



# THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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February 2022

## Tribal Healthcare Hits the Road



Left Photo (L to R): Dr. Lancer Stephens, AST Health Board Chair, AST Tribal Representative DeWayne Wilson, Michelle Rapp, AST Health Board Vice Chair, AST Secretary Alicia Miller, AST Governor John Johnson, AST Treasurer Joseph Blanchard, AST Lt Governor Ezra DeLodge, AST Health Board Secretary Darren Shields, AST Health Board Member Max Tahsuda, and AST Health System Executive Director Mark Rogers (not pictured is AST Health Board Member Lydia Hobia).

The Absentee Shawnee Tribe (AST) has purchased two new Mobile Medical Care Units (MCU's) for their Health System to expand services to include COVID Testing and Vaccinations for their Tribal members, patients, and the surrounding community.

Funded with the help of allocated CARES Act pandemic funding to both the Tribe and the Tribal Health System, the first MCU arrived in November and the second MCU arrived in December.

These units will be used to access hard to reach AST Tribal members located throughout the established five county areas of the Shawnee Service Unit (SSU), comprised of Lincoln, Logan, Pottawattamie, Cleveland, and Oklahoma County.

AST Governor, John Johnson, stated that, "Our Tribe's mobile units will be instrumental in our fight against COVID and all of its variants in the communities we provide services for. It is a capability requested by our Health System, and much needed in these times we are in today."

The mobile care units will be used for Public Health outreach efforts and provide health and wellness encounters throughout both the service area and

also in areas of high Tribal member concentration.

"These units convert between a mobile health clinic and a mobile dental clinic, providing for a robust Public Health capability to deliver healthcare services where they are needed the most – to the patient," stated Mark Rogers, AST Health System's Executive Director.

While providing a wide-range of services to the Tribal and surrounding communities, it is also a key part of the Tribe's increasingly robust pandemic strategy in the fight against COVID and its variants. The units will also be used for flu and other vaccination drives as well as providing services that are grant funded. The grant programs include Diabetes Health, Wellness, Nutritional services, as well as Dementia Care services.

"Native American Health Care has been woefully underserved for generations, and this is another step in the right direction in connecting crucial services to our people," according to Dr. Marty Lofgren, the AST Health System's Medical Director.

Increasing community outreach and services to the nearly 23,000 patients who use AST Health System services is a very important part of their healthcare

delivery model by getting outside the "four walls" of the physical buildings. However, most important is sustaining meaningful contact with the Tribe's cultural treasurers, invaluable Tribal Elders, who keep the history, culture, and traditions of the Tribe alive, as well as Native language speakers, and Tribal Veterans. These groups have been in isolation for nearly two years now, making it an even higher priority to sustain contact by taking healthcare to them, versus them venturing out during times of increased exposures and infections from COVID and its insidious variants.

The AST Health System also has telehealth services, after-hours clinics and drive up testing and vaccination events. They also continue to man a 24/7 COVID Hotline for their Tribal Members and Patients, a service stood up early in the initial pandemic response in 2020.

"Tribes are often overlooked in our State for their contributions to the greater good of many things that range from infrastructure, education, economic development, and healthcare," states Mr. Rogers.

Mr. Rogers also stated, "All of the Tribes in Oklahoma contribute significantly to our State's overall health, with Public

Health programs, grants, and with purchasing services from every major health system in our state. It is an honor and privilege to be a small, but important part, of the healthcare tapestry in our State today helping all Oklahomans and the communities in which we live and serve."

The AST Health System has been in existence for nearly 30 years, and has grown substantially over time due to the dedication of their patients and Tribal members. They are located in Shawnee and also in Norman.

AST Health System patients comprise representation from every Tribe in Oklahoma as well as some Tribes that are located out of the State, with crucial health and wellness services to all Tribal members and their families. The AST Tribe was compacted as a Self-Governed Tribe in the early 90's, one of the first Compacted Tribes with the United States Government in Oklahoma.

Today the AST Tribal membership has grown to nearly 5,000 members and also operates the Thunderbird Gaming Centers located in Shawnee and Little Axe, Norman.

## Tag/Tax Commission Moves Into New Building



Left Photo: Ribbon cutting ceremony for new tag/tax building (L-R): Representative DeWayne Wilson, Secretary Alicia Miller, Tax Commission Board Chairman Donna Jones, Assistant Administrator Shelby White, Tax Commission Board Member June Buckner, Tax Administrator Alicia Engler & Treasurer Joseph Blanchard. Right Photo: The new building with drive-thru.

The AST Tag/Tax Commission recently moved into their new modular building complete with a drive-thru. The new building was purchased with CARES money that the Tribe received. The Tag/Tax Commission was previously located in Building 1 and is now west of Finance/Title VI.

"I'm glad to see this project finally come to fruition. When I came into office, this was one of the first conversations I had with Ms. Engler and on her

list of improvements." Said Treasurer Joseph Blanchard. "Of course, this was during the beginning stages of COVID and we were looking for ways to slow the spread. Besides protecting our staff, I wanted to ensure we took proactive measures to assist our members and not interrupt services to those needing to update their tags. I'm happy the EC supported this suggestion and approved its construction. I want to say 'Neyiwa!' to our members and staff for being patient."

The pandemic has forced the tag agency to shift its way of serving tribal members.

"Due to COVID, we have been servicing Tribal members via mail, email, online, drop box and appointments. Having a drive-thru will allow us to serve them in a safe manner and still provide same day transactions" Tax Administrator Alicia Engler said.

"We have had to adapt our way of service by adding different methods of ob-

taining tags. Having this new building will ensure that no matter what phase the Tribe is in, we can still provide this vital service to the members." Engler explained.

Tags can still be processed online, by mail, email and the drop box on campus. The drive-thru is open by appointment only at this time. To make an appointment, please call (405) 481-8600.





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,  
The first month of 2022 has gone by fast. The mild winter we are having is sure a change from the normal winters we have in Oklahoma. But I am not complaining about these warmer temperatures.  
In the middle of January we were able to open the new Tax Commission building. This building has a drive

through window that will make it safer and easier for tribal members to receive their car tags. It is great to see the improvements the tribe is making to help our tribal members.  
The Food Pantry is now serving 240 people each month. It has been great to see this service help tribal members. Food distribution days are Wednesday and Thursday by appointment. If you have not filled out an application and gotten your box of food please call 405-481-8640 and make an appointment.

Due to the new variant of COVID, the EC made the decision to convert back to phase 2 of the reopening plan. This plan has been put into place for the safety of tribal members and tribal employees. This means employees are working split shifts and appointments are needed to conduct business on campus. N95 mask are required to be worn by all employees that are working on campus. With that being said, I hope that you are all taking precautions, wearing a mask, social distancing and washing your hands often.

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,  
I hope we continue doing our best staying safe and continue practice the CDC recommended guidelines, wear your mask in crowded indoor settings and in public spaces (now it is suggested to wear the more effective KN95 or medical grade masks). The Omicron Variant is much more contagious than the Delta Variant and the numbers, record breaking numbers, for infections are very alarming. Now is not the time to take this virus lightly and if you have not been vaccinated or got your booster, please do so.  
A few updates from departments within my oversight. These come directly from the Directors and if you have any questions please do not hesitate to contact my office or the Directors.

BIA Roads:

The BIA Roads department has now completed 23 driveways for tribal members. Additionally, through the Wood Harvesting Program at the Youth Camp, we have harvested and stacked over 30 ricks of firewood. Our work with local counties has continued as well. We have just finished one of many Roads projects for Cleveland County at 192nd Avenue and Lindsey Street continuing to the Pottawatomie County Line.

