



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

Volume 36, No. 08

August 2026

Thunderbird Casino Anniversary Powwow 2026

Thunderbird Casino held their Anniversary Powwow July 3-5 in Norman. Pictured below are members of the AST Executive Committee and the AST Veterans Association carrying in the flags. AST Governor John Johnson waves to the crowd. Powwow Coordinator/tribal member Eastman Switch poses with AST Lt. Governor Diane Ponkilla and AST Secretary Misty McGirt; AST Treasurer Joseph Blanchard is seen addressing the crowd. Additional photos inside on pages 6A & 7A.



**FOLLOW US
ON SOCIAL MEDIA**



ABSENTEE SHAWNEE TRIBE





GOVERNOR
John Johnson

GOVERNOR’S REPORT
John Johnson, AST Governor

Hello Tribal Members,

I hope everyone enjoyed the 4th of July holiday and got a chance to stop by the Thunderbird Casino Pow wow. It was a really good turnout with it being hot then turning stormy. We did have to end Saturday early due to the bad weather but finished up the festivities on Sunday. I look forward to next year.

I attended the 2026 Sovereignty Symposium in Oklahoma City. I was amongst many other tribal leaders. The agenda covered a wide variety of topics, from blood quantum and tribal legal identity, Environmental and energy law, treaties, jurisdiction and civil rights to the new

legal challenges of the Oklahoma gaming industry. I met with several leaders and had brief discussions with each of them. I believe all Oklahoma Tribes face the same challenges we do but also have same goals.

I also attended the retirement ceremony for Bill Anoatubby, Sr. it was an honor to be recognized as a tribal leader that worked alongside Mr. Anoatubby for all these years. As his son, Bill Anoatubby, Jr. steps into place I look forward to the continued partnership with Chickasaw Nation.

Many surrounding tribes are having their annual elections. I was personally invited to attend the Osage Nation Inauguration ceremony for the new elected chief Mr. Joe Tillman. I was truly hon-

ored to have been able to share this moment with him. Thank you for the invite and recognition.

As summer comes to an end and the kiddos head back to school, don’t forget to apply for the Tribal clothing allowance for the 2026-2027 school year. You may reach out to Annie in Social Services for questions and more details.

Should you have any comments or concerns you may always call or email myself or my assistant at the emails listed below.

Thank you,
Governor John Johnson

governor@astrobe.com - 405-275-4030 ext. 3500

alvinab@astrobe.com - 405-275-4030 ext. 3501



Lt. GOVERNOR
Diane Ponkilla

SECRETARY’S REPORT
Misty McGirt, AST Secretary

Greetings Tribal Members,

I hope everyone has been staying weather aware and hydrated with this heat we have been having. School is about to start for the kids, I send blessings to all of our students for another milestone in their life. My apologies for my absent report last month I will be giving a report to update what all I have attended the last two months. My office has been very busy these past months. I attended Ohio with Governor and Representative on the 2nd year anniversary of the Great Council State Park in Xenia, Ohio. They were glad we were in attendance along with Historic Preservation Department to represent the Absentee Shawnee Tribe. The next big event they would like us to be present for is the dedication of the new bike bridge that is still under construction.

Our Agriculture Department held their 5th Annual Fishing for Nutrition event on June 12. It started out as a rainy day, but we had a great turn out and everyone had a fun day. The fishing contest went great and we had lots of participants. I want to thank all the staff and departments that came out and helped make this day a great event for the youth. On June 15th and 16th I attended the Sovereignty Symposium with Governor, Lt. Governor and Representative. It is always great to attend to get updates, and learn something new so we can better navigate the Tribe as leaders. There was a special ceremony for

Chickasaw Nation Governor Bill Anoatubby. It was great to be present and to see him get recognized for his leadership and all he has done for his Tribe and his Tribal Members. He is a great leader, best wishes to him on his retirement. On June 18th we had an amazing turn out at the 3rd Annual Protecting Ancestral Legacy Elder Abuse Awareness event. Monique Carpitcher did an amazing job to make this a wonderful event for all who attended. It was a great time to see unity within the Tribes all across Oklahoma with bingo and chair volleyball being a big hit with the Elders. I want to give a huge shout out to our Rising Warriors staff, all our employees and especially other Tribal staff who helped to make this a great event for not just our Elders but theirs too. This event continues to grow each year. I have had the pleasure of seeing it grow it is always great to see our Elders enjoy a day that is just about them and to have fun along with seeing their competitive side in chair volleyball. We had over 200 Elders sign in for this event and many chair volleyball teams signed up. On June 23rd, I attended the CHIP semiannual meeting for POGO (Pottawatomie Go). I attended the Annual Celebration Pow Wow, that is always a great event hosted by the Thunderbird Casino and I enjoy being there to support the Veterans.

On July 17th the summer youth joined our Agriculture Department to help plant pumpkins. On July 24th they helped assist with the gardens. Our Agriculture Department continues to thrive with assisting beef to the food pantry along with

fresh produce. On July 18th I attended the Elders meeting. After the meeting, Health PRC had a Town Hall and will be having another Town Hall on August 15th at 1:00 pm in Little Axe at the Resource Center. I also attended some of OIGA (Oklahoma Indian Gaming Association) Conference, Due to regular monthly meetings I ran into some scheduling conflicts so I was limited to attending sessions, but what sessions I was able to attend was excellent. I had the opportunity to attend the annual WE WIN (Women Empowering Women for Indigenous Nations) conference in Tulsa. I really enjoyed attending to learn and see with all the women in attendance of how important women are for our Tribe and as a Tribal Leader. We will be having General Council coming up in October the Resolution for the date will be presented at the August Executive Committee meeting.

