direct health consequences of high stress levels, stress can also lead to unhealthy coping behaviors, such as tobacco and alcohol use, and decreased physical activity.”

So how do we start becoming financially healthy?

Managing money is a life skill that impacts individuals, families and communities. But like with personal health, financial health starts with the individual making a decision to become healthier. Unless you are a multi-millionaire, there are 2 basic things every adult should have to START becoming financially healthy:

1) A personal Budget.

2) An Emergency Fund.

Whether you have a high paying salary or whether you are broke in between payrolls, every adult need these two essential tools. A personal Budget is a plan you write down to decide how you will spend your money each month. A budget helps you make sure you will have enough money every month. Without a budget, you might run out of money before your next paycheck. A budget shows you how much money you make and how much money you spend.
CONCERNS, ISSUES, OBSERVATIONS & SUGGESTIONS

(Previously stated and presented to EC members at GC meeting, 4-4-15 [3 yrs ago] & given a copy to newly elected EC after each election.)

1. NO financial accountability. Tribal members have not been provided financial information on a consistent basis. Need financial statements of revenues and expenditures—hard copies of income statements, balance sheets, cash flow statements for general fund, contracts/grants, children’s trust fund, cattle project, All Nations Bank, Thunderbird Casinos, C-Stores (Little Axe & Harrah), statement of Net Assets and information for Tribal investments, etc. (The Tribe received $7 million, and how has these funds been used, i.e., where, what, why? There should be monthly reports in the AST newsletter and AST website in order for all Tribal members to have knowledge of what is transpiring within Tribal businesses.

2. Only one EC monthly report is consistently in the AST newsletter. Why are the other EC officials not submitting reports? The General Council books do not have ALL EC officials’ reports in them. Their lack of work toward ensuring Tribal members have a clear and transparent understanding of what they are doing for the Tribe is unacceptable. Providing oral reports or written handouts outside of the General Council book is unacceptable.

3. Why are the EC officials not providing strategic plans or projections? The Tribal members need to see projections for the future, i.e., 2 years, 5 years, and 10 year plans.

4. What is the status on Tribe’s Trust lands? The AST Health Center, Resource Center, Brendle Corner, Dream Catcher I-40, Harrah C-store, etc?

5. Where are EC officials’ reports on trips to conferences, workshops, forums, etc? Tribal members want to know how attendance at these events benefits the Tribe. These types of events are costly; does attending these events move the Tribe forward?

6. What are the plans for the new purchases? Hardesty Road and Moose Lodge building, etc?

7. What is status of the new youth recreation camp project in Little Axe?

8. What are the Plans for Tecumseh Square, Hwy 177 bldg (OEP), Kickapoo Street House/Bldg, Hwy 102 trust property (across from Grand Casino), and other Trust Properties that were purchased?

9. Is FedEx still using the “Dream Catcher” hotel parking lot as a layover? Where does those $$$ go and how long is contract? Again, no accounting or information is being provided to Tribal members.

10. What happened to plans for Assisted Living Center for Elders?

11. The AST Tribal Complex could be demolished and new facilities built. Alternatively, keep the tribal complex as a historical site, but build new facilities! Regardless, all EC officials, departments, and offices need to be centrally located in one building with high security!

12. The AST Website is still not functioning properly. Tribal members are entitled to see the webcasting of EC meetings and shareholder meetings. Currently, Tribal members are unable to view these webcasts or at times; there is no sound when tribal members can actually log on.

13. What and Where is AST Tribal Fire Department? No reports or no Memorandum of Understanding (MOU)’s with local Fire Departments.

14. General Council is for the Tribal members and the elected officials should listen and abide by the wishes of Tribal members.

15. The Constitution needs to be amended. A three-way constitution that has executive, legislative, and judicial branches would better serve Tribal members in today’s world and we should want our government to be more sustainable and profitable in relation to business and services!

Last and most of all, The Executive Committee Members need to be MORE accountable, communicative, responsible, and transparent. As elected officials of our tribe, they should, at a minimum, provide detailed reports and updates on a consistent basis; (and we shouldn’t have to constantly ask for monthly reports)—PUT REPORTS IN THE AST NEWSPAPER, PROVIDE MONTHLY REPORTS VIA MAILINGS OR POST REPORTS ON THE WEBSITE!!!

