



THE ABSENTEE SHAWNEE NEWS

www.astribc.com

Volume 35, No. 08

August 2025

4th Annual Fishin for Nutrition

The AST Agriculture Department held their 4th Annual Fishin for Nutrition on June 27. Over 70 people attended the event held at the AST farm in Earlsboro. The Oklahoma Department of Wildlife Conservation Department was in attendance and provided aquatic education. Several AST departments and enterprises had informational booths set up and helped with this fun day. More than 20 children participated in the fishing contest. Thunderbird Casino donated the trophies.

2-5 YEARS OLD		6-10 YEARS OLD	
<u>GIRLS DIVISION</u>	<u>BOYS DIVISION</u>	<u>GIRLS DIVISION</u>	<u>BOYS DIVISION</u>
Areli Byers	Alandis Blackwolf	Annie Raper	Cannon Fish
Alvia Powell			
11-15 YEARS OLD		16-18 YEARS OLD	
<u>GIRLS DIVISION</u>	<u>BOYS DIVISION</u>	<u>GIRLS DIVISION</u>	<u>BOYS DIVISION</u>
Tiana McGirt	Niibryan Thompson	Alessandra Hernandez	Favian Almanza





GOVERNOR
John Johnson



Lt. GOVERNOR
Diane Ponkilla



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello all,
Can you believe it is already August? Summer has flew by and it’s almost time for kiddos to head back to school. I hope you had a chance to get out and enjoy the summer weather.
I recently attended the Sovereignty Symposium in Oklahoma City with many topics being discussed. I also attended the Tribal Impact summit with Oklahoma legislators and other tribal officials. These meetings were very informative



Gov. Johnson and AG Drummond

for all tribes in Oklahoma. I was invited by AG Drummond to a luncheon for AICCO. Tribal Economic Collaboration with the state of Oklahoma was the main topic for this luncheon. AG Drummond is wanting to reach out to tribes across Oklahoma to get this collaboration started and I agree with him. Many of our compacts have not been signed they have been delayed due to Governor Stitt wanting more.
Mr. Thad Bachman with the Jehovah Witness Church recently replenished our shelves at the food pantry. They reached out wanting to donate so I had Falon, the Food bank director, schedule a pick up.



Jehovah Witness Church donation

We are very pleased and we hope to stay on the donation list for the future.
I also attended OIGA in Oklahoma City. It was a huge turnout. It is interesting with the new products coming to Oklahoma Casinos. The gaming industry has really picked up and I am looking forward to the growth of our casino.
Should you have any questions or concerns you may contact myself or my staff at the information listed below:
John Johnson - 405-275-4030 ext. 3500 governor@atribe.com
Alvina Barnes - 405-275-4030 ext. 3501 alvinab@atribe.com

LT. GOVERNOR’S REPORT

Diane Ponkilla, AST Lt. Governor

Hello all,
I would like to send my sincerest condolences to all that have loved ones who have passed away during the month of July. Summer is flying by I hope everyone makes the time to enjoy their families. My July has been a quiet month in office I did not attend OIGA on July 14-16, 2025 with the other Executive Committee due to prior scheduling. On July 10, 2025 myself, Secretary McGirt, agriculture department and a few 477 Summer Youth work-

ers planted two pumpkin patches at the AST Farm located on East Benson Park Rd. Starting the week of July 21, 2025 finance will be conducting mid-year budget reviews I will be attending along with the department directors of OEH, Maintenance, BIA/Self Governance and Agriculture. The HVAC Training Program ended June 30, 2025 which had 3 participants and 1 instructor. The participants have the opportunity to take their journeyman test once the instructor signed off on their hours and will need one year training before they are able to test and obtain their HVAC license. The AST has

the opportunity to hire one of the participants the interview was conducted July 15, 2025 by a three panel interview. The Lt. Governor’s department has receiving sixteen applications for the Safe Shelter’s as of July 16, 2025. The seventy plus year olds are priority and will be first, we will lower the age sixty-nine, sixty-eight, etc. You must reside at the address on application. If you have any questions or concerns you may contact Deric Spoon ext. 3504 or myself ext. 3503 you are always welcome to come by the office or contact me to set up meeting.
Ne yi wa

