



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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February 2023

AST Veteran CDIB Card Available



AST Veteran Esteline Schulenberg received the first Veteran Absentee Shawnee Tribe CDIB card. All AST Veterans are eligible even if current cards are not expired.

"This is something that I have wanted to do for a while now," said Enrollment Director Amanda Webb. "This is a great way to honor our AST Veterans and acknowledge their service to our country."

Schulenberg served in the U.S. Women's Army Corp for two years and is an active member in the AST Veterans Association serving as Operations Officer.

She was also a member of the American Legion Post 88 in Norman and was the first woman commander elected to the position and served from 1999-2001. She also served and was the Division West Commander of the American Legion of Oklahoma, as well as being the former president of Women's Veterans Organization of Oklahoma 2000-2002. Esteline is a charter member of Women in Military Service for America. In 2001 she was awarded a plaque for Female Veteran of the Year for the State of Oklahoma. The Crow Nation of Montana awarded Esteline with recognition as the Outstanding Female Veteran of the Year. In 2010 she was awarded Indian Elder Honors medal from the Oklahoma AARP.

AST Veterans wanting the Veteran CDIB card must provide DD Form 214, current CDIB and state ID/driver's license to the Enrollment office. Enrollment office is open Monday through Friday 8 am-12 pm and 1 pm - 5pm.

Members can also renew via mail, email or request CDIB Update form from the Enrollment Office at (405) 481-8650.

CDIB cards expire four years after the issue date.

Final Beam Installed at LAHC Expansion



On January 11, The Absentee Shawnee Tribal Health System (ASTHS) and the AST Executive Committee signed the final beam of the clinic expansion. The beam was displayed to allow Health employees to sign.

The ASTHS clinic broke ground last May on Phase 1 of the two phase project. Phase one will add space and services to the Little Axe Clinic. Manhattan Construction Company installed the final beam on January 13. The scope of work includes five separate expansions for eight different departments; ten different departments will be remodeled; a 4-lane pharmacy drive-thru ; 36 Primary Care exam rooms and 11 new dental patient rooms. Almost 40,000 square-feet will be added and 17,000 square-feet of existing space will be remodeled.

The groundbreaking last year coincided with the 10th year anniversary of opening the new Little Axe Clinic. Work is expected to be completed in 2024.

From The Election Commission

ANNOUNCEMENT OF PROSPECTIVE CANDIDATES FOR ELECTED OFFICE'S FOR 2023

FROM THE ELECTION COMMISSION

Prospective Candidates for Elective Office's for 2023.

EXECUTIVE COMMITTEE

Governor

John Raymond Johnson
Andrew Warrior
Ewell Longhorn
Danny Little Axe, Jr

Secretary

Alicia L. Edwards Miller
Eileen Pearce
Misty McGirt

ELECTION COMMISSION

Election Commission Secretary

Shirley Adkins

Commissioner Member #2

Charlotte Ellis

Tribal Members:

The Primary Election will be held on Saturday, March 18, 2023. The voting polls will be located at the Little Axe Resource Center on Peebly Road and at the AST Health Multipurpose Building on the AST Tribal Complex in Shawnee, Oklahoma. **The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.**

A Sample ballot will published in the March Newsletter

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)
Voter of the Absentee Shawnee Tribe on or before March 18, 2023. I cannot physically
be present to cast my Vote at the **March 18, 2023 Primary Election**, therefore, I am
requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)
Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline date of
February 26, 2023

Mail to:
Absentee Shawnee Election Commission
P.O. Box 741
Tecumseh, OK 74873

Fax to:
Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 6271
Toll free number 1-800-256-3341 ext. 6271

Deliver in Person to:
Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.
This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative



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,
I hope that 2023 is treating you well and you are still following those New Year’s resolutions. We have some new and some ongoing projects that are either continuing or will be starting soon here at the tribe.
On January 12th I signed the contract with Calm Construction Company to begin construction on the new Police building. This building is being funded from an

ICDBG grant that was award to the tribe during COVID. We are very excited to see the construction began. The new building will give the AST police department the much needed room that they have needed for a long time.
The new After School building that is being built on the south side of the Shawnee campus is taking shape. Construction crews have been working hard and you can see the outline of the building. This building will give much needed space for the After School program to expand their services.
At the December 2022 Executive Com-

mittee meeting a resolution was passed for the 2023 Winter ARPA General Welfare Assistance. This assistance is for \$500 for 18 and older (as of June 1, 2021) tribal members. The application process began on January 4th and the deadline is February 28th at 5pm. Be sure to go online to <https://www.astribc.com/2023-arpa-winter-assistance> for more information or to fill out your application.
In closing, I am looking forward to the above project being completed and other project to begin. With the new buildings and new programs that are starting, we will be able to serve more tribal members.

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@astribc.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.
Maintenance:
The Maintenance staff has completed 45 work orders in the last month on the Shawnee campus. I want to thank the Maintenance staff and Housekeepers for all their hard work they do for the department.
OEH:
In total for 2023 OEH has assisted Tribal members with 6 different septic renovations and installations, water well drilling and installations, well renovations,

and community water connections.
For 2023, we have collected, processed, and recycled 2 bales of shredded office paper and cardboard equaling roughly 1.5 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 and entry gate are still on schedule to be completed by the end of January.
We have awarded the contract to Calm Construction for general contractor for the Police Safety Center construction. We expect them to break ground on the project by the beginning of February.
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 num-

ber listed below.
Jarrod Lloyd, OEH&E Director
jlloyd@astribc.com - (405) 214-4235
BIA Program(s)
No report submitted.
Any questions or concerns please email at TwylaB@astribc.com or (405) 275-4030.
Land Management
Land Management has been getting wood ready for elders and have been making deliveries. We also been helping tribal members and some have reached out to the department for further projects. If you have any concerns or questions call Clayton Martinez, Land Management Coordinator, at (405) 395-8101 or email cmartinez@astribc.com.

Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!
It is already February and I hope everyone is staying relatively well despite we are still seeing influenza activity all around us, coupled with RSV and COVID-19. Be sure to take care of yourself and your loved ones by taking the following actions to help prevent or alleviate serious illness, such as: making sure to get your annual flu (and COVID-19) vaccine; avoid close contact with people who are sick, if possible; cover your mouth and nose when sneezing and coughing; wash your hands; avoid touching your eyes, nose and mouth; and clean and disinfect objects and surfaces.
The beginning of January, the Executive Committee held a special meeting to update a 2010 resolution. The resolution addressed tribal boards minus entity boards such as gaming, health, ASEDA and housing. The resolution re-affirmed the amount for tribal boards per meeting and also updated to include election commission alternates. The election commission is the only “board” who uses alternates to conduct business per the tribal constitution, on an as-needed basis. The Executive Committee merely updated this specific resolution to include the constitutionally recognized positions.
I attended an in-person meeting as one of the two Oklahoma Area Tribal Representatives in Portland, Oregon recently. This was for the Indian Health Service (IHS) Tribal/Federal workgroup to update the government-to-government consultation policy (Indian Health Service Circular No. 2006-01 effective 01.08.2006). This is very important to work not only to our tribe but to all tribes, Alaskan Na-

