



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 33, No. 12

December 2023

Thunderbird Casino AST Veteran Memorial Dedication



Veterans Day was November 11 and on this day to honor veterans, Thunderbird Casino held a ceremony dedicating the AST Veteran Memorial. The statue is located by the casino entrance.

The celebration was held outside in front of the memorial. Members of the AST Executive Committee did the unveiling. Several AST Veterans and tribal members were also in attendance.

Native Americans have served in the U.S. military in every major conflict for more than 200 years. And even though Native Americans make up only 1.4 percent of the U.S. population they have the highest rate of service of any population in the U.S. military. They serve in the Armed Forces at five times the national average.

After the ceremony, the AST Veterans Association held their annual Thanksgiving dinner in the Warrior Room.

Thanks to the many brave tribal veterans who served and continue to serve.

Absentee Shawnee Tribe 2023 ARPA Emergency Education Relief

IMPORTANT DATES

Program opens	Monday, November 6, 2023
Program ends	Friday, December 29, 2023

ARPA EMERGENCY EDUCATION RELIEF ELIGIBILITY

- Must be enrolled member of the Absentee Shawnee Tribe of Oklahoma (on or before June 1, 2021)
- Must be under 18 years of age on or before June 1, 2021 to participate
- Must complete a 2023 ARPA Emergency Education Relief (one per tribal member)
- Current CDIB card (attached with application)

• Applications MUST BE SUBMITTED ON OR BEFORE FRIDAY DECEMBER 29, 2023 5:00 PM CST

REQUIRED DOCUMENTS

- Completed 2023 ARPA Emergency Education Relief Application
- Adult guardianship completing on behalf of an AST minor, must provide a legal power of attorney to accompany application
- Copy of updated minors CDIB
- Copy of current adult state ID or DL completing application

****Incomplete applications will not be processed ****

2023 ARPA EMERGENCY EDUCATION RELIEF SUBMISSION OPTIONS: NO FAXES

- By mail to AST Enrollment, 2025 S Gordon Cooper Drive, Shawnee, OK 74801
- By AST website electronic application (no social media submissions)
- Drop box in Bldg 1, 1st floor (outside of main reception office)
- Black drop box in front of the Police Department labeled Enrollment
- Enrollment Department - 8 AM -12 PM AND 1 PM TO 5 PM
- By email to arpahelp@astribe.com



Absentee Shawnee Tribe of Oklahoma

2025 S. Gordon Cooper
Shawnee, Oklahoma 74801

November 17, 2023

MEMORANDUM – PRESS RELEASE

Over the last week we have been inundated with calls from Tribal members regarding the Tribal Tag issues arising from a single traffic citation issued in Garfield County by the Oklahoma Highway Patrol to a person who was pulled over for a speeding issue. They were also given a citation for having a Missouri-Otoe Tribal Tag on the vehicle which was not garaged on tribal property (person lived in Pond Creek).


Here is what is known. This citation was based on an interpretation of a 1993 federal case which 1: allowed tribal tags to be issued to vehicles where the Tribe was a compact Tribe; or 2: a tribal tag issued to a vehicle which is primarily garaged within that Tribe's tribal lands.

The State responded by indicating that there were both public safety concerns by not having access to tribal tag information and revenue concerns over tribally tagged vehicles not being accessed for turnpike charges through tribal databases.

The AST tribe subscribes to OLETS which is a database that law enforcement officials may access for criminal matters. State law enforcement has access to our tribal tag information, so that claim the State has made is false. There may be some instances of non-access to tag information for turnpike travelers with tribal tags, but that lies in part to the OTA doing away with cash payments on the turnpikes. This is also easily remedied by tribal tag holders obtaining a PIKEPASS, which reduces turnpike costs and also allows for travel in other states using this program. The other issue is the tag reader system, which we are investigating form remedy. We are also investigating a negotiated access to tag records for the OTA.

This incident has been reviewed carefully by the Oklahoma Tribes. For now, drive carefully and obey the law. Consider purchase of a PIKEPASS if you frequently take the turnpike. We are working to address this singular incident and preserve the integrity and sovereignty of the Tribal tags as was before this unexpected incident. An update will be given once more information is received.

Thank you


Governor Johnson



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello Tribal members,
We finally have the AST podcast up and running. With all the trial and errors figured out, we are finally able to do monthly podcast; so watch for updates and upcoming news. On Veteran’s day a dedication ceremony was held in honor of the all AST veterans at the Thunderbird Casino where a Veterans monument was revealed. I want to personally thank all

the AST Veterans all across the world for your dedication. I recently attended the NCAI conference in New Orleans with Treasurer Blanchard. This conference has given me some insight on the upcoming events for 2024. Also, the Executive Committee has approved an Educational ARPA relief funds to be released to all minors under the age of 18 in the amount of \$500.00. This will be a one-time payment to all eligible tribal minor. The tribal minor must have been enrolled by June 1, 2021. Please get your children’s applications in quickly; the deadline for this is

December 29, 2023.
As 2023 comes to an end, I want to wish everyone the best for the upcoming year. I hope 2024 brings in a lot of new adventures for you and your family.
Should you have any questions please feel free to contact the office. The campus has new extensions below are the listed extension for my office.
Governor ext: 3500
Executive Assistant ext: 3501

Thank you
Governor Johnson

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,
Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@astrike.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.
Maintenance:
The Absentee Shawnee Tribal Maintenance Department is currently staffed by six full-time maintenance workers and 2 full-time housekeepers. The guys have been super busy with maintaining all incoming work orders which consist of minor repairs, moving/ rearranging offices and assembling/installing new furniture. Housekeeping has been working effortlessly with maintaining the upkeep of the buildings on the complex. I would like to thank the Maintenance staff for all the hard work they do for the department and Tribe.
OEH:
In total for 2023 OEH has assisted Tribal members with 62 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.
For 2023, we have collected, processed, and recycled 35 bales of shredded office paper and cardboard equaling roughly 26.25 tons of recyclable waste that has been diverted from landfills.
The new Police Safety Center is on schedule to be completed by the end of 2023. Interior work is underway, all pri-

mary utility connections have been completed, and all of the parking lot work has been done. Security fencing, access gate, and interior finishes are currently under-way.
We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.
Jarrod Lloyd, OEH&E Director
jlloyd@astrike.com - (405) 214-4235
Self-Governance
On November 13, 2023 the House Committee on Rules were scheduled to meet to consider Further Continuing Appropriations and Other Extensions Act, 2024. If this passes, the CR will continue until January 19, 2024.
The next quarterly meeting for DOI SGAC/IHS TSGAC is scheduled for December 11-14, 2023 which I will be attending by zoom.
BIA Roads Program
On October 31 – November 2, 2023 I attended the Tribal Transportation Program Coordinating Committee Meeting in Washington, D.C. I, along with seven other candidates received the official letter of being appointed to TTPC Committee signed by Assistant Secretary of Indian Affairs, Bryan Newland. Chris McCray, Pawnee Nation, and I will represent the Southern Plains Region. While in D.C., the Committee took a tour of the new Tribal Affairs Office in the U.S. Department of Transportation Building and

met with Assistant Secretary of Tribal Affairs, Arlando Teller. I look forward to representing the Absentee Shawnee Tribe along with other tribes in the Southern Plains Region.
Recently I reported that we received some safety funds. We have been asked by the FHWA Tribal Technical Assistance Program (TTAP) Manager, Morgan Manning, to present on November 30, 2023 on the Innovation Exchange Webinar. This month they are highlighting Tribal Transportation Safety and would like us to present with the City of Norman on our project on 72nd Avenue SE and Post Oak Road.
Any questions or concerns please email me at TwylaB@astrike.com or call (405)275-4030.
Weatherization
The weatherization program is still up and running. The process is taking longer than anticipated for this month. The program will be working in the Shawnee area for the next three weeks. Please be patient we are working as fast as we can. We are at the halfway point of the applications and should be completing two homes a week. The process is elderly first then the remaining tribal members. If you have any questions or concerns please feel free to contact me at 405-827-4311 or you can e-mail me at dmarshall@astrike.com. Have a blessed month and Happy Holidays.