SECRETARY’S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,
I hope everyone has been well with all the rain and getting into our hot season and with school for the children starting. Being busy with sports is gearing back up for my children, I’m sure everyone is starting to feel it too with their young athletes. My apologies for my absent report last month my office has been busy. The beginning of June ICW partnered and had an event the children enjoyed it and it was a great turn out. I unfortunately didn’t get to attend but was told it went very well. Some of the children loved receiving ribbon skirts and vest. The ladies did a great job and trying to keep the children involved culturally. June 12-13 I attended the sovereignty symposium with the rest of the executive committee members it was great to catch up and great net working with other tribes and seeing what resources are out there for us. It was great to hear the honorable Deb Haaland former United States Secretary of the interior speak along with other great speakers. I want to thank Jason Bender part of our veterans committee for representing and carrying our tribal flag in. As some

may not know our tribe is at the top of the list of all the tribes. At the symposium our tribe is first to enter during the flag ceremony and Jason represented the Absentee-Shawnee Tribe very well. Several attendees were very moved when he entered with our flag. June 20th Domestic Violence held there 2nd elders lunch it was great to visit with our elders. Thanks to Domestic violence ladies and all who helped and set up booths with resources for our elders. I hope all who attended had a great time with bingo and prizes I look forward to seeing everyone at the event next year. June 27th Agriculture department had their annual fishing for nutrition event it was hot, but it was a great turn out thanks to everyone who helped make it a great event. Congratulations to some of our young tribal members during the month of June a lot of young native athletes attend the Native American Junior Nationals in Arizona. We had several tribal members teams attend some did very well and won the tournament in their division. And some along with my daughter’s team came up short but as I told her there is always next year it’s a great opportunity for them to play amongst other natives see the talent and to be a part of this great event for our youth. June was a sad month for my office my wonderful assis-

tant Tina Ontiveros retired she has been great and helped me on this learning experience since I been in office and will be dearly missed. Alexas Rosales is my new assistant she has been great as my project coordinator and is ready for the challenge of being my administrative assistant. July 4-6 Thunderbird casino held their annual pow wow along with their free concert on Friday it was a tremendous turn out. Pow wow went great the rain wasn’t trouble at all was a little humid but bearable it always a great time watching all the dancers who attend. Great job to everyone who made the event a great weekend for the casino, our community and tribal members. July 15 I attended the OIGA (Oklahoma Indian Gaming Association). It was a great first time experience event to attend I look forward to next year. To wrap up the month of July our Agriculture department along with our 477 summer youth workers planted pumpkins there already sprouting so hopefully come October we will have pumpkins at the farm.
That is all I have to report at this time if you have any questions or concerns you can contact my office 405-275-4030 EX. 3505.
Ne yi wa!
Secretary McGirt



REPRESENTATIVE’S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,
I hope everyone is having a good summer. June and July have been busy for my office. In June, I traveled to Las Vegas for the Tribal Administration Conference and obtained a certificate

in Tribal Administration. In July, my office attended the Oklahoma Indian Gaming Association conference in Oklahoma City. July is also the last month we will host our Summer Youth Worker, Alyssa Medina, and we want to say thank you to Alyssa for all her help in the Representative’s Office this summer. Should you have

any questions or need any assistance, please contact my office by phone or email.
Phone: (405) 531-3512
Email: adjohnson@atribe.com
Sincerely,
Anthony “Tadpole” Johnson
Tribal Representative

Stay tuned for more updates next month, and thank you for your continued support of the Ag Department!

Absentee Shawnee Tribe

477 PROGRAM

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and need assistance?*

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WWW.ASTRIBE.COM/477-
PROGRAM

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CAMP NIKOTI 2025: How To Train Your Dragon





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



We had a busy and fun July at Building Blocks. The children love playing on the splash pad on their classrooms scheduled day. We will continue playing on the splash pad throughout August.

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

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

Summer is upon us and it is key to stay hydrated by drinking lots of water. The Children enjoy a cup of fresh cold water. We have a large water jug of ice cold water available on the playground for outside play times as well as water cups in the classrooms.

Building Blocks will be closed in August when the tribe is closed for AST Day. Date to be announced.

Building Blocks will have lots of children entering into Pre-K and Kindergarten this fall. SECC and TECC schools start back on August 14th. We wish them all the best of luck in their new learning adventures.

Have an Awesome August!