tive Corporations (ANCs), urbans and tribal health organizations. All the work, to date, has been completely virtual. By meeting in-person, we were able to complete work at a much faster rate. The workgroup expects to finalize the document later this spring. It will eventually progress for full public comment in the Federal Register. It is exciting to be a part of this process for the Absentee Shawnee Tribe. This work is ensuring our right as a sovereign to be heard when laws and policies affect our ability to carry out tribal health programs, activities, functions, and services to our tribal people.
The AST Elder event held on January 19th at the Shawnee Clinic Multipurpose building was well attended. I am happy we were able to include elder application assistance for the ARPA general welfare. Ne yi wa to all who organized, who attended and who volunteered to make this event possible. We are always delighted to serve and help our tribal elders. Please do not forget the ARPA assistance will conclude at the end of February. So be sure to submit your application - if you were enrolled and 18 years of age before or on June 1, 2021.
The submission deadline for this article is due before the monthly EC meeting is to be held. At this time, I can report there are 6-executive resolutions (covering membership, policy and procedure annual update and a partnership agreement) and 4-legislative resolutions submitted (covering budgets and to update a court code).
Regarding our tribal health system, construction at the Little Axe Health Center is progressing. Majority of the steel work seems to be near complete. The departments benefiting from this expansion are behavioral health, dental, administration, facilities, imaging, lab, pharmacy, prima-

ry care, public health, and specialty care. Administration and facilities are near complete and public health and lab are not too far behind. As for the Shawnee Clinic build, we continue to look for alternative sites. We have outgrown its current location for quite some time and the first choice site considered, which I was super hopefully for, could take far more time to make a reality and in the end future growth on that site would be limited. We are still seeking the best location.
Tax preparation assistance will be spearheaded once again by AST tribal elder, Ms. Tina Ontiveros-Adame. She always does a great job of obtaining her annual certifications to host this short-term program. She also has a great group of volunteers who takes time out of their busy schedules to help those in our community to get their taxes complete. There are specific requirements to take advantage of this tax preparation. You must make no more than a total (household income) of \$60,000.00. You must bring a photo IDs, W-2, Social Security cards for all individuals in the home who are included on your tax return, 1099’s, 2021 tax returns, (if available) medical insurance expenses and daycare expenses....please call for an appointment at (405)275-4030. Tax preparation will begin on February 14 and conclude on April 18, 2023.
In conclusion, my heart goes out to all the families who have lost loved ones in January. May your heart find moments of peace during your struggles to cope and understand.
Si li no ke ka no la. Ne yi wa.

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

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,
I hope everyone is doing well and staying healthy. It was nice to see all the Tribal elders who attended the Elders’ Christmas Luncheon this past December, 2022. I witnessed a lot of smiles and laughter at the Elder Luncheon by the many elders that were in attendance. The food was pretty good too. I wanted to thank all the employees who worked hard and diligently to make the Elders’ Christmas Luncheon a huge success.
Education Department;
The Education Department has launched the Big Jim Award Scholarship guidelines and application; you can find it at www.astribc.com on the Education

page under the Services tab. All High School Seniors, within the 50 United States graduating in 2023, are eligible for this award. There will be one male and one female winner per category. Please submit all applications to the Education Department either in person, by mail or by email. If you have any questions or concerns contact the Education Department at 405-275-4030 or by email education@astribc.com. As always, IT’S AN EXCELLENT TIME TO GET AN EDUCATION.
I am delighted to announce the Workforce Program/ HVAC candidates have started their training at Moore-Norman Technology Center in January. They will complete their training this May, 2023. This summer, the Workforce Program/ HVAC candidates will begin employment under the supervision of the AST HVAC

technician. At that time, the candidates will start on-the-job training and begin accruing apprentice hours to go towards obtaining a journeyman’s license.
Cultural Preservation Department;
Most of the goals for 2023 for Cultural Preservation revolve around improving their out of date systems and coming into the information age. This year they plan to have more workshops and events for the community. They are also looking into possibly recording how-to videos for such things as moccasins, yarn belts, etc. and making those available to the community for use at all times.
Gift Shop: The main goal for 2023 the gift shop would like to accomplish is providing an online shop to their patrons. The details are currently being evaluated.
(Continued on Page 3A)

REPRESENTATIVE’S REPORT

(Continued from Page 2A)

Library: In 2023, the Library would like to accomplish three things. First, the library would like to diversify their collections. Second, they would like to investigate the possibility of offering library podcast, videos with guests and possibly authors, and PowerPoint trainings. Finally, they plan to host more events or promotions for such days as Read across America Day and National Book Lover’s Day.

Language: In 2023, the main goal for the Language program is providing classes. They are hoping to start the beginning

classes in early spring. They will also continue providing material on the Tribal website.

THPO – Tribal Historic Preservation Office: The THPO’s main goal in 2023 is to build a coalition of the three Shawnee Tribes. This would be beneficial during consultation. Also, they would like to continue to work on building/updating their databases.

Gaming Commission; Gaming Commission is still waiting approval of the Absentee Shawnee Tribe Gaming Ordinance from Nal’t Indian Gaming Commission. Gaming commission has started up-dating the Tribal Internal Control Standards for the casino. I

continue to attend the Gaming Commission meetings.

Youth Camp; Construction continues at the Youth Camp. We had a meeting with the Construction Co. this past month. The Construction Co. advised they will be pouring the concrete for the tennis and basketball courts this month. The Construction Co. advised those two projects should be completed in the next two months and will start the groundwork for the softball field. The same construction company is working on the curbing for the dining hall parking lot and the Youth Camp entrance.

I am pleased to inform you, the Exec-

utive Committee is having discussions/meetings with the Absentee Shawnee Housing Authority, so they can utilize some of the Tiny Homes for their Safe Shelter Program. We, Executive Committee, are utilizing a few of the Tiny Homes to assist Tribal Members who are in need of temporary emergency housing. 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.

Respectfully,
DeWayne Wilson
Tribal Representative

TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members, Family and friends,

As we begin February, many of us are looking forward to the “dog days of Summer”, warmer temps, and spitting sunflower seeds at the ball park. Do not get complacent as Winter is not yet done. Writing this update, several are anticipating the next cold storm front to push through. Like many of my relatives, I’m waiting to take my Shawnee bath to prepare for the new year. Our culture is what makes us who we are. However, before I begin, let me express my condolences to those who have lost loved ones recently. Oftentimes, folks forget that we as EC members have familial obligations as well which prevent us from coming to the office. As the old saying goes, “When it rains, it pours.”

That being said, let me provide a report of events my office was able to participate and assist with this past month. I, along with other EC members had a Conference Call with our Shawnee relatives from Miami. Chief Barnes explained the reason behind the discussion as he was requesting assistance in an issue in Kansas. I first met Ben and 2nd Chief Roy Baldrige back in 2012, while on consultation out of state. We have maintained a friendship over the years and often talk about concerns that affect each of our respective tribes. I am happy we are able to provide a Letter of Support for their project.

Recently, the Grants Department has been providing training opportunities for our Directors and staff. These monthly sessions have been to improve staff reporting, fulfilling grant obligations, and better understanding on how to interpret budgets. This is an ongoing effort to provide better communication between our

staff internally and the funding agency. Through discussion, we created a Task Group to provide better administration over the individual grants so that everyone is working off the same playbook and headed the same direction.

