



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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February 2024

AST VITA Program Begins in February



VITA volunteers Stacie Lewelling and Tina Ontiveros help Janice Rowe with her taxes.

The Absentee Shawnee Tribe Volunteer Income Tax Assistance Program starts February 3. The yearly program provides free electronic tax filing services for tribal members who meet the criteria. Around 200 tribal members utilize the free service every year. The cost to file a tax return varies depending on the documents you use to file. Most categories are basic or advanced and prices to file range from \$50 up to \$1500. Some tribal members may not be required to file but experts say it's a good idea to file anyway. "We really push for members to file, whether they are required to or not," explains VITA Site Coordinator Tina Ontiveros, "It helps the federal government to have their correct information on file and prevent identity theft."

Ontiveros is one of many volunteers who helps make this possible. She works in the Tribal Secretary's office and is the lead site coordinator. Volunteers undergo hours of extensive training and are required to be certified every year. "It can be pretty intense but I enjoy doing this and I get to help out tribal members," said Ontiveros. "It's a great community service." And the tribal members who utilize this program appreciate it. Tribal member Sherrie Spoon and her son both take advantage of the free program. "It's such a blessing to have this for the tribal members. I appreciate them doing this for us," said Spoon, "It really is expensive if you have to go to a tax business and have them charge an arm and a leg to file your taxes." Janice Rowe's mother used the free tax

service every year. "From a daughter's aspect I was happy and secure knowing that my mother had gone to a place that she was comfortable with that didn't charge her a lot to get her taxes done and that she was able to go to her tribe to get taxes done" said Rowe. The program is run through the Secretary's office. "I am glad we can offer this free service to our tribal members. Filing taxes can be expensive and this program takes the burden off them," said Secretary Misty McGirt, "I also appreciate all the hard work that the volunteers put into this. Two of my staff members are involved and spent many hours preparing to make this happen." The program serves eligible tribal members first before it's opened to the community. To qualify for the service, an

individual and household income must not exceed more than \$64,000 per year. If filing jointly, both parties must come in person to sign the return. And if you are claiming children, you must bring social security cards for all children. Other documents to bring include a photo ID, 1099, W-2's, medical expenses, last year's taxes, and any charitable donation receipts. Eligible participants must make an appointment for service by calling Tina Ontiveros at (405) 275-4030 x3506. Appointments will be Thursdays from 5:30 -8 pm and Saturdays from 9 am to 3 pm. Tax season ends April 15 but the last appointment date the tribe is taking is April 13.

From The Election Commission

**ANNOUNCEMENT OF PROSPECTIVE CANDIDATES
FOR ELECTED OFFICE'S FOR 2024**

FROM THE ELECTION COMMISSION

Prospective Candidates for Elective Office's for 2024.

EXECUTIVE COMMITTEE

Lt. Governor Yvonne Diane Ponkilla Ezra DeLodge Leland Blanchard Isaac Gibson, Jr.	Treasurer Joseph Blanchard Jody Wenholm	Representative Anthony "Tadpole" Johnson Eileen Pearce DeWayne Wilson
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ELECTION COMMISSION

Deputy Commissioner No Filings	Commission Member #1 Brandi Routledge-Hunt
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Tribal Members:
The Primary Election will be held on Saturday, March 16, 2024. 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 16, 2024. I cannot physically be present to cast my Vote at the **March 16, 2024 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 25, 2024

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

Email to:
election.commission@astribe.com

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

**The Absentee Shawnee Tribe
will be closed
Monday, February 19 - Presidents' Day**



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Tribal members,
Happy New Year, wishing you all the best for 2024. As the winter months approach us, please be prepared. January had some below freezing temperatures and I’m sure there is more to come. Check your heaters and filters and be sure to drip water when the temperatures are below freezing.
In December we held a drive thru event

for all AST Elders 55 and older to receive a ham. If you missed this event, you live in the surrounding area and you are an AST Elder, we have hams left. You may call my office to schedule a time to pick up. *(AST Elders only, if you already picked a ham up you will not receive another one).*
2024 is Election year, several candidates have announced their candidacy. The offices up for election are Lt. Governor, Treasurer and Representative. These terms will be for four years, so be sure you get out and vote. Look for updates for the

primary election dates and locations. This will be in the newsletter and on the tribal website.
Should you have any questions or concerns you may contact myself or my assistant.
John Johnson, Governor (ext. 3500) governor@astrobe.com
Alvina Barnes (ext. 3501) alvinab@astrobe.com

Thank you,
Governor Johnson

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,
Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 3503 or cell 405-432-0733.
Maintenance:
The Absentee Shawnee Tribal Maintenance Department is currently staffed by eight (8) full-time Maintenance employees: six (6) maintenance men and two (2) housekeepers.
The Maintenance Department has completed 30 work orders in the past month, which consist of minor repairs, plumbing, electrical, welding, moving/rearranging offices and assembling/delivering new furniture to different departments. Housekeeping has been working effortlessly with maintaining the upkeep of the buildings on the complex.
In closing I would like to thank the maintenance staff for all the hard work done and maintenance strives to provide the best service to the Absentee Shawnee Tribe and its entities.
OEH:
In total for 2023 OEH has assisted Tribal members with 75 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.
For 2023, we have collected, processed, and recycled 40 bales of shredded office paper and cardboard equaling roughly 30.75 tons of recyclable waste that has