Building Blocks Newsletter

August 2025

In the Classroom

Our teachers and students will be busy, as usual, this month. The infants will be learning about the animals that live in the forest. They will study what foods they eat and what sounds they make. They will also explore their 5 senses. In the Toddler classroom they will study transportation. They will learn how to care for a vehicle, the different ways you can travel and identifying road signs. What sounds do zoo animals make? Our 2's will be learning this along with the color of the animals and where they live. It's "All about Me" in the 3's classroom. Students will study the 5 senses, family, and what they like.

In the Center

WE'RE HIRING!

Do you have strong communication skills, patience, and knowledge of child development and education?

Building Blocks III is hiring for Assistant Teachers

To apply, go to www.astribecommunity.org/employment for more information and to fill out an application.

Contact Info

Building Blocks III C.D.C
16051 Little Axe Drive
Norman, OK 73026
(405) 360-2710
BB3Admin@astribecommunity.org



A B S E N T E E S H A W N E E HOUSING AUTHORITY

107 N. KIMBERLY AVE. SHAWNEE, OK 74801 PHONE: (405) 273-1050 FAX: (405) 275-0678 WWW.ASHOUSINGAUTHORITY.COM

About Us

Our duty and mission are to provide quality and affordable housing to Low Income Indian Families in our communities. Our entity establishes goals for the program annually that serve the housing needs of the Indian people.



OFFICE HOURS: MONDAY- FRIDAY
8:00 AM - 4:30 PM



2025 Programs

- Low Rent
- Lease to Own
- Safe Shelter
- College Housing Rental Assistance
- Tiny Home Lease Purchase
- Over-Income Lease to Own
- Market Rate Rental
- Home Rehab Assistance Enrolled AST Only
- Down Payment Assistance Enrolled AST Only
- Homeless Prevention Assistance



SCAN QR CODE TO
VISIT OUR WEBSITE
FOR MORE
SERVICES

PROGRAMS ARE DEPENDENT ON FINDING AVAILABILITY

Comment Card

Absentee Shawnee Housing Authority strives to provide you with the best possible service, so please share any great experiences you encountered with our program, or if this has not been the case and we did not handle something to your satisfaction, let us know.



SCAN QR CODE
TO SHARE YOUR
COMMENTS

ALL PERSONAL INFORMATION WILL BE KEPT CONFIDENTIAL

Thunderbird Casino Anniversary Celebration Powwow





Happy 6th Birthday Mae Mae!
We love you and hope you
have the best day ever!
From mom, dad, Autumn, and
Colson



Archie Ellis Snake
DOB: 4/4/1942; DOD: 7/6/2025
(Photo taken September 4, 2017, Beltsville, Maryland)
Archie Ellis Snake, age: 75 y/o

US Air Force, Vietnam Vet, retired military SMSGT.
Member of the Absentee Shawnee Tribe of Oklahoma.

Parents: Lewis Snake and Ellen Mae Mohawk.
Maternal Grandparents: Thomas and Lizzie (Ellis) Mohawk;
Paternal Grandparents: Luther Snakeman & Nellie McCoy.



**AST Tribal Court Judge who represented Leonard Peltier
named recipient of the 2025 Clarence Darrow Award**



AST Tribal Court Judge Robert Don Gifford, who is a civil rights and criminal defense attorney in Oklahoma City has been named the 2025 winner of the Clarence Darrow Award. The award, given by the Oklahoma Criminal Defense Lawyer’s Association (OCDLA), recognizes an Oklahoma attorney who exemplifies the zealous criminal defense advocacy that befits the namesake of the award, Clarence Darrow. Judge Gifford was recognized for his work as a private attorney in securing a Presidential Commutation for Native American activist Leonard Peltier, as well as his recent string of consecutive acquittals in federal court this past year and his pro bono work and advocacy outside of the courtroom with his writings and public speaking to bring public attention to legal issues affecting all people. The latest national statistics show that out of the 71,954 federal jury trials, there were only 290 acquittals. In federal criminal cases only 4% of all jury trials result in a “Not Guilty” verdict and Mr. Gifford had multiple in a single year.

Earlier this year, Mr. Gifford was elected to serve on the Board of Directors for the Oklahoma chapter of the American Civil Liberties Union (ACLU), and in December of last year he was selected as representative from Oklahoma to serve on the United States Commission for Civil Rights. He is also the current Chair of the Oklahoma Bar Association’s Military and Veteran’s Law Section and is a trustee to the Oklahoma County Law Library. A retired Colonel from the U.S. Army, Judge Gifford has previously been honored by the Cherokee Nation with the Medal of Patriotism for his 23 years of active and reserve military service and continued service to servicemembers, veterans, and their families.