DO SOMETHING!!!!

Respectfully submitted by Kathy Deere, AST Tribal member
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 Voter of the Absentee Shawnee Tribe on or before June 16, 2018. I cannot physically be present to cast my Vote at the **June 16, 2018 Run Off 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 27, 2018**

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/Representative
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.
- Visit www.indiantrust.com whereabout 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 Tsotaddle 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.
### Free Music Lessons

Guitar • Bass • Piano • Drums

Available to all Native Americans w/CDIB#

For details, call Absentee Shawnee Behavioral Health

405-878-4716

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#### Menu

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td></td>
<td>Hot Dog</td>
<td>Corn Beef</td>
<td>Baked Chicken</td>
<td>Beef Stroganoff</td>
<td>Scrambled Eggs</td>
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<td></td>
<td>Chips</td>
<td>Cabbage</td>
<td>Salad Bar*</td>
<td>Broccoli</td>
<td>Sausage Gravy</td>
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<td></td>
<td>Peaches</td>
<td>Bread</td>
<td>Veggies</td>
<td>Cake</td>
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<td>Mixed Fruit</td>
<td>Crisp</td>
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<tr>
<td></td>
<td>Salisbury Steak</td>
<td>Ham</td>
<td>Chicken Patty</td>
<td>Goulash</td>
<td>Bagel</td>
<td>Absentee Shawnee General Council</td>
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<td></td>
<td>Mashed Pot/Gravy</td>
<td>Scalloped Pot.</td>
<td>Sandwich</td>
<td>Green beans</td>
<td>Boiled Egg</td>
<td>10 am</td>
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<tr>
<td></td>
<td>Veggies</td>
<td>Veggies</td>
<td>LTOP</td>
<td>Bread</td>
<td>Cream Cheese</td>
<td>AST</td>
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<tr>
<td></td>
<td>Apricots</td>
<td>Applesauce</td>
<td>Pasta Salad</td>
<td>Orange</td>
<td>Fruit</td>
<td>Multi-Purpose Bldg.</td>
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<tr>
<td></td>
<td>Chef Salad</td>
<td>Baked Potato</td>
<td>BBQ Chicken</td>
<td>Cold Cut Sandwich</td>
<td>Scrambled Eggs</td>
<td>AST Elders Council</td>
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<tr>
<td></td>
<td>Chicken, Chez, Eggs</td>
<td>Ham, Cheese Onions</td>
<td>Baked Beans</td>
<td>LTOP</td>
<td>Bacon</td>
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<td></td>
<td>Crackers</td>
<td>Veggies</td>
<td>Tossed Salad*</td>
<td>Veggie Soup</td>
<td>Baked, Bread</td>
<td>Mtg.</td>
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<td></td>
<td>Pears</td>
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<td>Mandarin Oranges</td>
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<td>Chicken Rice &amp;</td>
<td>Riblet</td>
<td>Beans</td>
<td>Taco Casserole</td>
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<td>Veggies</td>
<td>Cornbread</td>
<td>Ranch Beans</td>
<td>Sausage Gravy</td>
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<td>Tossed Salad*</td>
<td>Roll</td>
<td>Steak Fries</td>
<td>Salsa</td>
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<td>Tuna Salad Sandwich</td>
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**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
Absentee Shawnee Tribe of Indians of Oklahoma  
2025 South Gordon Cooper Drive  
Shawnee, Oklahoma 74801-0381

Title VI  
Elderly Nutrition Program

March 16, 2018

Dear Absentee Shawnee Tribal Members

For many years The Title VI Department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Grant provides gas as supportive services and for us to provide supportive service you must be a participant in the Title VI Program.

Guidelines:

1. Absentee Shawnee Member  
2. Must be 55 years and older  
3. Must be an Title VI Member, have a current intake form on file and participate during the year  
4. Must provide Proof of Residency (utility bill – in the applicants name)  
5. Handicap/Disabled  
6. NO RENTAL PROPERTY WILL BE MOVED

As a Title VI Member as long as you are within the guidelines you can put in your application and turn in your applications to the Title VI Department. As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will mow every two (2) weeks weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@astrike.com

[Signature]
Thomasine Owings  
Title VI Director
The Following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member
4. Handicap/Disabled
5. Must provide Proof of Residency
6. NO RENTAL PROPERTY will be mowed

The Absentee Shawnee Tribe Maintenance Department will **ONLY** mow and weed eat applicant’s lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees or shrubs.