Respectfully,
Lt. Governor DeLodge



SECRETARY’S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,
I hope everyone had a great turkey day. It’s a great time to spend with family but a time to remember our ancestors, the trials and tribulations they went through for us to be here today thriving as Absentee-Shawnee people. October 28th, the Executive committee hosted a movie day for our Tribal Members to view “Killers of the Flower Moon”. Everyone had a great time and if you did not get to participate, I hope you will be able to attend future events. November 4th, I attended the Red Feather Gala, thank you to Health, for allowing me to be a part of this event. November 11th, I attended the Veteran’s Dedication Ceremony hosted by Thunderbird Casino. It was a wonderful day to honor and spend time with our Veterans who attended. I’d like to say thank you to all our veterans for serving our Country. November 14th, I had the opportunity to

do a brief welcoming for court training that was held at the complex. I’d like to thank our Absentee Shawnee Court clerk Chelsea Cope and Anna Clough with Oklahoma Indian Legal Services for giving me this opportunity.
Domestic Violence
October 27th, our Ladies in Domestic Violence hosted a motorcycle event had a great turn out. Next year we are working to make this event bigger to the public. Thank you to Redrum Motorcycle Club & Society, and RedSpirit WMRC for doing the awareness ride. For more information on upcoming events contact our domestic violence department or like our page on Facebook “Absentee Shawnee Tribe Rising Warrior”.
ICW
October 31st our ICW group teamed up with Absentee Shawnee Housing Authority and other departments for a Trunk or Treat. This event had a huge turn out with a lot of scares and fun. I hope everyone who attended had a great time. November

15th, our ICW team did a wonderful Job hosting Thanksgiving dinner, Mexican style. A huge shout out and thank you to our Elders who attended and helped with this event. We really thank everyone for the love and support for our Angel Tree Event. All of our Angels were sponsored. Your support is greatly appreciated beyond words.
Upcoming Events: Come Join ICW for the 2nd annual Gift Wrap Jamboree December 15 from 4-7pm located at 1318 E. Independence Shawnee, Ok. December 16th from 11am-2pm ICW Christmas Party located 105 N. Kimberly, Shawnee, Ok. For more information please contact our ICW department.
Enrollment
As of November 20, 2023 we have 4,626 enrolled members.

I wish everyone a wonderful Christmas, safe travels, and a Happy New Year.

Ne yi wa
Secretary McGirt

REPRESENTATIVE’S REPORT
DeWayne Wilson, AST Representative

Hello Tribal Members,

Again I want to apologize for missing General Council. We had a very busy week in Ohio. I just want to wish everyone a Very Merry Christmas with family and friends. I want to let everyone know that I have hired another Administrative Assistant due to the previous assistant transferring to the 477 Program.

102-477 Program: In Oct. and Nov., the 477 Director and Intake Specialist attended the 2023 Western Regional 477 Training in Temecula, CA. They attended meetings/ work sessions pertaining to P.L. 102- 477 Administration and Compliance. They also met with our 477 AOTR from the BIA concerning the progress of the AST 477 Program. They have completed a podcast concerning the 477 Program and it should be posted in December, 2023. Currently, the 477 Program has 262 participants. The 477 staff are busy processing the numerous applications as well as assigning a case managers to those applications.

CCDF Program: They have been real busy planning events for the Thanksgiving Holiday for the children and families. Some very important and exciting information is the Administration/ After-school program facility located on Highway 177 and Westech Road will be closing in December, 2023. The exciting news is during their closure, they will be moving into new building which is located on the south side of the Absentee Shawnee Tribal Complex. They plan on re-opening this new facility in early January, 2024.

Education Department: In October, Education Department staff attended the

National Indian Education Association 2023 Annual Convention October 17-21 in Albuquerque, NM. The Education Department sponsored and prepared sandwich meals for the Little Axe Football team on October 26th. Education Department decorated our van and gave out program information, candy, and snacks at the ASHA Trunk or Treat Block Party the evening of October 31st.

In November, Education Dept. set up an information table at the OKC Thunder Native American Student Day on November 6th. Education Director attended the First Annual Veterans Education and Resource Fair for anyone with a military connection (Veterans, Active Duty, National Guard/Reserves, Spouses and Dependents) at the Oklahoma City Community College. She set up an information table. She was invited by the U.S. Government Schools Abroad - Office of Admissions & Recruitment at the University of Oklahoma.

Workforce Program: Busy as usual, the HVAC interns continue their training. The HVAC Program continues to advertise Heater/ Furnace systems check for this coming winter. If you want/ need your Heater/ Furnace system check please contact Cindy at ext. 3566. Elders will be given preference.

Cultural Preservation: The Language Program has embarked on a new project lead by Scott Miller, Language Linguist/Project Coordinator: the use of QR codes. Shawnee word lists are now being accompanied with a QR code that can be scanned with a smartphone. You will not only see the words in written form, but this code will allow you to hear words spoken. In October, I, DeWayne Wilson, the Absentee Shawnee Tribal Representative, four employees of Cultural Preser-

vation Department staff, and one Media staff went to State of Ohio to attend the 8TH Annual Tribal Nations Conference with Ohio History Connection. The week was packed full of meetings concerning Section 106, NAGPRA and other historic preservation topics, events, and site visits. We attended a reception at the Governor mansion which was put on by the State of Ohio Governor Mike DeWine and his wife, Fran, who was also in attendance. There were numerous Tribal Nation officials/ representatives as well as representatives from the Ohio History Connection, Ohio Department of Transportation, Federal Highway Administration – Ohio Division, The Nature Conservancy, Ohio Department of Natural Resources, National Wildlife Federation, and the National Park Service were in attendance. These and other prominent dignitaries also attended the Commemoration of the Hopewell Ceremonial Earthworks. The week ended with the long-awaited, monumental event, Commemoration of the Hopewell Ceremonial Earthworks inscription as Ohio’s first UNESCO World Heritage Site and the United States 25th World Heritage Site. In November, Carol Butler, Cultural Preservation Director/ Interim NAGPRA Coordinator, attended the 9th Annual Repatriation Conference held at the Grand Casino Hotel & Resort, in Shawnee Oklahoma. Three main topics were discussed at this conference: NAGPRA Regulations (new NAGPRA regulations are getting ready to be enforced), Domestic Repatriation, and International Repatriation.

Gaming Commission: As it was reported earlier in October, 2023, the annual National Indian Gaming Commission (NIGC) site visit was conducted at the Tribe’s two gaming facilities. The reason

for these site visits was to make sure the two casinos and the Gaming Commission are in compliance with facility licensing, key sections of the surveillance departments, and gaming license requirements. I am proud to announce the results of the annual NIGC site visit and that NIGC found no issues and determined the casinos, surveillance departments, and the gaming licensing departments are all in compliance. ASTGC should receive the internal audit’s preliminary reports and will receive the final reports in December. During this time, if there are any findings on the preliminary reports this is the opportunity to submit any additional documentation or changes to policies & procedures to help resolve those findings before the final reports are issued. The Gaming Commission continues to keep up to date with changes to rules and regulations as we evolve into modernization of the gaming industry.

Youth Camp: We are accepting and receiving bids for lighting for the softball field, basketball and tennis courts and for the dining hall parking lot and playground area. The other construction we will be starting will be a Water Harvest project. This project will allow us to collect rain water in a tank to be utilized to irrigate the softball field and surrounding area if need be.

If you have any questions or concerns about the programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 6239 or by email: dewayne.wilson@astribes.com. Again, it is my pleasure to be your Tribal Representative.

Ne yi wa!