We still have several Boards that are needing members. The Foster Care Board officially has 5 spots open, we have three (3) Letters of Interest but they have not been approved yet. The Tax Commission has 3 openings. Absentee Shawnee Economic Development Authority (ASEDA) has 1 opening. The Gaming Commission has 1 opening, as well as the Thunderbird Entertainment Incorporated (TEI). That is all I have to report at this time if you should have any questions or concerns please contact my office. (405)275-4030 Ex. 3505.

Ne yi wa!
Secretary McGirt



SECRETARY
Misty McGirt

REPRESENTATIVE’S REPORT
Anthony Johnson, AST Representative

Hello Tribal Members,

I hope everyone is doing well and staying cool during this time of high temperatures!

Last month was very busy in the office. As seen in last month’s front-page news article, I, along with other Executive Committee Members and my staff, traveled to Ohio to the attend the Heritage Celebration at Great Council State Park. Also, in attendance, was faculty and staff

from Hanover College which is located in SE Indiana along the Ohio River. Over the past years, we have been working with staff from both Great Council State Park and Hanover to bring cultural and historic awareness back to our ancestral homelands. We will continue to all work together to strengthen our relationship and strive to ensure the community is aware of the history, resilience, and culture of the Absentee Shawnee Tribe. Also, we are working on a few other activities with both places. Be on the lookout for updates in the coming newsletters.

We recently had a post camp evalua-

tion meeting with Coach Ken Heupel, the CEO of Day of Champions. We discussed how successful camp was and the plans for the future. We are thrilled to have a great partnership with Little Axe Public School allowing their facilities be the “home” for camp. The Combine will be in March 2027 that will help put students into college. Thank you for all the hard work and volunteers that make these events better each year!

Have an amazing rest of your month!
Anthony “Tad” Johnson
Tribal Representative



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson





**NOTICE OF FARMING AND GRAZING LEASE
MAIL IN BID SALE**

TO BE HELD Monday August 31, 2026 @ 10 am

Please contact for BID Package:

Absentee Shawnee Tribe Realty Department

2025 S. Gordon Cooper Drive

Shawnee, Ok 74801

405.275.4030



Day of Champions Post Camp Meeting

Pictured are Coach Ken Heupel, Beverly Felton and Governor Johnson. Coach Heupel came to the Tribal Complex to discuss the Day of Champions post camp evaluation. The Executive Committee is excited to host camp the first week of June in 2027. Beverly has already secured the Little Axe facilities for next year.



ELECTION COMMISSION
PO Box 741, Tecumseh, OK 74873 | (405) 275-4030 Ext. 3537 | Fax (405) 273-1337
Election.Commission@astribecom

MEDIA RELEASE July 12, 2026

The Election Commission is seeking two (2) alternates to serve on the board. The Commission meets monthly at the Election Commission Office in Building 2 of the AST Complex, Shawnee, Oklahoma. Interested individuals may contact the Election Commission at 405-275-4030, Ext. 3537, or email Election.Commission@astribecom.

AST LANGUAGE & CULTURE DEPT WANTS TO HEAR FROM YOU!



DO YOU HAVE A QUESTION ABOUT
LANGUAGE OR CULTURE?

SEND YOUR QUESTIONS IN
AND THEY WILL TRY THEIR BEST TO ANSWER THEM
ON A FUTURE AMONG THE SHAWNEE PODCAST!

EMAIL ALL QUESTIONS TO - ASTLANGUAGE@ASTRIBECOM

SCHOOL

READY,
SET, LEARN!

WISHING ALL
STUDENTS & TEACHERS
A FANTASTIC
SCHOOL YEAR

AllNations
Bank

Proudly Supporting
Our Local Schools

ABSENTEE SHAWNEE TRIBE

BOARD
VACANCIES

IF YOU ARE INTERESTED IN SERVING ON
ONE OF THE FOLLOWING BOARDS,
COMMISSIONS, COMMITTEES OR
COUNCILS:

ASEDA (1)
Foster Care (5)
Gaming (1)
Tax Commission (3)
TEI (1)

PLEASE SUBMIT YOUR LETTERS OF INTEREST
WITH RESUME ATTACHED TO:

Tribal Secretary
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
secretary@astribecom

SAVE THE DATE!

2026 Education
& Career Fair

Wednesday, October 7, 2026
10 AM - 1 PM

Heart of Oklahoma Expo Center
Shawnee, OK

DISCOVER YOUR PATH!

Sponsored by the Absentee Shawnee Tribe - 477 Program

Contact Melinda Ferrell or Keli Mitchell
for more information 405.878.4545 or melindaf@astribecom

AST 477 Program

Youth
Services

CHILD NEED SCHOOL SUPPLIES?
SCHOOL ACTIVITY EXPENSES?
HELP WITH GED/HS DIPLOMA?
NEED ASSISTANCE FOR WORK CLOTHES WITH NEW JOB?
HS GRADUATION EXPENSES?
TUTORING ASSISTANCE?
ASSISTANCE WITH DRIVERS ED?
NEED CAREER READINESS/WORK EXPERIENCE?
JOB TRAINING ASSISTANCE?
NEED HELP FINDING A JOB?

