



# THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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December 2022

## AST Veterans Attend Memorial Dedication in DC



*\*Also attending but not pictured are Don & Esteline Schulenberg.*

Absentee Shawnee Veterans participated in the Native Veterans Procession and Dedication Ceremony in Washington DC. The event was held November 11 on Veterans Day. They were part of over 1,500 Native Veterans taking part in the dedication of the National Native American Veterans Memorial.

The Veterans walked along the National Mall from the Smithsonian's National Museum of the American Indian to the stage in front of the U.S. Capital. The Memorial was designed by Cheyenne and Arapaho Veteran Harvey Pratt. The design is a raised stainless-steel circle balanced on a carved stone drum on the campus of the Smithsonian's National Museum of the American Indian.

Pratt said the design came to him in a dream. "We created a path of life, a warrior's circle of honor, lances with sacred colors and prayer clothes, water, the air, the earth, and fire," said Pratt. "I want to thank the Creator, for creation warriors—without them, we may not be here."

The Memorial is the first national landmark honoring Native American Veterans' service. Native Americans have the highest rate of military service than any other demographic in the country. They have fought in every major battle since the Revolutionary War.

"Different generations have different things in their lifetime. Some people fought in wars. Stuff that people remember in their lifetime." Said AST Commander

Jason Bender. "It was monumental since Native Americans have never been recognized and we weren't even considered citizens until 1924."

The dedication ceremony was delayed for two years due to COVID and it was only fitting that it was held on Veterans Day. AST Veteran Twila Parker, who spearheaded the trip said, "Finally, I felt as a Native American woman Veteran we were finally recognized and respected."

Also making the trip was the AST Governor, Treasurer and Representative. Governor Johnson's son is a Major currently serving in the Army and Representative Wilson is a Marine Veteran.

## From The Election Commission

### The Filing Period for Elective Office in 2023.

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 2023.**

#### EXECUTIVE COMMITTEE

Position	Filing Fees	Term
Governor	\$590.00	4 Year Term
Tribal Secretary	\$590.00	4 Year Term

#### ELECTION COMMISSION

Position	Filing Fees	Term
Election Secretary	\$174.00	2 Year Term (unexpired term)
Commission Member #2	\$215.00	3 Year Term

Fee Amount includes: Alcohol test \$50.00 Drug test \$50.00, MVR \$25.00, OSBI \$15.00, FBI \$18.00 plus certified postage fee

#### QUALIFICATIONS:

- An enrolled member of the tribe.
- An eligible voter for purposes of voting in tribal elections.
- Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln, or Okfuskee.
- 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).
- 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.

### SEEKING ALTERNATES FOR ELECTION COMMISSION

The Election Commission is seeking individuals to serve as Alternates. Alternates must meet the requirements listed in the Election Ordinance.

If you are interested, please submit your letter of interest to Election Commission via E-mail: [Election.Commission@atribe.com](mailto:Election.Commission@atribe.com).  
P.O. Box 741  
Tecumseh OK 74873

Or in person  
AST Election Commission  
2025 S. Gordon Cooper Dr.  
Tribal Court Building 3  
Shawnee OK  
405-275-4030 ext 6271

Once we receive your letter of interest, we will begin the process.



GOVERNOR  
John Johnson



Lt. GOVERNOR  
Ezra DeLodge



SECRETARY  
Alicia Miller



TREASURER  
Joseph Blanchard



REPRESENTATIVE  
DeWayne Wilson

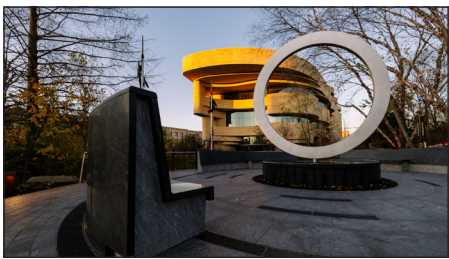


## GOVERNOR’S REPORT

John Johnson, AST Governor

Hello fellow tribal members,  
It is the last month of 2022. I cannot believe in a few days we will be celebrating Christmas and a new year. The winter weather has already started with the early snow we had in November. I hope you are all staying warm and getting ready for the colder temperatures.  
I had the pleasure to attend the National Native American Veteran’s Memorial dedication ceremony in Washington DC on November 9th. The Governor of the Cheyenne and Arapaho tribe, Reggie Wassana invited our tribal leaders to attend. This beautiful memorial was designed by veteran Harvey Pratt. On Veteran’s day, November 11th there was a procession and dedication ceremony for the memorial. Treasurer Blanchard, Representative Wilson and I were asked by

the AST Veterans to carry the AST banner in the Veteran’s procession. This was a very moving experience and we were honored to share this with our veterans. While in Washington DC I was able to attend a celebration for indigenous veterans at the Pentagon. This was an amazing experience that I am truly grateful that I was able to attend.  
On December 18th from 1pm to 3pm the EC will be holding a Christmas event called “Pizza with Santa”. This event is for AST enrolled children ages 0-17. Applications have to be submitted before December 14th. **Applications will not be available at the event.** Gift cards may be picked up at the event; if the card is not picked up it will be mailed after December 18th.  
In closing, I want to wish you all a very Merry Christmas and a Happy New Year. I hope that you get to spend this holiday season with your family and friends.



## 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@atribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.  
**Maintenance:**  
The Maintenance staff has completed 38 work orders in the last month while preparing for the upcoming winter months on the Shawnee campus. I would like to thank the Maintenance staff and the Housekeepers for all the work they do for the department.  
**OEH:**  
In total for 2022 OEH has assisted Tribal members with 82 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. For 2022, we have collected, processed, and recycled 38 bales of shredded office paper and cardboard equaling roughly 28.5 tons of recyclable waste that has been diverted from landfills. Cleveland County has begun work on dining hall parking lot at Camp Nikoti and the preliminary work on the entry gate has begun. The parking lot is scheduled to be completed by the end of the year, and the entry gate is on pace to be completed in January, which will complete Phase II of the Youth Camp. The bidding process for the Police Safety Center has ended. We are currently in the process of reviewing bids for general contractor.  
We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other dis-

carded items on Tribal lands to please contact OEH at the email or phone number listed below.  
Jarrod Lloyd  
OEH&E Director  
jlloyd@atribe.com - (405) 214-4235  
**BIA Self-Governance**  
We seem to be headed in the right direction with our 477 Plan. So far we have received positive feedback from CCDF and JPT. We are waiting to hear from BIE and DOL. Hopefully by the time you get the newsletter our 477 Plan will be finalized by DOI. We look forward to starting it up in 2023.  
I am currently looking into 105(l) leases. These leases can be done through IHS and BIA. I will have a meeting with them soon to see if this will be beneficial to the tribe.  
On November 7th I listened in on the zoom TSGAC Meeting and November 10th was the DOI SGAC Meeting.  
**BIA Roads Program**  
On November 1st, I attended the Oklahoma Tribal Transportation Council and ODOT Meeting in Oklahoma City at the Department of Transportation Building. All Tribes are getting prepared to have their reports submitted by December 31st. It was mentioned that all tribes are unable to submit for new routes on the inventory at this time due to RIFDs system being down. Everyone is still waiting to hear from the Albuquerque Office as to when it will be back up.  
By the end of December the parking lot at the Youth Camp dining hall should be completed. Cleveland County will be starting on the Youth Camp Road in 2023. Dates are yet to be determined.  
I have met with Cross Timbers and