DeWayne Wilson
Tribal Representative

FROM THE ELECTION COMMISSION:

The Filing Period for Elective Office in 2024.
A tribal member may file for office, **January 1 to January 10 (excluding weekends and holidays).** **Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.**

Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2024:

EXECUTIVE COMMITTEE		
Position	Filing Fees	Term
Lt. Governor	\$800.00	4 Year Term
Tribal Treasurer	\$800.00	4 Year Term
Tribal Representative	\$800.00	4 Year Term

ELECTION COMMISSION		
Position	Filing Fees	Term
Deputy Commissioner	\$300.00	3 Year Term
Commissioner Member #1	\$300.00	3 Year Term

Fee Amount includes: Alcohol test, drug test, MVR, OSBI, FBI plus certified postage fee, ballot printing (twice), Absentee Ballot/correspondence postage.

QUALIFICATIONS:

- A) An enrolled member of the tribe.
- B) An eligible voter for purposes of voting in tribal elections.
- C) Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- D) Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln, or Okfuskee.
- E) In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).
- F) Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)

- A) Must have a valid Oklahoma State Driver's License
- B) Must have a negative result on a drug and alcohol test
- C) Must have a high school diploma or GED



AMONG THE SHAWNEE
LI SI WI NWI

FIRST PODCAST EPISODE

LET’S GET GOING!!!!

EP 01

THE OFFICIAL PODCAST OF THE ABSENTEE SHAWNEE TRIBE





GOVERNOR JOHN JOHNSON

LET’S GET GOING.....GOVERNOR JOHN JOHNSON KICKS OFF OUR PODCAST BY DISCUSSING HIS 4-YEAR PLAN , TRANSPARENCY, TINY HOMES AND PERCAPS!

SAVE THE DATE

Proceeds benefit AIAS activities including the F. Browning Pipestem Scholarship fund

Benefit Powwow

HOSTED BY:
OU AMERICAN INDIAN OF ALUMNI SOCIETY

THUNDERBIRD CASINO
NORMAN, OK

JANUARY 20TH, 2024

CULTURAL PRESERVATION DEPARTMENT

October and the beginning of November was busy for the staff of Cultural Preservation. Following is a breakdown of each departmental program's most recent activities.

Gift Shop

The Gift Shop is open! No appointments necessary. We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (2025 S. Gordon Cooper Drive, Shawnee, OK 74801; building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center (15951 Little Axe Drive, Norman, OK 73026). We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and **every other Thursday in Little Axe from 9 a.m. to 3 p.m. Please be patient with us, we are currently without a Gift Shop Manager. If you know of anybody, this position is open for applications. Please contact HR.**

We are currently going through our inventory and plan to have a big sale on multiple items in December. Please look for posts on Facebook and the website for all the details.

Please note, if you live out of state, we can ship items to you. Please contact the Gift Shop, Ms. Maureen Bemo, at (405) 275-4030 ext. 3529 or at MBemo@atribe.com for more details.

Library

The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 4 library visitors with a total of 4 books checked out. Also, 23 virtual books were checked out. Ms. Paula Jackson, Librarian, added 5 new patrons to the system. Please note the library application has recently been converted to a digital format that can be emailed. If you would like the application please contact Ms. Jackson.

If you would like to view what books we have in the library currently, please visit <https://www.librarycat.org/lib/ASTTrib> to view the catalog. Also, recently she added some new Native American titles available in either eBook or audio format to the virtual library (<https://okvirtuallibrary.overdrive.com/>) which currently has approximately 74,600 books available. If you would like to fill out an application for a library card, you may contact Ms. Paula Jackson at (405) 275-4030 ext. 3530 or at PJackson@atribe.com.

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

THPO (Tribal Historic Preservation Office)

We recently welcomed Mr. Clayton Martinez to the Cultural Preservation Staff as the new TCNS Coordinator/THPO Specialist!!! His primary responsibility is the handling of Section 106 consultations/project reviews sent to the Tribe from the Federal Communications Commission (FCC) via TCNS (Tower Construction Notification System.) Additionally, Mr. Martinez brings a wealth of traditional Shawnee culture knowledge that befits our department goals and service to historic preservation.

Our Tribal Historic Preservation Office (THPO) Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal and State Agencies. Over the past month; the THPO Officer, Mrs. Devon Frazier-Smith, and TCNS Coordinator/THPO Specialist, Mr. Clayton Martinez, have together received 733 new Section 106 projects for review and consultation. The program staff has successfully consulted on 402 of these received projects, of which occur in 19 of our 25 areas of interest/states. The THPO Staff, including myself as Director, have also taken part in 14 teleconference calls regarding Section 106 projects or NAGPRA cases.

Ohio Travel

From October 9th through October 14th, THPO staff and few members of our Cultural Preservation Department traveled to Columbus, Ohio for the 8th Annual Tribal Nations Conference. This conference was hosted in conjunction by Ohio History Connection (Ohio's State Historic Preservation Office) and the Ohio Department of Transportation. Our busy travel itinerary started with an entire afternoon spent with Ohio Department of Natural Resources staff on Monday, October 9th. During this meeting, interviews and portraits were conducted for Great Council State Park in Oldtown, OH.

Official conference days were Tuesday through Friday (October 10th - 13th.) As one of fifteen Tribal nations in attendance, we were able to have good facilitated discussion over important historic preservation topics such as NHPA Section 106 project progresses and mitigations, NAGPRA collection and site visits, and informational engagement with invited guest agencies like those from America 250 (Ohio Commission for the U.S. Semi-quincentennial), Ball State University, The Nature Conservatory, and The Ohio River Restoration.

On October 11th, we attended a reception at the Ohio Governor's Residence with other Tribal nations at the invitation of Governor Mike DeWine and First Lady Fran DeWine. This reception was a private event held to celebrate the inscription of the Hopewell Ceremonial Earthworks as Ohio's first UNESCO World Heritage Site and the United States 25th World Heritage Site. There, we were able to network with other historic preservation professionals in celebration of this inscription.

Our travel week ended on October 14th in Chillicothe, OH with the long long-awaited, monumental event: Commemoration of the Hopewell Ceremonial Earthworks inscription as Ohio's first UNESCO World Heritage Site and the United States 25th World Heritage Site! The collection of eight indigenous sites showcases a brilliance, sophistication and intelligence of our ancient ancestors in the Ohio River Valley in the realms of mathematics, astronomy, engineering, architecture and ceremony.

We felt honored to be present during all the week's events, meetings, receptions and ceremonies. It was an especially great honor for Mr. Scott Miller of our Language Program to be asked to give opening prayers at the Tribal Nations Conference and the Earthworks Commemoration. It was wonderful to hear our Shawnee language spoken at these Ohio functions.

While it was not our first attendance to the Tribal Nations Conference, it is always a blessing to represent our Absentee Shawnee Tribe of Indians of Oklahoma within one of our ancestral and historic homelands. It is the honor of our Tribal Historic Preservation Office staff to have provided our expertise and knowledge in vital conversations that will impact several Ohio federal agencies and their upcoming or concluding projects.



NAGPRA

In addition to Cultural Preservation Director, I currently hold the position of interim NAGPRA Coordinator. The last few months have been very busy for me. More and more agencies/museums/colleges both in the states and overseas have been reaching out, and with the expected new regulations that will be enforced in the coming months, the number is going to drastically increase. Currently, we are in consultation with 26 different facilities concerning the ancestors and funerary objects they have in their possession.

9th Annual Repatriation Conference

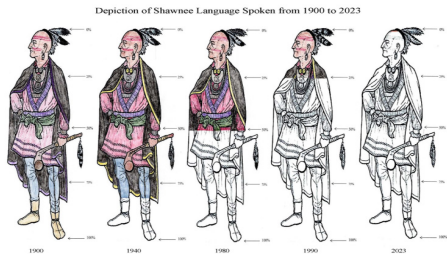
On November 7th through the 9th, I attended the 9th Annual Repatriation Conference co-hosted by the Association of American Indian Affairs and the Citizen Potawatomi Nation. The theme for this year's conference was Building a New Fire. The idea of this theme was to bring all the participants together so that they can build a new fire that will support new laws and upcoming changes in regulations and collaborate on the methods for repatriation. The three topics that geared the discussions each day were NAGPRA Regulations Training, Domestic Repatriation, and International Repatriation. This conference brought to light some of the new topics such as health hazards and international repatriation that the program needs to consider in our own policies.