OPEN TO ALL
NATIVE AMERICANS
*CDIB Required

Questions? Contact Us!
2025 S. Gordon Cooper Drive Shawnee, OK
(405) 878-4545 | Email: 477program@astribecom
Online App: <https://www.astribecom/477-program>

*Must reside in Cleveland, Lincoln, McClain, Oklahoma or Pottawatomie Counties

AST 477 Program

Adult
Services

NEED JOB TRAINING/WORK EXPERIENCE?
NEED HELP WITH REINSTATEMENT FEES?
SHAWNEE CULTURE/NATIVE LANGUAGE SKILL DEVELOPMENT?
UNEMPLOYED OR UNDEREMPLOYED?
NEED EDUCATION ASSISTANCE?
FACING HOUSING INSTABILITY?
NEED SMALL BUSINESS ASSISTANCE?
NEED CHILD CARE ASSISTANCE?
NEED ASSISTANCE WITH WORK CLOTHES FOR NEW JOB?
HELP WITH GED/HS DIPLOMA?

OPEN TO ALL
NATIVE AMERICANS
*CDIB Required

Questions? Contact Us!
2025 S. Gordon Cooper Drive Shawnee, OK
(405) 878-4545 | Email: 477program@astribecom
Online App: <https://www.astribecom/477-program>

*Must reside in Cleveland, Lincoln, McClain, Oklahoma or Pottawatomie Counties

Agriculture Department

We had a great time welcoming all of the Summer Youth participants from every department to help us plant our 2nd Annual Pumpkin Patch. It was a fun day, and we appreciate everyone who came out to lend a hand!

We’re wrapping up breeding season and are looking forward to a strong, healthy calf crop in Spring 2027. Thanks to the hard work of our team, we’ve increased our calving rate from 55% in 2025 to 86% in 2026!

Hay season is off to a great start. We’ve finished our first cut and have put up over 300 bales, with hopes of getting two more cuts before fall.

Our garden is producing plenty of fresh vegetables, and we’re happy to share the harvest through the Food Pantry as produce becomes available.



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 had a busy July. We had our Annual Olympics on July 2nd. Thanks to all the parents who came to watch their child perform gross motor skills. Also, the children have been playing on the splash pad and cooling off in the water. We will continue water play on the splash pad through August.

The summer heat is here, so remember to stay hydrated when out in the summer sun. We have lots of cold water for the children to drink throughout the day, inside and outside.

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

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

Building Blocks will close in observance of AST Day when the tribe closes; date to be announced.

August 12th and 13th our 4 & 5 year olds will begin school; entering Pre-K and Kindergarten. We wish them all the best of luck in their new learning adventures. Have an Awesome August!

LEGAL NOTICE

IN THE TRIAL COURT OF
THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
SHAWNEE, OKLAHOMA 74801

FILED In the Office
of the Court Clerk
JUL 10 2026
Absentee Shawnee Tribal Court
Court Clerk

In the matter of
William Sean Megehee

Case No. CIV-2026-08

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

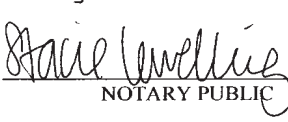
THE ABSENTEE SHAWNEE TRIBE OF INDIANS
SHAWNEE, OKLAHOMA

William S. Megehee
being duly sworn upon oath states:

That she/he is the Plaintiff William S. Megehee above-named, and that on the 17 day of July, 2026, said Plaintiff filed in this Court a Petition for Change of Name and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, William S. Megehee, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209). Plaintiff William S. Megehee request that the Defendant, _____ has thirty (30) days from the date of publication to provide a written response to the Petition.


PLAINTIFF

Subscribed and sworn to before me this 17 day of July, 2026.


NOTARY PUBLIC

My Commission Expires:
May 23, 2027
SEAL

STACIE LEWELLING
Notary Public, State of Oklahoma
Commission #23007124
My Commission Expires 05/23/2027

Building
Blocks
III

AUGUST 2026
NEWSLETTER

The **infant class** is exploring animal habitats as they learn about different animals and the places they live through books, songs, sensory experiences, and hands-on activities.

The **toddlers** and **2-year-olds** are discovering transportation, learning about the many ways people travel by land, air, and water through art, dramatic play, and interactive lessons.

The **3-year-olds** are focusing on All About Me, celebrating what makes each child unique while learning about themselves, their families, feelings, and friendships.

The **4-year-olds** are kicking off a Back to School theme by practicing classroom routines, reviewing important school skills, and participating in activities that help prepare them for a fun and successful school year.

IMPORTANT INFO

School is back in session for Little Axe Elementary on August 6th.

Back to school bash - June 31st

Accepting waitlist applications for children 6 weeks-5 years of age.

CONTACT INFO

Director: Renee Richardson
Asst. Director: Sara Garcia
16051 Little Axe Drive,
Norman, Ok 73026
Business Hours: 7a-6p



Menwikenwi ehtepeshkamani
Sonny!

We love you bunches!
Daddy, Mama and Gianna



Happy 85th Birthday Mom!
On August 1st

To an amazing mother with so much love to give and an even more awesome Granny. We feel so lucky and blessed God chose you for our Mother.

You are the heart and soul of our family. Wishing you the Best Birthday EVER!

So Proud to call you MOM - Tina & Rena

I Love You too Granny - AJ

You're the #1 Grandma - Kayla & CJ



Tribal Member Corner:

I want to say thank you, for having numerous activities for the elders.

The appointment/medical notebook given months ago, is a great tool for members. One member, received many comments from medical providers.