Let’s keep moving native people forward!  
Nahinli Billy  
BIA Roads Manager  
(405)827-5041

Maintenance:

The maintenance staff has completed 20 work orders since 12/15/21. Maintenance staff assisted with Tax Commission with moving into their new building during that time. The Housekeepers have been working hard disinfecting and sanitizing all buildings on the Shawnee campus.  
Kevin Kaseca  
Maintenance Director  
405-275-4030 ext. 6316

Agriculture:

With the beginning of the New Year,

the Agriculture Dept. is now in the operational side of providing outreach to tribal members. With the equipment that we have acquired these past few months we are now able to offer our services that would promote our goal of self-sufficiency in relation to Food Sovereignty.

Even though it’s still the month of January, now is the time to start preparing plots if you intend to plant seeds for garden produce in the spring. The Ag Dept. can plow, disc and rototill any size garden plots, assist in clearing out plots that need improvement for gardening, and provide information from the OSU Extension Office to anyone needing assistance.  
\*Turning the ground now during the winter months will allow the plot to absorb any and all winter moisture, which will be beneficial later on when seeds are planted\*

Contact any of the staff if you would like a garden plot prepared.  
Andy Warrior (405)432-6257  
Jennifer Howell (405)827-6545  
Craig Blanchard (405)434-4300

OEH:

In total for 2022 OEH has assisted Tribal members with 76 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. OEH has received 2022 funding for well and septic assistance. For 2021, we have collected, processed, and recycled 70 bales of shredded office paper and cardboard equaling roughly 52 tons of recyclable waste that has been diverted from landfills. OEH continues to work on its monthly and quarterly goals for our 4 EPA grants.

We are currently working towards updating our illegal and open dump inventory with IHS that coincides with our 128a Tribal Response Program. With our 128a Tribal Response funds, we plan to establish an online/call-in reporting system where Tribal members can report any illegal dumping activities or ongoing open dumps. With information gathered through this reporting system, we will be able to use our grant funds to clean up open dumps and take measures to prevent

any further illegal dumping activities.  
Construction on the Youth Camp cabins, bathhouse, entry gate, and parking lot are scheduled for completion in February. Contract agreements are underway for the selected architect firm for the new Police Safety Center. Architect/Engineering design should begin in the next couple of weeks and we are hoping to be bidding for a general contractor by March.

We are still awaiting results of the 2022 ICDBG application for the Youth Camp Multipurpose Building. Jarrod Lloyd OEH&E Director jlloyd@astribe.com (405) 214-4235

Wood Cutting Program:

Wood Cutting Program has been busy this month with assisting with tribal members with heater wood. We are currently adding to the inventory to help members and we will be helping Agricultural Department with some projects (clearing farm land for spring crops). The application is now available online for the wood cutting program, contact Clayton Martinez at 405-395-8101 or email cmartinez@astribe.com for questions and/or assistance.

BIA Tribal Housing Improvement Program:

Our Department has received a few applications for the Home Improvement Program. We are currently assisting our second applicant with weatherization. The paper Application for Assistance is available at the complex in Building #2 and the online application will be available soon on the ASTRIBE.COM website.

We are still searching for two (2) Full-Time Employees to complete our team. See Employment Opportunities on the ASTRIBE.COM website. Keyword: Carpenter and Maintenance worker.

Monthly report created by Donnie Marshall, Project Coordinator, Donnie@astribe.com

If you have any questions or concerns please contact me by email ezrad@astribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Respectfully,  
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

*Ho wa se ke sa ke!*  
As I write this article, we are at the height of COVID infections and we have yet to hit the peak according to the health experts. My prayers are with each and every one of you – to our children, to our elders and to all in between. If you are sick or recovering, I pray you fully mend and heal. I also continue to pray for sustained strength to all who are in healthcare. They are working tirelessly to treat the sick and have continuously been doing so. Please educate yourselves and let’s all work together to be informed and follow the wisdom we know at this time to prevent its spread especially for the sake of our tribal community.  
The Omicron variant of Covid-19 has not only increased the numbers in the state of Oklahoma and surround-

ing communities but it has exponentially increased the number of infections and quarantines at the tribe. The Executive Committee is committed to doing everything for the safety of tribal members and employees without having to completely shut down services members need. We are experiencing unprecedented infections and the depletion of staff is real. I applaud our Directors/employees who are helping where it is needed to fill the temporary voids of sick staff.  
Tax season is upon us and the (basic) tax preparation program (for individuals who earn \$58,000 or less) will be launching on February 1st. Please know this program is by appointment only. It will be offered on Tuesdays and Thursdays from 5:30 PM to 8:00 PM and Saturdays from 9:00 AM to noon through April 14th. Please contact Ms. Tina Ontiveros to schedule your appointment at (405)275-4030

ext. 6431. She will be available to answer questions you may have regarding this program.  
The Homeowner Assistance Fund (HAF) program implementation has slightly been delayed due to COVID (ironically) but all what remains is to hire staff. We are currently advertising for 3 positions for this temporary program. Once staff is in place-we will be ready to roll out the program/application. Your patience is appreciated as we go through these trying times.  
I look forward to a better month health wise for all. Please protect yourself for you and your loved ones, so we can come together once again.

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

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



## TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal Members and Friends,

As I begin this month’s submission, let me start by reminding all to maintain the 3 W’s...Watch your distance; wear your mask; and wash your hands. Since last month, things have really taken a turn for the worse, as I feared they might. At the time of this writing, the State of OK just set records for Daily Positives, 3 day Confirmed Cases and Weekly rates. One of the other local tribes closed their operations due to the number of infected within their workforce.

I cannot stress enough how important it is for individuals to practice these simple steps. Even with the COVID Immunization and Booster,

people are still testing positive and contracting the virus. The silver lining is our mortality rates are down and the severity of the illness is not as bad. To slow and prevent the rapid spread, the Tribe did revert to Phase II and split shift staffing.

Recently, the C Store received approval for \$160 thousand to cover their salaries and operations for the next 6 months. As the Liaison, I have had contact with the Management team and staff when I hosted a Team Meeting. I explained the changes we want to incorporate and the overall vision of how they can fulfill expectations. Additionally, I reminded them of the goals our EC has set for them. In conversation, I was told they haven’t had this type of communication and no EC member has had direct interaction with them in several years. My goal is not to close the C Store but

to show them they have the capability to make a profit and be a valuable resource to our community.

In conversation with another Tribal Member (TM), I was asked about the remaining amount of our ARPA funds. Since not everyone keeps up with these amounts, let me respond here. To date, the EC has approved 5 resolutions using these monies. 2 of these were significant; this past summer there was the \$3000 per member distribution and over Christmas, another \$500 per member Winter Assistance. Of the \$22.4 million received, there is approximately \$5.8 million remaining of the Tribal member funds. As mentioned previously, we have until December 2024 to appropriate the remaining dollars for member programs.

In other news, I am proud to announce the opening of the new Tag/

Tax Office. The Complex is running out of space within our buildings and on campus subsequently it was decided this was necessary to assist members without posing a danger to them or the staff. Likewise, another use of the CARES dollars went to the purchase of Mobile Medical Units. In the last week, these have been phenomenal as they were utilized to assist with COVID testing response.

This is a brief sample of the work my office has assisted with the last month. Should you have any questions or want to provide comment, do not hesitate to contact my office or send an email.

I may be reached at (405) 275-4030 Ext. 6280 or jblanchard@astribe.com

Neyiwa!

*Joseph H. Blanchard*

## REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone had a Merry Christmas and Happy New Year. I hope everyone enjoyed their time with family and friends. In December 2021, the Executive Committee (EC) chose to pass two resolutions utilizing the American Recovery Plan Act funding to invest in our tribal membership for the next three years. The Tribal Complex moved back into Phase 2, appointment only, due to the increases in the COVID 19 (Omicron Variant) cases and confirmed cases. This Pandemic creates many obstacles for the Tribe as we all know. EC ask you (our membership) to be patient, we will get through this pandemic. My prayers and heart- felt condolences out to all Tribal families who have lost loved

ones during this difficult time. STAY HEALTHY, STAY STRONG, STAY SHAWNEE!!!