I’m certain there will be another story talking about the Beam Signing but I wanted to mention it briefly. The last beam was set out for members, patients, and staff to sign their names before it was set into place on Friday, January 13th. We should start to see the construction begin to wind up as completion of the expansion in Little Axe becomes near. I don’t have a date at this time but will make certain to ask at the next meeting. For me, it doesn’t seem that long ago (10 years) since the previous beam was signed and erected.

The Agriculture Department continues to ramp up for the Spring. We’ve already been receiving calls to set up time for ground tilling. A quick reminder for

those who would like their own garden area; the Tribe will plow up the ground but we do not provide the seed, planting, maintenance, and harvesting of the final product. It is up to the individual to weed, water, fertilize, and then pick their bounty. Call Gabby to get on the schedule.

The final item to report on is ASEDA. There is a minimum amount of 3 board members and they were set to have a meeting in late January. I will report more on them in next month’s issue. As I complete this submission, I want to say “thank you!” to those who continue to provide words of advice, support, and encouragement. I commend our staffs for their relentlessness to get tasks completed to better assist our membership. Should you have any questions, do not hesitate to call my office or send me an email.

Neyiwa!
Joseph H. Blanchard

Absentee Shawnee Tribe

2023 Winter ARPA

General Welfare Assistance

IMPORTANT DATES

Program applications (begin accepting)	Wednesday, January 4, 2023
In-person Elder (55+) Application Assistance	Friday, January 20, 2023
Program end	Tuesday, February 28, 2023 5 pm cst

ARPA GENERAL WELFARE ASSISTANCE - PROGRAM ELIGIBILITY

- Must be enrolled member of the Absentee Shawnee Tribe of Oklahoma (on or before June 1, 2021)
- Must be 18 years old and over to participate (must be 18 on or before June 1, 2021)
- Must complete a 2023 ARPA General Welfare Assistance Program application (one per tribal member)
- Current CDIB card (attached with application)

• Applications MUST BE SUBMITTED ON OR BEFORE TUESDAY FEBRUARY 28, 2023 5:00 PM CST


REQUIRED DOCUMENTS

- Completed 2023 ARPA General Welfare Winter Assistance Application (one per tribal member)
- Adult guardianship completing on behalf of an adult AST member, must provide a legal power of attorney to accompany application
- Copy of updated CDIB

****Incomplete applications will be returned****

ARPA GENERAL WELFARE APPLICATION 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@astribes.com



ABSENTEE SHAWNEE TRIBE

TAX PREPARATION SERVICES

TUESDAY'S 5:30 PM – 8:00 PM

THURSDAY'S 5:30 PM – 8:00 PM

SATURDAY'S 9:00 AM – 12:00 PM

FREE INCOME TAX FILING: FORMS 1040 OR 1040 SR

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


REQUIRED DOCUMENTS

- PHOTO ID
- MEDICAL/DENTAL EXPENSES, IF ANY
- W-2 FORM
- CHARITABLE DONATIONS RECEIPTS, IF ANY
- SOCIAL SECURITY CARD
- 1099 FORM
- LAST YEAR'S TAXES

START DATE – FEB 14, 2023

ELIGIBILITY: TOTAL
HOUSEHOLD INCOME OF
\$60,000 OR BELOW; AST
MEMBERS & THE COMMUNITY

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



ABSENTEE SHAWNEE TRIBE

ANNUAL EASTER EGG HUNT

SATURDAY, MARCH 25, 2023 - 12 PM - 2 PM

AST COMPLEX,
2025 S GORDON COOPER DRIVE
SHAWNEE, OK

AGE GROUPS - 2 PRIZES PER GROUP

3 & UNDER 4-6 YRS 7-10 YRS

11 & UP 18 & UP 55 & UP

LUNCH PROVIDED



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@astribes.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.

Education Department



AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2022-23 Big Jim Youth Awards on January 1, 2023. Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2022-23 academic year. **Applications will be accepted from January 1 to March 31, 2023 by US mail or email. Official transcripts will be accepted via email or as a hard copy. Faxed copies will not be accepted.**

The official application form is available at www.atribe.com on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2022 semester. The scholarship **must be used for the fall 2023** semester.

Applications are for the following awards:

- Big Jim Academic Achievement Award (Male and Female)
- Big Jim Athlete of the Year (Male and Female)

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced at a date to be determined after March 2023.**

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2022-23 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

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

Big Jim Youth Award

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

Applications accepted:
Jan. 1st –March 31st
Finalists announced:
May/June 2023

- ☐ \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- ☐ \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- ☐ \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- ☐ \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: _____ (LAST) (FIRST) (MI)

Tribal Enrollment #: _____

Address: _____ (STREET) (CITY) (STATE) (ZIP)

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email: _____

College/university/vocational institution you plan to attend after high school? _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Advisor/Counselor: _____ Phone #: _____

Sport: _____ Position: _____

Coach: _____ Phone #: _____

Indian Education Director: _____ Phone #: _____

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

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



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 to be a 3 Star center now. The teachers are doing lots of curriculum with children's names and preparing the children for pre-school. Also, we are incorporating physical activities and hands on learning. Our teachers are getting CPR and First aid renewed beginning with the first group on February 4th.

The children are doing lots of Valentine's Day crafts and will have parties on February 14th at 3:00 P.M.



Building Blocks will be closed Monday, February 20th in observance of Presidents' Day.

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

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

Have a Fantastic February!!



Free Financial Coaching Available to Tribal Citizens

Since June 2020, with grant support from the Wells Fargo Foundation, the Oklahoma Native Assets Coalition, Inc. (ONAC) has been offering three types of free financial coaching to tribal citizens across the United States: 1) credit counseling, 2) homebuyer education, and 3) financial management (i.e. budgeting).

Confidential sessions are offered one-on-one, by teleconference (Zoom) or phone call, with a certified credit counselor, homebuyer education provider, and financial educator, Felecia Freeman (*Citizen Potawatomi*). Typically, these sessions will last for an hour and are scheduled at a mutually agreeable time.

Thus far, ONAC has offered this free financial coaching to those participating in ONAC's other programming. Now, ONAC is offering these financial coaching services to a wider group of tribal constituents.

If you are a tribal citizen interested in free financial coaching, you are welcome to complete the following registration form:

<https://www.surveymonkey.com/r/ONACcounselingregistration>.

Once the form has been submitted to ONAC, our financial coach will work with you to schedule a remote session by phone or teleconference. This confidential financial coaching is available to any American Indian or Alaska Native in the United States, regardless of where you reside.

For any questions about these financial coaching services, contact Christy Finsel, ONAC Executive Director, at (405) 720-0770 or cfinsel@oknativeassets.org.



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 C.D.C.

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.

Building Blocks has started the year off with a BANG!!!! Our building has now been installed with Antimicrobial LED Lights. This new technology will help fight the spread of bacteria, infections, and germs. This will help our students and teachers stay healthy, and less exposed to germs throughout the day. We couldn't be more excited!!!

If you love being around children, have early child care training/experience, and eager to learn **APPLY TODAY!**

NOW HIRING! Multiple positions! Call (405) 360-2726 or Apply Online @ <https://www.atribe.com/employment>.