Be sure to check your vehicle tag expiration. With the change in software a year ago or two, some reminder notices were not mailed.

More information for you on spam calls. A useful tool, is the AI call screening if available, on your mobile device. Can also limit prescreen offers of credit & insurance and by opting out with nationwide credit bureaus, 1-888-567-8688.

Attend a church service and take the time, to write an article.

Eileen Pearce, Tribal Member
Comments: Lapearce@att.net

NORMAN



TREASURE OF THUNDER ISLE

— WIN UP TO —

\$10,000

EVERY SATURDAY & SUNDAY IN AUGUST
DRAWINGS EVERY HOUR | 6PM - 10PM
2 WINNERS PER DRAWING
EARN 1 ENTRY FOR EVERY 100 POINTS

THUNDERBIRD CASINO

MONDAYS

Pirate's Booty

EVERY 30 MINUTES
6PM-8PM

PICK YOUR PRIZE FROM THE TREASURE CHEST AND WIN UP TO

\$2,000 CASH!

FIVE WINNERS EVERY WEEK

EARN 50-SAME DAY POINTS AND BE ACTIVELY PLAYING DURING THE PROMOTIONAL DRAWING TIMES TO BE ELIGIBLE.

SHAWNEE



TREASURE OF THUNDER ISLE

— WIN UP TO —

\$10,000

EVERY SATURDAY & SUNDAY IN AUGUST
DRAWINGS EVERY HOUR | 6PM - 10PM
2 WINNERS PER DRAWING
EARN 1 ENTRY FOR EVERY 100 POINTS

THUNDERBIRD CASINO

MONDAYS

Pirate's Booty

EVERY 30 MINUTES
6PM-8PM

PICK YOUR PRIZE FROM THE TREASURE CHEST AND WIN UP TO

\$2,000 CASH!

FIVE WINNERS EVERY WEEK

EARN 50-SAME DAY POINTS AND BE ACTIVELY PLAYING DURING THE PROMOTIONAL DRAWING TIMES TO BE ELIGIBLE.

THUNDERBIRD CASINO

PIRATE BINGO!

WEDNESDAYS AT 6PM

PROGRESSIVE BLACKOUT BONUS

\$1,000 Minimum
& \$100 Added Each Week

Players must earn 25 points on their Thundercard to receive a Bonus Bingo card. Earn 100 points and receive one additional card.

PLUS, YOU DOUBLE THE PRIZE WHEN YOU EARN A SECOND CARD!

9 BINGO games will be played. 8 games will be played for straight line BINGO and winners will receive \$25 in Free Slot Play. The final game each Wednesday will be a "blackout" game for \$250 CASH. Progressive jackpot is awarded when blackout is earned in 55 balls or less.

THUNDERBIRD CASINO

SUMMER NIGHTS FUN PLAY

FRIDAYS, SATURDAYS & SUNDAYS IN AUGUST
MIDNIGHT - 6AM

— EARN —

40 SAME DAY POINTS

— RECEIVE —

\$10 FREE PLAY

THUNDERBIRD CASINO

THUNDERBIRD CASINO

SUMMER NIGHTS FUN PLAY

FRIDAYS, SATURDAYS & SUNDAYS IN AUGUST
MIDNIGHT - 6AM

— EARN —

40 SAME DAY POINTS

— RECEIVE —

\$10 FREE PLAY

THUNDERBIRD CASINO

THUNDERBIRD CASINO

THUNDER FOOTBALL CHALLENGE

TEST YOUR COLLEGE FOOTBALL KNOWLEDGE FOR A CHANCE TO WIN CASH!

 17 WEEKLY WINNERS	 \$1,000 WEEKLY PRIZES	 \$10,000 GRAND PRIZE
---	---	---

FREE TO PLAY

ANSWER WEEKLY COLLEGE FOOTBALL PICK'EM QUESTIONS BEFORE KICKOFF!

ENTER TUESDAY-SATURDAY BEFORE KICKOFF

thunderbird.chalklinegames.com

Scan Here!



THUNDERBIRD CASINO

THUNDERBIRD CASINO

FRIDAYS

\$5,000 CASH PARTY

\$1,000 CASH DRAWINGS

EVERY HALF HOUR from 8PM-10PM

One free entry every Friday by visiting the Players Club. Plus, one entry for every 50 same-day points earned on Fridays.

THUNDERBIRD CASINO

Thunderbird Casino Anniversary Powwow 2026



Thunderbird Casino Anniversary Powwow 2026



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	

PAID AD



COMMUNITY HEALTH
Centers of Oklahoma
Family Health & Dental Clinics
“A Mary Mahoney Grassroots Expansion”



PEDIATRICS

FAMILY PRACTICE

YOU are why WE are here...make an appointment today!

405.395.0399

Shawnee Family Medical Center
130 N. Broadway, Suite #300
Shawnee, OK 74801



HEALTHY START

BEHAVIORAL HEALTH

& MORE



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



COMING SOON

Title VI will be located in the former Arrow Café



Absentee Shawnee Tribal Health Title VI
Coming Late 2026/Early 2027
New Location: Former Arrow Café
209 E. Walnut St.
Tecumseh, OK 74873

Title VI Takes Extra Precautions Following Cyclospora Health Advisory

The Absentee Shawnee Tribe Title VI Department is taking additional precautions to help protect elders following a recent Health Advisory from the Oklahoma State Department of Health regarding an increase in Cyclospora cases in Oklahoma and across the United States.