In the Education Department, the Executive Committee passed a resolution that will increase funding in the educational programs of the Education Department. This funding was acquired from American Recovery Plan Act (ARPA) funding and this increase will last for the next three years. The Executive Committee also passed another resolution that allocated more funding to the Workforce Development and Career Initiative Program. Again, this funding was acquired from American Recovery Plan Act (ARPA) funding and will be utilize over the next three years.

In the Cultural Preservation Department, the Cultural Preservation Director, Ms. Carol Butler, worked with the ANA Grant representatives,

who suggested a budget modification and transfer the goals/ objectives and activities to the second year of the ANA Language Grant. During December, 2021, Ms. Butler completed the ANA budget modification. Presently, we are waiting to hear if the ANA budget modification is approved so that we can proceed with the ANA Language grant.

As for the Gaming Commission, I continue to attend Gaming Commission meetings, where we either approve/ disapproved of employee/ vendor Licensing requests. We also discussed the situation of several people being ban from our casinos. We also conducted meeting with several departments of the Casinos and with Sam Caruso (Casino Manager) concerning issues of an internal audit that was conducted earlier in the year.

Finally the Youth Camp, the con-

struction of the two camp cabins and bathhouse are near completion. Tree cutting and removal continues as with some road construction. The EC is waiting to see if we are approved for an ICDBG grant, no word as of yet. I continue to look for other resources that may contribute to other projects we would like to accomplish at the Youth Camp. Presently, we are looking to enlarge the present lagoon system for these future projects.

As always, I am HONORED to be here representing our tribe and our tribal membership. If anyone has any questions/ concerns or if we can help you, feel free to contact me at office phone #405-275-4030, Ext. 6239 or by email: dewayne.wilson@astribe.com

Respectfully,  
DeWayne Wilson

## AGRICULTURE DEPARTMENT

With the beginning of the New Year, the Agriculture Dept. is now in the operational side of providing outreach to tribal members. With the equipment that we have acquired these past few months we are now able to offer our services that would promote our goal of self-sufficiency in relation to Food Sovereignty.

Even though it’s still the month of January, now is the time to start preparing plots if you intend to plant seeds for garden produce in the spring. The Ag Dept. can plow, disc and rototill any size garden plots, assist in clearing out plots that need improvement for gardening, and provide information from the OSU Extension Office to anyone needing assistance.

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Contact any of the staff if you would like a garden plot prepared.

Andy Warrior - (405) 432-6257 • Jennifer Howell - (405) 827-6545 • Craig Blanchard - (405)4 34-4300

**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 March 19, 2022 cannot physically be present to cast my Vote at the **March 19, 2022 Primary 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 **February 27, 2022**

**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: \_\_\_\_\_

**ABSENTEE SHAWNEE TRIBE**

**TAX PREPARATION SERVICES**

**TO MAKE AN APPOINTMENT, PLEASE CALL (405) 275-4030 X 6431**

**LOCATION: AST MULTI-PURPOSE BUILDING 2029 JAMES L EDWARDS LANE, SHAWNEE, OK**

Start date: Tuesday, February 1, 2022  
5:30 PM - 8:00 PM

Tuesday's: 5:30 PM - 8:00 PM  
Thursday's: 5:30 PM - 8:00 PM  
Saturday's: 9:00 AM - 12:00 PM

Free Income Tax Filing: **FORMS 1040 or 1040SR**

**ELIGIBILITY:**  
Total household income of \$58,000 or below  
AST Members & widows/widowers of AST members

**REQUIRED DOCUMENTS:**

- Photo ID
- Medical/Dental Expenses, if any
- W-2 Form
- Charitable Donations Receipts, if any
- Social Security Card
- 1099 Form
- Last Year's Taxes
- IRS Letter 6419



EDUCATION DEPARTMENT

ABSENTEE SHAWNEE TRIBE CELEBRATES 20TH YEAR OF “CAMP NIKOTI”

This year the Absentee Shawnee Tribe (AST) celebrates the 20th anniversary of “Camp Nikoti.” The camp, which takes place over the course of the summer months is open to elementary and middle-school age youth and coordinated and implemented by the youth program, education department and contributing volunteers and partners. Discussing the meaning behind the camp’s name, Tresha Spoon, AST Education Director shares that, “In the Shawnee language, nikoti is the number one. The initial group involved with establishing the camp felt that by the end of the camp, the group is one group, one family.” Throughout the camp, youth are able to engage with peers, camp staff, youth counselors, and guest speakers from various Tribal programs. As part of skills-building, cultural, and pro-social learning opportunities, campers participate in coordinated games, crafts, physical fitness, field trips and special activities.

In celebration of the 20th anniversary, camp staff and youth decorated the building with prior year camp themes. In discussing the longevity of the camp, Tresha Spoon notes that the camp began shortly after she began working for the AST, sharing that “This camp has been going on for a long time, it’s really neat that some of the youth who are participating have parents who were a part of this camp as teenagers.” The Absentee Shawnee Tribe is comprised of approximately 4,500 members from the Big Jim and White Turkey bands of Shawnee people. These bands migrated from colonial encroachment and were subsequently removed to present day Little Axe and Shawnee areas of Oklahoma. [1] Youth who do not reside near the camp that is based in Little Axe are bussed in from Shawnee. The AST is an OJJDP FY2019 Tribal Youth Program (TYP) grantee and has also received TYP funding in previous years.

Blake Goodman, AST Youth Program Coordinator, shares “this year we have about 40 youth who are participating, it’s nice to have the kids back together.” Like many other communities, AST youth program services were impacted by the COVID-19 pandemic. AST youth program staff worked to find alternate ways to stay connected with youth and implemented virtual tutoring and support for youth engaged in the daily after school program.

The 2021 camp is proving to be lively and energized and began with welcomes, introductions, and “get-to-know-you” games. Small groups of youth led by teen group leaders have worked together to create team names, flags and sing songs together. Sharing more about program activities, AST Tribal Youth Resource Specialist Shyanne Fixico comments that “each youth has a daily journal to write in and to keep for themselves, we don’t read them, it’s more for them to keep and have.”

Along with daily activities, camp organizers also plan some evening events. These events are optional and are an additional element that supports family connection and engagement. In response to considering what impacts Camp Nikoti has on youth, Blake Goodman shares that a highlight for him is “watching the kids come in their first year nervous and timid, and watching them grow over the years and then transition into volunteering or working for us.” Tresha Spoon shares “I hope the kids see the resiliency of their tribe, their people and although we’ve lost tribal elders and other loved ones and our lives have been changed forever in some ways, we as native people pick up and carry on. Hopefully, they will see how much their tribe cares for their health and well-being by offering this camp for twenty summers. Ultimately, I hope they know we love them and are here for them no matter what’s going on around us.” With such caring mentors and leaders, Camp Nikoti present and future is sure to provide many special memories for AST youth. *Article taken from tribalyouth.org*

Remember!

The Deadline will not be extended.

Apply today!

AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2021-22 Big Jim Youth Awards on January 1, 2022. Absentee Shawnee High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2021-22 academic year. Applications will be accepted from January 1 to March 31, 2022 by US mail or email. Official transcripts will be accepted via email or as a hard copy. Faxed copies will not be accepted.

The official application form will be available in December 2021 at [www.atribe.com](#) on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2022 semester. The scholarship must be used for the fall 2022 semester.

Applications are for the following awards:

• Big Jim Academic Achievement Award (Male and Female)

• Big Jim Athlete of the Year (Male and Female)

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. Awards will be announced at a date to be determined after March 2022.