Cleveland County in regards to Hwy 9 and South 72nd Street in Norman. This seems to be a street that has had several fatalities at intersections. The safety funds that we receive in 2023 will help with safety protocols such as signs and lights that are needed to make drivers more aware of intersections.  
Any questions or concerns please email at TwylaB@atribe.com or (405) 275-4030.  
**Land Management**  
Land Management has been getting wood ready elders and has been making deliveries. We also have been helping tribal members and some have reached out to the department for further projects. If you have any concerns or questions call (405)395-8101 or email cmartinez@atribe.com  
**Agriculture:**  
The agriculture department is continuing making progress on maintaining cattle for this winter season. We are still making future plans for next year of various activities, events, and classes. One of our classes we have hosted in November was a prescribed burn class presented by John Weir from Oklahoma state university. We will continue to offer various classes for this next year to come, to help and have input for future events or classes, please join us for Agriculture department 1st annual community meeting at the Absentee Shawnee Tribe Multipurpose building on Saturday, December 3rd at 10 a.m. to 2 p.m. . If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@atribe.com.  
  
Respectfully,  
Lt. Governor DeLodge

## SECRETARY’S REPORT

Alicia Miller, AST Secretary

*Ho wa se ke sa ke!*  
As I write my article for the December newsletter, of course, it is November – Native American Heritage Month. Well, I have to say we are Native American no matter what month. I do enjoy there is a month for “emphasis”, and this allows others to become familiar again of our continuing plight and despite our struggles we are still here. I do cringe a little where it says “heritage” because I interpret it as something long ago or the past. I am a proud Absentee Shawnee who tries to live a life where I am contributing and trying to do my part by helping with our ceremonies, learning the language, and learning from my elders. I am not a member of this tribe because of any monetary benefit. I am a Shawnee and this is the life I want to live (which is the life of my ancestors). What monetary or any other supplemental benefit I do receive, I don’t make financial demands where I feel responsibilities lie within one’s self. I wish there were more conversations about culture and longevity of our language - the very things that make us who we are besides our genetics. Our ancestors lived so we can be here in this space on this day. What are we doing for our children or grandchildren so that they may know our

ways? When our children become adults, it will be up to them to teach what it is to be Shawnee to their children. I personally don’t want to be in a position where I only read about our culture – I choose to live it. My words are not to offend but to hopefully make one think there are more imperative issues facing our tribe, as Native Americans. Along with sovereignty, culture should always be priority for all Absentee Shawnee tribal members. I am proud I can call myself a traditional, and I am thankful I am part of a large traditional family. For me, this is what it means to be Absentee Shawnee and I think my ancestors would be proud.  
The end of the last quarter is here and we have been working on preparing for the 2023 fiscal year. I am excited with what the future holds seeing projects come to reality. Reflecting back not only to this past year but since I became an elected person; I have experienced quite a lot during these pandemic years and I think I could take up the whole newsletter on what those experiences were – from good to the not so good. Overall, I stay humbled and appreciative I am able to represent you. As we close out the month of November, this is what I am most thankful for along with the health and well-being of my family.  
In the month of December, as I do every year since 2017 or 2018, my family and I have sponsored an angel from the Indian

Child Welfare Department’s Angel Tree. I enjoy being able to contribute in this way. I hope you are in a position to sponsor a child or elder as well. Every year we have many angels who are in need.  
I would like to wish all of you a happy holiday and please protect yourself and get the booster COVID-19 and Flu vaccination. You can call AST Public Health to schedule your appointment today. They are always so helpful and will be more than happy to assist you. These illnesses are no joke, all it takes is to be around one ill person to make a whole group sick and I wish nothing but health and wellness for you during this holiday season.  
One of the special joys of December is showing others we care and remember. Please continue to check on your Elders during this holiday season. Wishing you and your family peace, love and warmth of heart from your loved ones.  
I am committed to continually work with the Executive Committee to make great strides for our tribal people. I, once again, thank you for the opportunity to serve.  
Merry Christmas and Happy New Year from me to you!!  
*Si li no ke ka no la. Ne yi wa.*  
  
Respectfully,  
Alicia Miller  
Tribal Secretary  
(405) 287-5247

# TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello friends and tribal members,

Here are the few things I want to share and talk about from this past month. Before I do, it is my hope everyone had a nice Thanksgiving and was able to enjoy time spent with your family. For those hunters, I hope you got that monster buck you’ve been chasing. I don’t know about y’all but I can’t believe Christmas is almost here. Keep an eye out for notices on potential closures due to weather. As this is the time of year for snow, sleet, ice, and freezing rain, make certain to keep bottled water, blankets, and ice scrapers in your vehicle. Also, don’t forget to check your tire pressure.

I am happy to report our Audit is officially complete and was submitted to the Clearinghouse. As expected, we received

the highest rating we can attain of an “unmodified opinion” and there were no major findings. I want to say “Thank You!” to our staff for the work they do and for their cooperation with the Auditing firm in the collection of their data. The company apologized for the scheduling error which almost created a conflict with us for our submission. However, because we were able to submit before the end of the month, we were able to avoid any possible sanctions. For this reason, in recent discussion with their staff, we have already suggested a different time schedule for when they will be at the Complex next year, and to start the process sooner, rather than later.

Another issue that has finally been resolved is the approval of our Indirect Cost (IDC) Rate. As projected, the rate did increase. Finance is working to complete adjustments to individual budgets

and update them accordingly. For those who are unfamiliar, this rate and percentage is determined by reviewing data from the previous three years. That being said, I am nervous on how future rates will be affected by the influx of CARES and ARPA funds. These are atypical funds which are not a part of our normal funding base and will likely throw our numbers off and create a lower future rate.

Recently, I’ve had the opportunity to represent our Tribe at a couple out of state events. The first trip I attended was in Sacramento, California for the National Congress of American Indians (NCAI) Annual Conference. I was able to participate in Caucus meetings with Southern Plains Tribal representatives, subcommittee board meetings, and network with other leadership. While there, I was able to confirm follow-up discussion for a future in-person engagement.

The next business trip involved meeting with officials in Washington, D.C. while escorting our AST Veteran’s Association. Our Veteran’s group was able to participate in the parade for the official unveiling of the Native American Veteran’s National Memorial at the National Museum of the American Indian (NMAI). I was able to take a few pictures and share with folks back home. No words can express the full extent of our gratitude to these Warriors.

As I conclude this month’s submission, I want to say “Merry Christmas” and “Happy New Year” to all our members, near and far. I hope the Creator answers your prayers and provides you with abundant happiness and joy. I appreciate the continued support and words of advice.

Neyiwa!  
Joseph H. Blanchard

# REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone is doing well. I enjoyed being with Tribal members at the South Ground, Bread Dance ceremonies. Thank you, Mrs. Felton for the invite and the grape dumplings (food), Good Stuff.