been diverted from landfills.
The Police Safety Center is scheduled for a final walkthrough and expected to be handed over to the Tribe on January 12.
We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.
Jarrod Lloyd, OEH&E Director
jlloyd@astrobe.com - (405) 214-4235
BIA Roads Program
I will submit an application for safety funds for the following intersections:
• 48th Ave NE at Robinson St.
• 72nd Ave NE at Robinson St.
• 60th Ave SE at Lindsey St.
• 108th Ave SE at Post Oak Rd.
• 180th Ave NE at Tecumseh Rd.
The deadline is set for January 15th. We should find out if these intersections will get funded by September 30th if not sooner.
I have a meeting set for January 22nd with the City of Norman. We will work on a list of bridges in the AST Inventory and begin working on applications for bridge funding. Currently there is no deadline for bridge funding, and we do not have to provide matching funds.
Due to Pottawatomie County District 3 having other assignments, the two projects on Brangus Road will not get started until April.
Any questions or concerns please email me at TwylaB@astrobe.com or call (405) 275-4030.

Land Management
Land Management will be assisting Realty with fencing on some of our tribal lands. We continue to deliver wood to the elders that have made a request. Please keep in mind this will probably be the last winter for this temporary program as it is sponsored by BIA CARES. If you see Calvin Wilson and Dave Johnson, please thank them for cutting and delivering the wood. They are always working in the hot summers and the cold winters to help take care of the elders. When requesting wood, please contact Cynthia Carpenter at (405)275-4030 Ext. 3566 or by email: cccarpenter@astrobe.com.
Weatherization
I hope all is well. The weatherization program is currently working in the Shawnee area. Some products are still hard to find due to the first come first serve policies that are in place now due to the product and demand ratio. The weatherization program is still accepting applications. The repairs are to stop wind infiltration thru windows and doors which consist of 1. Caulking around windows and doors 2. Changing door seals 3. Replacing broken windows or glass 4. Replacing exterior doors if needed. We do not upgrade windows or do cosmetic repairs. Repairs start with elders first and then the remaining tribal members. Any questions feel free to contact me at (405) 827-4311 or you can e-mail me at dmarshall@astrobe.com.

Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,
It’s a slow start of the year for this past month with the holidays, everyone is getting back on track to start a new chapter in this year! During this cold weather

keep warm and reminder to check on our elders during these cold times.
Tax season will be opening in February our tax group of volunteers are working diligently to be ready to bring this service for our tribal members. Spring activities are coming fast for more information look for updates on the website, newspa-

per, and official Facebook site.
2024 Election is upon us Tribal Members this is your time to voice your opinion get out and vote! Good luck to all the candidates.

Ne yi wa
Secretary McGirt

TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow AST Members, Friends and Family:
First, let me express condolences to those families who have lost loved ones. Regardless of whether it was last week, last month, or last year, many are still dealing with the myriad of emotions. Like you, I am no different and it takes time to heal from that loss but I wish you well.
As January is winding up, February is right around the corner. We have already experienced a major cold snap and many of us are preparing for the next winter storm. While the majority were sleeping in and enjoying the warm comfort of home, Ag staff and I were out tending to our herd, breaking ice to expose water, and moving hay bales around. I am happy to report, as of the time of this writing, we have already had 2 heifers born. This brings our total count to just over 100 animals. By the end of calving season, we should be at or near 160. I appreciate the team members for working on their days off to tend to these tasks.
Additionally, earlier this month, some of our team attended the Cattleman’s Congress at the State Fairgrounds and other locations in OKC. This is a Nation-

al Convention with seminars and exhibitions to demonstrate the newest concepts and tools within the industry. I appreciate tribal member Dustin Dunford for the compliments and acknowledgement of our program. It is only through the dedication and commitment of our staff, are we able to support our department by providing input, knowledge, and skills, which pushes our program to greater success and improvement. We are growing at a rapid pace and developing the right reputation within our local, State and Regional area.
Recently, I helped coordinate a meeting between the AllNations Bank leadership and our EC. During the discussion, Bank President Stephen Smith shared and provided End of Year information to display the growth of our bank and the enhancements to their system. With all the changes, the Bank is in the best position it has ever been in and continues to fulfill expectations. In the last 5 years, deposits are up, 27.61%; loan amounts have increased, 48.44%; and our Return on Equity is at 10.51%. When compared to the data at the end of 2019, six months before I took office, the Bank has improved its Asset margin by 25.34%. With the turnaround and advancements, last year I made a recommendation to the Executive

Committee to move some of our funds over to AllNations. Don’t forget to check out their website and social media page.
This past October, there was a question posed at General Council regarding the Tribal Energy Assistance program in Social Services. I completed a historical research of our records on the topic. What I found was a program, utilizing data and information from the original Resolution language. Since then, I presented a new Resolution which uses current income and poverty data to update the guidelines and criterion. The intent and purpose of this “Tribal” program is to assist members at or near the poverty rate. The amount has been doubled to a maximum of \$300 for those who qualify. If you would like an application or more details, call Social Services to ask for Annie or Nancy.
In conclusion, I want to express my gratitude to those members and elders who continue to provide advice, encouragement, and support. I am grateful for your input and guidance. Should you have any questions, send me an email at jblanchard@astrobe.com or if you prefer to schedule an appointment, reach out to me at (405) 275-4030 Ext. 3510.

Neyiwa!
Joseph H. Blanchard

REPRESENTATIVE’S REPORT
DeWayne Wilson, AST Representative

Hello to all Tribal members and I hope everyone is/ stays in good health during this winter weather. I hope everyone’s New Year will be better than the last. I/ we continue to look for ways and opportunities to enhance our services to our Tribe. And as always Take Care of one another.