Title VI serves meals to elders every day and regularly includes fresh fruits and vegetables as part of its nutrition program. In response to the advisory, staff are closely monitoring public health guidance and taking extra precautions when handling and preparing fresh produce.

“Our elders are an important part of our community, and their health and safety are always a priority,” said Dr. Marty Lofgren, Executive Director of the Absentee Shawnee Tribal Health System. “We are aware of the recent Cyclospora health advisory and want our elders to know that we are taking extra precautions with the fruits and vegetables served through Title VI. Our team is closely monitoring public health guidance and taking proactive steps to help keep our elders safe.” Cyclosporiasis is a parasitic illness that causes gastrointestinal upset, commonly associated with contaminated fresh produce or water. Cyclospora is not known to be transmitted from person to person through direct contact. While fresh fruits and vegetables remain an important part of a healthy diet, proper handling and preparation, such as washing fresh produce and hand hygiene, are important steps in reducing the risk of foodborne illness.

Symptoms typically begin approximately seven days after exposure and may include persistent watery diarrhea, often lasting longer than one week; abdominal cramping and bloating; nausea and vomiting; loss of appetite; fatigue; weight loss; and a low-grade fever or no fever. Elders experiencing persistent diarrhea or other concerning symptoms are encouraged to contact their healthcare provider.

Title VI staff will continue to follow public health guidance and take appropriate precautions when preparing meals for elders. Community members preparing fresh produce at home are also encouraged to wash their hands with soap and water before and after handling fruits and vegetables.

All fruits and vegetables should be thoroughly washed under running water before eating, cutting or cooking—even if the produce is labeled as pre-washed. Firm produce, such as melons and cucumbers, should be scrubbed with a clean produce brush. Damaged or bruised areas should be cut away before preparing or eating, and cut, peeled or cooked fruits and vegetables should be refrigerated as soon as possible, within two hours.

Title VI remains committed to serving nutritious meals to elders while taking proactive steps to support their health and safety.

Elder's FUN DAY

THURSDAYS

Lunch is provided for those enrolled in the Title VI Program. Meals are \$5 for those not enrolled.

AUGUST 6TH
LA RESOURCE CENTER

All participants who register will receive supplies needed to replicate the recipe for their families. Cooking demo and supplies provided by ASTHS Diabetes & Wellness.

AUGUST 20TH
SHAWNEE TITLE VI

Elders ages 55 & older are invited to join the Public Health Department for cooking demos, bingo, and other educational activities. Elders must reserve their spots in order to receive incentives.

**FOR MORE INFORMATION, CONTACT
SIANNA MORGHEIM OR TERRA LITTLE JIM:
405-447-0300 OR 405-827-7704
TLITTLEJIM@ASTRIBE.COM**



ASBENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
 Prevention. Progress. Pride.



PM TIME PM

2 - 4

**DON'T MISS
YOUR SHOT**

2026 ASTHS HEALTH FAIR

HUSTLE FOR YOUR HEALTH

Little Axe Health Center
 15951 Little Axe Dr.
 Norman, OK 73026

CCCC

18TH

SEPTEMBER

2026

FUN ACTIVITIES FOR ALL INCLUDE:

- FACE PAINTING
- TICKET FOR A FREE SNOW CONE
- CHAIR EXERCISE BINGO
- YOGA/CHAIR YOGA
- NARCAN TRAINING
- CHAIR VOLLEYBALL DEMONSTRATION

- **DOOR PRIZES! (MUST BE PRESENT TO WIN)**
- **OVER 30+ BOOTHS OF RESOURCES.**
- **LIVE BAND!**
- **REPRESENT YOUR FAVORITE BASKETBALL TEAM!**

FIRST 3 PARTICIPANTS TO PLAY!

- FREE THROW CONTEST
- 3 POINT CONTEST
- ARCADE STYLE BASKETBALL GAME



DIABETES & WELLNESS

Cooking Demos



Diabetes & Wellness proudly present healthy, native inspired dishes to keep you eating your best. If you wish to attend one of our monthly cooking demos, please reach out via the Absentee Shawnee Housing Authority number or e-mail to register.



Month	Date	Time	Recipe	Location
July	Friday 17th	11am	Tomato & Chicken Pasta	Rolling Hills Community Building
August	Friday 14th	11am	Veggies & Pork Chops	Bob White Community Building
September	Friday 18th	11am	Squash & Chicken Stir Fry	Rolling Hills Community Building
October	Friday 16th	11am	Wild Rice & Veggie Soup	Bob White Community Building
November	Friday 20th	11am	Pecan Holiday Coleslaw	Cammack Circle (Elder site)
December	Friday 18th	11am	White Bean & Chicken Soup	Rolling Hills Community Building