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 6227

NAME: ________________________________________________

ADDRESS: ______________________________________________________________________

CITY: ____________________ STATE:___________ ZIP: _______

HOME PHONE: ___________________ MESSAGE PHONE: ________________

EMAIL: ______________________________________________________

FINDING DIRECTIONS TO HOME:
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

*DISCLAIMER
Maintenance will not move any items that are in the way of them mowing your yard so if you are able or can get some help in getting your yard cleaned, will be very much helpful in maintaining your yard.
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.

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.

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)
Dear Absentee Shawnee Tribal Members:
Are you satisfied with the direction of our Tribe? If not, it is time for a change! Our Tribe was once first in everything, and now we lag behind in every area.

I come to the Tribe with the hope that I will be given a chance to help bring more success and forward thinking to our Tribe. If I am elected, my promise is to be unbiased, fair, honest and transparent in all of my business activities on behalf of the Tribe. I will be available and I will be committed to listening to each and every tribal member.

If I am elected, it will be on my own merits. As a voting Tribal member, I ask each of you to compare my credentials to my opponent. I have a B.A. Degree from an accredited university. I excelled in my academic programs. I am a Certified Human Resources Professional. I have more than 10 years of professional experience with a Fortune 500 corporation.

I have much to offer my tribe and I want to be a change agent. Help me to do this! Please vote!

Following are some of my concerns. In the past two years, I have not seen any articles or reports on any of the projects or usage of Tribal funds under the supervision of the current Representative. Some of the questions that I have are:

• What is the status of the Little Axe Youth Recreation Camp?
• Where are the progress reports?

• Is there a project plan?
• Is there a projected time-line?
• What is going on?

Tribal members are entitled to an accounting of the funds that have been spent for this project and know its progress. If I am elected, I will strive to answer these questions and many others that our Tribal members have asked. I will perform a proper analysis of the entire project for Tribal members. Additional questions:

• What is going on in the Cultural Preservation area?
• What activities are being performed by the staff of Cultural Preservation?
• Where are the reports for activities?
• Where is the accounting for the funding of this area?

If I am elected, I will implement processes that will ensure that all Tribal members have a clear understanding of what programs and projects are conducted by Cultural Preservations. I will ensure that we maximize the usage of the funds to protect our heritage and ensure that our culture and traditions thrive in the future.

I conclude for now, but will have more to say in my next article. Stay tuned as I address Human Resources!

Until next time,

Atheda Fletcher
athedafletcher@gmail.com
<table>
<thead>
<tr>
<th>April 2018 Birthdays!</th>
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<tbody>
<tr>
<td>Alberty, Shannon Venita</td>
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<tr>
<td>Alexander, Dawn Michelle</td>
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<td>Alford Jr., Eugene Ray</td>
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<td>Berry, Collin Michael</td>
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<td>Blanchard II, Norman Neal</td>
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<td>Blanchard, Norah Gisele</td>
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<td>Boyd, Xavier Tyrik</td>
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<td>Breeding, Alyn Cooper</td>
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<td>Brinson, Christopher Allen</td>
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<td>Brokeshoulder Jr., Clifton</td>
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<td>Brokeshoulder, Eddie K.</td>
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<td>Brown, Jennifer Leah</td>
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<td>Brown, Lexi Michelle</td>
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<td>Bryce, Shayla Maelyn</td>
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<td>Buckley, Dawna Michele</td>
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<td>Byers, Reanna Nicole</td>
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<td>Byers, Zachary Elias</td>
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<td>Byrd, Lyndell D Armond</td>
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<td>Caires, Vanessa Little Axe</td>
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<td>Chaney, Brittni Lynn</td>
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<td>Charley Whatley, Jorden Eugene</td>
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<td>Charley, Mary Serene</td>
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<td>Davis, Tyrein Gene</td>
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<td>Eason, Braxton Noah</td>
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<td>Eckwardy, Marisela Isabelle Mariah</td>
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<td>Gouge, Beau Allen</td>
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First, it’s no secret that practically all of our economic development ventures in the past have failed for a variety of reasons. And the way the economic development is currently operating, directionless and disorganized, continued failure is assured. Disregarding our Gaming and our Health Care as revenue generators, our sole commercial/economic development as it stands is the Thunderbird Express convenience store and the recently installed ice machine in the Little Axe area. As a matter of fact, the addition of the ice machine is the only economic development we’ve had in recent years. Moreover, Thunderbird Express closed its doors in February 2017 and didn’t reopen until the end of May 2017. We own a bank, AllNations Bank, that we practically know nothing about. Except for a small distribution a number of years ago, we’ve never received a return on investment (ROI) on that bank and may never. We own a small print shop that has never been allowed to flourish or grow. We own, and seem to continue to buy, a number of properties with no real sense of what we’re going to do with them. All the while, we look around or read about the genuine economic gains other tribes and nations are making. Are you tired of that? I am!