Gifford, a tribal member of the Cherokee Nation, also serves as a Supreme Court Justice for the Supreme Courts for the Comanche Nation, Sac and Fox Tribe of Oklahoma, as well as the Pawnee Nation. “Judge” Gifford also serves as the chief trial judge for the Kaw Nation District Court and the Iowa Tribe of Oklahoma, and is an associate tribal court judge for the Seminole Nation, the Absentee-Shawnee Tribe, and the Miami Tribe of Oklahoma.

According to the press release, Gifford began his legal career in 1994 as a law clerk for the Cherokee Nation under Principal Chief Wilma Mankiller while receiving his law degree from the University of Oklahoma College of Law where he was an editor on the American Indian Law Review and a local and national officer for the Native American Law Student Association (NALSA). He is also a direct descendant of Cherokee Chief Richard Fields who was assassinated as a part of the Fredonian Rebellion in 1827 in Texas.



Nat’aani Shawnee Holds the Enemy

Nat’aani Shawnee Holds the Enemy, the granddaughter of Vivian (Longhorn) Shane and the late Howard Shane of Crow Agency, Montana, and great granddaughter of Ernest and Vergie Longhorn, is currently in her junior year at Rocky Mountain College, in Billings, Montana. Nat’aani is a proud member of the Absentee Shawnee Tribe, Crow Tribe of Montana, Blood Tribe of Alberta, Canada and the Oneida Tribe of Wisconsin. Nat’aani is a direct descendant of Chief Tecumseh on her maternal grandmother’s side and a direct descendant of Chief Pretty Eagle on her maternal grandfather’s side.

Nat’aani was recently selected to attend the TRIO Future Leaders Summit in Washington, DC during April 2025. Nat’aani was one of thirty students in the United States selected to attend the TRIO Future Leaders Summit where she proudly advocated in favor of treaty obligations. She is majoring in Political Science, with a double minor in Theatre Arts and Pre-Law. Nat’aani holds numerous leadership roles including induction into the Student Academic Services (SAS) Leadership Program, Student Senator, and President of the American Indian Council, RMC. Recently, she was selected for the Academic Theatre Performance Award by the Rocky Mountain College Theatre Department and First place winner of the Student Art Competition with her entry of beadwork made for her regalia. She is incredibly dedicated to native representation on her campus which inspired her to successfully run the first college powwow at Rocky Mountain College in over a decade and head of all planning for the third annual RMC Intertribal Powwow. She has also been selected to attend the Indigenous Student Seminar with the Hoover Institution at Stanford University in Palo Alto, California, in August. This is an opportunity she hopes to develop tools to aid in her new occupation as a Lay Advocate for the Crow Tribal Courts on the Crow Reservation in Montana. Nat’aani proudly represents all of her Tribal Nations in her endeavors.



**New podcast episode –
Voices in Public Health:
Exploring Today's Most Pressing Health Issues**

Our podcast, Among the Shawnee just released a new episode!

Tune in for insights on protecting and promoting health within our tribal community and find out about upcoming health events like car seat safety checks and the Fall into Wellness Health Fair.

Episode available on YouTube, Spotify, Apple Podcasts, SoundCloud and <https://www.astribes.com/podcasts>

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



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August 2025

Section B

ASTHS August 2025 Monthly Update

National Immunization Awareness Month

The month of August is a very busy month with most kids getting ready to go back to school. We want everyone ready for the upcoming school year by reminding parents and guardians about the importance of immunizations for our children, especially when they are starting school for the first time. Most all school districts require certain immunizations when they enroll for the first time.

Most parents vaccinate their children according to CDC’s recommended immunization schedule, protecting them from 14 potentially serious diseases before their second birthday. Vaccinating children on time protects them and anyone around them with a weakened immune system. The immunization schedule is carefully designed to provide protection at just the right time.

Like all good babyproofing plans, CDC’s recommended immunization schedule is safe and effective at protecting your baby. It’s based on how your child’s immune system responds to vaccines at various ages, and how likely your baby is to be exposed to a particular disease. This ensures your little one is protected from 14 potentially serious diseases at exactly the right time. On the other hand, there is no data to support that spacing out vaccines offers safe or effective protection from these diseases.

So who looks at all the research and data to know what timing and doses are best? Hundreds of the country’s top doctors, public health professionals, and scientists design the schedule to ensure it is safe and effective.