Language

The Absentee Shawnee Language Program has been working on ways for Absentee Shawnee tribal members to access language materials. We have uploaded 17 pre-recorded lessons on the tribal member login page of the Tribe's website, worked with both the CCDF youth and Camp Ne ko te youth this past summer, and provided Shawnee words for the new Afterschool Center to name a few of our projects. Although these may seem like simple tasks, it takes some time to research pronunciations and now spelling words in the Shawnee alphabet.

We have now embarked on a new project to use technology to help hear how words are pronounced along with seeing them written. As you may have noticed in last month's newsletter, the Shawnee Word List came with a QR Code. The QR Code can be scanned with a smartphone and the content on the page is spoken in our Shawnee language. This should help everyone whether you are beginning to learn to speak Shawnee or need a refresher. However, we do understand that the pronunciation of words may slightly differ from family to family, but the idea is to hear the words as a guide to speak Shawnee.

Since the beginning of 2023, the Language program has been conducting surveys which are available on the website. To date, we have received 102 responses. Of the different measurable responses, it has been concluded that a vast majority of respondents do not speak any level of Shawnee, which is alarming. To put this into a greater perspective, we have created a depiction of a Shawnee person and colored him according to the amount of Shawnee spoken for the indicated time periods. It is the very harsh reality we all are facing today.



There is no singular reason for the decline of our language. Our best resource for learning Shawnee is to talk with elders and family members who are still able to speak Shawnee.

The Absentee Shawnee Language Program is a resource for tribal members to access language materials and assist in learning the Shawnee language. Our material may not be perfect, but we try our best to create something for all to learn. We can provide language materials, audio, and classes, but tribal members must take up the initiative to learn to speak Shawnee to keep our language alive.

Without language there is no culture, without culture there is no tribe.

For general language questions and information, please contact the department by phone or email at ASTLanguage@atribe.com.

Your concerns are important to us. Ne yi wa for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 3525 or cbutler@atribe.com if you have any questions or concerns.

Pa po ne ke s'fwa
Winter Month (December)

For this month's word list, we will review phrases from previous months and place a QR Code to scan with a smartphone for the audio. The QR Code is a tool to heard the words and phrases so

Te ka m'fi ge mo ti ke yi
Don't brag about yourself.

Te ka ki k'yi wa
Don't be jealous.

Te ka wi wi ne ge lo s'ko ta
Don't play with fire.

P'sa k'fe ke ni to na h'wi pa
Let's go deer hunting.

Hi la me wa pe
It's turning cold.

We si ko ne
It's going to snow

Ke fe qi lo
Wash your face.

Ho wa ne ta p'po lo
I'm full.

Gi ke we ya fi we ki to wi mi le ma ta la me wa ti ho wa se li si mi mo wa
We all need to pray for blessings.

Hi ke si wi nwi to wa?
Do you speak Shawnee?

Ne mi ta si wi nwi to wa
I want to speak Shawnee.

Ka we yi ki me li we pa hi se si wi nwi to wa yi qa!
Let's get serious to speak Shawnee!

AST Library Newsletter

Welcome to the December 2023 edition of our library newsletter!

First, I want to express my thanks to all our patrons & tribal members who have visited the library either in person or virtually. I am hopeful to grow our library collection and programs. There are currently over 74,000 eBooks and audio books available with the Libby app. We encourage you to check out our websites.

The holiday break is a great opportunity to create memories and continue family traditions. These children's books offer a unique and diverse perspective on the holiday season, highlighting the traditions and stories from Native American cultures. "A Coyote Solstice Tale" and "Coyote Christmas: A Lakota Story" feature the mischievous and clever Coyote character, while "Native American Night Before Christmas" puts a cultural spin on the classic Christmas tale. "The Christmas Coat: Memories of My Sioux Childhood" is a heartwarming story about a young girl's generosity and kindness during the holiday season, and "Circle of Wonder: A Native American Christmas Story" follows a young boy that is drawn by the spirit of his beloved grandfather to a bonfire in the mountains, where he shares a "circle of wonder and good will" with an elk, a wolf and an eagle. These books are not only great for children to read or watch on YouTube but also serve as educational resources for learning about Native American traditions and cultures. These books are available either on YouTube, Amazon or your favorite bookstore.

- Book: "A Coyote Solstice Tale", ages 5-8
- Book: "Coyote Christmas: A Lakota Story", ages 6-9
- Book: "Native American Night Before Christmas", ages 3-5, available in the AST Library & OK virtual library.
- Book: "The Christmas Coat: Memories of My Sioux Childhood", ages 5-8
- Book: "Circle of Wonder: A Native American Christmas Story", ages 9-12, available in the AST Library.

May you be blessed with Joy, Love & Peace this Holiday Season!

You can now apply for a AST Library card online!
<https://form.jotform.com/230804193039150>
<https://libbyapp.com/library/okvirtuallibrary>
<https://www.librarycat.org/lib/ASTTrib>



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



It's the holiday season and that means Building Blocks has been busy. We had 'Community Involvement' on October 18th with Shawnee Fire Trucks and CPN Police Vehicles at Building Blocks. The children loved getting to see in the vehicles & talk to the fire and police people. Then on October 31st the tribal departments came to our center and passed out Halloween goodies to our children. We give a **BIG THANK YOU** to all who came to the center that morning.



Our staff and children love to do arts and crafts for the holidays. The teachers enjoy displaying the children's art and doing themed bulletin boards. Many activities were done for Thanksgiving. Also, the center is preparing for Christmas, with lots of art projects and gifts for parents. We will have Christmas Parties in our classrooms on Thursday, December 21st at 3p.m.

We are currently hiring staff, if you are interested in applying visit <https://www.astribes.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 be closed on December 22nd and 25th. We hope everyone has a safe and happy holiday season.



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA BUILDING BLOCKS III C.D.C

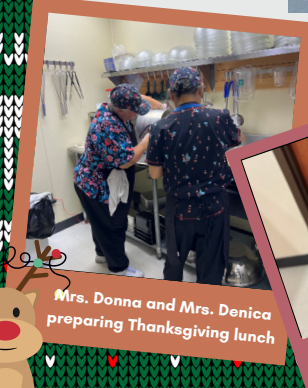
16051 LITTLE AXE DR. NORMAN, OK 73026
 PHONE: (405) 360-2710 FAX: (405) 360-2726

newsletter

IN THE CENTER

"Maybe Christmas doesn't come from a store. Maybe Christmas...perhaps...means a little bit more!" – The Grinch.
 Christmas season is finally here and it's the best time of the year! *Cue Mariah Carey Christmas Anthem*

Last month we soaked up the last little bits of warmth and sunshine throughout the day, had a delicious Thanksgiving lunch provided by the wonderful Ms. Donna and Ms. Denica, said "Welcome Back" to Ms. Cheri, and took our Christmas Pictures!



Mrs. Donna and Mrs. Denica preparing Thanksgiving lunch

IN THE CLASSROOM

In December our kids are learning about a variety of different subjects. Infants are learning about Maurice Sendak, Healthy Bodies, Celebrations around the World, and Nursery Rhymes! Our Toddlers and 2's are learning about the Winter Season and our 3's class is learning about Buildings!

Mark your calendars! Pioneer Library Systems will be sending out their librarian to visit with the center on December 8th!

So many exciting things this month. Please enjoy our pictures on the next page!

REMINDERS

Nov. 29th- Christmas Pictures
 Dec. 5th- Happy Birthday, Ms. Cheri!
 Dec. 17th- Happy Birthday, Ms. Joselyn
 Dec. 22nd- Closed
 Dec. 25th- Closed; MERRY CHRISTMAS!
 Dec. 30th- Happy Birthday, Ms. Skye!



AST Elders Fundraiser Bingo



BINGO

SATURDAY, DECEMBER 2 2023

1-4 PM

AST Multi-Purpose Bldg, Shawnee, OK

CONCESSION STAND

\$1 PER BINGO CARD

Contact Charlotte Ellis, Treasurer at (405) 620-4091

AST 477 Child Care Assistance

CCA SPECIALIST
 HEATHER DEATHERAGE
 BIRTHDAY DECEMBER 29.