I attended several events during this last month; 2022 G2E Gaming Conference. My main focus was on Sovereignty and sports betting issues that other tribes are concerned with. I attended the 7th Tribal Nation Conference. The main focus was for Oklahoma tribes to voice their interests/ concerns within the State of Ohio by network with state, local, and non-profit agencies that have the same shared interests/ concerns of the lands and sacred sites. Finally, I attended the unveiling of the National Native American Veterans Memorial celebration with

the Absentee Shawnee Veterans group. It was a site to see: the numerous tribal veterans group and the words conveyed by tribal and national leaders the importance and role that Native American Veterans played in every war including and as far back as the Revolutionary War.

I wish everyone a safe and joyful Christmas Holiday with family and friends. Stay Healthy.

**Education Department;**

In the Education Department, It is a Good Time to get an Education. If you are in need of educational financial assistance, I encourage you to contact the Education Department to see how we may be able to assist you. In Workforce Development (HVC), the HVAC mechanic has been inspecting the heat/ air conditioning units on the tribal complex and at other tribal properties. The HVAC mechanic is taking work orders from the Lt. Governor office to assist Tribal members. A preference is given to our elders.

Call the Workforce Department if you have any questions.

**Cultural Preservation Department;**

In Cultural Preservation, Exciting Times, the newly hired Linguist/ Project Coordinator has started sending emails pertaining to our language (words) in celebration of November being Native American month. Remember this month the Cultural Preservation department will be offering workshops during this month. Some of the workshop will be Beaded Collar, Coloring Contest for children and elders, and Beaded Earrings to name a few.

**Gaming Commission;**

The Gaming Commissioners, the Executive Director, and its employees plan on attending the 2022 OTGRA Fall Conference, November 15th- 17th in Durant, OK. Gaming Commissioners’ continue to work with the Thunderbird Casino pertaining to up- dating their (Casino) policy/ procedures. I continue

to attend the Gaming Commission meetings. Gaming Commission is still waiting on approval from NIGC pertaining to changes (having three Gaming Commissioners) of Gaming Ordinance.

**Youth Camp;**

Construction continues at the Youth Camp. Now the playground project has been completed. The construction of the tennis and basketball court projects is underway. The construction company has also begun construction on the Youth Camp entrance and the Dining hall parking lot.

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

Respectfully,  
DeWayne Wilson  
Tribal Representative

## Veterans Association Report

Good morning tribal members I just wanted to share with everyone the winners of Veterans Raffle on November 5, 2022 was:

Betty Watson winner Ninja Air fryer  
Ali Miller winner size 10 Manitobah moccasins, Krystle Mifflin size 9 Manitobah moccasins, Lorrie Thorpe winner size 8 Manitobah moccasin  
Rita Robertson winner Pendleton  
Jennifer Sloan winner Pendleton

The Veterans thank everyone who participated in our raffle and thank you to Governor John Raymond for donating \$150.00 and Lorrie Thorpe donated \$100 to Veterans fundraising. Also, a big Thank you to Elder Shirley Adkins for a generous donation of \$300 for food supplies for Spaghetti Lunch on October 21, 2022 with a able Chef Jason Alexander at tribal community building. We were all served a very tasty lunch with a drink and dessert. With all monies raised donated to Veterans per diem for trip to Washington D.C. The Veterans wish to thank everyone for their support of the Absentee Shawnee Veterans trip to Washington D.C. for Smithsonian Dedication ceremonies on November 11, 2022. The Absentee Shawnee Veterans were able to represent the Absentee Shawnee Tribe among all the other tribes present. Submitted by Administrator Officer Twila O. Parker

## Elder’s Report

Good morning Tribal Elders it’s been a long time since we as a group has been able to meet as a group since Feb. 14, 2020!

I hope everyone is doing well and your families are thriving. For those families that are dealing with the loss of a loved one my sincere heartfelt condolences and prayers.

I hope everyone is ready to plan on having a group meeting, as everyone is aware in the past the Resources building was used for storage of medical supplies. I have requested from the new Director Chris Larkin about the Elders using the building in January 2023. But if this is not possible I recommend we plan to use the Thunderbird Casino Warriors room I shall inquire about availability for January 14, 2023. If we are unable to reserve the Resources center. I look forward to visiting with everyone again in January 2023. If you have any questions please give me a call at 405-229-8052.

President, Twila Parker

ABSENTEE SHAWNEE TRIBE

# HOMEOWNER ASSISTANCE FUND (HAF)

**SERVICES OFFERED**

- Mortgage Payment
- Insurance Payment
- Property Charges, such as Property Taxes
- Utility Payment, such as electric, gas, home energy, water, sewer, solid waste disposal, and internet
- The maximum amount for this one-time assistance per household is up to \$3,000.
- All assistance will be issued directly to companies indicated by the applicant.

**FOR MORE INFORMATION**

CALL (405) 275-4030

Ashlynn Gouge, ext 6446  
HAF Lead Specialist  
AGouge@astribes.com

Taylor Masquas, ext 6440  
HAF Specialist  
TMasquas@astribes.com



**ELIGIBILITY**

- Applicant or Spouse must be at least 18 years of age. (Co-habitant applicants do not have to be legally married.)
- Applicant or Spouse must be a homeowner, meaning a property deed must be provided with the county clerk's stamp from the county in which the applicant resides.
- Applicant or Spouse must be a member of a federally recognized tribe.
- If Absentee Shawnee tribal member, residence can be anywhere within the US.
- If tribal member of other tribe, residence must be within Pottawatomie County.
- Annual household income cannot exceed 150% of the area median income.
- Applicant must be able to attest to financial hardship after January 21, 2020 due directly or indirectly to COVID-19.

**Absentee Shawnee Tribe  
Agriculture Department**

**1<sup>st</sup> Annual  
Community Meeting**

**Saturday December 3<sup>rd</sup>, 2022**  
**10:00 a.m. – 2:00 p.m.**

**AST Multipurpose Building**  
**2029 S. Gordon Cooper Dr.**

**Join us for a session of interaction with the staff to discuss the following:**

- Operations of the past year
- Activities
- Classes planned for 2023
- Future agriculture projects- Orchards, Bee Keeping, Honey production, etc.
- Community garden
- Community suggestions & ideas

Lunch will be provided! Please RSVP by November 28, 2022  
Contact: Gabby Rice  
(405) 827-6545  
Grice@astribes.com

Absentee Shawnee Tribe of Oklahoma  
Building Blocks C.D.C.  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
(405) 878-0633  
Fax: (405) 878-0156

Building Blocks II

Building Blocks is excited for the Holiday Season. The children and staff enjoy doing projects and arts and crafts for Christmas.

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.

We had a busy and fun October and November as we celebrated Halloween, Red Ribbon Week and Thanksgiving. Attached are some pictures you may enjoy.



Have a Happy and Safe Holiday and Stay Warm.



Absentee Shawnee Tribe of Oklahoma  
Building Blocks C.D.C.  
16051 Little Axe Dr.  
Norman, OK 73026  
(405) 360-2710 Fax: (405) 360-2726



Building Blocks III

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405)360-2710.

Director: Skye Foreman, Assistant Director: Renee Richardson.

We are thrilled for the holidays! Our staff and children are enjoying holiday related activities. Our center is also excited to announce we have been awarded a 5 STAR rating from the Department of Human Services (DHS), which is the highest qualification you can receive through their program.