Prevent complications

While babies are born with some immunity, they have not yet built up the necessary defenses against the diseases that vaccines prevent. Delaying vaccines could leave your child vulnerable to disease when she’s most likely to have serious complications.

Think of vaccines like a helmet for your baby. Just like safety equipment protects her from serious injury, vaccinating on schedule protects her from potentially serious diseases. Young babies are at highest risk of serious disease complications. For example, for you, whooping cough may mean a lingering cough for several weeks, but it can be very serious—even deadly—for babies less than a year old. If you delay vaccinations, your baby could be exposed to diseases like whooping cough when she is most likely to have serious complications.

Early protection

It’s best to vaccinate before your child is exposed to dangerous diseases. It can take weeks for a vaccine to help your baby make protective disease-fighting antibodies, and some vaccines require multiple doses to provide best protection.

You wouldn’t wait until you’re already driving down the road to put your baby in a car seat. You buckle him in every time, long before there is any chance he could be in a crash. Vaccines work the same way—your baby needs them long before he is exposed to a disease.

If you wait until you think your child could be exposed to a serious illness – like when he starts daycare or during a disease outbreak – there may not be enough time for the vaccine to work. That’s why the experts who set the schedule pay such careful attention to timing. They have designed it to provide immunity early in life, before children are likely to be exposed to life-threatening diseases.

Best Protection

Your child isn’t fully protected if you cover just a few of the outlets she can reach around your home. Similarly, your baby won’t have the best protection from vaccines until she has all the recommended doses.

Each vaccine is carefully developed to protect against a specific illness. Some require more than one dose to build strong enough immunity to protect your baby, or to boost immunity that decreases over time. Others need additional doses to ensure your baby is protected in case the first dose didn’t produce enough antibodies. Your child needs the flu vaccine each year because the disease changes over time. Simply put, every recommended dose of each vaccine on the schedule is important.

Long-term protection

Maternal antibodies and breastfeeding don’t provide enough protection. Breastfeeding provides important protection from some infections as your baby’s immune system is developing. However, breast milk does not protect children against all diseases.

Just as you help your child learn to walk, the protection (antibodies) you passed to your baby before birth will help protect your little one from diseases during the first months of life. And just as your child needs to eventually walk on his own, his immune system eventually needs to fight diseases on its own. Vaccines help protect your child when your maternal antibodies wear off.

For example, when you get whooping cough and flu vaccines while you’re pregnant, you can pass some protection to your baby before birth. However, you can only pass on protection from diseases that you have immunity to, and this can only protect your child in the first few months.

Breastfeeding provides important protection from some infections as your baby’s immune system is developing. However, breast milk does not protect children against all diseases. Even for breastfed infants, vaccines are the most effective way to prevent many diseases. That’s why it’s so important to follow the immunization schedule. It ensures your baby’s immune system gets the help it needs to protect your child long-term from preventable diseases.

Spreading illness

Not vaccinating your child on time can make someone else sick. Children who are not vaccinated on schedule are not only at risk of getting sick themselves, but they can also spread illness to others who aren’t protected, like newborns who are too young for vaccines and people with weakened immune systems. By getting your child’s vaccines on time you’re not only protecting your baby — you’re helping to protect your friends, family, and community, too.

Vaccination Schedule

Starting at birth, everyone is recommended to have certain vaccinations. Following the recommended vaccine schedule provides children and teens with the best protection from potentially serious diseases. On-time immunization plays a vital role in protecting children and communities from serious diseases. The vaccine schedule is developed to offer protection from diseases right on time. It’s best to vaccinate a child before being exposed to diseases to reduce the risk of serious disease complications. View the schedules to see which vaccines CDC recommends for each age group and talk to your child’s healthcare provider.

At the Absentee Shawnee Health System, we are very fortunate to have five pediatric providers to take care of our children. If you have questions regarding your child’s vaccinations or want to schedule an appointment to talk to your provider, please contact our clinics. The Shawnee clinic’s phone number is 405-878-5850 and the Little Axe Health Center can be reached at 405-447-0300. Now is the time to get your child’s immunizations updated before they head back to school.

References: U.S. Centers for Disease Control and Prevention (2025). Reasons to Follow CDC’s Recommended Immunization Schedule. <https://www.cdc.gov/vaccines-children/schedules/reasons-to-follow.html>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC!