Next, my ideas for beginning our economic development journey is as follows. We must set a solid foundation for future development and growth. To begin with we must take advantage of our corporate federal charter. Once under that federal charter, we should structure our business enterprises in a parent-subsidiary form. With ASED, Incorporated (AI) as the parent and any enterprises as the subsidiaries formed as Limited Liability Companies (LLCs). We must separate the governmental function from the business function. This, in my opinion, is the primary reason why all of our business ventures in the past have failed. Politics become involved in business decisions. We must exploit all competitive advantages that we have (e.g., federal tax preferences, federal contracting, etc.). We need a well-qualified economic development director with a proven track record of success.

Finally, regardless of how one views the Tribe, we are a multi-million dollar organization. If we are to survive and flourish in the future, then we must have competent leadership who understands modern and complex business relationships and the dynamics of business. In the upcoming election, you have a choice between two candidates for treasurer. Just two. The current treasurer, Leah Bender, and myself. We can have two more years of what we’ve had for the past four; stagnant economic growth. Or we can take a different direction. A direction with potential. Between the current treasurer and myself, I believe I’m that right choice.

Again, my vision is with the right person and people, our success is unlimited.

Sincerely,
Phillip S. Ellis
phillie2829@gmail.com
918-703-7528
Congratulations
Jennifer Brooke New Moon!

Jennifer graduated from Seminole State College with an Associate Degree in General Studies.

Jennifer is an enrolled Absentee Shawnee and a descendant of the Ponca, Chickasaw and Eastern Shawnee tribes. She is the daughter of Glenn and Melissa New Moon. Maternal Grandparents are the late Kenneth Little Axe and Estelline Washington Little Axe Littlecreek. Jennifer’s great-great grandparents were the late John and Lillian Sloan Little Axe.

Jennifer has a beautiful four-year-old daughter, Hayden.

Jennifer trains in Brazilian Jiu-Jitsu and has won medals in numerous tournaments and is pursuing a career in Mixed Martial Arts. Recently, she has earned a certificate in medical billing and insurance.

You may also have seen her picture as a Seminole State College Graduate in “Oklahoma Native Royalty 2017” and “Our Native Traditions Spring 2017” magazines.

Our family is very proud of you.

---

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

Upcoming ASIST workshop
Date: May 8 & 9, 2018, 8:30 a.m. - 4:00 p.m.
Location: 2029 S. Gordon Cooper Dr, Shawnee, OK at "Health Programs Multi-Purpose Building"

Hosted by: Absentee Shawnee Tribe MSPI
Provided by: Chickasaw Nation Suicide Prevention
To inquire or register, call Jenifer Sloan @ 561-7810 or email jsloan@astribe.com

ASIST works. Learn more and see the evidence at www.livingworks.net/asist
Emergency Management

Preparedness on a shoestring - FEMA family disaster kit scavenger hunt

You may need to survive on your own after an emergency for at least 3 days. Local officials and responders will be on the scene after a disaster, but they cannot reach everyone immediately. Creating a family disaster preparedness kit does not have to be costly—many of the items for your family’s kit may be found around your home.

You can make a game of getting prepared by organizing a family scavenger hunt. Begin by finding a container to store the items (e.g., large bucket, pillowcase, backpack, plastic container, etc.).