Closures: Monday, December 26th

Happy Holidays!

Please enjoy the pictures we have captured over the past month.

Red Ribbon Walk for Drug Awareness Week





**Central Tribes Shawnee Area, Inc. (CTSA HEAD START)**

<b>Administrative Office</b> 1535 N. McKinley Shawnee, OK 74801 P: (405) 275-4870 F: (405) 275-9684	<b>Little Feet Big Steps</b> 806 E. Grant Shawnee, OK 74801 P: (405) 878-5820 F: (405) 275-9684	<b>Early Bird Head Start</b> 111 W. Vine Cushing, OK 74023 P: (918) 225-1029 F: (918) 225-9969	<b>Yellow Earth Learning Center</b> 920884 S. HWY 99 Stroud, OK 74079 P: (918) 968-9445 F: (918) 968-1763
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**Parents and Guardians...**

**Little Feet → Big Steps** is enrolling **NOW** for the 2022-2023 School Year!!!!

**Early Head Start** ~ Birth to 3 year olds  
**Head Start** ~ 3 year olds – 5 year olds  
**Child Care** ~ Birth to 5 year olds

**ATTENTION**

At CTSA, our goal is to meet the individual needs of ALL of our children – especially those with disabilities. We offer a fun and exciting programs for your children to learn and grow!

Our qualified and dedicated teachers and staff provide rich learning environments at our centers, where families and friends are encouraged to volunteer and spend time with their child.

If you have a child or know of a child that would benefit from an interactive, engaging, stable, and safe learning environment – **please call today!!!**

**We look forward to sharing your child's learning years with you!!**

**Little Feet → Big Steps**  
806 E. Grant St  
Shawnee, OK 74801  
Ph: (405) 878-5820


Head Start → Ages: 3-5  
Early Head Start → Ages: Birth to 3

*\*Extended Day Child Care available to those who qualify\**

**Want More Information?**

**Contact**

**Administration for Enrollment Questions**  
Ph: (405) 275-4870  
[melaniew@ctsahheadstart.org](mailto:melaniew@ctsahheadstart.org)

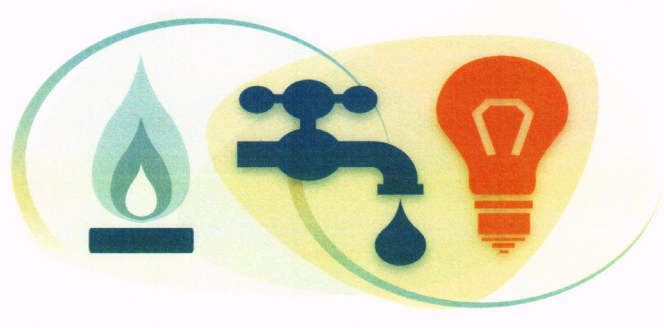



**Let us help...**

**With one of your Cooling/  
Heating/Water bill**

**Through the LIHEAP or LIHWAP Assistance Programs**  
**If you live in Pottawatomie or Cleveland counties**  
**And enrolled with any federally recognized tribe.**

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





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

**Social Service Department**  
(405) 878-4723  
Fax: (405) 273-7938  
Email: [awilson@astribes.com](mailto:awilson@astribes.com) / [NEdwards@astribes.com](mailto:NEdwards@astribes.com)

# Enrollment Department

The Enrollment Department is attempting to contact members who are eligible for the 05/06 Per Capita Payment. If a friend or family member is on the list below please inform them in case they do not see this article. We can be reached at 405-275-4030 or Enrollment@atribe.com.

Adrianno Carlson	Dyllon Judkins	Marshall McBride
Aizah Sullivan	Eathan Wilson	Mary Charley
Alena Deer	Eric Starr	Matthew Copeland
Alexander Kobs	Eva Arms	McCann Mann
Alexee Martinez	Garett Smith	Mckinzey Keese (Cottrell)
Amanda Moore (Hixon)	Gavin Grass	Melonie Gibson
Angelina Howe	Hannah Morton	Morgan Robison
Antonio Ramirez II	Heath Williams	Morganne Spybuck
Armani Griffin	Jalon Martinez	Myles Mossbacher
Ashley Tullius	James Michaelson	Nathan Montgomery
Blake Woodward	James Wilson	Nathan Vaughn
Bradlee Coffee	Jared Gray	Nicholas Harjo
Brady Thorpe	Jared Martin	Nycole Mitchell
Branden Gray	Jasmine Martinez	Patrick Sipple
Brandon Buckley	Jason Harjo	Paul Ellis Jr
Breanna Cutler	Jayden McMahan	Qwentis Patton
Brittany Harjo	Jeffrey Gray	Rhianna Morton
Brooklyn Clinesmith	Jocelynn Sherrill	Scottina Carlson
Brooklyn Littlebear	John Goombi II	Seth Lindsay
Bryeanna Watson	John Michaelson	Seth Williams
Caitlyn Longman (Estep)	Johnathan Gibson	Shawneen Deere (Little Axe)
Caroline McBride	Jonathon Littlebear	Shelby Whitebird
Cheyenne Thompson	Jordan Graham	Shiloh Little Axe
Christian Clark	Jose Solis	Sierra Tallchief
Christina Byers	Joseph Witt	Skylur Hubble-Kirschner
Cierra Tiger	Josephine Littlecreek	Stephon Tiger
Citlali Sanchez	Joshua Rolette	Taylor McBride
Cody Puckitt	Kaitlyn Wilson	Taylor Nelson
Cody Womack	Kale Miller	Thomas Spybuck
Colby Mann	Kinley Martin	Toni Lackey (Tiger)
Collin Gibson	Konner Harris	Trent Hill
Cruzito Fuentez	Kyle Johnson	Trentyn Kowitz
Daezi Hernandez	Landon Spoon	Troy Perkins (Littlecreek)
Dakota Gray	Laurea Squire	Tyellissa Carlson
Dakota Spoon	Leann Ellis	Tyler Gibson
Daniel Carlson	Lindsey Kennedy (Little Jim)	Vaun Longhorn
Dante' Gibson	Logan Ridenour	Victor Harjo Jr
Dantel Hood	Luke Hendrick	Victor Stricklin
David Greenfield	Lyndon Hunt	Zachary Allen
Dennis Carlson III	Madelyn Steves	Zachary Wolfe Jr
Desiree Mitchell	Maecie Bender	
Dylan Gibson	Mark Johnson Jr	

## NOTICE

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

Please give us a call at (405) 598-1279 or send an email to [media@atribe.com](mailto:media@atribe.com)

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

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



# JOIN THE THUNDERBIRD CASINO TEAM!

## 100% Employer-Paid Benefits

- Medical
- Dental
- Vision
- Life

## Additional Benefits

- Supplemental Life
- Short Term Disability
- Long Term Disability
- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match
- Employee Discounts



AST Tribal Members receive an additional sign-on bonus upon completing their 90<sup>th</sup> day of employment at Thunderbird Casino in Norman or Shawnee:

**\$250 + \$250 = \$500**

90-Day  
New-Hire Bonus

AST  
Tribal Bonus

Total Bonus  
at 90 Days

Visit [playthunderbird.com](http://playthunderbird.com) and click on 'JOIN OUR TEAM' to apply.