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

Groundbreaking held Mar 19, 2025 (Anticipate completion in late 2026)

July 2025 Health Employee Awards of the Month

Employee of the Month: Lora Connor, LPN (Primary Care)

Team of the Month: PRC

Special Leadership Award: Morgan Anthony, Pharmacy Insurance and Inventory Specialist

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



Scheduled Closures

All AST Health facilities, including **PlusCare** and **Pharmacy**, will observe the following days:

Wednesday, August 6th: closed at **NOON**. PlusCare and Pharmacy will re-open at 5pm.

Follow us on Facebook or visit asthealth.org for closure information and updates!





PUBLIC HEALTH DEPARTMENT PRESENTS

Elders Thursdays Fun Day!

AUGUST 14th | 11 AM - 1 PM
Little Axe Resource Center

AUGUST 28th | 11 AM - 1 PM
AST COMPLEX, TITLE VI

Lunch provided by Title VI if you are signed up with the program. \$5 a meal if you are not signed up with Title VI

Elders 55 years and older, come and join the Public Health Department for fun games and activities with health education topics.

For more information contact:
Sianna Morgheim 405.447.0300 or smorgheim@atribe.com



ASK THE TRAINER!

WE ARE HERE TO HELP!

Feeling stuck in your fitness journey? Looking for a way to start? Ask the trainer! Ask **ANY** question you have and be answered by a AST Resource Center trainer!