- Water—at least 1 gallon per person per day for at least 3 days, for drinking and sanitation
  Cautions: Unopened (sealed) water bottles should be good for at least 1 year. After a bottle is opened, the water will begin to grow bacteria in less than a month.
  Alternative Water Source: If you are unable to purchase water, a typical home water heater can provide 30 or more gallons of clean drinking water. To use the water in your tank, first turn off the electricity or gas to the water heater. Then, close the supply valve to preserve the cleanliness of the water in the tank. Next, get the air out of the tank by opening any hot water tap such as the kitchen sink. (Caution: The water coming out of the tank may be very hot.) You can use a short water hose (e.g., the supply hose to a washing machine) to drain the water from the tank. Use a screwdriver or coin to operate the drainage valve. If you do not have a hose to transfer the water to jugs or pots, use a shallow pan to collect the water. Allow the tank to fill before restoring power to the water heater.
  - First aid supplies
  What To Include: Look for items such as bandages, cotton washcloths, cleaning agent/soap, hydrogen peroxide/isopropyl alcohol, antiseptic cream, and aspirin or an aspirin substitute. Include a list of medical conditions and prescription medicines.
  Tip: Keep your prescriptions in a plastic bag or travel kit in an easy-to-find location.
  - Copies of important information
  What To Include: Include important information such as phone numbers, family records, insurance and financial documents, and copies of passports, identification documents, Social Security cards, immunization records for people and pets, etc.
  - Radio, flashlight, and batteries
  What To Include: Include a battery-powered or hand-crank flashlight and radio and extra batteries.
  Tips: Avoid using candles, which can easily cause fires. It is advisable to have a Weather Radio with tone alert. If you are unable to get a Weather Radio, you may be able to listen to alerts on local radio or access them on the Internet at: http://www.nws.noaa.gov/nwr/streamaudio.htm

- Other supplies and items: You may want to include things such as a whistle to signal for help, wrench or pliers to turn off utilities, sanitary products, diapers, and any other items you’ll need during an emergency.

CHECK THE EXPIRATION DATES OF ITEMS IN YOUR KIT AT LEAST EVERY 6 MONTHS

REMINDERS: WHEN DISASTER STRIKES
Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. Below are some steps you should take if a disaster strikes.

- Keep Informed - Listen to local radio or television for news and instructions.
- WATCH means it is possible that severe weather conditions will develop.
- WARNING means the weather is already occurring or is likely to occur and that people should take proper protective measures
Bring things indoors such as lawn furniture, trash cans, children’s toys, garden equipment, clotheslines, hanging plants, and any other objects that may be blown around. Confin[e or secure your pets in a location in your home or in a carrier for evacuation. Move to a safe area of your home unless you are instructed to evacuate.

* Follow Evacuation Orders
- Evacuate immediately if told to do so. Ignoring an evacuation order puts you and your family in danger. Wear protective clothing and sturdy shoes. Lock your home. Use the travel routes specified by local authorities; other routes may be impassable or dangerous. If you have only moments before leaving, grab the following items and go:
  - Prescription medications and other essentials
  - Driver’s license, personal identification, insurance information, and other critical documents
  - Disaster kit
  - Notify your family contact. Relatives and friends will be concerned about your safety. Letting someone know your travel plans will help relieve the fear and anxiety of those who care.

When It Is Safe—Assess the Damage

- Check for injuries. Determine if anyone is injured. If so, call for help and provide simple first aid measures.
- Wear protective clothing and sturdy shoes. Disaster areas and debris contain many hazards. The most common injury following a disaster is cut feet.
- Help your neighbors who may require assistance in an emergency situation—infants, elderly people, and people with disabilities—and the people who care for them.
- Look for hazards.
  - Gas: If you smell gas or suspect a leak, open a window and get everyone outside quickly. Turn off the gas at the outside main valve.
  - Electrical system: If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker. Getting damaged utilities...
turned off will prevent further injury or damage. Stay away from downed power lines.

- Water: If the water pipes are broken, turn the water off at the main valve. Tip: For all the utilities—gas, electric, and water—find out where shutoff valves/switches are before a disaster strikes.
- Structural problems: Watch for objects that could fall. Evacuate structures that are not stable.
- Spills: Stay away from areas that contain spilled chemicals or other hazardous material.

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

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

Buster Bread
Fitness Manager

Chrissy Wiens
Physical Activities Specialist

Brandon Goodman
Fitness Technician

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.)
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.