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2021-22 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the \$1,000.00 scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe  
Education Department  
c/o Tresha Spoon  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
405.275.4030 Ext 6242  
[youthaward@atribe.com](#)

Big Jim Youth Award

2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
(405) 275-4030 Ext. 6242  
[youthaward@atribe.com](#)

Applications accepted:  
Jan. 1<sup>st</sup> –March 31<sup>st</sup>  
Finalists announced:  
May/June 2022

☐ \$1,000 Scholarship Big Jim Academic Achievement Award (Male)

☐ \$1,000 Scholarship Big Jim Academic Achievement Award (Female)

☐ \$1,000 Scholarship Big Jim Athlete of the Year (Male)

☐ \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: \_\_\_\_\_  
(LAST) (FIRST) (MI)

Tribal Enrollment #: \_\_\_\_\_

Address: \_\_\_\_\_  
(STREET) (CITY) (STATE) (ZIP)

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Which college/university/vocational institution do plan to attend after high school? \_\_\_\_\_

HIGH SCHOOL INFORMATION

High School Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Advisor/Counselor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Sport: \_\_\_\_\_ Position: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone #: \_\_\_\_\_

Indian Education Director: \_\_\_\_\_ Phone #: \_\_\_\_\_

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.  
If applying for both Academic Achievement and Athlete of the year, applicant must provide two (2) separate applications and sets of supporting documents.

Documents to be included with application:  
☐ Official High School Transcript (emailed copies sent directly from school personnel will be accepted)  
☐ Tribal Enrollment Card (copy)  
☐ Resume of Accomplishments and Activities  
☐ Letter(s) of Recommendation (Educator/Coach/Tribal/Church)  
☐ 500-word Essay: How do you feel your accomplishments (culture/knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?  
☐ Video (optional): no more than 10 minutes in length

Little Axe

After School Program 2021/2022

Join us @ Brendle Corner- VIRTUAL TUTORING NOW AVAILABLE

Free Tutoring in all subjects!

Games and activities!

Delinquency Prevention!

Healthy Lifestyles!

Duration: Starts August 16th and will run through the school year. Monday-Thursday, 3:30pm-6:00pm

And Much More!

TUTORING FOR VIRTUAL STUDENTS

in 1 hour sessions will be

MON-THURS from 10am- 2pm by

Appointment only.

Virtual Student Tutoring is only open to AST enrolled students and youth enrolled in our Afterschool Program.

FRIDAY EVENING HANGOUT

EVENTS will be announced each month for students to come and have fun. EVENTS will only be open for youth enrolled in one of our programs.

EVERYTHING IS OFFERED WITH NO CHARGE....LITTLE AXE BUS WILL TRANSPORT STUDENTS TO BRENDLE CORNER COMMUNITY BUILDING FOR THE AFTERSCHOOL PROGRAM, LOCATED OFF HIGHWAY 9, JUST EAST OF 192<sup>ND</sup>. PARENTS ARE RESPONSIBLE FOR PICKING STUDENTS UP BY 6:30PM.

For more information and sign up please contact Blake Goodman at [bgoodman@atribe.com](#) or Shay Fixico at [sfixico@atribe.com](#) or by phone at: 405-617-6231

LITTLE AXE REC SOCCER LEAGUE

Sponsored by the Absentee Shawnee Tribe

SPRING 2022 SIGN UPS

Open sign-ups will be through **March 18<sup>th</sup>** **EARLY SIGN UPS SAVE \$\$**

**OPEN TO ANY AND ALL YOUTH AGES 3-18 or (preK-12<sup>th</sup> gr)**

• Parent/Coaches Meeting will be held February 24<sup>th</sup>, 6:30-7:00pm

• Sign-ups will be:

• February 8<sup>th</sup> 6:00 pm to 8:00 pm

• February 24<sup>th</sup> 6:00 pm to 8:00 pm

• Anytime Monday through Thursday 5:00 pm until 6:00 pm starting January 17<sup>th</sup>

LOCATION: Brendle Corner Community Building located off of Highway 9 just east of Harrah Newalla Rd.

• Cost: From Jan 17<sup>th</sup>-Feb 8<sup>th</sup> it's \$10.00 per player (Cap at 2 players-maximum amount paid will be \$20 per family)  
From Feb 9<sup>th</sup>-Feb 24<sup>th</sup> it's \$15.00 per player (Cap at 2 players-maximum amount paid will be \$30 per family)  
From Feb 25<sup>th</sup>-March 18<sup>th</sup> it's \$20 per player

• Practices can start as early as March 7<sup>th</sup>, 2022

• Season will run from April 2022 until approx. June 4<sup>th</sup>, 2022

• Open sign up registrations should be placed in envelopes and turned in to Blake Goodman or the Drop Box at the Brendle Corner Community Building.

All games will be played in **LITTLE AXE only!**

If you have any questions or comments, you can reach Blake Goodman at (405) 617-6231 or by email at [bgoodman@atribe.com](#)



## Cultural Preservation Department

The Cultural Preservation Department has continued to carry out essential day to day operations to ensure the department continues to function properly. On January 13th, we moved to a split shift schedule in which three staff members are available in the office every day from 8 a.m. to 5 p.m.

**Gift Shop**  
In accordance with the change in operations, the gift shop is now only open to **TRIBAL MEMBERS** for shopping. If possible, we do encourage curbside and porch shopping. We ask if you are wanting to shop **PLEASE MAKE AN APPOINTMENT** with the Gift Shop Manager, Mrs. Merry Rodriguez, **24 HOURS IN ADVANCE**. Also, upon arrival please check in at the checkpoint. Mrs. Rodriguez can be reached at (405) 275-4030 ext. 6310.

The Shawnee Gift Shop will be the only shop open until further notice. The shop is located at the complex in the Cultural Preservation building. We are open Monday – Friday 8 a.m. to 5 p.m.

Further, to ensure the safety and protect the health of all, the Gift Shop has implemented the following 5 safety protocols that we ask visitors to follow:



1. All are required to cover their mouth and nose with PPE (masks) when shopping in the Gift Shop.
2. Occupancy Control – for your safety and the safety of our employees, we are limiting the number of customers in the gift shop.
  - a. Only **2 customers** will be allowed in at a time
3. Avoid close contact (Social Distance)
  - a. Please keep 6 feet between you and other customers
4. Use hand sanitizer as often as possible
5. Sorry...**NO** public restroom is available. Temporarily closed due to COVID-19.

We continue to make progress in new inventory, but please be patient with us if we are unable to get what you are looking for in-stock. Like other stores, we are experiencing shortages and delays with our vendors. However, we are excited to announce we are looking at new lines for the spring and checkout the new fleece blankets we received in the gift shop.

If you haven't been in our store recently, please make an appointment! Valentine's Day will be here before you know it.

### Library

Like the Gift Shop, the Library is open to Tribal members only. We ask that you follow all the protocols mentioned above, and that you call Ms. Casey Wilson, the Librarian, to make an appointment 24 hours in advance. She can be reached at (405) 275-4030 ext. 6416.

Further, for your safety, individuals are asked to use gloves while viewing books in the library, and to ensure that checked out books are properly sanitized, books are placed in a Ziploc bag and quarantined for four days upon return to the library.

I am excited to announce that on January 5th the library launched OverDrive, our online library. Also, the Libby App for smart devices was launched at the same time. For more information or to receive your login information, please contact Ms. Wilson.

The library would like to thank everyone who came out to the Christmas pop up shops held on December 21st. The event was successful, and we are hoping to bring it back this year in early December.

Finally, the library will be hosting a virtual Valentine's Day game. For more information, look for the flyer in this newsletter.

### 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 297 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 240 projects. These projects were completed in 20 of our 25 areas of interest/states. The THPO has also taken part in 12 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

### FCC/TCNS

In lieu of the shutdowns from the novel coronavirus (COVID-19) pandemic, the incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The THPO Specialist, Ms. Ashley Brokeshoulder, has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, she has received 99 new telecommunications facility projects for review. These 99 individual projects will be completed in conjunction with 8 consulting firms in 9 of our 25 areas of interest/states.