Antimicrobial LED Lights when no motion has been detected, go into UV lighting to really fight off those germs!



Antimicrobial LED Lights during the day while class is in session. Our new lights also adjust in brightness.



Please enjoy some picture we have captured over the past month.
Happy Valentine's Day!



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.

Cultural Preservation

On December 30th, the Cultural Preservation Department had a meeting to discuss our goals for 2023-2025. Most of our goals center on improving our out of date systems and coming into the information age. This year we would like to host workshops that have never been offered before or haven’t been offered recently. We are currently planning a Woman’s Blouse workshop that will be offered in a series of workshops. I am hoping to offer the first in late February. Please be on the lookout for an announcement on the Tribe’s website and the Tribe’s official Facebook page.

Also, we are looking into new ways to offer workshops to the community. We would like to record how-to videos for such things as moccasins, yarn belts, etc. and offer those to interested individuals. Our hopes are this will give the community 24 hour access to workshops that they may be interested in that we are not offering. Additionally, please be on the look-out for notices concerning these how-to videos. We are compiling a database of individuals who can and would be willing to take part in this project. If you know of anybody or are interested yourself, please contact Ms. Maureen Bemo at (405) 275-4030 ext. 6238 or at mbemo@astribe.com.

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. Please be patient with us at the Little Axe location as there is currently only one individual to cover both shops.

We are still working with distributors in producing new emblem barring items such as portfolios, mouse pads, and patches. We have started working with a new distributor that offers different designs of blankets. Some of the new items we have received can be seen in the pictures above and to the right.

The main goal for 2023 the gift shop would like to accomplish is providing an online shop to patrons. Currently, we are coordinating with the appropriate Departments that would help us accomplish this goal. The gift shop would start out small with just a few items. Please be patient with us as we figure out the details.

However, if you live out of state, we can ship items to you. Please contact the Gift Shop Manager, Mrs. Merry Rodriguez, at (405) 275-4030 ext. 6310 or at mrodriguez@astribe.com.

Library

The Library is open! Last month, activity in the library included 4 virtual books checked out and 3 library books re-checked out. 8 virtual library books are currently on hold, and Ms. Paula Jackson has added 2 new patrons to both libraries. To date, she has cataloged over 700 books, 31 being added recently. 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@astribe.com.

For 2023, Ms. Jackson plans to diversify the library’s collection. She also would like to offer new resources such as library podcasts, videos with guests and possibly authors, and PowerPoint trainings. Also, please be on the lookout for events the library plans to host on the Tribe’s website and the Tribe’s official Facebook page.

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)

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 359 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 284 projects. These projects were completed in 14 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 3 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

For 2023, the THPO’s main goal is to build a strong coalition with the two other Shawnee Tribes. We are currently setting up the first of a series of meetings to discuss topics that are within the Cultural Preservation/Historic Preservation Department such as Section 106 of the National Historic Preservation Act, NAGPRA (Native American Graves Protection and Repatriation Act), TCNS (Tower Construction Notification System), Historical Sites, Language, and other topics that may be of interest.

Language

Mr. Scott Miller has been busy working on building the foundations for a language program. Over the past several weeks, he has been developing short 15 to 20 minute lessons to pre-record and place in the Tribal member only section of the AST website. His plan is to have a series of lessons working through vocabulary, phrases, and short conversations. He has done a test recording to see how to improve the content and flow of the lesson and anticipates having the first lesson ready to post within several weeks.

On January 10th, Mr. Miller participated in a consultation Zoom call with the Department of Education, Office of Indian Education (OIE). The OIE is seeking comment on a proposed National Native American Language Resource Center. The Center would provide resources as prescribed in the recently signed Durbin Feeling Native American Languages Act of 2022.

A template agreement for teachers has been forwarded to the Attorney General’s Office for review. Mr. Miller has a couple prospects for teachers, one in-person and the other online. He will continue conversations to get a commitment, but please be aware Mr. Miller will need **one more in-person teacher** prospect so both locations will be covered, L.A. and Shawnee.

Please note that the language surveys can still be completed. To date, the language program has received 4 surveys. So far, the results do not look promising for those able to understand and even speak limited Shawnee. Hopefully, the efforts mentioned above will help spark interest in speaking Shawnee.

If you would like to discuss the language program, please contact Mr. Scott Miller at (405) 275-4030 ext. 6340 or at SMiller@astribe.com.

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@astribe.com if you have any questions or concerns.

Shawnee Alphabet

The Shawnee Alphabet consists of 13 consonants (P,F,S,N,M,K,W,T,G,L,H,Y,Q) and 4 vowels (I,A,E,O), which make 52 two letter syllables.

<i>Pi</i>	<i>Pa</i>	<i>Pe</i>	<i>Po</i>
<i>Fi</i>	<i>Fa</i>	<i>Fe</i>	<i>Fo</i>
<i>Si</i>	<i>Sa</i>	<i>Se</i>	<i>So</i>
<i>Ni</i>	<i>Na</i>	<i>Ne</i>	<i>No</i>
<i>Mi</i>	<i>Ma</i>	<i>Me</i>	<i>Mo</i>
<i>Ki</i>	<i>Ka</i>	<i>Ke</i>	<i>Ko</i>
<i>Wi</i>	<i>Wa</i>	<i>We</i>	<i>Wo</i>
<i>Ti</i>	<i>Ta</i>	<i>Te</i>	<i>To</i>
<i>Gi</i>	<i>Ga</i>	<i>Ge</i>	<i>Go</i>
<i>Li</i>	<i>La</i>	<i>Le</i>	<i>Lo</i>
<i>Hi</i>	<i>Ha</i>	<i>He</i>	<i>Ho</i>
<i>Yi</i>	<i>Ya</i>	<i>Ye</i>	<i>Yo</i>
<i>Qi</i>	<i>Qa</i>	<i>Qe</i>	<i>Qo</i>

Consonants

- “**P**” has a soft sound similar to a soft “**B**”
- “**F**” has a TH sound as in “**thumb**”
- “**S**” has a sound as in “**see**”
- “**N**” has a sound as in “**new**”
- “**M**” has a sound as in “**make**”
- “**K**” has a sound as in “**kite**”
- “**W**” has a sound as in “**walk**”
- “**T**” has a soft sound similar to a soft “**D**”
- “**G**” has a hard “**CH**” sound or “**J**” sound as in **check** or **jet**
- “**L**” has a sound as in “**land**”
- “**H**” has a sound as in “**hello**”
- “**Y**” has a sound as in “**yellow**”
- “**Q**” has a sound as in “**quiet**”

Vowels

- “**i**” sounds like “**ah**” or “**aw**”
- “**a**” sounds like “**eh**” or “**ay**”
- “**e**” sounds like “**ee**”
- “**o**” sounds like “**oh**”

Special Symbols for Teaching use

- ^ long sound – a vowel sound is held a split second longer than a normal vowel sound.
- ‘ glottal stop – the abrupt stop of a vowel or consonant sound.
- - identifier of a prefix and/or suffix to a verb

Si wi nwi to wa – Speak Shawnee

S’ke pi ye ke s’fwa – Sap Month (February)
(s’kee pah yee kee s’t’weh)