BE ON THE LOOKOUT FOR
 UPCOMING EVENTS ON THE AST
 FACEBOOK AND WEBSITE.

477 After School Program

WE WILL BE CLOSED FOR THE MONTH OF DECEMBER WHILE WE MOVE TO OUR NEW FACILITY. THE PROGRAM WILL RESUME IN JANUARY 2024.

RIBBON CUTTING CEREMONY
 HAPPENING AT THE END OF
 DECEMBER 2023
 EXACT DATE AND TIME TBA.

WE WOULD LIKE TO WISH A HAPPY AND HEALTHY HOLIDAY SEASON TO ALL!

PLEASE VISIT OUR PAGE ON THE AST WEBSITE. TO APPLY FOR CHILD CARE ASSISTANCE, PLEASE VIEW THE 477 PAGE FOR THE APPLICATION.



AST Elders Council President Twila Parker presents AST ICW Director Shawnee Martinez a check from the Elders Council in the amount of \$1000.00 for ICW for Christmas.

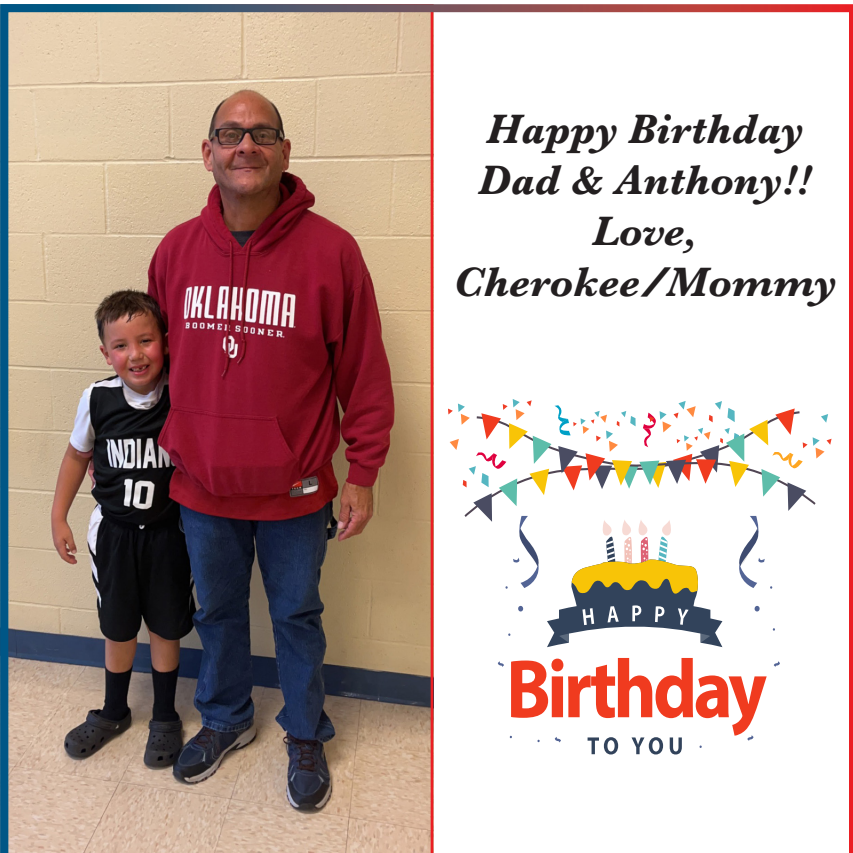
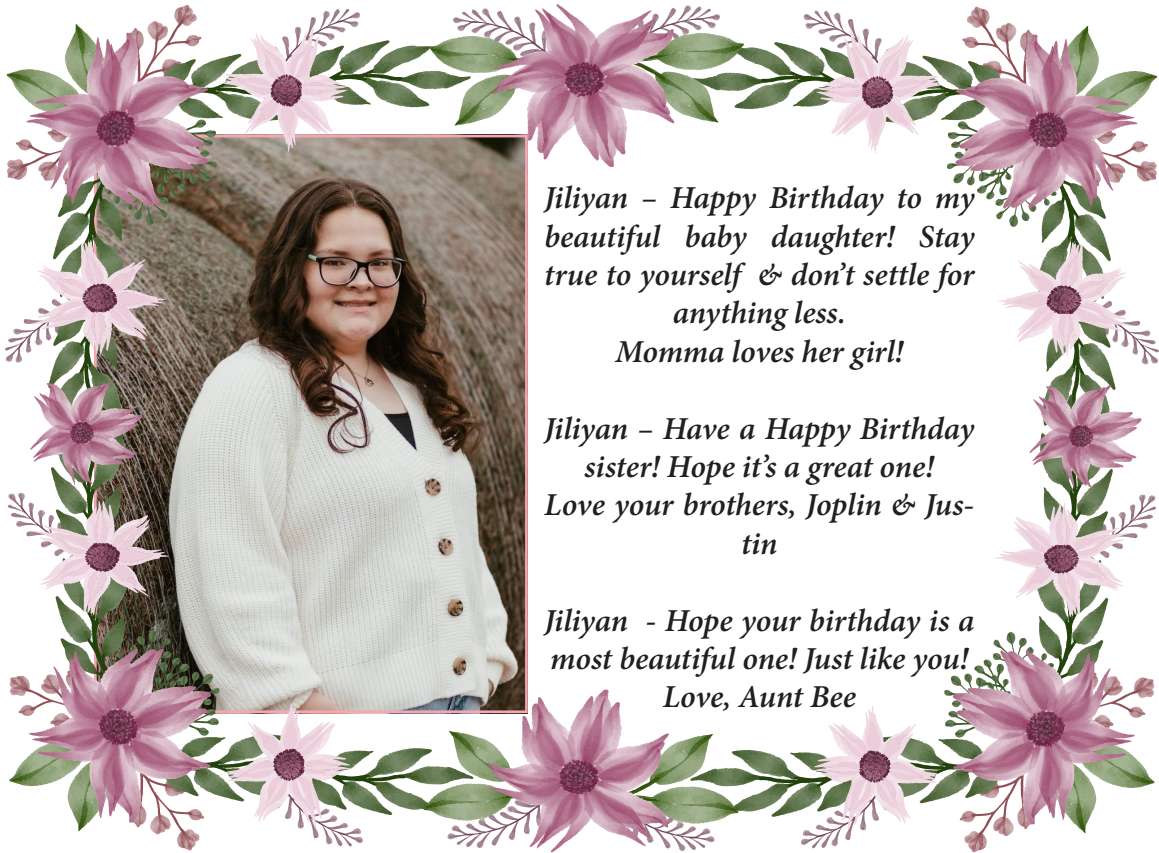


Elders Council Thanksgiving Lunch



AST Veterans Association Thanksgiving Dinner





Congratulations

Tribal Member Hollis Breeding recently signed his Letter Of Intent to attend Mid-America Nazarene University in Kansas where he earned a baseball scholarship. He is currently a Senior at Norman High and starts for the varsity baseball team.



Kiera Leighann Herrod Named Miss Native American OKCPS 2023-2024

Kiera Leighann Herrod is the daughter of Thomas Herrod and Jordan Spoon, granddaughter of Eric Spoon and Lafonda Johnson and of the late Randall Dean Herrod and Paula Herrod. Kiera is in the 7th grade at Rodgers Middle School, where she is an A-B student. She enjoys baking, playing the tenor saxophone in her school marching band and spending time with her brothers Lucas and Titan. Kiera is an enrolled member of the Absentee Shawnee Tribe and is of the Mvskogee Creek, and Citizien Potawatomi Nation Tribes as well.