In conjunction with receiving projects, she has reviewed, researched and gave recommendation for the clearance of 67 telecommunications projects. These 67 individual projects were completed in conjunction with 8 consulting firms in 9 of our 25 areas of interest/states. Also, 32 projects are awaiting clearance because their packages are lacking some information such as full archaeological reports, SHPO responses, or clear pictures.

### EVENTS

With the change in the operations and out of concern for the safety of all, we have canceled all in person workshops at this time. Please be on the look-out for announcements on the website and Facebook for any virtual events.

Your concerns are important to us. We thank you 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@ashtribe.com if you have any questions or concerns.

Absentee Shawnee Cultural Preservation Department presents:

**Virtual Valentine's Day scavenger hunt**

- Picture of yourself with flowers
- Hand written poem
- Hand crafted card
- Selfie with cupid's arrow
- Picture of you with your sweetheart
- Selfie eating chocolates
- A video of you serenading your love

Please post entries on the Absentee Shawnee Facebook page no later than February 14th @ midnight!

Kids: 0-17/Adults:18-54/Elders 55+

Valentine's Day's



# APPLY NOW!

## TINY HOME PURCHASE PROGRAM

Applications are now being accepted to place a new tiny home on your own property. The monthly payment will be affordable, based strictly on your annual income.

Tiny homes are under 1000 square feet, 2 bedrooms, 1 bath.

**The following eligibility criteria must be met to apply:**

- Must be enrolled member of the Absentee Shawnee Tribe
- Must meet HUD income guidelines
- Must own property located in Oklahoma County, Cleveland County, Pottawatomie County or Lincoln County
- Home site must pass environmental inspection
- Home site must be cleared with a level location for the home
- Must intend to use the home as your primary residence
- Must be responsible for all utility connections, such as water, sewer, electrical, heating
- All other requirements set by ASHA once application is reviewed

**Affordable Payments**

\_\_\_\_\_

**2 house plan options**

\_\_\_\_\_

**Built on your home site**

\_\_\_\_\_

**15-year lease term**

\_\_\_\_\_

**ABSENTEE SHAWNEE HOUSING AUTHORITY**

107 N Kimberly Ave  
Shawnee, OK 74801

(405) 273-1050

www.ashhousingauthority.com

**Deadline to apply is**

**March 31, 2022**



"Among The Shawnee"



107 North Kimberly  
Shawnee, OK 74801  
Phone (405) 273-1050  
Website [www.ashhousingauthority.com](http://www.ashhousingauthority.com)

## 2022 Housing Programs

**Low Rent**

**Lease to Own**

**Safe Shelter Housing**

**College Housing Rental Assistance**

**Down Payment Assistance**

**Home Rehab Assistance**

**Rental & Lease to Own for Over-Income**

**Tiny Home Purchase Program**

Please visit our website or contact our office for further details on program requirements.





**HAPPY 18TH BIRTHDAY  
LYNN!!**

WOW! An 18th birthday! you made it Lynn and you have reached a big milestone. Welcome to adulthood. Your dad and I are so proud of the wonderful daughter you are and the incredible person you're growing up to be. Even though you're strong,smart,and amazing-you can always count on me. Your sisters and I Love you so much and I hope you enjoy our day.



**Justin,**

**Happy 35th Birthday to my baby boy. So glad I'm your momma. You make our family laugh with ALL the CRAZY things you say! I love you so very much!**

**XOXO Mom**

**Justin,**

**Happy Birthday to our BIG brother. We hope you have a great day, OLD MAN TIN!**

**Love, Joplin & Jils XOXOO**

**Justin,**

**Happy happy birthday to my hilarious nephew! Auntie loves you very much!**

**HAPPY BLESSED 31ST BIRTHDAY  
SHELDON WHITE THUNDER**

From Nakiaus, Mom, Dad, Shelsie, Shelby, NaNami, and Bryson Dale



**HAPPY BIRTHDAY MOM,  
BERNICE BLANCHARD**

From Sis, Tommy, Sheldon, NaKiaus, Shelsie, Shelby, NaNami, and Bryson Dale



**HAPPY 30TH BIRTHDAY  
SHELBY LYNN WHITE THUNDER**

From NaNami, Mom, Dad, Shelsie, Sheldon, NaKiaus and Bryson Dale



**Jr. Miss Indian OKC  
Madison Switch-Fixico  
Honor Dance**

**February 12th, 2022**

Heart of Oklahoma Expo Center  
1700 W Independence St.  
Shawnee, OK 74804



**Gourd Dance: 2 P.M.- 5 P.M. Supper: 5 P.M. - 6:15 P.M. Grand Entry 7 P.M.**

**MC: Juaquin Hamilton-Youngbird**

**Head Singer: Jason Goodblanket**

**Head Man: Wolf Leitka**

**Head Lady: Miss Native American USA-Shelby Mata**

**Head Gourd: Kelly Switch**

**AD: Randy Frazier**

**Color Guard: Seminole Nation Honor Guard**

**Co-Host: OU Sigma Nu Alpha Gamma Inc. - Alpha Chapter & Iowa Tribe Unity**

**Contests**

**-Men's Grass-**  
Sponsored by Switch Family  
1st, 2nd, 3rd Places

**-Tiny Tots-**  
Sponsored by Edwards Family

**-Women's Cloth-**  
1st, 2nd, 3rd Places

**-Men's Fancy-**  
1st, 2nd, 3rd Places

**- Sweetheart Two-Step Contest -**  
Sponsored by Jr.Miss & Family

**-Women's Jingle-**  
1st, 2nd, 3rd Places

**Cake Walk**

**Special Invite:**  
*Changing Winds Cultural Society*

**Raffles**

**ARTS & CRAFTS VENDOR: Booth Space \$25 & Raffle Item.**

**Vendor must have own set up.**

**!NO FOOD VENDORS!**

**Contact: Lori Switch (405) 990-9163 or Dan Switch (405) 501-2826**

**No Alcohol/Drugs allowed**

**Not responsible for accidents, injuries or theft**

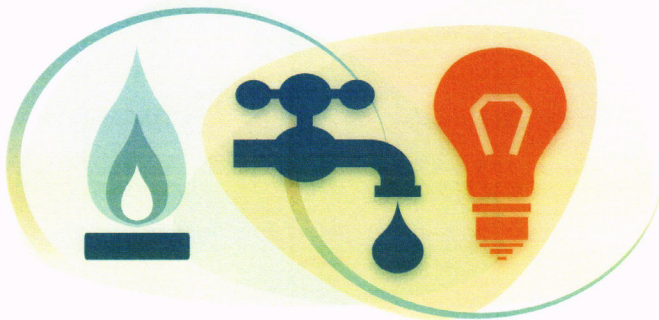


**Let us help...**



With one of your Cooling/  
Heating/Water bill  
Through the LIHEAP or LIHWAP Assistance Programs  
If you live in Pottawatomie or Cleveland counties  
And enrolled with any federally recognized tribe.

**LIHEAP - Heating / Electric  
LIHWAP - Water**



Applications can be picked up at the Social Service Department or printed off the website of the Absentee Shawnee Tribe. For any questions please call:

**Social Service Department  
(405) 878-4723  
Fax: (405) 273-7938**

**Email: awilson@astribe.com / NEwards@astribe.com**

**NOTICE**

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

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

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

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



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 is enjoying the New Year and we are excited to see what 2022 brings to us. We will be celebrating Valentine’s Day with parties in our classrooms on Monday, February 14th. We hope everyone has a Happy Valentine’s Day!



Building Blocks will be closed on Monday, February 21st, in observance of President’s Day.



We are accepting waiting list applications for enrolling children in our center. Please call to inquire about what openings we have in our classrooms and to get a waiting list application emailed to you. Have an awesome February!