Ki qi – Ground hog
(kah qah)

Ke sa ke ke s’fwa – sun
(kee seh kee kee s’t’weh)

Ho wa se la p’wi – happy
(ho weh see leh p’wah)

La mi ti pe lo – sit down
(leh mah tah pee lo)

Hi ke ma ge ni ni he – Are you ready?
(hah kee meh chee nah nah hee)

K’ya ke so ho – dress warm
(k’yeh kee so ho)

Hi mi mo lo – wake up
(ha mah mo lo)

Ma li se – sugar
(meh lah see)

T’hi ko s’ki ge – shadow
(t’hah ko s’kah chee)

Ke ti qa la ma la – I love you
(kee tah qeh leh meh leh)

Fi ke la g’ya na te pa – hold hands
(thah kee leh ch’yeh neh tee peh)

Na wi pi ti – let me see
(neh wah pah tah)

H’yo wa – let’s go
(h’yoh weh)

M’qi ma li ne – ice rain
(m’qah meh lah nee)

Ke fe qi lo – wash your face
(kee thee qah lo)



Book Review

Five Little Indians by Michelle Good

This novel follows the lives of five children, Kenny, Lucy, Maisie, Clara & Howie, who were ripped out of their homes and forced to live in a mission school in Vancouver, Canada where they endured years of abuse. After being released or escaping as teenagers, the five find themselves alone and without any skills, support or families. Although, most of the story is told by a third party we see how they respond to the trauma and hardships while trying to survive & come to terms with their pasts. Five Little Indians is a national bestseller. The winner of the 2020 Governor General's Literary Award for fiction and the 2021 Amazon Canada First Novel Award.

Available on Libby:

<https://okvirtuallibrary.overdrive.com/search?query=five+little+indians>

February

Black History Month

Library Lover's Day-Valentine's Day

President's Day

Upcoming:

Read Across America Day



Justin – Happy Birthday to my eldest child! I love you so very much! XOXO Love, Mom

Justin – Happy 36th Birthday to our big brother!! So glad to have you as ours!! XOXO Love, Joplin & Jiliyan

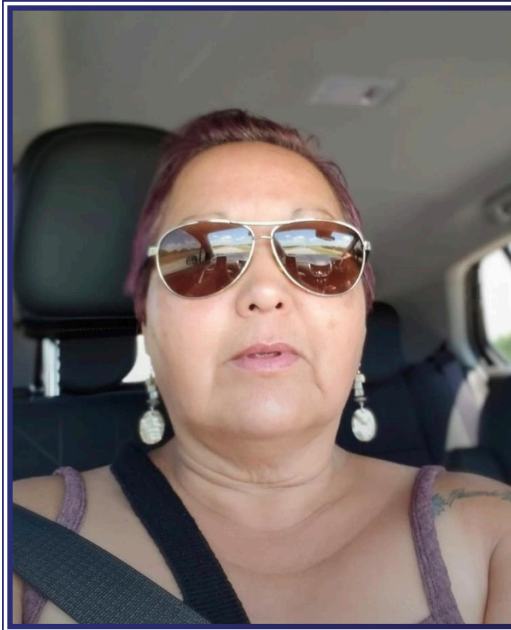
Justin – Happy Birthday to my sweet nephew! Aunt B loves you!!!



Happy Birthday Cora Irene!!!

We love and appreciate you.

– Your Kids <3 <3 <3



Happy Birthday Laura Lee Taryole. Hope you have a Blessed day. Love from all your family.



Happy Birthday to Keaona R. Robertson. Hope you have a very blessed day. Sending so much love to you. From all of your family.

Lizard

You're the Mac to my Cheese! The black to my coffee! We love you and may the good Lord continue to bless you! Happy Birthday! Love always and forever.. Julie and Toby

Trinity

Can't believe your 19! Stop growing up!! We are very proud of you and what you have done so far. We know your Dad continues to watch and guide you. Happy beautiful birthday! Love you forever.. Julie and Toby

Webb

Happy Birthday!! We hope you have a blessed and wonderful birthday!! Stay Golden Pony Boy! Always and forever love.. Julie and Toby

Lilly Pad

Happy Happy Birthday my beautiful niece!! You are a complete JOY to be around and you fill my heart with laughter!! I absolutely LOVE being your Aunt! May God continue to bless you and guide you. I love you always and forever! Love Aunt Julie and Uncle Toby

Micah

Thank you for being a great sister! May our good Lord continue to bless you and your family. Happy Birthday and I love you!! - Julie

Happy Birthday Gary L. Littlehead. Hope your day is good. Love from all of your family.

2022 OKC Princess Honor Dance

February 11, 2023

Heart of Oklahoma Expo Center | 1700 W. Independence, Shawnee, Ok 74804

SPONSORED BY THE 2022 OKC PRINCESS FAMILIES & CHANGING WINDS CULTURAL SOCIETY

HONOREES

Miss Indian OKC
Rachel Scott
Chickasaw

Jr. Miss Indian OKC
Aleiyah Gaddis
Osage

Little Miss Indian OKC
Zoli Gibson
Absentee Shawnee

HEAD STAFF

HMD: Boye Ladd Jr.
HLD: Leah Bender
HGD: Ira Kaulay
HS: Warren Anquoe
MC: Cricket Shields
AD: Marshal Williamson
CG: Seminole Nation H.G.

Cake Walk

RAFFLES

1:00 PM Gourd Dance | 5:00 PM Supper Break | 6:00 PM Gourd Dance | 7:00 PM Grand Entry
DANCER REGISTRATION CLOSING AT 6:45 PM

CONTESTS

MEN'S STRAIGHT \$300 - \$200 - \$100 By The National Native American Hall of Fame

WOMEN'S CLOTH \$300 - \$200 - \$100 In Honor of Rachel Scott By the Scott Family

WOMEN'S FANCY SHAWL Payout TBD In honor of 2014 Miss NDN OKC Liyahna Bender, 2013 Little Miss NDN OKC Akiame Bates, Rachel Scott and Zoli Gibson By Leah Bender

WOMEN'S JINGLE \$400 - \$300 - \$200 and 3 Consolations By Susan Tiger - 1999 Jr. Miss NDN OKC

TEEN BOYS STRAIGHT \$75 - \$50 - \$25 In Honor of 2020 Little Miss NDN OKC Taylor Fields By Hillary Fields

TEEN GIRLS JINGLE \$75 - \$50 - \$25 In Honor of Aleiyah Gaddis By the Tanyan, Switch & Hamilton Families

TEEN GIRLS CLOTH \$100 - \$75 - \$50 In Honor of 2020 Little Miss NDN OKC Taylor Fields By Hillary Fields

JUNIOR GIRLS CLOTH & BUCKSKIN \$75 - \$50 - \$25 In Honor of Zoli Gibson By the Gibson Family

JUNIOR GIRLS JINGLE & FANCY \$75 - \$50 - \$25 In Honor of Zoli Gibson By the Gibson Family

SPECIAL WOMEN'S CLOTH CONTEST - ALL FORMER TRIBAL & ORGANIZATION PRINCESSES AGES 21 to GOLDEN AGE \$400 - \$300 - \$200 & Two Consolations In Honor of Andi Anquoe Parnacher, 2008 Little Miss NDN OKC CITG Princess, OK NDN Biker Princess and Native American Marine Corps Veteran's Princess By the Anquoe Family

TINY TOTS In Honor of Rachel Scott by Caleb & Anell Scott

MORE CONTESTS TBA

If you are a former OKC PRINCESS OR FAMILY MEMBER and would like to honor your princess by sponsoring a contest please contact Cheryl Anquoe

VENDOR CONTACT LESLIE TANYAN 405-245-9953

FOR MORE INFORMATION OR TO SPONSOR A CONTEST CHERYL ANQUOE 405-250-6931

NOT RESPONSIBLE FOR ACCIDENTS, INJURIES OR THEFT NO ALCOHOL, DRUGS OR FIREARMS, NO OUTSIDE FOOD SALES, NO SPECIALS AFTER GRAND ENTRY

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 \$8,000.
- All assistance will be issued directly to companies indicated by the applicant.