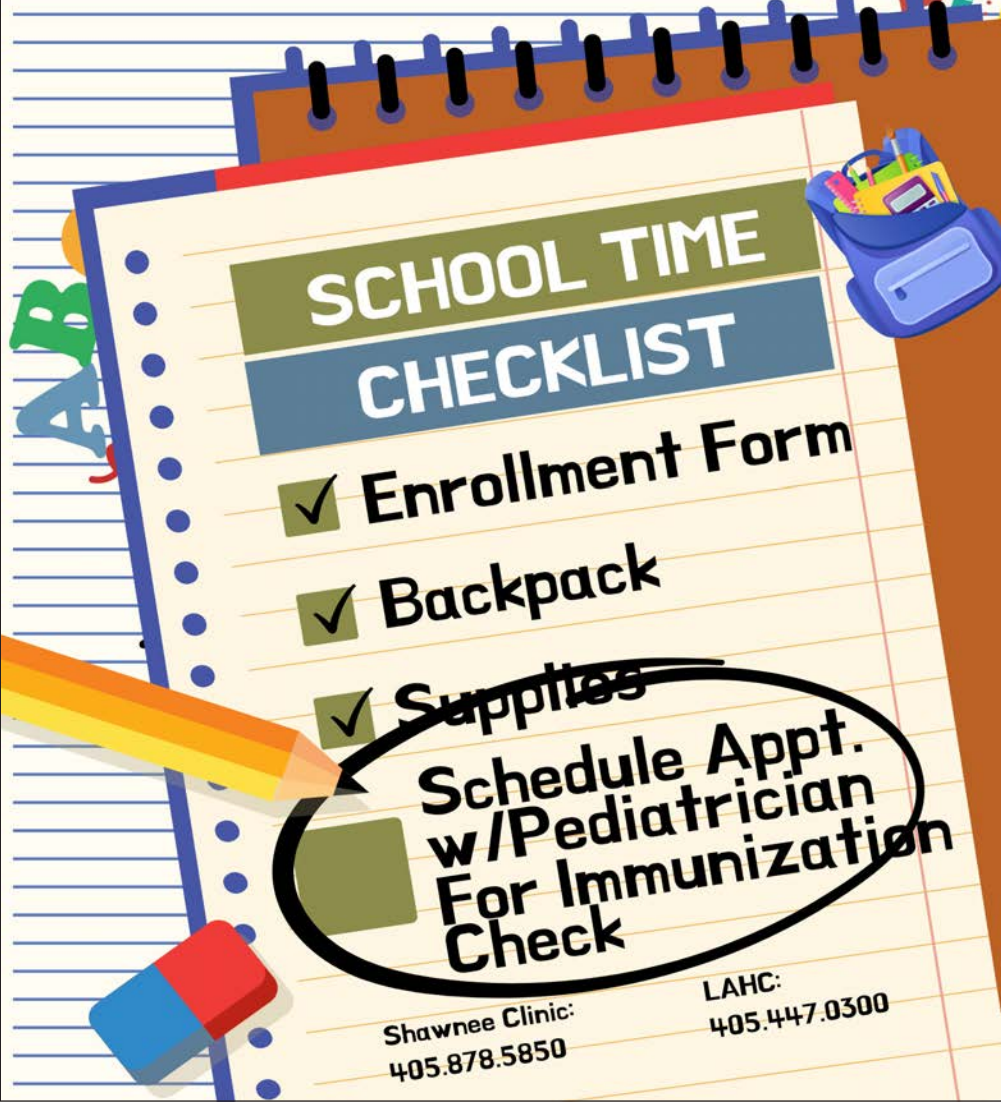

Aerobic fitness?
Strength training?
Yoga?
Balance training?
Flexibility?



Scan and Ask!

ASK US TODAY!

Contact: 405.561.7874
AST Diabetes & Wellness Department



SCHOOL TIME CHECKLIST

- ✓ Enrollment Form
- ✓ Backpack
- ✓ Supplies
- ☐ Schedule Appt. w/Pediatrician For Immunization Check

Shawnee Clinic: 405.878.5850 LAHC: 405.447.0300

COMMUNITY SHRED DAY

FREE

ASTHS

Saturday
Sept. 6, 2025
9am-Noon



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Phone (405) 701-7059

Email TOR@ASTRIBE.COM

PLEASE NOTE THAT CLASSES MAY HAVE TO BE CANCELLED OR RESCHEDULED DUE TO UNFORESEEN CIRCUMSTANCES. IN CASE OF CLASS CHANGES TOR WILL NOTIFY YOU THROUGH THE CONTACT INFORMATION YOU PROVIDED. PLEASE REVIEW TEXTS/EMAILS FROM TOR FOR INFORMATION.

IF YOU'RE UNABLE TO ATTEND PLEASE CALL AND CANCEL AT LEAST 24 HOURS IN ADVANCE TO GIVE SOMEONE ELSE A CHANCE TO PARTICIPATE.

Absentee Shawnee Tribe Health Care System Behavioral Health Grants
ADPI Seeking Hope NIH HEAL Initiative SPF-PFS Ensuring Hope TOR Be Well



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SCRAMBLED EGGS SASUAGE GRAVY BISCUIT
4 CHICKEN SANDWICH CHIPS PEARS	5 EGG ROLL FRIED RICE W/ VEGGIES MANDARIN ORANGES	6 CHILI W/BEANS CORNBREAD COOKIE	7 BBQ CHICKEN GREENBEANS BREAD JELL-O	8 PANCAKES BACON FRUIT
11 FRITO CHILI PIE ONION, CHEESE CUTIE	12 CHEF SALAD W TURKEY CRACKERS FRUIT COCKTAIL	13 BAKED POTATO HAM, CHEZ, ONIONS STEAMED BROCCOLI PUDDING	14 CHICKEN FINGERS MAC N CHEESE FRUIT	15 GRITS TOAST FRUIT
18 TUNA SALAD SANDWICH CHIPS FRUIT	19 BAKED ZITA BREAD STICK GREEN BEANS PEACHES	20 BBQ PULLED PORK SANDWICH CHIPS ICE CREAM	21 CHICKEN FRIED STEAK MASHED POT/GRAVY BEETS CAKE	22 WAFFLES SAUSAGE PATTIES FRUIT
25 FISH SANDWICH COLESLAW PICKLES GRAPES	26 HAWAIIAN CHICKEN WILD RICE ROLL PINEAPPLES	27 GOULASH OKRA BREAD APRICOTS	28 TACO SOUP TORTILLA CHIPS APPLE CRISP	29 BOILED EGG HAM TOAST/FRUIT
<div>MENU SUBJECT TO CHANGE*</div> <div>LUNCH IS SERVED FROM 11 AM TO 1PM BREAKFAST IS SERVED FROM 9AM TO 11AM</div> <div>SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</div>				

HEALTH BUZZzz!!



MINDful Connections

As we get older it can be challenging to stay connected socially. Studies have shown that social isolation and increased loneliness are linked to poorer brain health. Social starvation is associated with cognitive decline which changes the structure of the brain and can increase the risk for dementia. At John Hopkins Medicine, scientists have found that socially isolated older adults have a 27% higher risk of developing dementia over a nine-year period. Another study showed a 31% increase in dementia risk for those experiencing loneliness, thus proving the importance of social engagement.