## Cultural Preservation Department

Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program's most recent activities.

### Gift Shop

The Gift Shop is open! We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m. However, from now until the end of December, we will be opening the gift shop in Little Axe twice a month as Christmas is approaching.

We are still working with distributors in producing new emblem bearing items such as throw blankets, portfolios, mouse pads, and patches. Currently, we are looking into carrying products from the company Eighth Generation. This company is Native-owned and a Seattle-based art and lifestyle brand. They carry a range of products from blankets to soaps.

If you haven't been in our store recently, please stop by either location. Maybe you will find something you cannot pass on.

### Library

We are happy to announce that we have opened the library to the public! Last month, activity in the library included 10 check outs and the addition of two new users. To date, Ms. Jackson has cataloged over 700 books. If you would like to view what books we have in the library currently, please visit <https://www.librarycat.org/lib/ASTribe> 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/>). If you would like to fill out an application for a library card, you may contact Ms. Paula Jackson at (405) 275-4030 ext. 6416 or at [PJackson@atribe.com](mailto: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 look forward to serving your informational needs!

### THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 188 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 25 projects. These projects were completed in 6 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 2 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

From October 31st through November 5th, the Cultural Preservation Director along with Representative Wilson traveled to Columbus, Ohio for the 7th Annual Ohio Tribal Nations Conference. During this week long conference, the eleven Tribes/ Nations in attendance got to sit-down and hear from the Ohio History Connection, the Ohio Department of Transportation, the Federal Highway Administration Ohio Division, and the Nature Conservancy (Ohio) on topics such as on-going projects, work plans, inventories, and there were even planned site visits. This was very important for us to travel to this conference since Ohio is the Shawnee's homelands. Plus, it allows us to continue to build a relationship and keep communication open with the state of Ohio so that there is that continued building of trust, respect, and accountability.

### Language

Mr. Scott Miller has been busy working on building the foundations for a language program. He has been given access to the language page on the Tribe's website and has started putting words and phrases with sound bites directly on the page. Some of the categories you can find are seasons, directions, animals, weather, months, fruits and vegetables, and food. This is a trial and error process to eventually turning into a page where tribal members have access to pre-recorded classes, podcasts, learning activities, etc.

Mr. Miller has also connected to Mr. Joel Barnes, Director of the Shawnee Tribe Language Program. He has shared their foundation pieces of their program which Mr. Miller plans to build upon to establish our own program. We plan to have a joint Shawnee meeting soon.

### Events



Rock Your Mocs

November is National Native American Heritage Month and one of the events Cultural Preservation recognized was "Rock Your Mocs". Established in 2011, this day provides a positive opportunity for individuals to celebrate tribal individuality and honor their ancestors as expressed on [rockyourmocs.org](http://rockyourmocs.org). The picture to the left displays Cultural Preservation staff members Rocking their Mocs.

### Red Earth Treefest 2022

On November 15th, Cultural Preservation traveled to Oklahoma City to decorate a Christmas tree for the Red Earth Treefest 2022. This year's treefest will exhibit 16 Christmas trees representing 16 different tribal nations. Each tree is decorated with hand-crafted ornament that represents each tribe distinctive and diverse culture. The trees will be on exhibit for six weeks from November 16th through December 30th and is free and open to the public. The trees are located in the ground floor lobby of the BancFirst Tower, 100 N Broadway, in downtown Oklahoma City. The Red Earth Art Center is open Monday through Friday, 9 a.m. to 5 p.m.



### Po-Up Shop

In December, the Library and Gift Shop will be co-hosting a pop-up shop event (a flyer can be found in this paper). Native artisans and other crafts will be featured. This event will occur on Friday, December 9th from 10 a.m. through 4 p.m. and on Saturday, December 10th from 9 a.m. through 3 p.m. at the AST Multi-Purpose Building located at 2029 James L Edwards Lane, Shawnee, OK 7480. Please come and join us for this event and get some of your Christmas shopping done!

Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 6245 or [cbutler@atribe.com](mailto:cbutler@atribe.com) if you have any questions or concerns.

### Si wi nwi to wa – Speak Shawnee (sah wah nwah to weh)

*Pa po ne ke s'fwa* – Winter Month (December) *Ma ta la me wa ti* – Great Spirit  
(peh po nee kee s'thweh) (meh teh leh mee weh tah)

*Pa po ke* – winter  
(peh po kee)

*Ko ne* – snow  
(ko nee)

*S'ke li wa fe fi* - boy  
(s'kee lah weh thee thah)

*Ya li ko te yi qa* – Family  
(yeh li ko tee yah qeh)

*Hi li qi ke* – stars  
(hah lah qah kee)

*Ko fi* – your father  
(ko thah)

*We fa ne* – eat  
(wee theh nee)

*Wa pe* – cold  
(weh pee)

*Ya pe po n'ka ke* – North  
(yeh pee po n'keh kee)

*Ne yi wa* – thank you  
(nee yah weh)

*Ta qe* – tree  
(teh qee)

*Ke k'yi* – your mother  
(kee k'yah)

*Mi mi to ma* - pray  
(mah mah to meh)

*Ke se ta la ti* – blessing  
(kee see teh leh tah)

## From the Library

**Native American Night Before Christmas**  
**By Gary Robinson -The classic Christmas story told with a beautiful Native theme throughout the book. A delightful book for all, especially those interested in Native customs and art. 2010 Moonbeam Award for Holiday Books.**  
**<https://www.youtube.com/watch?v=z6YLOXXj8a0>**

**The Firekeeper's Daughter by Angeline Boulley- This thrilling novel really brings to life what it means to be a strong Ojibwe woman when tragedy strikes her hometown and the reservation. She is faced with choosing between the people she loves and protecting her tribal community. "The author, an enrolled member of the Sault Ste. Marie Tribe of Chippewa Indians uses her background knowledge to explain not only justice and jurisdiction but also cultural traditions relating to daily life, celebrations, and grief. " This is one of the best books I have read this year and will soon be adapted for Netflix. I highly recommend listening to the audiobook. The narration is wonderful and the multiple languages make it much better to hear aloud.**  
**<https://okvirtuallibrary.overdrive.com/>**

<https://www.librarycat.org/lib/ASTribe>

## Holiday Pop-ups Shops

presented by Absentee Shawnee Tribe  
Library & Gift Shop

Friday, Dec. 9th 10-4 &  
Sat. Dec. 10th 9-3

AST Multi-Purpose Building  
2029 James L Edwards Lane, Shawnee, OK 74801  
405-275-4030 x6416 for information  
Native Artisans & other crafters

free  
entry

raffle  
prizes



**Happy Birthday  
Rachel D. Robertson**  
Hope your day is blessed.  
Love you, from all of  
your family



Happy 80th Birthday to Glenda Brokesoulder Johnson!! Glenda is one of 10 children from the Clifton and Minnie Brokesoulder family. She is a favorite Auntie to many nieces and nephews! We want to wish her a very wonderful birthday!! Happy 73rd birthday to her sister too, Katrina Brokesoulder Coriz as they share the same birthday. Love and Hugs to Both From All of Your Extended Family!