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**SHAWNEE FITNESS CLASSES**

<table>
<thead>
<tr>
<th>MONDAY</th>
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<td><strong>CLASSES</strong></td>
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<tr>
<td>Zumba Fitness 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Strength Circuit 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Cardio Kickboxing 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Strength Circuit 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Zumba Fitness 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
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<tr>
<td><strong>Core-N-More Wednesday</strong> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY</td>
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<tr>
<td><strong>Strength Circuit</strong> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center</td>
<td><strong>Aerobic Circuit</strong> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center</td>
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<tr>
<td><strong>De-Stress Friday</strong> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY</td>
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</table>

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

“Core-N-More” - This session will target all regions of the core and will provide a balanced workout for muscle groups that assist in movement and balance.

“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.

“De-Stress” - This session aims to assist participants in utilizing flexibility training to improve muscular flexibility and to induce relaxation for stress relief.

**Absentee Shawnee Fitness**

**Diabetes and Wellness**
Fitness Bit

Did you know there is 1,440 minutes in a day and you only need 30 minutes of exercise per day to really improve your overall health? Many of us find it hard to find time to hit the gym with work, kids, or other priorities but exercise doesn’t always have to involve a gym. Any kind of physical activity will work as long as you are moving. Now that Spring is here and the weather is nice there are plenty more things you can do to get the exercise you need like push mowing, raking, gardening, and activities with your kids or grandkids. So get creative and have fun and remember that exercise releases endorphins into your system to make you feel better, too.

Many of us that live here in the small area of Little Axe have trouble finding a place to be physically active. Below we have provided some resources available to assist you in finding a variety of activities that will fit with your schedule, interest, or activity needs. Whether you are wanting to just change it up with different activities, or sceneries, these resources are available to you for physical activity!

- **Thunderbird Lake** has on-site activities such as biking, walking Trails, canoeing, kayaking, rafting, fishing, swimming, archery, and more. They have many events scheduled for 2016!! Visit their website at www.lakethunderbirdpark/travelOK.com or contact Susie Snider at (405) 360-3526.

- **The Little Axe Community Center** offers disc golf, softball fields, and occasionally, Zumba Classes. If you would like more information on the LA Community Center, please call Pam Sharp at (405) 292-9770.

- **Norman Oklahoma Paintball & ATV Field** is located 3 miles east of Thunderbird Casino, just south of Hwy-9. For more information go to www.atvgames4x4@yahoo.com or call (405) 409-0554 or (405) 360-5934.

- **Little Axe High School** has an outdoor running track and tennis court available for use when not occupied by school games or practices.
These events are funded, in part, by the Administration on Community Living’s Senior Medicare Patrol grant.
Greetings!!

During the first three months of 2018, the Elders Council has continued to work on administrative items. Due to various topics and issues, we have not been able to fully discuss and vote on the proposed changes to the Guidelines. As of this writing, the plan is to hopefully vote on the proposed Guideline changes at the March meeting. Once we finish the Guideline work, the Officers will start building on the events calendar for the remainder of the year.

At the February meeting, the members voted to participate in the Tribal Easter Event. The Elders Council purchased over 700 eggs and gave gift cards as prizes for those lucky youth hunters. There was also an egg hunt for Elders with special prizes in some of the eggs. So, I hope that many Tribal members were able to attend the festivities on this special day.

The Elders Council members voted to make improvements to the Little Axe Community Building. Mini blinds and a coat rack will be purchased with donated money for these improvements.

At the last meeting, Dan Little Axe announced that Troy Little Axe will be honored at the Operation Eagle Pow-wow in Dewey, Oklahoma. The Elders Council members plan to participate in this event.

Members expressed an interest in attending the Azalea Festival in Muskogee along with having lunch at the Miller’s Eating Place in Chouteau. Estimates for all travel events will be presented at the Elders Council meetings and voted on. No trip is scheduled without a vote by the membership. As a reminder, members must meet eligibility requirements in order to participate in travel events. Therefore, keep your attendance up by being involved—we enjoy seeing everyone at least once a month!

The Elders Council plans to host a speaking opportunity for all 2018 election candidates. Each candidate will be given the opportunity to briefly speak before the start of our April 21, 2018 meeting at the Resource Center. The doors will open at 9:00 A.M. Each candidate will be given a few minutes to speak. The Elders Council encourages all Absentee Shawnee Tribal members to vote. Your vote can make a difference.