477 Program: The 477 Program has just ended their first year of a three year plan. This second year they hope to finalize processes and policies and procedures. Also in the second year, the 447 Program will look for job creation opportunities and collaborative agreements with external partners to expand or enhance services. The 477 Program has close to 300 participants and they continue to get applications every day. They will implement case- management software this month to ease the management of such a large case load.

CCDF Program: The opening of the new after- school program building on the complex has been extended due to construction inside the building not being completed, inadequate water pressure, and due to the cold weather. Keep a look out on the Tribes website for opening date and scheduling of operation.

Education Department: During this last month Education department attended meetings with the Sac and Fox Nation OK STEP Project Grant partners. The OK STEP Project Coordinator for the Absentee Shawnee Tribe Education Department was hired. This Project Coordinator will be employed by TEDNA but will work closely with us to complete the STEP Grant goals and objectives. The Education Department will be applying for the CTAS FY24 grant and they also attended a meeting with Grants, Police Department, Courts, ICW, and Education in a coordinated effort to enhance services to the Tribe.

Workforce Program: Now that the H/ VAC interns have completed their training, the H/VAC department and the H/ VAC interns have been busy completing work orders and making preparations to protect our Tribal assets and buildings from the winter weather.

Cultural Preservation: IThe Language Coordinator, Mr. Scott Miller, has been busy adding QR codes to previous language lessons that can be found on the Tribal website-tribal member login page. These codes will allow you to hear the words and lessons spoken as well as visually being able to see the words.

For the past year, the Historic Preservation Office, one of six programs in the Cultural Preservation Department has

been working with the Ohio Department of Natural Resources on the development of the new Great Council State Park. The Great Council State Park will be located between Xenia and Yellow Spring in Oldtown, Ohio. The Great Council State Park will feature a cultural interpretive center focused on the Ohio’s Native People, their history in Ohio, and their lives today, specifically focusing on the Shawnee Tribes. Over the past two months, Mr. Scott Miller, Language Coordinator, has begun to take part in the advisement focusing in on the spelling and saying of phrases and words that will be on displays and panels throughout the center.

Finally, the results of the gift shop Christmas sales were achieved. Many of the items were cleared from the inventory and will allow for the ordering of new products in the near future. The goal of the department is to rebrand the Gift Shop to carry items that are more culturally inclusive. Cultural Preservation will be developing a survey in which they want to hear your ideas on things you would like to see them sell. Look for this survey in next month’s newsletter.

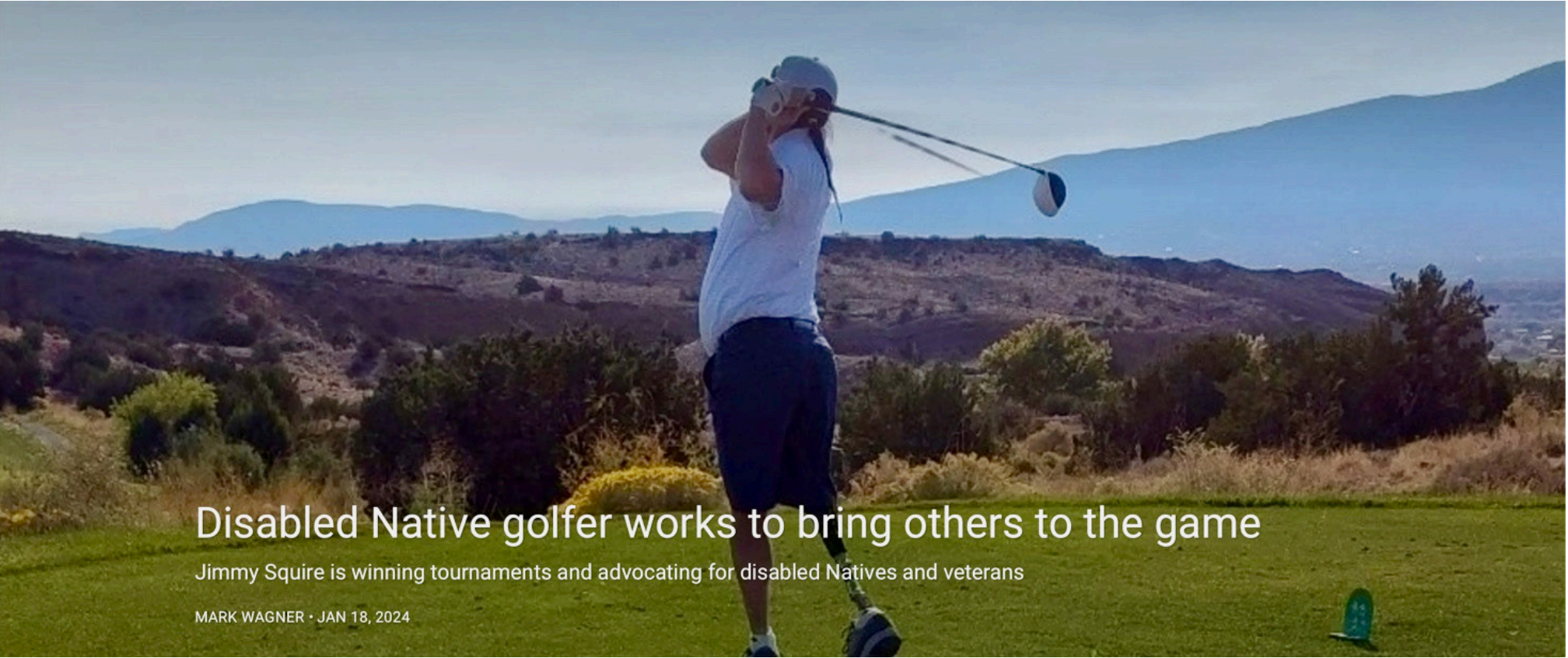
Gaming Commission: In last month’s newsletter, I advised the Gaming Commission is currently in the process of renewing the Thunderbird Casino Facility licensure for the Norman location. The walk-through and reviewing of docu-