**Happy Birthday  
Drew H. Robertson**  
Hope your day is  
awesome, Love you.  
From all of your family



**Happy Birthday  
Kyle S. Robertson**  
Hope your day is great.  
Love you, from all of your  
family.

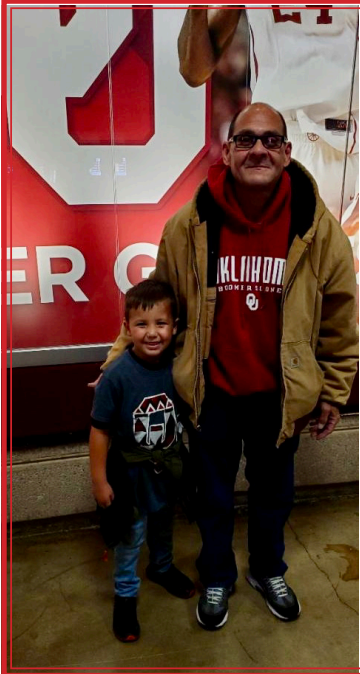


**Jiliyan – Happy 18th Birthday to my beautiful daughter! May you always shine that amazing smile in everything you do. You’ve made my momma heart so very proud. I love you so very much mom. XOXOXO Mom**

**Sister – Happy Birthday to you on your big 1-8. Hope it’s all that and a bag of colored goldfish. Lol.**

**Love, your brothers Joplin & Justin**

**Jils – Happiest birthday to my sweet niece. Auntie loves you so very, very much! XOXO Aunt B**



**Happy Birthday  
Anthony and Dad!!**  
I love y’all.



# Congratulations!



Burke Thorpe received his Executive MBA in the Aerospace & Defense program at OU and will walk across the stage in Dec. 2022.

Burke is a member of the AST. Son of Ronnie Thorpe (AST tribal member) and Laura Emhoolah (Muskogee Creek). We are very proud of him!

His company, The Davis Thorpe Company manufactures airframe parts and assemblies to support the US Air Force’s legacy and fighter aircrafts.

# Merry Christmas AND HAPPY NEW YEAR

## LEGAL NOTICE

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

Cassandra Byrd )  
Vs )  
Johnnie Byrd ) Case No. JFD-2022-36  
)  
)  
)

### AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

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

Cassandra Byrd being duly sworn upon oath states:

That she/he is the Plaintiff Cassandra Byrd above-named, and that on the 17 day of October, 2022, said Plaintiff filed in this Court a Petition against Defendant, Johnnie Byrd 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, Johnnie Byrd, 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)

Cassandra Byrd  
PLAINTIFF

Subscribed and sworn to before me this 28 day of October, 2022

Ashley Stanley  
NOTARY PUBLIC

My Commission Expires:  
June 23, 2024  
SEAL

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

## Absentee Shawnee Tribal Children Christmas Pizza with Santa

**Sunday December 18<sup>th</sup>, 2022  
1pm to 3pm**

**Shawnee Multi-Purpose Building  
2029 James L. Edwards Lane  
Shawnee, OK 74801**

Come get your picture with  
Santa and enjoy some pizza.



All AST children ages 0-17 are invited to attend.  
Applications must be submitted before **DECEMBER 14<sup>th</sup>, 2022 (FIRM DEADLINE, NO EXCEPTIONS)**  
Applications will not be available at this event.  
Gift card may be picked up at this event. Cards that are not picked up will be mailed after December 18<sup>th</sup>.  
For applications go to: [atribe.com](http://atribe.com) For questions call 405-275-4030 x 6307 or 6269



ABSENTEE 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 Complex will be Closed  
Friday & Monday, December 23 & 26 - For Christmas



'T WAS THE NIGHT  
BEFORE CHRISTMAS...

And I applied for a loan.  
So I could stop renting and finally, own.  
The contracts where filled out.  
With the greatest of care.  
In hopes that I soon would be living there,  
In my brand new split-level 4 bedrooms/ 3 bath...  
I just had to pass the mortgage lenders wrath.  
Then what to my wondering eyes should appear?  
But a bank and a process much easier than feared.  
Now having bought the best house in sight,  
Merry Christmas to all and to all a good night.

HAPPY HOLIDAYS FROM:  
**AllNations Bank**

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



FALL Maintenance Checklist

- ☐ **Clear Debris from Your HVAC Unit**  
*Fall is the perfect time to clean away leaves, grass, and other debris that might dirty the components or block airflow.*
- ☐ **Review Your Thermostat**  
*As the temperature cools down, remember to adjust your thermostat settings. If you can set a program, continue to enjoy energy-saving benefits by making the temperature cooler when you are away from home or asleep.*
- ☐ **Deep Clean your Home**  
*Dirt, dust and other allergens are picked up by your HVAC system, and they may trigger allergies or asthma. Clean your home now and minimize the irritants spread by your system.*
- ☐ **Change your Air Filters**  
*Keep your HVAC system in peak condition by changing out the air filters every few months. It will help keep the air clean in your home, improve air flow, and help your HVAC perform more efficiently.*
- ☐ **Schedule a Maintenance Check-Up**  
*The best way to ensure your HVAC system is ready for winter is to invest in professional maintenance. Ask for a thorough inspection and address any issues before they become big problems.*



ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.

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

December 2022

Section B

## AST Tribal Health System Hires New Executive Director



Chris A. Larkin

The Health Board is honored to introduce Mr. Chris Larkin as the new Executive Director of the Absentee Shawnee Tribal Health System (ASTHS).

For the past 8 years, Mr. Larkin has served as the Health System's Compliance Officer as well as CEO of the Home Health. Prior to joining ASTHS, Mr. Larkin was CEO of 3 Oklahoma hospitals and President of HealthQuest Consulting, LLC. Mr. Larkin is a Fellow with the American College of Healthcare Executives (FACHE) and holds the rank of Major, serving as the Senior Health Administrator for the 507th Medical Squadron, Tinker AFB (USAF Reserves).

Please join us in welcoming Mr. Larkin to his new position as we continue to thrive as one of the fastest growing Tribal Healthcare systems in the state!

### Biography of Chris A. Larkin, MBA, FACHE, CHC

Chris A. Larkin serves as the Health Compliance Officer of the Absentee Shawnee Tribal Health System and the CEO/ Administrator of CompleteCare Home Health, LLC, a wholly owned subsidiary of Li Si Wi Nwi Health, Inc. located in Shawnee and LittleAxe, OK. He has been the CEO of 3 different Oklahoma Hospitals, COO for two other hospitals and CEO/ Administrator of three home health agencies. He has proven leadership in For-Profit, Non-Profit, Military, Tribal and Critical Access healthcare organizations. Chris is a Fellow with the American College of Healthcare Executives, is a board certified healthcare compliance professional, and holds a Master of Business Administration from Northeastern State University where he was only the 2nd in the history of the program to graduate Summa Cum Laude. He currently serves in the United States Air Force Reserve as a Major, Senior Health Services Administrator, with the 507th Air Refueling Wing and is a member of the AST Veteran's Association Honor Guard. Chris Larkin is originally from Southeast Oklahoma and has five children and six grandchildren.