REGISTER WITH ASHA RESIDENT SERVICES: 405-617-0480

RESIDENTSERVICES@ASHHOUSINGAUTHORITY.COM





HEALTH SYSTEM

Prevention Progress Pride

Menu Subject to Change

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 NATIONAL SISTER DAY	3 PULLED PORK SANDWICH CORN RIBS WATERMELON	4 SPAGHETTI BRUSSEL SPROUTS COOKIE BREAD STICK	5 SLICED HAM MAC & CHEZ PEAS & CARROTS GRAPES	6 SKILLET LASAGNA TOSSED SALAD* CRISP	7 KRAUT & WEINERS GREEN BEANS BREAD/PEAR	8
9	10 CHICKEN FAJITAS BELL PEPPERS & ONIONS TORTILLA PINEAPPLES	11 PHILLY STEAK SANDWICH FRESH FRUIT	12 GOULASH SALAD BAR* GARLIC BREAD	13 HOAGIE SANDWICH PASTA SALAD	14 BEEF FINGERS MASHED POT/GRAVY VEGGIES JELL-O	15
16	17 CHICKEN WRAP LTOP ORANGE	18 BEEF & VEGGIE MAC BREAD/FLUFF	19 BAKED POTATO CHEZ, ONIONS SPINACH SALAD	20 RIBLET BAKED BEANS ROLL/CAKE	21 BREAKFAST BURRITO SALSA FRESH FRUIT	22
23	24 PORK CHOP MAC & TOM BREAD MIXED FRUIT	25 HOT HAM & CHEZ SANDWICH CHIPS APRICOTS	26 HAWAIIN CHICKEN WILD RICE CARROTS MANDARIN ORANGES	27 BUGER DAY LTOP POTATO SALAD ICE CREAM	28 SMOKED SAUSAGE CABBAGE CORNBREAD PEACHES	29
30	31 CHEF SALAD HAM, CHEZ, ONIONS CRACKERS/PINEAPPLES	LUNCH SERVED MONDAY THRU FRIDAY 11AM TO 1 PM SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER				

Community Comes Together for First 5K Fun Run/Walk Promoting Health and Wellness

More than 140 community members laced up their shoes and gathered at Little Axe High School on July 3 for the first-ever 5K Fun Run/Walk, demonstrating that even a work holiday couldn't keep them from prioritizing their health and supporting one another.

The event, focused on promoting health, wellness, and community connection, was made possible through a partnership between the Absentee Shawnee Tribal Health System's Diabetes and Wellness Department, Thunderbird Casino, and Little Axe Public Schools. Together, the organizations created an opportunity for community members of all ages and fitness levels to participate in physical activity while encouraging healthy lifestyle choices.

Participants walked, ran, and cheered one another on throughout the course. From first-time participants to experienced runners and walkers, the morning provided an encouraging environment where everyone could take part in a shared goal of prioritizing wellness.

"I was excited to see the turnout that morning, especially when you throw in the fact that it was considered a work holiday for most. Instead of sleeping in, they eagerly showed up early to run/walk in the heat.

I also think it showed that physical activity does not have to involve exercise equipment or a gym. The event was a great opportunity to show how families can be active together.

The participants were as young as one and progressed up to the elder stage, with many physical abilities represented," said Kristi Hancock, Diabetes & Wellness Manager.

The collaboration between AST Health System, Thunderbird Casino, and Little Axe Public Schools demonstrates the positive impact community partnerships can have in creating opportunities that support healthier lifestyles and overall well-being.

The Diabetes and Wellness Department continues to provide education, resources, and programs that empower individuals and families to take an active role in their health. Events like the 5K Fun Run/Walk bring those efforts into the community while encouraging movement, connection, and wellness.

Following the success of this year's inaugural event, the Diabetes and Wellness Department plans to make the 5K Fun Run/Walk an annual tradition, giving community members another opportunity to participate next year if they were unable to attend this year's event.

The Absentee Shawnee Tribal Health System extends its appreciation to all participants, volunteers, sponsors, and community partners who helped make the inaugural 5K Fun Run/Walk a success.



Diabetes & Wellness Invites Patients and Employees to Healthy Cooking Class

Healthy eating starts in the kitchen, and the Absentee Shawnee Tribal Health System's Diabetes & Wellness Department is giving patients and employees the opportunity to learn how simple, nutritious meals can also be full of flavor.

Chef Jennifer Snow will return on August 11 at 11:00 a.m. to lead another hands-on cooking class at the Multipurpose Building in Shawnee. Organized by the Diabetes & Wellness Department, the class is open to AST Health System patients and employees.

During the class, participants will learn how to prepare Potawatomie Style Chicken and Roasted Corn Salad while discovering healthy cooking techniques that can easily be incorporated into everyday meals.

"What you eat and how you prepare it impacts your overall health and well-being," said Kristi Hancock, Diabetes & Wellness Manager. "Our cooking demos and classes show you that you can reduce the intake of excess sugar, sodium, and unhealthy fats and still have a meal that is not only just as flavorful but can help you prevent chronic diseases, such as diabetes, heart disease, and high blood pressure."

In addition to learning new recipes, registered participants will receive a bag containing all of the ingredients used during the class, allowing them to recreate the meal at home and share it with their families.

The Diabetes & Wellness Department will also host cooking demonstrations during Elder Fun Days at both the Resource Center and Title VI. Registered participants at these events will also receive all of the ingredients needed to prepare the featured recipe at home for their families. Registration for the Elder Fun Days cooking demonstrations must be completed through Terra Little Jim with Public Health.

The Diabetes & Wellness Department continues to offer educational programs that empower individuals and families to make healthier lifestyle choices. Through cooking demonstrations, nutrition education, and wellness initiatives, the department provides practical tools that support long-term health and help reduce the risk of chronic disease.

Those interested in attending the August 11 cooking class are encouraged to register with the Diabetes & Wellness Department, as space may be limited.

The cooking class is not the only event the Diabetes & Wellness team have planned for the community – in addition, please join us for ribbon skirt making, loom beading, moccasin making and much more. Follow us on Facebook for more information and details on all events.