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



Absentee Shawnee Tribe of Oklahoma  
Child Care Development Fund Programs  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
(405) 275-4030 Fax: (405) 878-0156

February 2022

We hope you and your family continue doing well. We are still accepting applications for AST Child Care Assistance if you need child care assistance and would like to apply. The application is on the AST website under Services/Child Care. We offer assistance to any Native child with a CDIB who live in our service area of Cleveland, McClain, Oklahoma and Pottawatomie Counties. The parents or guardians must meet certain income guidelines but we would encourage anyone to apply. We offer co-payment waivers for essential staff/healthcare workers in need of child care. We can also offer services for families who are unemployed with a three (3) month job search eligibility period. The families can choose any OKDHS Licensed Child Care Provider that is convenient for them. Please contact us if you have any questions regarding eligibility.

We are also still offering the Relative Home Provider care type where a relative who lives in a separate residence can care for an eligible child. We will have the application and guidelines on the AST Website under the Services/Childcare page. Applicants who wish to utilize the RHP will need to be eligible for AST Child Care prior to RHP approval. Please contact me or LaNora Buswell, CCDF Specialist, if you have any questions.

The CCDF ASP Shawnee has been open on a limited basis for the current school year. We are currently in the process of building a new After School building on the current site on the AST Complex. We plan to open up to more children once this building is completed. If you or your family needs afterschool child care assistance outside of Shawnee, please contact us or apply through the child care assistance program and we can help find a provider that will be able to provide your child care needs.

Our goals through the CCDF grant, Building Blocks enterprise and the After School Programs is to provide quality child care to Native and non-native children in our communities. We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best every day.

If you are interested in any of these programs or have any questions please feel free to contact me or LaNora Buswell at the number above or by email, astchildcare@astribecom.

Ni yi wa! (Thank you)  
  
Briana Ponkilla  
CCDF Coordinator

### Absentee Shawnee Tribe's Domestic Violence Department



**Our mission is to:**  
Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.

**We help with:**  
Domestic Violence  
Sexual Assault  
Dating Violence  
Stalking  
Sex Trafficking

**Our services are confidential and include:**

Safety Planning  
Emergency Assistance  
Court Advocacy  
Shelter Placement Assistance  
Referrals

↕

Must be intimate partner related violence and the victim must be fleeing the home/situation

**Who we serve:**  
Natives and non-Natives  
LGBTQ2S+  
Any Religion  
Any income level  
EVERYONE

**Where we serve:**  
Because we are federally funded we get to serve all populations within our \*service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

\*If you are AST and outside the service area, please call our office and we will see what we can do to help you.

**Contact Us:**

**Office Line** 405.273.2888  
**Fax** 405.273.1192

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

 @ASTRisingWarrior

**For emergencies call 911 or AST PD @ 405.275.3200**

This project was supported by Grant No. 2015-TW-AX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.





ABSSENTEE 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

The Absentee Shawnee Tribe will be closed  
MONDAY FEBRUARY 21, 2022  
In observance of Presidents' Day

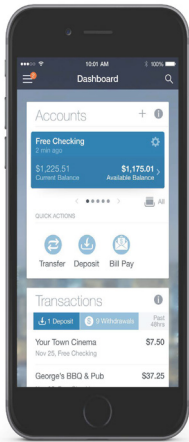
AllNations Bank

Put a Powerful Financial Tool in Your Pocket with the AllNations Bank Mobile Banking App. Deposit Checks Securely from Anywhere with our Mobile Deposit Capture feature.

Today's smartphones have more processing power than the computers NASA used to put a man on the moon. And now you can put that power to work for you with the mobile banking app from AllNations Bank. It's the smart, simple and secure way to manage your money.

WHAT YOU CAN DO with the app:

- View transactions anytime.** Check on your cash flow and finances.
- Make transfers anyplace.** Securely move money between your accounts so funds are where you need it, when you need it.
- Deposit checks.** Deposit checks securely from anywhere, at any time, using mobile deposit capture.



WHERE TO DOWNLOAD the app:

Download the AllNations app, by searching "AllNations Access" on the App StoreSM or Google PlayTM.



Contact us today in Shawnee at (405) 273-0202 or in Calumet at (405) 893-2240 with any questions or to discuss our account options.

Member  
FDIC



Office of Environmental Health  
Brownfield Response Program



What is a Brownfield?

The term brownfield typically refers to land that is abandoned or underused, in part, because of concerns about contamination.

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

Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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



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

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





ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.



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

February 2022

Section B



## ASTHS February 2022 Monthly Update

February is designated as American Heart Month to advocate cardiovascular health and raise awareness about heart disease. American Heart Month is a wonderful opportunity to focus our attention on ways to promote and maintain heart health. The AST Health System, in partnership with the American Heart Association, emphasize healthy eating and exercise for heart disease and stroke prevention, and we are also shining a light on hypertension (high blood pressure – the silent killer), a leading risk factor for heart disease and stroke, especially for vulnerable Native Americans. This is one of the reasons your blood pressure is taken during your visit with your provider. Simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love this February with these 10 Heart Healthy Tips.

1. **Stop Smoking:** Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risks associated with those factors. Quitting is never easy, but there are lots of helpful resources for those looking to start here at your AST Health System.

2. **Know your Numbers:** Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart. While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person. A physician can help determine an appropriate goal weight based on additional factors such as age and height. Visit our Diabetes Health and Wellness Department today and schedule an appointment with our Nutritionists, who are ready and willing to help you meet your goals!

3. **Screen for Diabetes:** Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

4. **Get Active:** Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise. It is important to remember that something is always better than nothing. Opting to take the stairs and parking farther back in the parking lot are great ways to squeeze in activity when the time is short.

5. **Build Some Muscle:** Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury. The American Heart Association recommends getting in two days of moderate to high-intensity strength training each week.

6. **Eat Smart:** A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart “superfoods” that may help reduce the risk of atherosclerosis. Dark chocolate is also on the list and is a great way to satisfy a sweet tooth (in moderation).

7. **Limit Junk:** To reap the full benefits of a heart-healthy diet, it’s important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.

8. **Stress Less:** Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression. Many of the items on this list can also help with reducing stress, in addition to practicing positive “self-talk” and incorporating mindfulness meditation breaks throughout the day.

9. **Sleep More:** Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key. A calming bedtime routine and going to bed and waking at the same time each day are all great ways to establish healthy sleep patterns. Getting ample sunshine and physical activity throughout the day also aid in improving sleep quality.

10. **Smile More!** A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves the overall mood, providing a great foundation for a heart-healthy lifestyle. Visit your provider today to see what you can do to make 2022 and Happy Heart Year for you and your family!

We proudly recognize all of our outstanding star performers, whose dedication and service keep things moving, especially with enhanced COVID pandemic operations for nearly 2 years now! We also thank our employees for their contributions to our patients, their fellow employees, and the Tribe! The AST Health System always strives to make your health its top priority - you all make a huge difference in so many lives – thank you!

### February Health Employees Awards of the Month

2021 Employee of the Year (Voted by the Staff): Dustin Schmidt, AST Health System IT Department

Employee of the Month: Janis Brown, AST Health System Laboratory Director, Little Axe

Team of the Month: AST Health System’s Shawnee Laboratory Team

Special Leadership Award: Teresa McIntyre, AST Health System Radiology Manager, Little Axe



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

## 25 Ways To Take Part in Heart Month

#OurHearts  
are healthier together

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. Taking care of your heart health has never been more important and there’s a lot you can do to prevent heart disease. Encourage others to join you. More work needs to be done—and you can help!

There are dozens of ways to spread heart health messages during February and beyond. Here are a few:



Help Share Heart Health Messages. Check out these ideas to honor American Heart Month.