Congratulations

Tiny Homes FOR RENT

ABSENTEE SHAWNEE TRIBE CITIZEN VILLAGE

LOCATED
39638 BENSON PARK ROAD

Property Features

- 1 Bedroom
- 1 Bathroom
- Washer / Dryer
- Kitchen Appliances
- All Electric
- 432 SQ FT

- PROGRAM IS LIMITED TO ENROLLED ABSENTEE SHAWNEE MEMBERS WHO ARE 55YRS OR OLDER
- \$400 PER MONTH; \$200 DEPOSIT; PAYMENTS DUE TO FINANCE DEPARTMENT
- TENANT RESPONSIBLE FOR UTILITIES

Please inquire with the Realty Department for more information at 405.275.4030 ext. 3593

LEGAL NOTICE

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

FILED in the Office
of the Court Clerk
OCT 26 2023
Absentee Shawnee Tribal Court
Court Clerk

In the matter of)
Martin)
Case No. JFJ-2023-02

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS)
SHAWNEE, OKLAHOMA) \$.

Indian Child Welfare being duly sworn upon oath states:

That she/he is the Plaintiff Indian Child Welfare above-named, and that on the 26 day of October, 2023, said Plaintiff filed in this Court a Petition against Defendant and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, Stephany Montgomery and Troy Martin, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service upon the said Defendant by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Indian Child Welfare
PLAINTIFF

Subscribed and sworn to before me this 26 day of October, 2023.

My Commission Expires: June 23, 2024
SEAL

ASHLEY STANLEY
Notary Public - State of Oklahoma
Commission Number 20007499
My Commission Expires Jun 23, 2024



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, December 25 - Christmas

Wishing You and Your Family the Peace of the Season.




From our family to yours we wish you a very Merry Christmas!
We are ready to help you with all your financial needs.
Call or come in and see us.

AllNations Bank


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



Member
FDIC



**BIRTHDAY CELEBRATION
FOR
NAKIAUS DUDLEY (6) & NANAMI BRIELLE (3)
WHITE THUNDER
DECEMBER 16th, 2023
CONCHO ERC, CONCHO, OK**



Gourd Dance @2p Supper Break @5p Dance to Follow

HEAD STAFF
MC: Burl Buffalomeat
HS: Roger Davis
HMD: Bobby James
HLD: TheresaLynn Kiley
HBD: Kurt Blackwolf
HLG: Leona Goodblanket
Honored Elder: Merle Big Medicine Lopez
Honored Veteran: Jesse Hamilton
Co-Host: StarHawk Society and Women's Auxiliary
AD: Marshal Williamson

TINY TOT CONTEST (ages 0-6)
BOYS WINNER TAKE ALL **GIRLS WINNER TAKE ALL**
\$50+Scooter \$50+ Scooter
2 Consolations 2 Consolations

For More Information, Please Contact Shelby White Thunder via Facebook Messenger
or Sandra White Thunder 405-287-9222
Sponsors are NOT responsible for ANY thefts or accidents. DRUGS AND ALCOHOL ARE
ABSOLUTELY PROHIBITED!

Hat & Boot Special
Ages (0-12)
In Honor
Of
Nanami Brielle
1st \$50/ 2nd \$30/ 3rd \$20

\$100 GRINCH MASCARAED
CONTEST
In honor
Of
NaKiaus Dudley

Vendors Welcome
(\$25 OR Raffle Donation)



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

December 2023

Section B



ASTHS December 2023 Monthly Update

American Indians and Alaska Natives (AI/ANs) are at Higher Risk of Developing Serious Complications from Flu

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Flu vaccines help to reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system each year. This season, all flu vaccines will be designed to protect against the four flu viruses that research indicates will be most common. Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October. Vaccination of people at higher risk of developing serious flu complications is especially important to decrease their risk of severe flu illness.

Flu is a Leading Cause of Pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives. American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.

Across the U.S., Flu Causes Hundreds of Thousands of Hospitalizations Each Season

American Indians and Alaska Natives are at higher risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

- are young children or elders
- are pregnant women
- have diabetes, severe obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:

- Fever*
- Cough
- Muscle or body aches
- Fatigue (feeling very tired)
- Chills
- Sore throat
- Headache
- Runny or stuffy nose

* Not everyone with flu will have a fever

Benefits of Flu Vaccination

The Native American Caregiver Support Program provides assistance to non-paid family members caring for elders (55 and older) and to grandparents raising grandchildren such as:

- Flu vaccination reduces your risk of getting sick, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of having a heart attack in people who have heart disease.
- In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from their diabetes.
- Flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, elders, and people with certain chronic health conditions.

Take 3 Steps to Fight Flu

1. Get yourself and your family a flu vaccine each year before flu activity begins in your community. Getting vaccinated this season may be more important than ever if there is both flu and COVID-19 activity at the same time.
2. Take everyday preventive actions to stop the spread of germs.
 - Wash your hands often
 - Cover your coughs and sneezes
 - Stay home if you are sick
1. Take flu antiviral medicine if prescribed.
 - Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Does Flu Vaccine Work Right Away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's best to get vaccinated before influenza viruses start to spread in your community.

Get a Flu Vaccine At:

- Indian Health Service, tribal, or urban health clinics and doctor's offices
- Pharmacies or grocery stores
- Local health department

If you have not received your flu vaccine for this year, contact your primary care provider and set up an appointment for a visit.

Wash Your Hands

December 3-9 is also *National Hand Washing Awareness Week*, so now is also the time to help stop the spread of the flu virus. Think of yourself as a human petri-dish that grows all kinds of icky bacteria and is the warm and cozy home for all kinds of viruses. Washing your hands regularly can prevent many flus, flu-like illnesses, common colds, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Cocksackie viruses, Streptococcus, Pneumococcus, TB and more from growing, spreading or from entering your body.

Hot Tips for Building Resiliency and Celebrating Hand Washing Awareness Week

1. Wash your hands when they are dirty and BEFORE eating.
2. "Good" hand washing techniques include using an adequate amount of soap, rubbing the hands together to create friction and lift the germs from the skin, and rinsing under running water. Hands should be washed for a minimum of 15 seconds.
3. Wash your hands after using the washroom (includes changing diapers), after blowing your nose, after touching raw meat, poultry, or fish, after handling garbage, visiting or caring for sick people, and after handling pets, animals or animal waste.
4. DO NOT cough into your hands, use a tissue if possible.
5. DO NOT sneeze into your hands, use a tissue if possible
6. Above all, DO NOT put your fingers into your eyes, nose or mouth. These are the only portal of entry into the human body for respiratory infections and washing can reduce your risk significantly

Protect yourself. Protect your community.

Get vaccinated. Protect the circle of life.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- The construction trailers are now gone and the front drive has been asphalted.
- All of the exterior framing for the Pharmacy expansion has been completed and the "tie-in" to the main clinic has been completed. Curbs are currently being poured. The expected completion date (ECD) is January.
- The ribbon cutting for the new Primary Care, Dental and Behavioral Health was held on Nov 2nd! Front entry to Primary Care to be completed in December.
- PlusCare and Specialty will relocate to what is now Primary Care in Feb/Mar 2024.
- Substantial completion/occupancy of the Little Axe Expansion is expected for April 2024!

November 2023 Health Employee Awards of the Month

Employee of the Month: Sarah Lawerance, Lead Fitness Specialist

Team of the Month: Health Promotions/ Diabetes and Wellness

Special Leadership Award: Laurie Webber, PRC Specialist/ LPN

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

Little Axe Health Center Opens New Primary Care Area



Absentee Shawnee Tribal (AST) Health System’s Little Axe Health Center opened a new primary care area on Thursday, November 2nd following a ribbon cutting ceremony hosted by Health Executive Director Chris Larkin.

“Reaching a milestone like this can only be achieved through incredible teamwork. I am honored to work alongside those whom I consider the best in the business,” Mr. Larkin said.

AST Executive Committee members, along with Health Board Member Max Tahsuda, participated in opening the new primary care area and received a detailed walkthrough along with attending tribal elders.

The newly-constructed area contains 36 exam rooms divided into three pods, including three minor procedure rooms and an isolation wing with two exam rooms. Each pod contains one specialized medical practice area: internal medicine, pediatrics, and family medicine.

The health system’s staff worked tirelessly to move equipment and supplies from the department’s initial southern location to the new eastern section beside the behavioral health department.