Diabetes & Wellness Promotes Active Living Through June Community Partnerships

From youth summer camps to elder activities, the Absentee Shawnee Tribal Health System's Diabetes & Wellness Department spent the month of June creating opportunities for community members of all ages to stay active, build healthy habits, and enjoy wellness through fun, engaging events.

Throughout the month, the department partnered with local programs to encourage physical activity beyond the traditional gym setting, demonstrating that movement can be incorporated into everyday experiences through games, friendly competition, and community involvement.

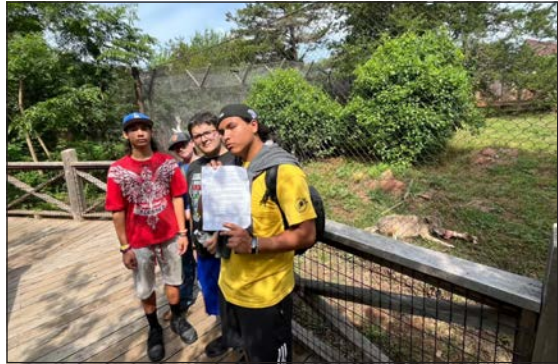
On June 17, Diabetes & Wellness welcomed Camp Nikoti to the Resource Center for a day of physical activities, interactive games, and a healthy lunch. The event gave campers an opportunity to stay active while learning that fitness can be both enjoyable and accessible.

The department also partnered with Monique Carpitcher, Manager/COR Coordinator for the Domestic Violence Department, during the Elders Olympics on June 19. Diabetes & Wellness provided event T-shirts for participants, supplied water throughout the event, and coordinated staff members and high school volunteers to assist with the volleyball tournament.

To continue promoting movement, Diabetes & Wellness sponsored Camp Nikoti's June 25 field trip to the Oklahoma City Zoo. Campers received fitness trackers and participated in a scavenger hunt that challenged each team to locate specific animals, take group selfies, and record the number of steps they accumulated while exploring the zoo.

The activity turned a day at the zoo into a wellness challenge, with teams collectively logging tens of thousands of steps. The Mini Minions recorded the highest total with 76,721 steps, followed by the Visco Girls with 55,344 steps, the Lead Counselors with 54,247 steps, and The Sunsets with 53,230 steps. Additional team totals included Spider Driods with 48,293 steps, Victor Wetbananas with 47,899 steps, The Sour Patch Kids with 37,736 steps, Minion Chads with 37,121 steps, and The Roosters with 35,660 steps.

By partnering with programs like Camp Nikoti and the Elders Olympics, the Diabetes & Wellness Department continues to bring health and wellness into the community through engaging, family-friendly activities. These partnerships reinforce the department's mission of helping individuals of all ages discover enjoyable ways to stay active while supporting lifelong healthy habits.





WELCOME OUR NEW EMPLOYEES



WILLIAM (HARRISON) PERRY- HEALTH SYSTEMS FINANCIAL OFFICER

PLEASE JOIN US IN WELCOMING OUR NEW HEALTH SYSTEMS FINANCIAL OFFICER. WILLIAM BRINGS MORE THAN 25 YEARS OF EXPERIENCE IN FINANCE, ACCOUNTING, AND EXECUTIVE LEADERSHIP, WITH EXTENSIVE EXPERTISE IN TRIBAL FINANCIAL MANAGEMENT, GOVERNMENTAL ACCOUNTING, BUDGETING, GRANTS MANAGEMENT, AND REGULATORY COMPLIANCE. THROUGHOUT HIS CAREER, HE HAS SERVED IN KEY LEADERSHIP ROLES WITH REDW, THE OSAGE NATION, AND THE PAWNEE NATION OF OKLAHOMA, WHERE HE PROVIDED STRATEGIC FINANCIAL OVERSIGHT, STRENGTHENED INTERNAL CONTROLS, AND SUPPORTED LONG-TERM FINANCIAL SUSTAINABILITY. HIS BACKGROUND IN TRIBAL FINANCE AND COMMITMENT TO OPERATIONAL EXCELLENCE MAKE HIM A VALUABLE ADDITION TO ASTHA, AND WE LOOK FORWARD TO THE LEADERSHIP AND EXPERTISE HE WILL BRING TO OUR HEALTH SYSTEM.

GLENDINE BLANCHARD- DIRECTOR OF AST PURCHASED REFERRED CARE (PRC)

GLENDINE BLANCHARD, AN ENROLLED MEMBER OF THE ABSENTEE SHAWNEE TRIBE, HAS BEEN NAMED THE NEW DIRECTOR OF AST PURCHASED REFERRED CARE (PRC). GLENDINE BRINGS NEARLY 20 YEARS OF PROGRESSIVE LEADERSHIP EXPERIENCE WITH ASTHA, WITH EXPERTISE IN PATIENT CARE MANAGEMENT, HEALTHCARE OPERATIONS, FINANCIAL OVERSIGHT, AND REGULATORY COMPLIANCE. THROUGHOUT HER CAREER WITH THE ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM, SHE HAS SERVED IN SEVERAL LEADERSHIP ROLES, INCLUDING CONTRACT HEALTH DIRECTOR, HEALTH PROCUREMENT SUPERVISOR, AND HEALTH FINANCE SUPERVISOR, WHERE SHE SUCCESSFULLY LED OPERATIONAL IMPROVEMENTS, MANAGED BUDGETS, STRENGTHENED STAFF DEVELOPMENT, AND ENHANCED PATIENT SERVICES. HER EXTENSIVE EXPERIENCE IN ASTHA HEALTHCARE AND COMMITMENT TO OPERATIONAL EXCELLENCE CONTINUES TO MAKE HER A VALUABLE MEMBER OF THE TEAM.