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.

FOR MORE INFORMATION

CALL (405) 275-4030

Taylor Masquas
ext 6440
HAF Specialist
TMasquas@atribe.com



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
Monday, February 20th - Presidents' Day

AllNations Bank

AllNations Bank announces added benefits for Absentee Shawnee Tribe members!!

We have partnered with the Oklahoma Native Assets Coalition, Inc. (ONAC) to establish the **Simply Safe Account**. This account makes banking accessible to everyone. AllNations Bank was the first Native American owned bank to offer this account, a certified Bank On account by The Cities for Financial Empowerment Fund. **Simply Safe Account** features are listed below:

- A debit card that honors the Absentee Shawnee Tribe – issued to AST members.



- Low balance to open
- Low monthly fee (**Fee is now waived for AST members**)
- Free direct deposit
- Free debit card
- Free online banking, bill pay & mobile app
- Free online monthly statement (\$2.00 fee for a paper statement)
- No overdraft fee (This is a check-less account. Account transactions are limited to Withdrawals at the Teller Window, Debit Card and ATM transactions, Online Bill Pay, Online or Mobile banking transfers.)

For any other questions about the Simply Safe Account features and benefits, please call AllNations Bank at 405-273-0202. Or go to our website www.anbok.com to download a new account application form and start banking with your Simply Safe Account today!

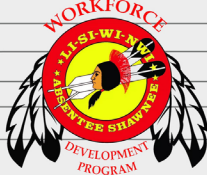


2023 Gordon Cooper Drive
Shawnee, OK 74801
FDIC Insured

Winter 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.

Sponsored by:





ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

February 2023

Section B



ASTHS February 2023 Monthly Update

February is American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news: heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart-healthy lives

What is Heart Disease?

In fact, there are numerous answers to this question. Heart disease is actually a broad term used for a wide variety of diseases of the heart and blood vessels such as coronary artery disease, heart rhythm disorders called arrhythmias and defects of the heart present at birth, also called congenital heart defects.

The most common type of heart disease in the United States is coronary artery disease, also called coronary heart disease or cardiovascular disease. This is a condition in which plaque, which is made up of fat, cholesterol, calcium and other substances in the blood, builds up inside the coronary arteries which supply oxygen-rich blood to the heart muscle.

This plaque build-up is called atherosclerosis. A plaque can grow large enough to reduce or completely block blood flow through an artery. More frequently, a plaque may rupture, causing a blood clot to form that either blocks the artery or breaks off and travels somewhere else in the body causing a blockage at another site. When the blockage takes place in a blood vessel that feeds the heart, the result is a heart attack or, depending on the severity, Sudden Cardiac Death.

If the plaque build-up or blood clot resulting from the plaque rupture occurs in the carotid arteries on either side of the neck, this is called Carotid Artery Disease and can result in a stroke. Peripheral Arterial Disease also commonly referred to as Peripheral Vascular Disease, is when the major arteries that supply blood to the legs, arms or pelvis are obstructed. If blood flow to any of these areas of the body is reduced or blocked, numbness, pain and sometimes dangerous infections such as gangrene can occur.

It is important to understand that while some forms of heart disease are preventable, others may be a result of genetics. Please consult your physician regarding your heart health, family health history, and ways that you may be able to prevent heart disease.

Heart Attack Symptoms

Symptoms of a heart attack or myocardial infarction can vary greatly from person to person, but in order to help you identify a possible heart attack, we have listed some of the most common symptoms below:

- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
- A person with angina (temporary chest pain) may begin to find that it takes less and less physical activity to trigger the pain. Any change in the pattern of angina should be taken very seriously and brought to the attention of your physician.
- During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.
- A person having a heart attack may have gas-like pain or pressure in the stomach area which is often mistaken for indigestion. The pain is similar to angina, but it is usually more severe, longer lasting and does not improve with rest or a nitroglycerin pill.
- It is important to note that approximately 1 out of every 3 people who have heart attacks do not feel any chest pain. Many of these are women, non-Caucasian, older than 75, have heart failure or diabetes or have had a stroke.
- Nausea & vomiting which are sometimes mistaken for food poisoning or the stomach flu
- Lightheadedness or dizziness
- Shortness of breath, especially in older people
- Feelings of restlessness, sweatiness, anxiety or a sense of impending doom
- Bluishness of the lips, hands or feet
- Heavy pounding of the heart or abnormal heart rhythms
- Loss of consciousness (This can be the first symptom of a heart attack!)
- Disorientation resembling a stroke may occur in older people.

Helping a Victim of a Heart Attack

Half of the deaths from heart attack occur in the first 3 or 4 hours after the onset of symptoms, so it is important to know and recognize the warning signs.

- *If you think that you or someone in your presence is having a heart attack, call 911 IMMEDIATELY! Every minute you delay can result in more damage to the heart muscle.*
- *After the ambulance has been called, chew and swallow an aspirin, unless you are allergic to aspirin or have been told by your doctor never to take aspirin.*
- *Take nitroglycerin, if prescribed. If you think you're having a heart attack and your doctor has previously prescribed nitroglycerin for you, take it as directed. Don't take anyone else's nitroglycerin, because that could put you in more danger.*

Is Sudden Cardiac Arrest the same as a heart attack?

No. A heart attack may be compared to a plumbing problem in the heart, while Sudden Cardiac Arrest may be compared to an electrical problem in the heart. When people have heart attacks, they are awake, their hearts are beating, and they are able to communicate. When people have SCA, they are not awake, their hearts are not beating, and they are unable to communicate. Heart attacks can lead to SCA, but there also are many other causes. To learn more, visit the Sudden Cardiac Arrest Foundation (<http://www.sca-aware.org/>).

Helping a Victim of Sudden Cardiac Arrest

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart unexpectedly stops beating. It strikes seemingly healthy people of all ages, even children and teens. When SCA happens, the person collapses, becomes unresponsive, and is not breathing normally. He or she may appear to be gasping, snoring or having a seizure. SCA leads to death within minutes if the person does not receive immediate help.