Also, the Elders Council members encourage all Tribal members to attend the GENERAL COUNCIL in Shawnee on April 14. The Elders Council members are selling raffle tickets for shawls and the drawing will be held prior to the start of the GC meeting and winners’ names will be posted at the meeting. Cost is $1.00 per ticket.

As always, I like to end my articles with thought provoking quotes. I hope everyone enjoys these little words of wisdom.

Quote: If you can’t make them see the light, make them feel the heat!
**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.*

---

**Enrollment CDIB Printing is from 8:00AM - 4:30PM**

All walk-ins or appointments will need to check in before 4:30pm each day. This change is to provide the staff the appropriate time for daily closing procedures.

We appreciate your understanding during this transition and if you have any questions please contact Ezra DeLodge, Tribal Secretary or Carly Dyer, Enrollment Director.

Thank you,

Enrollment Staff

---

**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 73069
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 74804
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

Both pharmacies are closed the first Wednesday of every month from Noon to 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.
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 following are current programs administered by the Absentee Shawnee Tribe Education Department:

- **Academic (K-12) Program**: assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program**: established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program**: funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education**: Education Incentive Award Program: funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program**: funds for one master’s degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program**: annual incentive for High School Seniors for Academic Achievement and Athlete of the Year.

*Deadline for application submission is March 31st of each year.*

*All funding is based upon the availability of funds at the time of application.*

**Attention:**

Applications for fall 2018 must be received or postmarked by June 15, 2018.

Fall 2018 applicants must provide a copy of their new Tribal Enrollment Card with their application.

**February/March 2018 Update by Tresha Spoon:**

I had a visit with Brent Cahwee from Haskell Indian Nations University on February 6th. He left admissions information with me to distribute. The Tribal Youth Program Coordinator and I worked on the Department of Justice, Coordinated Tribal Assistance Solicitation during the months of February and March. Our grant for Purpose Area 9 was submitted successfully with the other departments on March 21, 2018. I have been attending Board meetings for the Oklahoma Council for Economic Education.

I attended the Shawnee Gem and Mineral Club meeting on February 13th for continued work on our Super Science Saturday project on April 21, 2018 (flyer is in the newsletter). This project is collaboration between the Citizen Potawatomi Nation, the American Indian Institute, and the Tribe, our most recent meeting on March 13th included all the Education staff to prepare for the upcoming event. On March 6th, I attended the Tribal Consultation for White Rock Public School, on March 7th the Shawnee Public Schools Tribal Consultation, and on March 15th the Metro Schools Tribal Consultation at Norman Public Schools. During the week of Spring Break 2018, the Education Department will be hosting the Melokami Youth Camp. On March 26th, we are hosting a Financial Aid presentation at the Little Axe Resource Center from 6 pm to 7 pm.

For more information, please call me at (405) 275-4030, Ext. 6242 or 1-800-256-3341 or email me at tresham@astribe.com.
Sexual Assault Program

Job

Tax Commission

• CDIB/ENROLLMENT CARD

TAX YEAR-TO-DATE % OF TAXES

PURCHASE AGREEMENT

NOTARIZED BILL OF SALE or

(405) 275-4030 • Fax: (405) 214-4225

13-16 YEARS

9-12 YEARS

$0.25 A DAY

100%

Shawnee Main Office: Enrollment Manager
to apply, plea

Tribe’s Domestic Violence staff at (405) 273-2888.

Emergency transportation for

Assists

Assault. Participants have up to six months to obtain education and job skills needed to begin a

March 31st of each year.

All funding is based upon the availability of funds at the time of application.

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 6242 or 1-800-256-

These are brief descriptions of current programs. Program guidelines are available

Funding limit for the academic year.

The following are current programs administered by the

Absentee Shawnee Tribe

Treatment of Addictions

Absentee Shawnee Tribe Education

The AST Domestic Violence/

Domestic Violence

April 30th

Tribe’s Domestic Violence

June 15, 2016

CTSA

1535 N McKinley

73069

15951 Little Axe Drive

Little Axe Health Center

204-4225

516 Iowa St.,

Amy Porter

Melanie

1533 N

ATTENTION

PARENTS!!!