ments relating to EPHS (Environmental, Public Health and Safety) standards have been completed. The Gaming Commission has also updated and approved the Tribal Internal Controls regarding EPHS. There were only a few minor findings that we are currently working with the casino to be corrected. In addition, this year we have decided to bring our Internal Audit in-house. Having an Internal Auditor on-site will give the advantage of more efficient time for the auditor and bring a more detailed approach in all areas of the audit.

Youth Camp: Not much to report on construction due to the inclement weather. We are currently in the process of advertising (Public Notice) for bids pertaining to Camp Nikoti lighting of the facilities. Due to procedural guidelines, we needed to re- advertise for these bids again. There is some road work being completed and some tin horns being installed.

In closing, it is my pleasure to serve our Tribe as your Tribal Representative. If you have any questions or concerns regarding these programs or need my assistance, feel free to contact me at (405) 275- 4030 at Ext. 3512.

Respectfully,
DeWayne Wilson
Tribal Representative



Disabled Native golfer works to bring others to the game

Jimmy Squire is winning tournaments and advocating for disabled Natives and veterans

MARK WAGNER • JAN 18, 2024

Jimmy Squire, a citizen of the Absentee Shawnee Tribe of Oklahoma and an adopted member of the Sac and Fox, works to bring disabled Natives and veterans to the golf course. He is shown here while competing in the Native American Open tournament in October 2023 at the Santa Ana Pueblo golf course in New Mexico. (Photo by Mark Wagner, special to ICT)

Mark Wagner
Special to ICT

Jimmy Squire has been playing golf and working to help disabled athletes for more than 20 years, and the world is finally beginning to catch up. Squire, a citizen of the Absentee Shawnee Tribe of Oklahoma, lost his leg to a lawn-mowing accident at age 3 and discovered golf at age 15. Now 46, he’s working to bring other disabled Native people and veterans onto the golf course.

He represented the Shawnee in this year’s Native American Open golf tournament at the Santa Ana Pueblo in New Mexico in October, won back-to-back tournaments for disabled golfers in November run by the Veterans Golf Association, and won the 2023 Southwest Amputee Golf Association flight at the Winstar resort in Oklahoma.

“I’m not one to sit at home,” Squire told ICT. “I put my leg on in the morning and take it off at midnight when I go to bed. And if I can open some doors, so others don’t sit at home and stare at the wall, I’ve met my goal.”

Squire was one of two disabled golfers in the Native American Open in October, and he’s now working to help the Santa Ana Golf Club develop a special competition for disabled Native golfers in the 2024 tournament. The U.S. Adaptive Golf Association recognizes categories for golfers with impairments to level flights and expand competitions.

Roy McCoy, a leader in the Southwest Amputee Golf Association, a regional affiliate of the National Amputee Golf Association, said Squire is an ambassador to Native people. The association offers three yearly tournaments and clinics for veterans and amputees, most recently at Winstar Country Club, a Chickasaw Nation resort in Oklahoma.

“Jimmy is a great ambassador and a great help,” McCoy, who is based in Granbury, Texas, told ICT. “For many years now, especially for our outreach to the tribes. He carries our message to other tournaments and events he attends.”

Limb amputation affects Native people at a much higher rate than the general population, with a higher rate of diabetes among Indigenous populations, a greater concentration of war veterans and remote communities removed from health care services. Squire credits his adoptive grandfather, acclaimed Olympian Jim Thorpe, for the inspiration. In 2008, Thorpe’s son, Jack Thorpe, adopted Squire into the Thorpe family, making him a son of the Thunder Clan of the Sac and Fox tribe. Squire cites the adoption ceremony as a key source of his determination to make the world of tournament athletics more welcoming to disabled Native athletes.

“The reason is because of my grandpa, Jim Thorpe,” said Squire, whose Shawnee name is Ko Ti Ke Pe Ya Se Ki, which means “Changing the Feathers of a Baby Eagle.” “He is the one who gave us that motivation. If I open doors for other tribes, athletes and the disabled, as well as our veterans, to get them more motivated in playing a sport, or being an athlete, it begins with grandpa.”

Squire’s schedule is now as relentless as his good nature. He credits his team, Sherry Smith, Comanche, who is a “partner, rider and caddy,” and Robert Komahcheet III, whose mother is a Thorpe.

Financial sponsors for Squire’s golfing and outreach efforts include the Absentee Shawnee Tribal Veterans and Hill Country Prosthetics. He also counts Texas Adaptive Sports, and the Southwest Amputee Golf Association as supporters.

The lawn-mowing accident that caused the loss of Squire’s leg more than 40 years ago is indicative of his difficult childhood. Squire credits his adoptive father, Doyle Black, a prosthetic technician who took him in at the age of 15, with giving him the love he needed to succeed. He has endured two operations, first removing his leg below the knee and then a second operation removing his leg above the knee.