SIANNA MORGHEIM- DIRECTOR OF PUBLIC HEALTH

SIANNA MORGHEIM, AN ENROLLED MEMBER OF THE ABSENTEE SHAWNEE TRIBE, STEPS INTO THE NEW ROLE OF PUBLIC HEALTH DIRECTOR. SIANNA BRINGS A STRONG BACKGROUND IN INDIGENOUS HEALTH AND WELLNESS, COMMUNITY ENGAGEMENT, PATIENT ADVOCACY, AND PROGRAM COORDINATION. THROUGHOUT HER CAREER WITH THE ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM, SHE HAS SERVED IN SEVERAL ROLES, INCLUDING COMMUNITY HEALTH AIDE AND LEAD REGISTRATION CLERK, WHERE SHE SUPPORTED PATIENT CARE, STAFF TRAINING, AND OPERATIONAL EXCELLENCE. SHE HOLDS A BACHELOR OF SCIENCE FROM THE UNIVERSITY OF OKLAHOMA WITH AN EMPHASIS IN INDIGENOUS HEALTH AND WELLNESS AND HAS COMPLETED SPECIALIZED TRAINING IN LEADERSHIP, GRANT MANAGEMENT, COMMUNITY HEALTH, AND DEMENTIA CARE. WE ARE EXCITED TO SEE HER CONTINUED CAREER GROWTH AND LOOK FORWARD TO THE CONTINUED COMPASSION, KNOWLEDGE, AND DEDICATION SHE BRINGS TO SERVING ASTHA.

KARA GOUGE- MATERIALS MANAGEMENT ASSISTANT SUPERVISOR

KARA GOUGE, AN ENROLLED MEMBER OF THE ABSENTEE SHAWNEE TRIBE, HAS BEEN NAMED MATERIALS MANAGEMENT ASSISTANT SUPERVISOR. SINCE JOINING THE ORGANIZATION IN 2014, GOUGE HAS DEMONSTRATED A STRONG COMMITMENT TO SERVING THE TRIBE AND HAS CONTINUED TO GROW PROFESSIONALLY THROUGH A VARIETY OF ROLES. HER CAREER PATH INCLUDES SERVING AS A FLOATER AT BUILDING BLOCKS DAYCARE BEFORE JOINING ASTHS, WHERE SHE HAS HELD POSITIONS AS A SUPPLY TECHNICIAN, INTERIM HEALTH SYSTEM MEDICAL MATERIALS HANDLER, MEDICAL MATERIALS HANDLER AND LEAD MEDICAL MATERIALS HANDLER. HER DEDICATION, RELIABILITY AND CONTINUED PROFESSIONAL GROWTH HAVE LED HER TO THIS LEADERSHIP ROLE. WE ARE EXCITED TO SEE HER CONTINUE MAKING A POSITIVE IMPACT AND LOOK FORWARD TO THE EXPERIENCE AND KNOWLEDGE SHE BRINGS TO THE MATERIALS MANAGEMENT TEAM.

APRIL ALLEN- HEALTH SYSTEM DEPUTY FINANCIAL OFFICER

PLEASE JOIN US IN WELCOMING OUR NEW HEALTH SYSTEMS DEPUTY FINANCIAL OFFICER. APRIL BRINGS MORE THAN 18 YEARS OF EXPERIENCE IN TRIBAL FINANCE, ACCOUNTING, GRANTS MANAGEMENT, BUDGETING, AND REGULATORY COMPLIANCE. THROUGHOUT HER CAREER, SHE HAS HELD KEY FINANCIAL LEADERSHIP ROLES WITH THE SEMINOLE NATION OF OKLAHOMA AND FINLEY & COOK, WHERE SHE MANAGED COMPLEX GRANT BUDGETS, FINANCIAL REPORTING, AUDITS, AND FEDERAL COMPLIANCE FOR TRIBAL PROGRAMS. SHE HOLDS A BACHELOR OF SCIENCE IN ACCOUNTING FROM EAST CENTRAL UNIVERSITY AND HAS COMPLETED EXTENSIVE TRAINING IN GOVERNMENTAL ACCOUNTING, GRANTS MANAGEMENT, AND TRIBAL FINANCIAL COMPLIANCE. WE ARE EXCITED TO WELCOME HER TO THE TEAM AND LOOK FORWARD TO THE EXPERTISE AND LEADERSHIP SHE WILL BRING TO ASTHA.

REMINDER

ASSAULTING A MEDICAL PROFESSIONAL

WHO IS ENGAGED IN THE PERFORMANCE OF HIS OR HER OFFICIAL DUTIES IS A

FELONY

VERBAL ABUSE, THREATS, HARASSMENT, OR THE USE OF PROFANITY TOWARD OUR HEALTHCARE TEAM WILL NOT BE TOLERATED.

SECTION 650.4 OF TITLE 21 OF THE OKLAHOMA STATUTES





Start Smart is now underway!

Start Smart is a home visit program respectfully adapted to your individual needs

- Maternal health
- Infant Care
- Lactation Consultation

Phone 405.447.0300 Located in Public Health 15951 Little Axe Dr. Norman, OK 73026



NATIONAL IMMUNIZATION AWARENESS MONTH



MAKE SURE YOUR VACCINES ARE UP TO DATE