It’s important to keep in mind that building fellowship demands resilience, courage, patience, and a little bit of creativity. Some connections won’t last, and that’s okay. These moments are learning experiences. Keep trying until you find a fit that resonates and enriches your life. It’s never too late to spark up social connections toward maintaining good health well into the future!



Six Ways To Engage Your Brain Socially:

- Send loved ones a letter, text or email
- Video call a friend
- Attend events like a powwow, ceremonial or stomp dance
- Have coffee on the porch with a neighbor
- Join free or low cost classes, i.e., water aerobics, beadwork, puzzles or card games

Pictured below is veteran and tribal elder, Raymond Tiger with his dog, Chuy. Raymond enjoys staying socially active by going on walks with Chuy, as well as, participating in various daily group activities provided by the senior living community in which he resides. Raymond is a participant in our Music & Memory Program.



If you or someone you know would benefit from the **Savvy Caregiver in Indian Country** or **Music & Memory** programs, contact adpi@astribe.com, or call **405-701-7906**. Check out our web-page on the **Absentee Shawnee Tribal Health System’s** website, asthealth.org, click on **“Programs and Preventions”** and then click on **“Seeking Hope”**. You can sign up on line also!

Lacy Gillean, CDCS
Dementia Care Specialist
(405) 701-7906



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

Beaded Rope Keychain



INCREASE
INCLUSIVITY,
BUILD
COMMUNITY
STRENGTH



ELEVATE
AWARENESS OF
Wi Si Ka To Wi
AS A COMMUNITY
RESOURCE



JUNE
21ST
2025



Wi Si Ka To Wi – Be Well

NEW SERVICE!!!

We are so proud to introduce Rita Hunnicutt, Public Health RN, as our new International Board Certified Lactation Consultant. Rita is now certified to help new mothers with breastfeeding questions or concerns. CONGRATULATIONS RITA!

- Available to help new mothers with any breastfeeding issues.
- IBCLCs are healthcare professionals specializing in the clinical management of breastfeeding and lactation and are considered the "gold standard" in lactation care.
- IBCLCs provide expert guidance and support to families from prenatal planning through weaning.
- IBCLCs can assist with various needs, including:
 - Latching and breastfeeding positions
 - Finding the right pump and designing workday pumping schedules
 - Addressing common lactation and infant feeding issues such as plugged ducts, mastitis, milk supply concerns, difficulty latching, tongue tie, and breastfeeding pain.

Rita can be reached for consultation by appointment at the Little Axe Health Center Public Health Department at 405-561-7868.

Rita Hunnicutt, Public Health RN, Certified Lactation Consultant

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

Tortilla Pie

4 servings ⌚ Prep time 15 min, total time 30 min ☁ cal/serv: 356

If you want to breathe new life into taco night, tortilla pie may be the twist you need. Cheesy, zesty and saucy, this Tex-Mex take on lasagna will surely become a household favorite.

source: www.tasteofhome.com/recipes/tortilla-pie/

Ingredients

• ½ pound lean ground beef (90% lean)	• ¼ cup reduced-fat ricotta cheese
• ½ cup chopped onion	• ¼ cup shredded part-skim mozzarella cheese
• 2 garlic cloves, minced	• 3 tablespoons minced fresh cilantro, divided
• 1 teaspoon chili powder	• 4 whole wheat tortillas (8 inches)
• ½ teaspoon ground cumin	• ½ cup shredded cheddar cheese
• 1 can (14 ½ ounces) Mexican diced tomatoes, drained	

Step-by-Step Instructions

1. Preheat oven to 400°. In a large skillet, cook and crumble beef with onion and garlic over medium heat until no longer pink, 4-6 minutes. Stir in spices and tomatoes. Bring to a boil; remove from heat. In a small bowl, mix ricotta cheese, mozzarella cheese and 2 tablespoons cilantro.
2. Place 1 tortilla in a 9-in. round baking pan coated with cooking spray. Layer with half the meat sauce, 1 tortilla, ricotta mixture, another tortilla and remaining meat sauce. Top with remaining tortilla; sprinkle with cheddar cheese and remaining cilantro.
3. Bake, covered, until heated through, 15-20 minutes. **Diabetic Exchanges:** 3 medium-fat meat, 2 starch.

AUGUST CHILDREN'S EYE HEALTH AND SAFETY MONTH

MAKE AN EYE EXAM PART OF YOUR BACK TO SCHOOL PREPARATION!

ASTHS VISION CLINIC

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