To these challenges, Squire has responded with empathy, enthusiasm and good humor. “If I throw my leg, rather than a club,” he said, “then you know I’m in trouble.”

The likelihood of such a meltdown is slim. Squire loves the game and loves to give back to those who need it, particularly veterans. “I couldn’t serve,” he told ICT, “but I have buddies who came back from war without limbs. I don’t want to see them whine and cry. I encourage them to move with the world. To be with the [Veterans Golf Association] and the family flight and to represent my family, that’s the best honor to ever ask for.”

Of the estimated 290,000 veterans in Oklahoma, more than 100,000 have some level of disability, according to Randy Norris, president of the Oklahoma Branch of the Veteran Golfers Association. Norris roundly welcomes Squire’s assistance. “By Jimmy joining the Veterans Golfers Association, he has opened the door for other disabled amputee family members and veterans alike to get into the game,” he said. Norris also wishes he were as good a golfer as Squire. “For Jimmy, in his mind, he has no limitations,” Norris said. “He is out there to win and play the game and be a great advocate for his tribe, the Veteran Golfers Association and Oklahoma.”

Squire has worked at numerous golf clubs since he was 20, working on the range and in the cart barn and starter’s shed. He now works for the Shawnee Tribe in the tribe’s recycling center while continuing to thrive in the game he loves.

“You just need one leg to stand on,” Squire said, with a smile in his voice. “In golf, you’re on your own. It’s between you and nature. Walking was the best gift the game could give, to make me the best walker I could be. There was no time clock. No coach screaming in your ear.”

“If it means opening doors for Native American amputees,” Squire said, in his soft Oklahoma accent. “I’ll play.”

Reprinted courtesy of Indian Country Today. This article was edited. To read it in its entirety, go to ICTNews.org.

*The Native American Open golf tournament will be held later this year at the Santa Ana Golf Club. Additional details are set to be released in July on the club’s website.

*The 2024 Adaptive Open will be held July 8-10 at Sand Creek Station in Newton, Kansas. Entries open on Feb. 22, 2024, and additional details are available on the association’s website, with a special link to the entry process.

*To learn more about categories, visit the Disabled Golfers Association’s website. Details about the WR4GD Pass application can be found on the U.S. Golf Association’s website.

CULTURAL PRESERVATION DEPARTMENT

December was moderately busy for the staff of Cultural Preservation. Following is a breakdown of each departmental program’s most recent activities.

Gift Shop
The Gift Shop is open! No appointments necessary. We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (2025 S. Gordon Cooper Drive, Shawnee, OK 74801; building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center (15951 Little Axe Drive, Norman, OK 73026). We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m., and currently, we are re-evaluating our hours at the Little Axe Location.
Please be patient with us as we are in the process of rebranding the Gift Shop to carry items more culturally inclusive. We are currently creating a survey and want to hear your ideas on items you would like to see us carry. Look for this survey in next month’s article.
We are currently going through our inventory and plan to have a big sale on multiple items in December. Please look for posts on Facebook and the website for all the details.
Please note, if you live out of state, we can ship items to you. Please contact the Gift Shop, Ms. Paula Jackson, at (405) 275-4030 ext. 3530 or at Cultural.Preservation@astrike.com.

Library
The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 2 library visitors with a total of 5 books checked out. Also, 27 virtual books were checked out. Ms. Paula Jackson, Librarian, added 3 new patrons to the system. Please note the library application has been converted to a digital format that can be emailed. If you would like the application please contact Ms. Jackson at (405) 275-4030 ext. 3530 or at PJackson@astrike.com.
If you would like to view what books we have in the library currently, please visit https://www.librarycat.org/lib/ASTrike to view the catalog. Also, recently she added some new Native American titles available in either eBook or audio format to the virtual library (https://okvirtuallibrary.overdrive.com/) which currently has approximately 74,600 books available.
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, and to read more about library activities, please refer to Ms. Jackson’s individual article.

THPO (Tribal Historic Preservation Office)
Our Tribal Historic Preservation Office (THPO) Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal and State Agencies. Over the past month; the THPO Officer, Mrs. Devon Frazier-Smith, and TCNS Coordinator/THPO Specialist, Mr. Clayton Martinez, have together received 599 new Section 106 projects for review and consultation. The program staff has successfully consulted on 479 of these received projects, of which occur in 15 of our 25 areas of interest/states. The THPO Staff, including myself as Director, have also taken part in 16 teleconference calls regarding Section 106 projects or NAGPRA cases.
NAGPRA

In addition to Cultural Preservation Director, I currently hold the position of interim NAGPRA Coordinator. The last few months have been very busy for me. More and more agencies/museums/colleges both in the states and overseas have been reaching out. Currently, we are in consultation with 19 different facilities concerning the ancestors and funerary objects they have in their possession.

Language
During the latter part of December into the New Year, the AST Language Program worked extensively on revising the paper version of the pre-recorded lessons to include a QR code. These codes are meant to be scanned with a smartphone and allow the learner to hear and see the words on the lesson. The program will continue to place QR codes on language materials for the learner to scan. This will aid the learner when experienced language speakers are not readily available.
The program has also been in communication with committee members of the Great Council State Park Interpretive Center regarding the use of the Shawnee Language. Great Council State Park will be located between Xenia and Yellow Spring in Oldtown, Ohio and will feature a cultural interpretive center focused on the Ohio’s Native People, their history in Ohio, and their lives today, specifically focusing on the three federally recognized Shawnee tribes. The program has asked for the Shawnee language to be included in the Center. At the time of writing this article, the program has received a list of words and phrases that will be used on displays and panels throughout the Center. A list will be sent back with the words typed in the Shawnee alphabet.
For general language questions and information, please contact the department by phone or email at ASTLanguage@astrike.com.