- **Call 911 IMMEDIATELY!**
- *Begin cardiopulmonary resuscitation or CPR. CPR can double or triple a cardiac arrest victim's chances of survival. Learn the steps for CPR and watch it in action. Find a CPR course in your area.*
- *Utilize an automated external defibrillator (AED) if one is available. AEDs - increasingly available in public places and homes - are designed for use by laypersons and provide visual and voice prompts. They will not shock the heart unless shocks are needed to restore a healthy heartbeat.*

The chances of survival for a victim of Sudden Cardiac Arrest drop by 7 to 10 percent with every minute that passes without CPR and defibrillation, and very few attempts at resuscitation succeed after 10 minutes, so the key is to ACT QUICKLY!

January 2023 Health Employee Awards of the Month

Employee of the Month: Travis O'Dell, MIS/ Health IT Director

Team of the Month: Health IT

Special Leadership Award: Beverly Felton, RN, Public Health Director

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



Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT NO COST TO YOU OR YOUR TRIBE

Special Enrollment Periods

Did You Know?

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.

- To add services, equipment, or help more people, we need your assistance.

- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchased Referred Care dollars go further.

Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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HEALTH SYSTEM

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OKLAHOMA
Health Care Authority

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:
SoonerCare
www.mysooner.org

WE CAN HELP
Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850
www.asthealth.org



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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CURRENT OPERATING HOURS

LITTLE AXE HEALTH CENTER
405.447.0300
7:30am–6:00pm Mon.–Fri.

LITTLE AXE HEALTH CENTER PHARMACY
405.292.9530 REFILL LINE
8:00am–8:00pm Mon.–Fri.
9:00am–5:00pm Sat.–Sun.

PLUSCARE CLINIC
405.447.0477
8:00am–7:00pm Mon.–Fri.
9:00am–4:00pm Sat.–Sun.

SHAWNEE CLINIC
405.878.5850
7:30am–6:00pm Mon.–Fri.

SHAWNEE CLINIC PHARMACY
405.878.5859 REFILL LINE
8:00am–8:00pm Mon.–Fri.
9:00am–5:00pm Sat.

Shawnee SameDay Walk-In Clinic is temporarily closed until further notice.

FOR YOUR VISIT PLEASE...


**CALL AHEAD**

**WEAR A MASK**

**FOLLOW GOOD SOCIAL DISTANCING & SPACING**

**USE AVAILABLE SANITIZERS & HAND WASHING**

**ALLOW TIME FOR ENTRY DUE TO SAFETY SCREENING MEASURES**



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

February 2023 - Scheduled Closings

Dates Closed:	Time(s) Closed:	Locations
Wed., Feb 1st (1 st Wed. Month)	Noon to 5 PM	All AST Health facilities CLOSED -PlusCare RE-OPEN at 5 PM until 7 PM -LA and Shawnee Pharmacies RE-OPEN at 5 PM until 8 PM
Mon., Feb. 20th (President's Day)	All 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 at (405) 447-0300, Shawnee Clinic at (405) 878-5850, or PlusCare at (405) 447-0477

All Health closures/delays follow the “Absentee Shawnee Tribal Health System” on Facebook or visit our website out at www.asthealth.org.

Please plan ahead and allow up to 72 hours for medication refills in anticipation of our facilities closures.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



Legacy Tribal Services

Simple Solutions. Uncommon Service.



Medicare Medicaid Marketplace

Help Yourself Help Your Tribe

AI Triggs
Contracted Benefits Advisor
Legacy Tribal Services
(918) 853-1211
Exclusively Serving The Absentee Shawnee Nation



Bringing More to You

We are always innovating and looking for new ways to bring value to our members. AST contracts exclusively with Legacy Tribal Services to help educate, empower and inform you on how you can maximize your health benefits. This service is of no cost to you and helps us enhance everyone's experience within the tribal health system.

**Olivia Wilson**
★★★★★

"Customer service was excellent- In 15 minutes I learned how Medicare will work with my tribal benefits and Mr. Triggs even got me a plan that costs me absolutely nothing extra!"

Dedicated Agent

AI Triggs has over ten years of experience working with the native population in Oklahoma. His extensive knowledge in Medicare, Medicaid and health insurance plans is unmatched. You will feel confident in his recommendations and ongoing follow up.

Proactive Approach

Our pledge is to be comprehensive as we assess your needs and we strive to find all benefits and programs you're entitled to.

Guaranteed Satisfaction

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

BOOK A CONSULTATION TODAY
 **918-853-1211**

 atsales.exec@gmail.com
 www.asthealth.org



Absentee Shawnee Native Connections Grant
Strength of Tradition Project

YOU'RE INVITED
COLLEGE FAIR

TUESDAY, FEBRUARY 28, 2023
9AM - 4:30PM

GEARED TOWARDS NATIVE HIGH SCHOOL STUDENTS
COLLEGES
SCHOLARSHIPS
VOCATIONAL SCHOOLS
MILITARY
OTHER RESOURCES

STUDENTS ATTENDING WILL RECEIVE AN INCENTIVE

ABSENTEE SHAWNEE TRIBAL HEALTH MULTIPURPOSE BUILDING
2029 JAMES L. EDWARDS LN,
SHAWNEE, OK 74801

FOR MORE DETAILS CONTACT TIFFANY AT TRODRIGUEZ@ASTRIBE.COM
OR 405-878-4716.



ABSENTEE SHAWNEE BEHAVIORAL HEALTH PRESENTS

WELLBRIETY MEETINGS



WHITE BISON, INC.
A CULTURAL APPROACH TO PERSONAL RECOVERY FROM SUBSTANCE ABUSE



Facilitated by: John Soap, LPC

THURSDAYS AT 5:30 PM - 6:30 PM
SHAWNEE MULTIPURPOSE BUILDING
2029 JAMES L. EDWARDS LN, SHAWNEE, OK 74801

FOR FURTHER INFORMATION CONTACT:
JOHN SOAP, LPC AT JSOAP@ASTRIBE.COM OR 405-878-4716

Medicine Wheel & 12 Steps

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

How The Process Works

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

Focus

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

Step 1: Honesty **Step 2:** Hope **Step 3:** Faith **Step 4:** Courage **Step 5:** Integrity **Step 6:** Willingness **Step 7:** Humility **Step 8:** Forgiveness **Step 9:** Justice **Step 10:** Perseverance **Step 11:** Spiritual Awakening **Step 12:** Service

Teachings Of The Medicine Wheel

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

These important teachings are included in the Medicine Wheel and 12 Steps:
1.) 4 seasons of change **2.)** 4 laws of change **3.)** 4 directions of growth
4.) 12 principles for healthy living **5.)** Reclaiming our power **6.)** The 12 steps of recovery
7.) Nature's way; Principles, laws, and values **8.)** Cycle of life
9.) 8 feelings for healthy development **10.)** Comfort zones
11.) The two thought system: Love and Fear
12.) The medicine wheel **13.)** The laws of the unseen world

Celebrate American Heart Month: Join the #OurHearts Movement

February is American Heart Month!

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we’re more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can’t be physically together, to improve your heart health.

[Heart disease](#) is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these [heart-healthy lifestyle tips](#) to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.

You don’t have to make big changes all at once. Small steps will get you where you want to go.

Move more

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more [physically active](#):

- Ask a colleague to walk “with you” on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

How much is enough? Aim for at least 2½ hours of physical activity each week—that’s just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can’t carve out a lot of time in your day? Don’t chuck your goal, chunk it! Try 10 or 15 minutes a few times a day. NHLBI’s [Move More fact sheet](#) has ideas to get and keep you moving.

Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you’re overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can’t be together. Share low-calorie, low-sodium recipes. Check out [NHLBI’s Aim for a Healthy Weight](#) web page.

Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI’s free [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at [NHLBI’s Heart-Healthy Eating](#) web page.

Quit smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You’ll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#).

If you need extra motivation to quit, consider those around you: Breathing other people’s smoke, called secondhand smoke, is dangerous. Many adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage stress

Reducing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out [NHLBI’s Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet](#).

Visit your Diabetes and Wellness Program at the Little Axe Health Center, Shawnee Clinic and Resource Center. The Program offers nutrition, exercise and diabetes self-management services to help you and your family members achieve individually tailored goals designed to improve your quality of life for years to come! Celebrate Heart Month 2023 by giving us a call at 405-701-7977!

Move More
Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health. It’s up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you’re aiming for 150 minutes a week.

Can’t carve out a lot of time in your day? Don’t **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

You’ll know you’re moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You’re breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can’t say more than a few words without pausing for a breath.



All adults should avoid inactivity. Start gradually and increase slowly.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you’re inactive, you’re nearly twice as likely to develop heart disease than if you’re active. Learn more about the benefits of physical activity on the [NHLBI website](#).

- Get strong**
- In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.
- Learn more about:**
- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](#)
 - [Different types of physical activity.](#)
 - [Recommendations for children, older people, and pregnant women.](#)

Get motivated

Try these tips to make being active part of your everyday routine:

Add a friend or family member

- Take a yoga or other fitness class online with a friend.
- Share your fitness goals with your spouse or roommate.
- Commit to a walking schedule with a friend or family member, even if you can’t walk together.

Do what you love

- If you enjoy the outdoors, try biking, hiking, golf, or gardening.
- Play with the children in your life.
- Check out the track at a nearby school.
- Think of physical activity as a special time to refresh your body and mind.

Build activities into your day

- Do strength exercises while watching TV or listening to a podcast.
- Use a workout game on your gaming console.
- Take a walk during lunch.
- Go for a walk or a bike ride before you sit down to enjoy dinner or a movie.

When To Check With Your Doctor

Certain physical activities are safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, talk with your doctor first.

Learn more about the risks of physical activity for certain groups on the NHLBI website.



National Heart, Lung, and Blood Institute



hearttruth.gov

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN FAJITAS BELL PEPPER & ONIONS TORTILLAS SPANISH RICE PINEAPPLES	2 CHILI HOT DOG CHEZ, ONIONS FRITOS COOKIE	3 PANCAKES SAUSAGE PATTIES GRAPES
6 BBQ PULLED PORK SANDWICH CHIPS ONIONS/PICKLES MIXED FRUIT	7 CHICKEN ALFREDO GARLIC BREAD VEGGIES MANDARIN ORANGES	8 GOULASH OKRA PEACHES	9 TAMALE SPANISH RICE SALSA/CHIPS APPLE	10 BOILED EGG BACON TOAST/FRUIT
13 COLD CUT SANDWICH VEGGIES SOUP ORANGE	14 BAKED POTATO CHEZ HAM ONIONS BROCCOLI PUDDING	15 CHICKEN STRIPS MASHED POT/GRAVY BEETS ROLL/PEARS	16 BAKED ZITA GREEN BEANS BREAD STICK JELL-O	17 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
20 CLOSED FOR PRESIDENTS DAY	21 SALISBURY STEAK MASHED POT/GRAVY BEETS PEACHES	22 MANWICH PICKLES TATOR TOTS JELL-O	23 TURKEY ROAST YAM PATTY STUFFING CRANBERRY SAUCE	24 BAGEL BOILED EGG CREAM CHEESE FRUIT
27 SMOKED SAUSAGE PEPPERS n ONIONS BREAD/	28 TUNA SALAD CHIPS MANDARIN ORANGES			2023

MENU SUBJECT TO CHANGE

LUNCH SERVED MONDAY - THURSDAY 11 AM TO 1 PM
BREAKFAST ON FRIDAYS- 9 AM TO 11 AM

DURING THE WINTER MONTHS IF THE ABSENTEE SHAWNEE TRIBE IS CLOSED DUE TO THE WEATHER IT WILL BE REPORTED TO THE NEWS CHANNELS 4, 5, 9, AND 25 Or Call Title VI at 405-275-4030 ext. 6227

FEBRUARY 14, VALENTINE’S DAY – TITLE VI/SEEKING HOPE ACTIVITY TO BE ANNOUNCED

FEBRUARY 20TH PRESIDENT’S DAY - TITLE VI WILL BE CLOSED – NO LUNCHES WILL BE SERVED OR DELIVERED

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
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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

HEALTH BUZZ!!



In August of 2020, the AST Health System received the Alzheimer’s Dementia Program Initiative grant. Seeking Hope, through grant funding, offers two home and community-based services for Native Americans living with dementia; Music & Memory and The Savvy Caregiver in Indian Country. I want to share more about both interventions but for now, let’s take a closer look at Music & Memory.

Music & Memory was founded in 2010 by Dan Cohen, who was a social worker at the time. It is a non-profit organization dedicated to bringing personalized music playlists to people in nursing homes and other healthcare settings. He felt compelled to voluntarily provide music to nursing home residents after hearing a comment on the radio about music and how it is readily available to younger people. This made him think, what about the elderly or those living in nursing homes? Seeking Hope would like to go a step further and extend Music & Memory to persons with dementia living in their homes.

Research has shown us much about how and why music can tap into our deepest-seated memories. It can have a positive impact on our overall wellbeing and elicit physiological responses in otherwise unresponsive patients. It is believed that this is because of how music is initially stored in our brains and because the parts of the brain where music is stored remain intact longer. One neuroscientist and University of Central Florida professor said, “Memories associated with music are emotional memories, which never fade out — even in Alzheimer’s patients.”

For more information on **Music & Memory**, email adpi@astribe.com, visit the **Seeking Hope webpage** located under “**Programs and Prevention**” on the **AST Health System website (asthealth.org)** or call **405.567.7870**. Be sure to watch *Alive Inside*, a 2014 documentary featuring Dan Cohen, which captures the stories of seven individuals living with dementia and their journeys with Music & Memory. There are free versions of the documentary (with advertisements) on YouTube and Amazon Prime.

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

Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

- ✓ Primary Care Medical Services
- ✓ Behavioral Health Services
- ✓ Service-Connected Disabilities
- ✓ Dental Services
- ✓ Vision Services

VA disability assessments and re-assessment exams and VA Compensation and Pension Exams must be scheduled at a VA facility.

Did You Know?

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

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

ABSENTEE SHAWNEE TRIBAL
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www.asthealth.org

VA Benefits

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

OKC VA Native American Nurse Navigator:
405.456.3808
Apply for VA Health Benefits:
800.827.1000
Apply for VA Benefits:
855.488.8441
www.va.gov

Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850

Caring for...AMERICA'S HEROES
www.oklahoma.va.gov

Sweet hearts.

FEBRUARY IS AMERICAN HEART MONTH.

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