- Housing and Utility Assistance

- Higher Education:

- Special Education:

- Vocational Education:

- Early Head Start

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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.

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

ABSENTER SHAWEE 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.
<table>
<thead>
<tr>
<th>MONDAY LUNES</th>
<th>TUESDAY MARTES</th>
<th>WEDNESDAY MIERCOLES</th>
<th>THURSDAY JUEVES</th>
<th>FRIDAY VIERNES</th>
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<td>NSO WIC</td>
<td>Norman COCAA</td>
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<td>3530 N MacArthur</td>
<td>1155 E Main</td>
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<td>OKC 73122</td>
<td>Norman 73071</td>
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<td>Shawnee 74801</td>
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<td>OKC Indian Clinic</td>
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<td>1201 N Mustang Rd.</td>
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<td>Variety Care Lafayette</td>
<td>Mary Mahoney</td>
<td>Norman CCHD</td>
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<td>500 SW 44th</td>
<td>12716 NE 36th St.</td>
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<td>Lincoln Health Dept.</td>
<td>Moore FRC</td>
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<td>101 Meadow Ln,</td>
<td>2635 N Shields</td>
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</table>
Prevention in Native Students (PINS) 4
Camp Dates: Tuesdays & Thursdays, June 4th - 29th
Time: 9:00 AM - 3:00 PM

Enrollment/Registration: April 1st - May 11th  Space is limited

Ages 10-14
Native American Youth Only
Must live within these counties: Pottawatomie, Oklahoma, Cleveland

Health Topics to be covered:
• Tobacco Prevention
• Physical Activity
• Proper Nutrition

Registration contact: Deidre Yarbrough, RN, AST Public Health
(405)701-7190 or dyarbrough@astrib.com
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
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
Governor Edwina Butler-Wolfe
Glenna Jones
Lt Governor John R. Johnson
Andy Warrior
Mary Billy
Scott Miller (BIA Spec.)
Secretary Ezra Delodge
Alvina Barnes
Treasurer Leah Bender
Rep Anthony Johnson

FINANCE
Holly Davis
Twyla Blanchard
Jennifer Crenshaw
Courtney Green
Misty Griffith
Phyllis Wahakhtickah-Tasi
Sandra Burnett

HUMAN RESOURCES
Cheri Hardeman
Elizabeth Clark
Casey Adams
Annie Wilson (Director)

ICW
Ronelle Baker
Julie Wilson
Jackie Denny

LITTLE AXE RESOURCE CENTER
Duke Blanchard

MAINTENANCE
Kevin Kaseca
Reta Harjo
Stephen File
Sheri Yeter, Isaac Betelvyoun, John Mann, Tom White, Donnie Marshall
Robert Komacheet

MIS
Help Desk
Michael Berry
Donna Cody

OEH
Ken Jones
Jarrod Lloyd
Rebecca Dyen

POLICE DEPT 275-3200/275-3432
Brad Gaylord (Chief)
Linda Day
Ric Mantoosh
Jason Brinker

PROCUREMENT
Asaycia Clayton
Shelly Thorpe
Tara Battise

REALTY
Cecil Wilson
Lea Tsotaddle
Colette Butler

SOCIAL SERVICES
Annie Wilson (Director)

TAX COMMISSION/ TAG
Alicia Engler
Connor Edwards
Shelby White

TITLE VI
Thomasine (Doss) Owings (Dir.)
Johnnie Mae Betelvyoun
Donna Butler
Robert Schoolfield
Ted Watson

OTHER EXTENSIONS

ATTORNEY

MAINTENANCE

CULT. PRES./GIFT SHOP
Merry Rodriguez (Gift Shop)
Devon Frazier (Library)
Ashley Brokeshoulder
Erin Thompson
Kya Underwood
Suhaila Nease
Kimberlee Billie

DOMESTIC VIOLENCE/FAMILY SERVICES
Melissa Lopez
Lacey Carey
Lindsay Hernandez
Taylor Willis
Domestic Violence Advocate
Sexual Assault Advocate

EDUCATION
Tresha Spoon

ELECTION COMMISSION
Emily Longman

ENROLLMENT
Carly Dyner
Kimberly Creek

HORSE SHOE BEND
After School Program Director
Edwina Butler-Wolfe

Volume 29 No. 04, April 2018