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



Language

S’ke pi ye ke s’fwa
Sap Month
February

Ki qi ke sa ke – Ground Hog Day

Ni ki qi ho na ma t’hi ko s’ki ge – The ground hog saw his shawdow.
(nah kah qah hoh neh meh t’hah koh s’kah chee)

Ki qi – Ground hog
(kah qah)

Ho na ma - he saw
(hoh neh meh)

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

Ho wa hi le ki pe ge wa pa po ne! – Oh my, winter will be longer!
(hoh weh hah lee kah pee chee weh peh poh nee)

Ho wa – oh my
(hoh weh)

hi le ki pe ge – longer
(hah lee kah pee chee)

wa pa po ne – winter time
(weh peh poh nee)

Hi se na ko te hi qe wa ne ti ki wi ti – I need another blanket
(hah see neh koh tee hah qee weh nee tah kah wah tah)

Hi se na ko te – another
(hah see neh koh tee)

hi qe wa – blanket
(hah qee weh)

ne ti ki wi ti – I need
(nee tah kah wah tah)

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

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

Ne li n’ne – mine
(nee lah n’nee)

Hi qa la te wa – love
(hah qeh leh tee weh)

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

We ki na te wa – friendship
(wee kah neh tee weh)

Ho wa s’pa ni fe wa – kindness
(hoh weh s’peh nah thee weh)



February 2024

Library Newsletter

BOOK OF THE MONTH

Braiding Sweetgrass by Robin Wall Kimmerer As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In Braiding Sweetgrass, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings are we capable of understanding the generosity of the earth, and learning to give our own gifts in return.



LIBRARY NEWS

This fall we read We Are Grateful: Otsaliheliga by author Traci Sorell & illustrator Frane Lessac. The word (oh-jah-LEE-hay-lee-gah) is used by members of the Cherokee Nation to express gratitude. Beginning in the fall with the new year and ending in summer, follow a full Cherokee year of celebrations and experiences. Written by a citizen of the Cherokee Nation, this look at one group of Native Americans is appended with a glossary and the complete Cherokee syllabary, originally created by Sequoyah.

The children also enjoyed arts & crafts for Thanksgiving. We also learned a new song about a Run Away Turkey.



YOU CAN NOW APPLY FOR A AST LIBRARY CARD ONLINE!
HTTPS://FORM.JOTFORM.COM/230804193039150
HTTPS://LIBBYAPP.COM/LIBRARY/OKVIRTUALLIBRARY
HTTPS://WWW.LIBRARYCAT.ORG/LIB/ASTRIBE

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@astrike.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.



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



It's February and the teachers and children are getting ready for Valentine's Day. Our classrooms will have Valentine's Day Parties on Wednesday, February 14th at 3:00p.m. They are doing many crafts and activities for Valentines. We wish everyone a Happy Valentine's Day!



Also, our teachers are getting in full swing with Teaching Strategies Curriculum. The children are learning and experiencing all kinds of new information with new learning materials.



Building Blocks will be closed Monday, February 19th in observance of President's Day.

Building Blocks Inclement Weather Policy is that if Shawnee Public Schools Close due to weather then Building Blocks will also Close. Also, if the AST Complex closes for weather then Building Blocks will also be Closed!



We had Wonderful Christmas Parties for our children. Thanks to our Santa and the families who joined us!



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!

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA Building Blocks III C.D.C

16051 little axe dr., Norman, ok 73026
 Phone: (405) 360-2710; fax: (405) 360-2726

February newsletter

IN THE CLASSROOM

It is the month of loooove. Ms. Shelly is keeping the infants busy by learning about teeth, Valentine's Day and friendship, Laura Numeroff, and Dr. Seuss! Ms. Rachel and Ms. Sara are teaching the toddlers and the 2's all about shapes. Ms. Cheri, Ms. Julie, and Ms. Dyonna are taking their classes on an adventure to learn about how we use wheels from day-to-day.

Please enjoy our center pictures on the next page.

IN THE CENTER

"All you need is a little bit of love... but a little chocolate now and then doesn't hurt." Charles M. Shultz, creator of Peanuts.

Parents, please be on the lookout for inclement weather related notifications. Building Blocks does not base closures off Little Axe Public Schools. Be safe and weather aware!

Last month was a busy month, going back to school, welcoming Ms. Alissa, and a team bonding activity!

Director: Skye Foreman
 Assistant Director: Renee Richardson



Playing "Bubble Pop" with the 3's!

REMINDERS

February 14th- Valentine's Day parties!!
 February 15th- Happy Birthday, Ms. Rachel!!
 February 19th- Closed for President's Day



Feet painting



"We don't make mistakes, just happy little Accidents"
 - Bob Ross"
 - D.w



"Did you say 'Cheese'?"



Cue "You should be dancing" by Bee Gees



Do you want to build a snowwwwman?