1. **Join the #OurHearts movement** by **sharing on social media** how you’re working with friends or family to be heart healthy. Encourage your friends and family to do the same. Use the hashtag!
2. **Wear red on the first Friday of February** for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use [NHLBI’s social media materials](#) to help spread the word.
3. **Set up an online support group with friends far and wide** to encourage each other in your goals to manage your weight, eat healthier, quit smoking, or work out.
4. **Commit to a walking schedule** with a friend or family member, even if you can’t walk together.
5. **Challenge your organization to participate in a “steps” contest.** Use activity trackers to see which team takes the most steps.
6. **Share NHLBI’s Heart Month video** on social media or play it before your next team meeting to encourage colleagues to work together for a healthier heart.
7. **Try a new recipe weekly.** Ask friends and family to share their favorite heart-healthy recipe with you. NHLBI offers a variety of [recipes](#) on its website.
8. **Be social.** Use [NHLBI’s Heart Month social media resources](#) to promote Heart Month to your friends and followers.
9. **Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
10. **Sign a social support contract** with three family members or friends who also want to lose weight.
11. **Blog about it.** Write a blog post about Heart Month, the risk factors for heart disease, and how you’re making heart-healthy changes in your life.
12. **Attend an online cooking class** with friends and learn new heart-healthy recipes. Or sign up your kids for one!
13. **Plan a date** to go on a hike or cook a heart-healthy meal with your loved one on Valentine’s Day.

## 28 Days Toward a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#OurHearts  
are healthier together

- |  |   |  |   |   |   |   |
|--|---|--|---|---|---|---|
| <b>Day 1</b><br>Call a friend and join the #OurHearts movement.            | <b>Day 2</b><br>Make a heart-healthy snack.                                       | <b>Day 3</b><br>Schedule your annual physical. Discuss your heart health goals with your doctor. | <b>Day 4</b><br>Sport red today for National Wear Red Day.                          | <b>Day 5</b><br>Squat it out. Do 1 minute of squats.                        | <b>Day 6</b><br>Make today a salt-free day. Use herbs for flavor instead of salt. | <b>Day 7</b><br>Visit <a href="#">Smokefree.gov</a> to take the first step to quitting smoking. |
| <b>Day 8</b><br>Get your blood pressure checked.                           | <b>Day 9</b><br>Walk an extra 15 minutes today.                                   | <b>Day 10</b><br>Aim for 30 minutes of physical activity today.                                  | <b>Day 11</b><br>Plan your menu for the week with heart-healthy recipes.            | <b>Day 12</b><br>Reduce stress using relaxation techniques.                 | <b>Day 13</b><br>Give the elevator a day off and take the stairs.                 | <b>Day 14</b><br>Protect your sweetheart’s heart: Plan a heart-healthy date.                    |
| <b>Day 15</b><br>Swap the sweets for a piece of fruit for dessert.         | <b>Day 16</b><br>Stress less. Practice mindful meditation for 10 minutes.         | <b>Day 17</b><br>Head to bed with enough time to get a full 7-8 hours of sleep.                  | <b>Day 18</b><br>Add a stretch break to your calendar to increase your flexibility. | <b>Day 19</b><br>Eat vegetarian for a day.                                  | <b>Day 20</b><br>Share a funny video or joke that makes you laugh.                | <b>Day 21</b><br>Dance for 15 minutes to your favorite music.                                   |
| <b>Day 22</b><br>Call a relative and ask about your family health history. | <b>Day 23</b><br>March in place during commercial breaks to get your heart going. | <b>Day 24</b><br>Get a tape measure and find out the size of your waist.                         | <b>Day 25</b><br>Ask a family member or neighbor to join you for a walk.            | <b>Day 26</b><br>Fill half of your lunch and dinner plates with vegetables. | <b>Day 27</b><br>See how many push-ups you can do in 1 minute.                    | <b>Day 28</b><br>Pay it forward and tell a friend about <a href="#">The Heart Truth</a> .       |

[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)



NIH

National Heart, Lung, and Blood Institute



Sweet hearts.

FEBRUARY IS AMERICAN HEART MONTH.

Taking care of our own heart health is the greatest gift we can give to people we love. Learn where you stand. Be open to lifestyle changes that can improve your physical, emotional and overall wellness. Taking responsibility for your health is a true form of love.



NIH

National Heart, Lung, and Blood Institute



[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)



### ASTHS PHARMACY IS HERE TO SERVE YOU WITH NEW UPDATES



As of October 11, 2021, Pharmacy is no longer utilizing the RXtoGo Application for medication refills. Patients are now able to request refills with the RefillQuick Application available on Apple and Android devices. In the RefillQuick app you are able to select and save your default pharmacy by adding the phone number when you first open the app (LAHC- 405.292.9530 or Shawnee Clinic- 405.878.5859).

It is anticipated that wait times for the next few weeks may be longer than usual while staff gets familiar with the new refill system. We appreciate your anticipated patience during this transition. Thank you in advance.

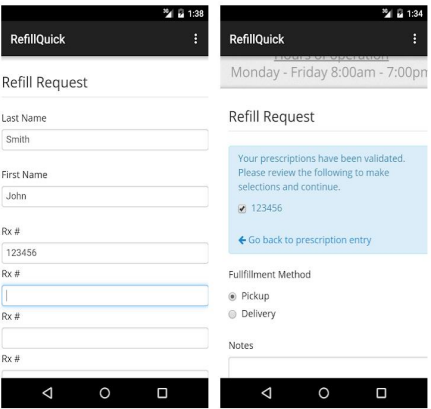
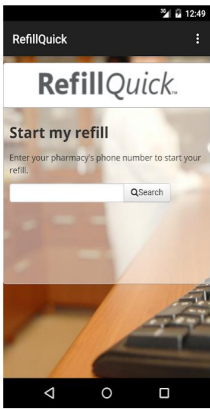

Refill Requests can be made the following ways:

1. Calling via phone: LAHC 405.292.9530 & Shawnee Clinic 405.878.5859
2. Go to <https://www.asthealth.org/services/pharmacy>
3. Downloading the RefillQuick app on your Apple or Android device



### REFILLQUICK APP STEP BY STEP INSTRUCTIONS

1. Download the RefillQuick App on your Apple or Android device
2. Open the app and enter your preferred pharmacy phone number, this will be saved as your default pharmacy in the future: LAHC 405.292.9530 Shawnee Clinic 405.878.5859
3. Enter your information in the refill request boxes and submit
4. Once submitted you will see a prescription validation message. If you do not see this check your prescription numbers and for correct spelling of name



\*\*For a "Pocket Profile" (list of all your medications) please request this verbally to our pharmacy staff.

## 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.



### 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)

**Little Axe Health Center**  
405.447.0300

**Shawnee Clinic**  
405.878.5850



Caring for AMERICA'S HEROES



ASSENTEE SHAWNEE TRIBAL HEALTH SYSTEM  
Prevention. Progress. Pride.  
[www.asthealth.org](http://www.asthealth.org)

## Let your voice be heard.



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

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

*Together, we will fulfill our mission.*



ASSENTEE SHAWNEE TRIBAL HEALTH SYSTEM  
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG



## Let's Celebrate National Heart & Sweet Potato Month!

### Check out these recipes for delicious and healthy options



### Sweet Potato Smash

**Ingredients:**

- 4 medium sweet potatoes
- 1/2 cup 1% low-fat milk
- 1 Tbsp olive oil
- 1/4 tsp black pepper
- 1/4 tsp cinnamon
- 1/2 tsp garlic powder
- 2 tsp minced fresh thyme

**Preparation:**

1. In a microwave-safe bowl, add whole potatoes & cover with water. Microwave 10-12 minutes until fork-tender.
2. Caution, bowl will be hot. Drain water & return potatoes to bowl. Using a fork or potato masher, smash potatoes, adding milk gradually.
3. Stir in oil, pepper, cinnamon & garlic powder. Mix well.
4. Top with thyme & serve. **Tips** Sweet potatoes contain more vitamin A & C than other potatoes



### Chicken Sweet Potato Black Bean Skillet

**Ingredients:**

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breasts, diced
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1 sweet potato, diced
- 1 (14.5oz) can no-salt-added diced tomatoes, drained
- 1 (4 oz) can diced green chilies, drained
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1 lime, juiced
- 1 cup shredded fiesta blend cheese
- 1/4 cup chopped fresh cilantro
- 1 avocado, sliced

**Preparation**

1. In a large skillet, heat oil over medium-high. Add chicken, onion, garlic, chili powder & cumin. Cook 5-7 minutes or until chicken is browned on all sides.
2. Add potatoes, tomatoes & chilies. Cook 10-12 minutes or until potatoes are fork-tender.
3. Add beans & lime juice. Cook 2-3 minutes or until heated through, stirring throughout. Stir in cheese & remove from heat.
4. Serve topped with avocado & cilantro.