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

## SCHEDULED CLOSINGS

### DECEMBER 2022/JANUARY 2023 HOLIDAY

AST Health System will be closed on the following dates for the Christmas & New Year's Holidays:

FRIDAY, DEC. 23<sup>RD</sup>, 2022 – MONDAY, DEC. 26<sup>TH</sup>, 2022  
(Christmas Holiday)

ALL AST HEALTH FACILITIES CLOSED

SATURDAY, DEC. 31<sup>ST</sup>, 2022 – MONDAY, JAN. 2<sup>ND</sup>, 2023  
(New Year's Eve & New Year's Day)

ALL AST HEALTH FACILITIES CLOSED

- In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay:  
Little Axe Health Center 405.447.0300  
Shawnee Clinic 405.878.5850  
PlusCare 405.447.0477
- Health closures/delays are posted on the Absentee Shawnee Tribal Health System on Facebook and on ASTHS website at [www.asthealth.org](http://www.asthealth.org).
- Please remember the 1<sup>st</sup> Wednesday of each month our facilities are closed from noon to 5PM. PlusCare OPEN 5pm until 7PM. Please note that Shawnee SameDay Clinic is closed until further notice.
- Lastly, Please don't forget to request medication refills preferably 72 hours prior to our closures:  
LAHC Pharmacy 405.292.9530/Shawnee Pharmacy 405.878.5859

## PUBLIC NOTICE

### Medication Delivery

There has recently been an increased request from patients for medication delivery by our Transportation Department. Our driver's top priority is patient transportation whereas medication delivery remains a courtesy service. Please allow up to 48 hours for your medication to be delivered.

Thank You



## Help Yourself → Help Your Tribe

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

### 2023 Open Enrollment

Medicare: Oct 15 - Dec 7, 2022  
Marketplace: Nov 1 - Jan 15, 2023

### Did You Know?

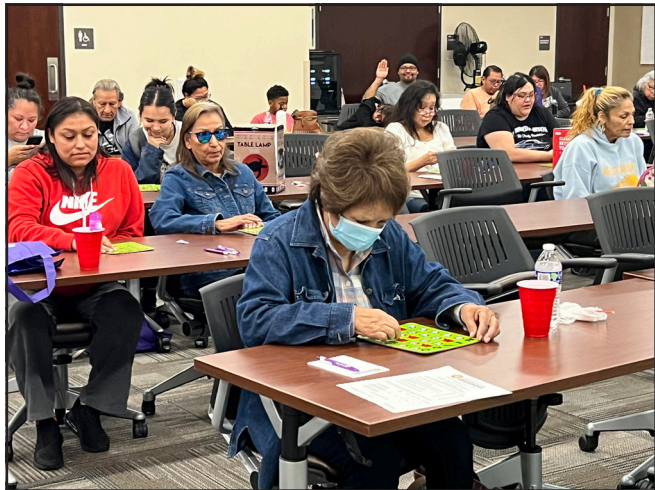
- 60% of the cost to render care to tribal members comes from other payment sources outside of tribal funding?
- When you participate in enrolling in insurance plans, it provides you with immediate access to specialized health care services?
- If you qualify for and enroll in a zero-cost plan, it helps PRC apply funding and deliver care to more people?



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



## BINGO FOR DEMENTIA PREVENTION - November 5, 2022



# HEALTH BUZZ!!



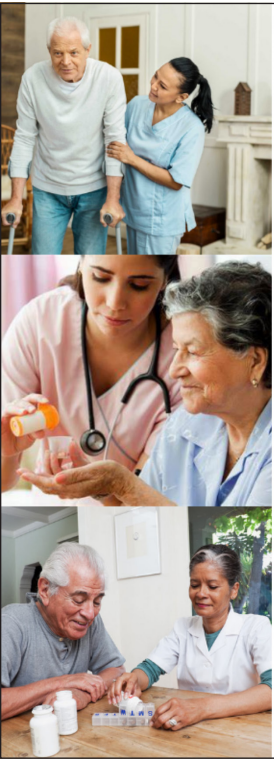
On Saturday, November 5, the AST Health System’s new program, Seeking Hope, sponsored a bingo event to bring awareness to dementia and the two programs offered through the Alzheimer’s Disease Program Initiative (ADPI), Savvy Caregiver in Indian Country and Music & Memory.

- ❖ **Savvy Caregiver in Indian Country** is an evidence-based intervention for working with American Indian and Alaska Native caregivers who care for an elder with memory loss or thinking problems, such as dementia.
- ❖ **Music & Memory** started with the understanding that music is deeply rooted in our conscious and unconscious brains. It becomes even more important if the functioning of the brain is deteriorating, as occurs in dementia and other types of cognitive and physical loss.

We had an excellent turnout with about 100 people attending. An informative presentation about dementia and the AST Health System’s new programs was given by Atheda Fletcher, Grant Project Principle Investigator, and Gayla Temple, Dementia Care Specialist. Upon conclusion of the presentation, bingo games began. Some of the prizes included gift cards, an air fryer oven, and a grand prize of a 50” television plus sound bar. Door prizes were given as well.

We would like to give a special thank you to Jason Bender, an AST tribal member and veteran, for being our bingo caller. A special thank you goes out to each of our volunteers--AST Elders Officers, Lisa Harrington, Joseph Holtzclaw, and Sarah Lawerance of the AST Diabetes Department, and Phyllis Johnson of the AST Public Health Department. We are truly grateful for you and could not have done it without you!

For more information about Seeking Hope, please contact Gayla Temple at (405) 561-7870, Atheda Fletcher at (405) 561-7893, or email us at ADPI@atribe.com. Be sure to visit our webpage: <https://www.asthealth.org/seeking-hope>.



## ACCEPTING NEW PATIENTS

Caring for your loved ones with dignity, compassion and kindness to help you with your loved ones healthcare needs.

**CALL TODAY**  
**(405) 701-7085**

**COMPLETECARE**  
HOME HEALTH  
HEALTH. HEALING. HOME.

[www.completecareokla.com](http://www.completecareokla.com)  
[chardeman@atribe.com](mailto:chardeman@atribe.com)

## UPDATED PHARMACY MAIL POLICIES

Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.

*Thank you!*

# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2022			1 TAMALES SPAINSH RICE SALSA/MANDRAIN ORANGES	2 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
5 EGG ROLL STIR FRY VEGGIES RICE PINEAPPLES	6 CHICKEN PATTY SANDWICH THREE BEAN SALAD ORANGE	7 BEANS CORNBREAD ONIONS ZUCCHINNI & TOMATOES	8 BAKED POTATO HAM, CHEZ, ONIONS MIXED VEGGIES CAKE	9 FRENCH TOAST SAUSAGE PATTIES FRUIT
12 GRILLED CHEZ SANDWICH VEGGIE SOUP PEACHES	13 FRITO CHILI PIE FRITOS ONIONS, CHEZ COOKIE	14 BAKED FRIED CHICKEN MASHED POT/GRAVY BROCCOLI BREAD/MIXED FRUIT	15 HOT HAM & CHEZ SANDWICH CHIPS APPLESAUCE	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
19 CHICKEN SALAD SANDWICH LTOP CHIPS/ORANGE	20 BAKED ZITA BROCCOLI BREAD STICK PUDDING	21 RIBLET BAKED BEANS BREAD PEAR	22 STEW CORNBREAD FLUFF	23 CEREAL CINNAMON RAISIN BREAD
26 CLOSED FOR CHRISTMAS	27 TITLE VI CLOSED CLEANING & INVENTORY	28 TITLE VI CLOSED CLEANING & INVENTORY	29 TITLE VI CLOSED CLEANING & INVENTORY	30 TITLE VI CLOSED CLEANING & INVENTORY



We wish you a Merry Christmas and a Happy New Year!!!