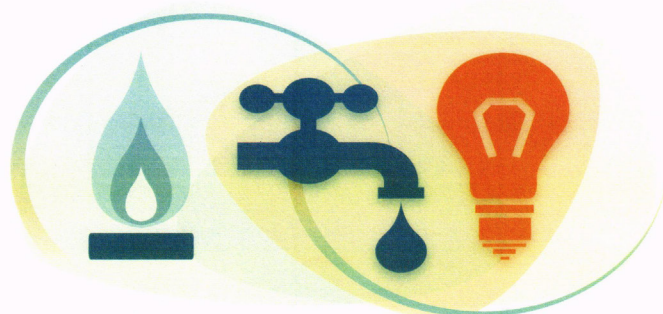


Let us help...



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@atribe.com / NEdwards@atribe.com

Oklahoma Missing Persons Day 2024

WHEN: Saturday, April 27nd, 2024 10:00am – 3:00pm
WHERE: University of Central Oklahoma Forensic Science Institute, 801 East 2nd Street, Edmond, Oklahoma

All families and friends of Missing Persons are encouraged to attend anytime between 10am-3pm to initiate missing person reports, provide additional investigative leads, enter or review the missing person information in NamUs, and submit family reference DNA. All resources are available at NO COST to families.

Families may bring photographs, dental and medical records, and any other pertinent information about the missing person.



Please RSVP to okmissingpersons@gmail.com

For information or questions - okmissingpersons@gmail.com Missing In Oklahoma 2024 | Facebook

To: The Absentee Shawnee News
From: AllNations Bank
Date: 1-10-2024
Subject: Bruce Dawson Named Chief Lending Officer for AllNations Bank

Steve Smith, CEO of AllNations Bank, commented, “The board and I are very pleased to have Bruce join our team. I have personally worked with Bruce in both the early and recent stages of his banking career. He is a person with impeccable integrity and a great work ethic. He also is seen as a personable and effective leader by bankers who have worked with him over the years. His experience with lending, risk management and bank leadership will be invaluable as we continue AllNation’s mission to be a great community bank.”



Bruce Dawson, new AllNations Bank
Community President-Shawnee and Chief
Lending Officer.

To: The Absentee Shawnee News
From: AllNations Bank
Date: 1-10-2024
Subject: AllNations Bank Achieves Record Growth and Earnings, Future Looks Bright

“In November, Jill and I attended the Interagency Minority Depository Institution Conference hosted by the Federal Reserve Bank of Dallas.” CEO Steve Smith stated. “It was an extremely productive conference. We met with several people from organizations all over the country that desire to collaborate with minority-owned banks like AllNations. We believe the contacts we made will result in partnerships with some of them that will help us to grow and expand our product offerings. We’re very excited about what’s in store for AllNations as we head into 2024.”



Lending Your Business A Hand.

0000

AllNations Bank offers your business a simple, convenient way to keep things up and running smoothly—a business loan. This easy to apply for loan is designed for small business owners who need access to funds for new equipment, repairs, working capital or any thing else to keep your business running smoothly! Contact our commercial lender Bruce Dawson to apply.

AllNations Bank

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

www.anbok.com

 EQUAL OPPORTUNITY
LENDER

Member
FDIC



ASHA PROGRAMS AVAILABLE

New Program Announcements

Home Improvement Assistance

The Home Improvement Assistance Program exists in order to assist members of the Absentee Shawnee Tribe of Indians of Oklahoma and other members of a federally recognized tribe, with a forgivable grant of up to \$20,000.00 for improvements and repairs needed to restore a sub-standard home to decent, safe and sanitary condition, remove physical barriers and/or remediate safety hazards. Enrolled members of the Absentee Shawnee Tribe will receive preferential consideration in the allocation of services and resources under the Home Improvement Assistance Program in accordance with the grant proposal under the Native American Housing Initiative Grant Program (NAHI).

Homeless Prevention Assistance

The Homeless Prevention Assistance (HPA) Program is to help tribal families who are facing difficult financial times and have immediate risk of experiencing homelessness.

- \$1000 one-time assistance per household
- Payment will be remitted to the landlord, mortgage, or utility company.



Socials



Instagram
absenteeshawnee



Find us on
Facebook
Absentee Shawnee
Housing Authority

Other Programs

- Low Rent Housing
- Home Ownership/Mutual Help
- Down Payment Assistance
- Safe Shelter Housing Program
- Over Income Lease to Own
- Market Rate Rental Program
- Home Rehab Assistance
- College Housing Assistance
- Tiny Home Lease with Option to Purchase Program

CONTACT US

Karen Fullbright, Admission Occupancy Specialist (405) 617-0476

Ashley Smith, Admission Occupancy Specialist (405) 617-0473

Kimberly Vermillion, Resident Education Specialist (405) 617-0490

Bessie Gonzales, Recertification Specialist (405) 617-0484

Maintenance Contact

(405) 617-0475

Jamie Barse, Maintenance
Administrative Assistant

Reminders

If you received an annual "Recertification" packet, please turn it in upon the date given to you on your packet.

If you have any questions, please contact Bessie Gonzales, Recertification Specialist at (405) 617-0484

A promotional graphic for AllNations Bank. At the top, an orange banner contains the text "AllNations Bank" in white. Below this, the text "Announcing New AllNations Bank Social Media Sites!" is written in a large, black, serif font. In the center, there are two large, rounded square icons: a blue Facebook 'f' logo and a multi-colored Instagram camera logo. Below the icons, the text "Like and Follow us on Facebook, Instagram & LinkedIn" is written in a black, sans-serif font. Underneath this is the "AllNations Bank" logo, which features the name in a bold, black, serif font with a horizontal line above it. At the bottom left is the "Member FDIC" logo, and at the bottom center is the text "Locations in Calumet and Shawnee Oklahoma" followed by the website "www.anbok.com" and the phone number "(405) 893-2240".