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 \_\_\_\_\_ DEMINTIA \_\_\_\_\_

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

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

PROSTHETIC DEVIECS \_\_\_\_\_ 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 \_\_\_\_\_

Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive  
Shawnee, Oklahoma 74801-0381

Title VI  
Elderly Nutrition Program

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 (FY-2022)

4. Must provide Proof of Residency (utility bill – in the applicants name)

5. Handicap/Disabled

6. NO RENTAL PROPERTY WILL BE MOWED

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.


This year we are trying to get an early start on our grass mowing list,


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


Thomasine Owings

Thomasine Owings  
Title VI Director

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fajitas Onion n Bell Peppers Tortillas Pineapples	2 BBQ Pork Sandwich Chips Pickles n Onion Apple Slices	3 Baked Potato Chez, Onion, Ham Brocc & Chez Pudding	4 Boiled Egg Bacon Toast Fruit
7 Beef Fingers Mashed Pot/Gravy Brussel Sprouts Bread	8 Ham Wrap LTOP Chips Mixed Fruit	9 Baked Chicken Veggies Tossed Salad Bread/Jell-O	10 Spaghetti w/ Meat sauce Tossed Salad* Green Beans Pears	11 Oatmeal Sausage Patty Banana
14 Tamale Spanish Rice Refried Beans Applesauce	15 Tuna Salad Sandwich LTOP Baked Chips Fruit Cocktail	16 Turkey Stuffing/Gravy Sweet Pot Cranberry Sauce	17 Chicken Noodle Soup Grilled Chez Sandwich Peaches	18 Scrambled Eggs Sausage Gravy Biscuit
21 Closed for President's Day	22 BBQ Chicken Scalloped Pot Mixed Veggies Pears	23 Pinto Beans w ham Cornbread Onions/Spinach Cake	24 Egg Rolls Stir Fry Veggies Rice Fortune Cookie	25 Scrambled Eggs Ham English Muffin Fruit
28 Chicken Pot Pie Veggies Biscuit/Apricots				



MENU SUBJECT TO CHANGE

2% MILK SERVED DAILY


February 14<sup>th</sup>, Happy Valentine's Day

February 21, Title VI will be closed for President's Day – No meal deliveries or drive by.

Remember there will be No dine in at this time


Continue with drive by pick up and homebound delivery Monday – Friday.

BEIJING 2022



Feb 4-20

ABSENTEE SHAWNEE TRIBE BEHAVIORAL  
HEALTH/SASP GRANT PRESENTS



WHITE BISON, INC.

A CULTURAL APPROACH TO PERSONAL RECOVERY  
FROM SUBSTANCE ABUSE

WELLBRIETY  
WORKING LUNCH

Facilitated by: John Soap, LPC

EVERY THURSDAY VIA GOTOMEETING

HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/801887957


BEGINNING MAY 27TH, 2021

12:00PM-1:00PM

FOR FURTHER INFORMATION,  
CONTACT:

Brendan (SASP Coordinator) or John  
(Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



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

HOW THE PROCESS WORKS

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

FOCUS

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

Step 1: Honesty  
Step 2: Hope  
Step 3: Faith  
Step 4: Courage

Step 5: Integrity  
Step 6: Willingness  
Step 7: Humility  
Step 8: Forgiveness

Step 9: Justice  
Step 10: Perseverance  
Step 11: Spiritual Awakening  
Step 12: Service

TEACHINGS OF THE MEDICINE WHEEL

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

1.) 4 seasons of change  
2.) 4 laws of change  
3.) 4 directions of growth  
4.) 12 principles for healthy living  
5.) Reclaiming Our Power

6.) Medicine Wheel and 12 Steps:  
7.) Nature's Way: Principles, laws, and Values  
8.) Cycle of Life  
9.) 8 feelings for healthy development

10.) Comfort Zones  
11.) The Two Thought System: Love and Fear  
12.) The medicine wheel  
13.) The laws of the unseen world.



# AST HEALTH SYSTEM DIRECTORY

## LITTLE AXE HEALTH CENTER..... 405-447-0300

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

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

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

## PLUSCARE ..... 405-447-0477

### GENERAL

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



### WHO IS ELIGIBLE FOR A 3RD DOSE OF A COVID-19 VACCINE?

**MODERNA:**  
The Center for Disease Control (CDC) is recommending that moderately to severely immunocompromised people receive an additional dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood.
- Received an organ transplant and are taking medicine to suppress the immune system.
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system.
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome).
- Advanced or untreated HIV infection.
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response.

**PFIZER-BioNTech:**  
The CDC is recommending that only certain populations initially vaccinated with the Pfizer-BioNTech vaccine can get a booster shot at this time:

- Older adults and 50-64 year old people with medical conditions.
- Long-term care setting residents aged 18 years and older.
- People with medical conditions aged 18-49 years.
- Employees and residents at increased risk for COVID-19 exposure and transmission.

People should talk to their healthcare provider about their medical condition and if they meet the above criteria for getting an additional dose.

For more information, please visit [www.asthealth.org](http://www.asthealth.org)

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

### YOU MAY BE ELIGIBLE FOR A \$0 COST HEALTH PLAN UNDER THE AMERICAN RESCUE PLAN.

Help yourself, help your tribe and see if you will qualify for coverage that will provide you and your family with immediate access to specialized healthcare at no cost to you or your tribe.



**Did you know?** The American Rescue Plan (ARP), recently signed into law by President Biden, increases and expands eligibility for cost-savings programs under the Affordable Care Act (ACA) in the form of premium cost assistance for individuals enrolled in Health Insurance Marketplace plans.

The premium assistance is in the form of a IRS Advance Premium Tax Credit taken in advance of the tax year, lowering or eliminating health insurance premiums for lower-and middle-income families. Signing up for a low-or-zero cost health plan allows tribes to receive reimbursement for services, which frees up more dollars to help those who are not eligible for cost-savings programs, helping Purchased Referred Care dollars go further.

Native Americans must apply for all available resources, if eligible, to help augment the cost of tribal healthcare services. Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

**TO APPLY:**  
Health Insurance Marketplace  
[www.healthcare.gov](http://www.healthcare.gov)  
1.800.318.2596

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
**Little Axe Health Center**      **Shawnee Clinic**  
405.447.0300      405.878.5850  
[www.asthealth.org](http://www.asthealth.org)



### Under 65? Apply for SoonerCare With New Medicaid Expansion.

AST Tribal Health System and the Oklahoma Health Care Authority are pleased to announce effective July 1, 2021, Oklahoma is expanding Medicaid for adults ages 19-64 with incomes at or below 138% of the federal poverty level. **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for Medicaid Expansion benefits effective July 1, 2021 to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify to get coverage at no cost to you or your tribe.

Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.



**TO APPLY:**  
**SoonerCare**  
[www.mysoonercare.org](http://www.mysoonercare.org)

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
**Little Axe Health Center**      **Shawnee Clinic**  
405.447.0300      405.878.5850  
[www.asthealth.org](http://www.asthealth.org)