As part of the ongoing expansion project, a new entryway to the new primary care area will be opened as soon as its construction is completed in December 2023.

Absentee Shawnee Diabetes and Wellness Program

Staying Healthy & Feeling Strong During The Winter Holidays

December is usually a time of the year where most people feel it’s justifiable for the abundance of over-eating and a lack of exercise. We want to encourage you to start this new year on the right foot. Based on studies, the majority of people tend to gain extra additional weight during the holiday season. Excessive eating is claimed to be the main cause for weight gain, but it is also due to lack of physical activity and exercise. It is very important to have fun and enjoy the holiday season, but you also want to stay healthy at the same time. Try not to wait until next year to put your health and happiness first, make goals and a game plan now! Here are some useful tips that may help you stay focused for a better healthier you:

1. **Eat Before Eating Out**— It is best to eat before going out due to overindulging.
2. **Select Treats**— Try to make a plan to select treats that you eat in a wise manner.
3. **Avoid Skipping Meals**— Don’t skip meals especially breakfast. Not eating will only make it where you eat more and choose poor choices later in the day. Skipping meals may lead to counterproductive results.
4. **Drink A Lot of Water**— This can curb your appetite as well as keep you hydrated at all times.
5. **Shop Well for Yourself**— It is very important to stock up your kitchen with healthy food and snacks. The more convenient they are the more likely you will eat them. Instead of thinking what you shouldn’t eat, promise to eat at least 3 to 5 servings of veggies per day.
6. **Eat Less More Often**— Instead of having 2 enormous meals, have 5 small ones. Eat dinner early and have a nice walk afterwards.
7. **Set Realistic Goals**— Aim for at least 30 minutes per day and try new activities so you can find something you really enjoy. Be aware that if you plan for more the 30 minutes of activities you could burn out and it may lead to disappointment.
8. **Prioritize Your Workout**— Try to exercise early in the morning while everyone else is still asleep so there are no distractions or even after work so it helps you clear your head of holiday stress before engaging with your family.

These tips will hopefully help with avoiding weight gain during the winter holidays, but will also allow you to enjoy yourself and have a great time with family and friends.

Happy Holidays!

FLU SHOT VACCINE CLINIC

Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Most seasonal flu activity typically occurs between October and May.

“Your very best defense against the flu virus is an annual influenza vaccine. At Little Axe Health Center, Shawnee Clinic, and PlusCare, we have the latest flu vaccines available to keep your life moving. Together, let’s live healthy through this flu season!”

Walk in. Get a flu shot. Be well.

If you don’t have time to schedule an appointment for your Flu shot, the Absentee Shawnee Tribal Health System is now offering walk-in opportunities at the Little Axe Health Center and Shawnee Clinic Multi-Purpose Bldg location.

This service is for all established patients (12 years of age and up), patients and family with our health system. If you are not an established patient, bring your insurance card.

If you have additional questions, please call:

Little Axe Health Center	(405)447-0300
PlusCare Clinic	(405)447-0477
Shawnee Clinic	(405)878-5850

The vaccinations will be offered at the following locations, dates and times:

LITTLE AXE HEALTH CENTER
5:30 PM - 7:00 PM

- Thursday, Oct 19th
- Thursday, Nov 2nd
- Thursday, Nov 16th

SHAWNEE CLINIC, MULTI-PURPOSE BLDG
5:30 PM - 7:00 PM

- Tuesday, Oct 17th
- Tuesday, Oct 24th
- Tuesday, Nov 14th

HEALTH SYSTEM
Prevention. Progress. Pride.

SHAWNEE CLINIC
LITTLE AXE HEALTH CENTER,
PLUS CARE

COMPLETECARE
HOME HEALTH
HEALTH. HEALING. HOME.

Heal With CompleteCare

Home Health offers skilled care and support so you can live safely and independently in your home.

How?

Our nurses come to your home to check your vitals, discuss your medications, and help you better manage chronic diseases, such as heart diseases, diabetes, and more. Therapist can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

Best of all?

It’s done under the guidance of your doctor!

If you would like more information, please reach out to one of our staff members at 405.701.7085!

PACT ACT & VIETNAM, COLD WAR ERA VETERANS

The PACT Act, signed into law August 10, 2022, expands health care and benefits for Vietnam era Veterans.

PACT Act Health Care Eligibility

Veterans who served in these countries during specific time periods are eligible to enroll in VA health care effective August 10, 2022.

Republic of Vietnam January 9, 1962 - May 7, 1975	Thailand Any U.S. or Royal Thai base January 9, 1962 - June 30, 1976
Guam or American Samoa (or in their territorial waters) January 9, 1962 - July 31, 1980	Laos December 1, 1965 - September 30, 1969
Cambodia at Mimot or Krek, Kampong Cham Province April 16, 1969 - April 30, 1969	Johnston Atoll (or on a ship that called there) January 1, 1972 - September 30, 1977

The law expands health care and benefits for Veterans who participated in certain nuclear response or cleanup activities:

Eniwetok Atoll January 1, 1977 - December 31, 1980	Palomares, Spain January 17, 1966 - March 31, 1967	Thule, Greenland January 21, 1968 - September 25, 1968
--	--	--

Toxic Exposure Screenings

As a general matter, there are several types of possible exposures or hazards Veterans may have experienced during their military service, including:

- Air Pollutants
- Chemicals
- Radiation
- Warfare Agents
- Occupational Hazards

ON NOVEMBER 8, 2022: VA will begin incorporating toxic exposure screenings. Every Veteran enrolled for VA health care will receive an initial toxic exposure screening and a follow-up screening at least every five years. Eligible Veterans who have not enrolled will have an opportunity to enroll and receive the screening.

PACT Act Benefits

The PACT Act adds two new Agent Orange presumptive conditions:

- Monoclonal gammopathy of undetermined significance (MGUS)
- High blood pressure (hypertension)

Family members or dependents of a deceased Veteran may qualify for various VA benefits due to the additional disabilities defined in the PACT Act if they meet eligibility requirements. More information for survivors is available online at [VA.gov/PACT](https://va.gov/PACT).

4 EASY WAYS TO APPLY FOR VA HEALTH CARE

- Apply online at [VA.gov/health-care/apply-application/introduction](https://va.gov/health-care/apply-application/introduction)
- Call the toll-free hotline 877-222-8387 Mon – Fri, 8:00 a.m. – 8:00 p.m. ET
- Mail a completed, signed Application for Health Benefits [VA Form 10-10EZ](https://va.gov/health-care/apply-application/introduction)
- Bring a completed, signed [VA Form 10-10EZ](https://va.gov/health-care/apply-application/introduction) to the nearest VA Medical Center or clinic

4 EASY WAYS TO GET STARTED WITH CLAIMS

- Learn more at [VA.gov/disability/how-to-file-claim/](https://va.gov/disability/how-to-file-claim/)
- Visit a VBA Regional Office [VA.gov/benefits/offices.asp](https://va.gov/benefits/offices.asp)
- Call the Benefits hotline (for specific questions) at 1-800-827-1000
- Work with an accredited VSO [VA.gov/ogc/apps/accreditation/index.asp](https://va.gov/ogc/apps/accreditation/index.asp)

VIETNAM

GULF WAR

POST - 9/11

WERE YOU EXPOSED TO BURN PITS, HERBICIDES, OR OTHER TOXINS WHILE IN THE MILITARY?

You may be eligible for VA health care and compensation.

Learn more at [VA.gov/PACT](https://va.gov/PACT)

U.S. Department of Veterans Affairs

Have questions?