December 7, Pearl Harbor Remembrance Day

December 26, 2022 AST Complex will be closed – No lunch will be served or delivered

December 27th - 30th, Title VI will be closed for cleaning- Homebound will get there meals on December 23th.

Any concerns or questions please feel free to contact us at 405-275-4030 ext 6227

As winter approaches- check on your loved ones- make sure they have heat and water and lotion because you know we be ashy during the winter months!!! Be safe, smart, buckle up, keep your phone charged up.

Absentee Shawnee Tribe – Severe Weather Policy effective December 2013 states:

2. **PROVISIONS**

- a. Prior to normal starting time it will be announced on one of the local television or radio channels that the Absentee Shawnee Tribe is open and/or closed based on weather severity. The Governor, and/or designee, will report to these channels: Channel 4, 5, 9, Fox 25; Radio- KTOK 1000; KOCK 1520 AM. Formerly the policy has been that when schools in Little Axe and Shawnee are closed then employees would be allowed administrative leave. This policy seeks to clarify on procedures and gives the decision making process back to the Tribe.
- b. On days when weather conditions worsen as the day progresses, the Governor or another Member of the Executive Committee may decide to close early. In such cases, a decision and an announcement will be made through email to all employees.

RSV can be dangerous for some infants and young children. Each year in the United States, an estimated 58,000-80,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Virtually all children get an RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, cold-like illness, but it can also cause severe illness such as:

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren't eating and drinking), and/or mechanical ventilation (a machine to help with breathing). Most improve with this type of supportive care and are discharged in a few days.

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include:

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing or difficulty breathing

Infants who get an RSV infection almost always show symptoms. This is different from adults who can sometimes get RSV infections and not have symptoms. In very young infants (less than 6 months old), the only symptoms of RSV infection may be:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing more than 10 seconds)

Fever may not always occur with RSV infections. These symptoms usually appear in stages and not all at once. In very young infants with RSV, the only symptoms may be irritability, decreased activity, and breathing difficulties.

Almost all children will have had an RSV infection by their second birthday.

RSV season in most regions of the U.S. starts in the fall and peaks in the winter. If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

- **Wash your hands often**  
Wash your hands often with soap and water for at least 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Keep your hands off your face**  
Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Avoid close contact with sick people**  
Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes**  
Cover your mouth and nose with a tissue or your upper shirt sleeve when coughing or sneezing. Throw the tissue in the trash afterward.
- **Clean and disinfect surfaces**  
Clean and disinfect surfaces and objects that people frequently touch, such as toys, doorknobs, and mobile devices. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- **Stay home when you are sick**  
If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.
- **Do not kiss infants and babies**  
We often get the urge to kiss that infant baby, especially when they are so cute and precious, but we must remember that just one kiss could be dangerous to that baby. Resist that urge to kiss the baby. We have to be careful and not pass on our germs to the infants.

Most RSV infections go away on their own in a week or two.

There is no specific treatment for RSV infection, though researchers are working to develop vaccines and antivirals (medicines that fight viruses).

- **Manage fever and pain** with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. (Never give aspirin to children.)
- **Drink enough fluids.** It is important for people with RSV infection to drink enough fluids to prevent dehydration (loss of body fluids).
- **Talk to your healthcare provider** before giving your child nonprescription cold medicines. Some medicines contain ingredients that are not good for children.

***Call your healthcare provider if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.***

RSV can also cause more severe infections such as bronchiolitis, an inflammation of the small airways in the lung, and pneumonia, an infection of the lungs. It is the most common cause of bronchiolitis and pneumonia in children younger than 1 year of age.

Healthy adults and infants infected with RSV do not usually need to be hospitalized. But some people with RSV infection, especially older adults and infants younger than 6 months of age, may need to be hospitalized if they are having trouble breathing or are dehydrated. In the most severe cases, a person may require additional oxygen, or IV fluids (if they can't eat or drink enough), or intubation (have a breathing tube inserted through the mouth and down to the airway) with mechanical ventilation (a machine to help a person breathe). In most of these cases, hospitalization only lasts a few days.

There is no vaccine yet to prevent RSV infection, but scientists are working hard to develop one. And there is a medicine that can help protect some babies at high risk for severe RSV disease. Healthcare providers usually give this medicine (called palivizumab) to very premature infants and young children with certain heart and lung conditions as a series of monthly shots during RSV season. If you are concerned about your child's risk for severe RSV infection, talk to your child's healthcare provider.

**Reference:** National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

Discovering how to get everything you're eligible for is your goal and delivering on this promise is ours.

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

American Indian and Alaska Native Veterans now have increased health care options through reimbursement sharing agreements with the VA, and you can choose to seek care through VA or through the ASTHS Tribal Health System for your VA healthcare needs? These agreements mean more resources are available to support the collective health and wellness of tribal veterans.

ASTHS Patient Benefit Advocates and our local area VA Native American Nurse Navigator can help tribal veterans navigate VA benefits for which they may be eligible, such as health benefits, disability, pension, education and training, NA housing loans, survivors' benefits, and more.

405.456.3808

**Apply for VA Health Benefits:**  
**800.827.1000**

**Apply for VA Benefits:**  
**855.488.8441**

**www.va.gov**

**Little Axe  
Health Center**  
405.447.0300

**Shawnee  
Clinic**  
405.878.5850



## Caring for...AMERICA'S HEROES

 **Office of  
Tribal Government  
Relations**  
va.gov/tribalgovernment | 405.456.3876



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

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

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

*Together, we will fulfill our mission.*



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AST HEALTH SYSTEM DIRECTORY

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

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

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

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

PLUSCARE ..... 405-447-0477

GENERAL

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

DAY 4  
10  
JUMPING JACKS

DAY 1  
20 SECOND PLANK

DAY 7  
20 BICEP CURLS

DAY 3  
20 PUSH-UPS

DAY 5  
20 MT. CLIMBERS

DAY 10  
20 CRUNCHES

DAY 9  
20 SUMO SQUAT

DAY 2  
20 SQUATS

DAY 8  
20 CALF RAISES

DAY 11  
20 FRONTAL RAISES

DAY 6  
20 TRICEP DIPS

DAY 12  
20 SUPERMAN

12 DAYS OF FITMAS

HAVE FITNESS QUESTIONS?  
CONTACT THE DIABETES & WELLNESS DEPARTMENT  
AT 405-701-7977

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

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

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

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

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

TO APPLY:

www.healthcare.gov  
1.800.318.2596

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center  
405.447.0300  
www.asthealth.org

Shawnee Clinic  
405.878.5850  
www.asthealth.org

HEALTH SYSTEM  
Prevention. Progress. Pride.

Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$18,768 per year for an individual; under \$38,304 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services. Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits at no cost to you or your tribe.

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

TO APPLY:

www.mysoonercare.org

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center  
405.447.0300  
www.asthealth.org

Shawnee Clinic  
405.878.5850  
www.asthealth.org

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