Call 1-800-MyVA411
(1-800-698-2411)

DECEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 OATMEAL SAUSAGE PATTIES MUFFIN
4 SALIBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS MIXED FRUIT	5 HAM YAM PATTY GREEN BEANS ROLL/CRISP	6 CHICKEN FAJITAS BELL PEPPERS & ONIONS TORTILLA/FRUIT	7 PEARL HARBOR REMEMBERANCE DAY CABBAGE STEW CRACKERS CAKE	8 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
11 BBQ CHICKEN POT. SALAD ROLL/MANDARIN ORANGES	12 SOFT TACO LTCO REFRIED BEANS SALSA/FLUFF	13 GRILLED CHEZ SANDWICH VEGGIE SOUP COOKIE	14 BEANS w/HAM TURNIP GREENS CORNBREAD	15 SCRAMBLED EGGS BACON TOAST
18 EGG ROLL STIR FRY VEGGIES RICE PINEAPPLES	19 BAKED CHICKEN WILD RICE VEGGIES PEARS	20 CHILI W/BEANS CRACKERS CARROTS PEACHES	21 BOILED EGG TOAST SAUSAGE PATTIES	22 TITLE VI CLOSED
25 MERRY CHRISTMAS 	26 TITLE VI CLOSED FOR CLEANING	27 TITLE VI CLOSED FOR CLEANING	28 TITLE VI CLOSED FOR CLEANING	29 TITLE VI CLOSED FOR CLEANING

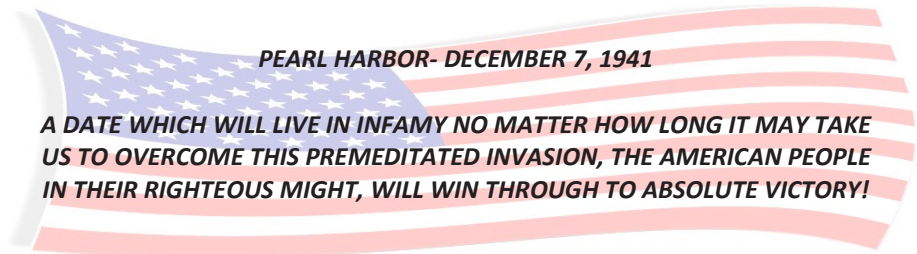
MENU SUBJECT TO CHANGE

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM SHAWNEE SITE
LUNCH SERVED MONDAY – THURSDAY 12 PM TO 12:30 PM AT BRENDLE CORNER

BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM SHAWNEE SITE
AYS 10 AM TO 10:30 AM AT BRENDLE CORNER

MERRY CHRISTMAS TO ALL

DECEMBER 7, PEARL HARBOR REMEMBERANCE DAY-



DECEMBER 21, WE WILL HAVE BREAKFAST

DECEMBER 22 – DECEMBER 29 – TITLE VI WILL BE CLOSED FOR CLEANING. NO MEALS WILL BE DELIVERED OR SERVED

HOMEBOUND WILL GET A 5-DAY MEAL BOX ON DECEMBER 21.

ANY QUESTIONS OR CONCERNS, FEEL FREE TO CALL US AT 405-716-6315

DECEMER 25, MERRY CHRISTMAS!!!! FROM THE TITLE VI STAFF



HEALTH BUZZ!!



Merry Christmas and Happiest of Holidays! I hope this finds everyone happy, healthy, and safe. My wish is that you have been able to spend time with family and friends.


Our last event for the year was held on Saturday, November 4, 2023, where we served lunch, provided dementia education, and played bingo with about 90 attendees. There were some wonderful prizes including a 50” TV, gift cards, food boxes with turkeys, and a FitBit. A huge thank you to our amazing volunteers: Jason Bender, who did an incredible job calling our bingo games, Lisa Harrington, Joseph Holtzclaw, Sarah Lawerance, and Shea Warden of the ASTHS Diabetes & Wellness department, Twila Parker, President of the AST Elder Council, and Shirley Atkins, Rita Robertson, Charlotte Ellis, and Billie James. Our volunteers are the best and ensure our events are successful!


If you were able to join us, were you aware that you were doing something good for your health? **Yes, bingo is actually good for you!** We provide bingo at events because we want you to have a good time and win a great prize, but we also know that bingo has cognitive, physical, and emotional benefits!


First, a little history on this beloved game - bingo was popularized in the United States after a traveling salesman from New York spotted a carnival as he passed through Georgia. He noticed people playing a game using hand-stamped boards and beans. He learned that the game was called “Beano,” and that the game derived from a lotto game played in Europe. On his return to New York, he experimented with numerical combinations on the beano boards and invited his friends to test out the game. As the story goes, one of his guests mistakenly called out “bingo” instead of “beano” after a winning combination of numbers and the new name stuck.



I mentioned earlier that bingo is good for you - but how exactly?

 Loneliness is not good for anyone’s wellbeing. Maintaining social connections through activities such as bingo helps reduce stress levels, depression, and anxiety. It provides the opportunity to meet new people and make new friends and gives us a sense of belonging.

 Playing bingo helps sharpen our cognitive functioning. It’s good exercise for the brain to listen for the numbers called out and to try to quickly locate them on the board. Bingo is great for reinforcing skills such as concentration and short-term memory, which tend to decline with age.

 And as we age, we lose some of our coordination skills. Bingo requires players to use their hand-eye coordination and fine motor skills when dabbing numbers or placing markers on their bingo cards. Maintaining and improving these skills can be crucial for older adults, as it allows them to maintain their independence and perform daily tasks

Stay warm. Stay safe. Stay engaged with those around you. We wish you a Merry Christmas and a Happy New Year!

If you or someone you know would benefit from Savvy Caregiver in Indian Country, please email me, Gayla Temple, at gtemple@atribe.com or adpi@atribe.com, or call **405.827.8216** or **405.561.7870**. You can also visit the **Seeking Hope** webpage. Go to the **AST Health System’s** website, asthealth.org, click on “**Programs and Prevention**”, and click on “**Seeking Hope**”.

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



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 CLINIC405-878-5850 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

Worried about losing your SoonerCare Coverage?



Two ways to renew

1 **UPDATE YOUR CONTACT INFORMATION**
Update your contact information ie: mailing address, email and phone number.

➔ **Online at**
mysooner.org

➔ **Contact a Patient**
Benefit Advocate

2 **CHECK YOUR MAIL**
Take action quickly to avoid any disruption in your coverage.

➔ **Respond to the**
request for
information

➔ **Bring the letter to**
a Patient Benefit
Advocate

FOR THOSE WHO NO LONGER QUALIFY FOR SOONERCARE COVERAGE

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

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

Little Axe Health Center: 405-447-0300

Shawnee Clinic: 405-878-5850

www.asthealth.org



ASSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



OKLAHOMA
Health Care Authority



ASSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Ho wa se ke sa ke hi se si wi nwa we yi ne! - It's a good day to be Shawnee!

Caregiver Cultural Event

Saturday, December 16, 2023
10:00 am to 2:00 pm
Thunderbird Casino Event Center-Norman



Do you take care of a tribal elder?
Tribal grandparent taking care of your grandchild?
Want to learn about the tribal culture, beliefs, and the language?
Have questions about the tribe but was afraid to ask or didn't know who to ask?

Ho wa se wi pi ne
- Good morning

THIS EVENT IS FOR YOU!

Learn from tribal elders, tribal members, and tribal employees who have the knowledge to share!

Lunch will be served @ Noon!

No photography permitted.
Note-taking prohibited without presenter's approval.

Ne yi wa
- Thank you



For more information, contact Beverly Felton @ 405-701-7190 or
bfelton@astribe.com



Help Yourself → Help Your Tribe

SEE IF YOU QUALIFY FOR A PLAN AT NO COST TO YOU OR THE TRIBE

2024 Open Enrollment

Medicare: Oct 15 - Dec 7, 2023
Marketplace: Nov 1 - Jan 15, 2024



Did You Know?

- 60% of the cost to render care to tribal members comes from other payment sources outside of tribal funding?
- If you qualify for and enroll in a zero-cost plan, it helps PRC apply funding and deliver care to more people?



www.asthealth.org



HEALTH SYSTEM

Prevention. Progress. Pride.



PREVENTING SUICIDE

Help Prevent Suicide

Suicide can touch anyone, anywhere, and at any time. But it is not inevitable. There is hope.



988 Suicide & Crisis Lifeline

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust through the [988 Suicide & Crisis Lifeline](https://www.988lifeline.org). Call or text [988](https://www.988lifeline.org) or chat the lifeline.