Officially a TEENAGER! Happy 13th beautiful blessed Birthday Jiya Bug! I can't be my last little birdie is on her way to flying the coop! Baby I love you and I am so very proud of the little young lady you are becoming! Continue to keep our good Lord first, He will do wonders for you and your future! We love you!!

Always and Forever,
Momma, Christian, and Catalyna

HAPPY
BIRTHDAY



Justin – Happy Birthday to the best big brother mom gave us> Hope your day is especially fun. We love you and wouldn't take you any other way! Love, Jop & Jil

Justin – Happy Birthday to my eldest child. Hope your day is a great one! I love you soooo very much! Love, Mom

Justin – Wishing you a wonderful birthday! Auntie loves you a lot!



Homeowners
Assistance Fund (HAF)

Federally funded by the
U.S. Department Of The Treasury

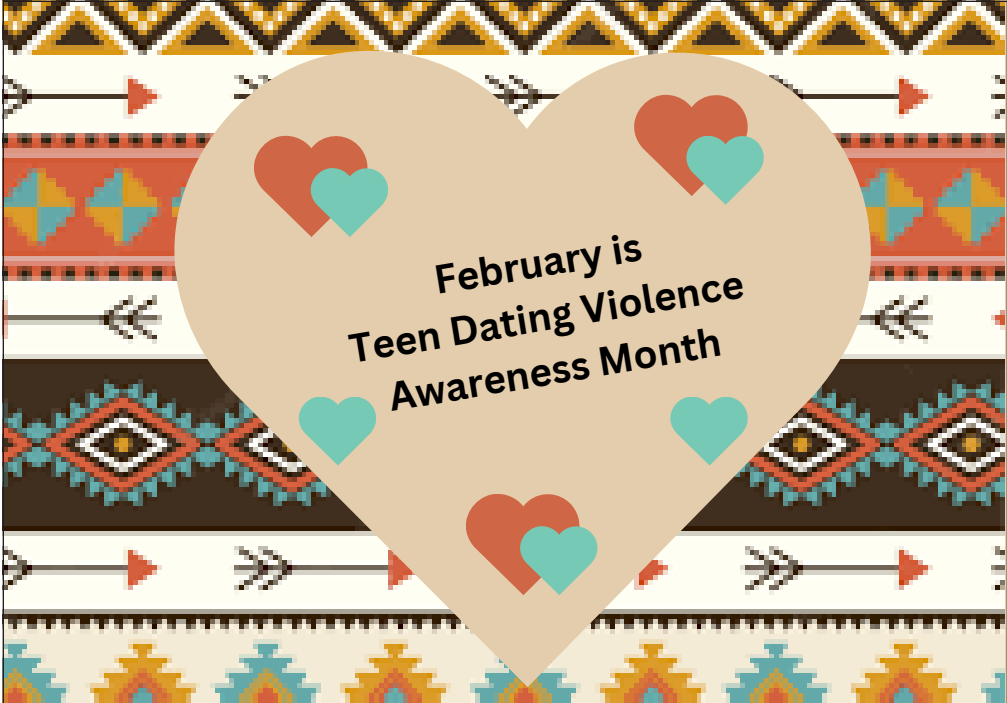
ATTN: APPROVED HAF APPLICANTS!!

2023 PROPERTY TAXES ARE DUE NOW!!

IF YOU WERE APPROVED FOR PROPERTY TAX PAYMENTS OR
PROPERTY INSURANCE PAYMENTS: **PLEASE SUBMIT YOUR YEARLY
BILL TO THE HAF OFFICE FOR PAYMENT!**

THESE COMPANIES DON'T ALLOW CREDITS SO WE CAN ONLY PAY
YEARLY!!

FOR QUESTIONS: Call - (405) 275-4030 Ext. 3632
HAF@ASTRIBE.COM



What is Teen Dating Violence?

- **Psychological Aggression**
 - use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and exert control over a partner
- **Sexual Violence**
 - forcing or attempting to force a partner to take part in a sex act and or sexual touching when the partner does not consent or is unable to consent or refuse.
- **Stalking**
 - pattern of repeated, unwanted attention and contact by a current or former partner that causes fear or safety concern for an individual victim or someone close to the victim.
- **Physical Violence**
 - when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.

1 in 12 High school Students experienced physical dating violence and sexual dating violence

What are the consequences?

- Experience depression and anxiety symptoms
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- Think about suicide

NATIONAL HUMAN TRAFFICKING
AWARENESS DAY
"WEAR BLUE TO SHOW SUPPORT"
ON JANUARAY 11TH



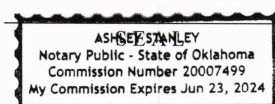
405-273-2888

www.facebook.com/ASTRisingWarrior



cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html

A collage of six photographs documenting a food distribution event. The top row shows two volunteers handing food items to people in cars. The middle row shows two more volunteers distributing food, including a large ham, to people in vehicles. The bottom row shows two volunteers, one of whom is loading boxes onto the back of a truck, while another stands nearby. The setting appears to be an outdoor parking lot or staging area.





ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

February 2024

Section B



ASTHS February 2024 Monthly Update

National Cancer Prevention Month

National Cancer Prevention Month, marked every February, is upon us, ushering in yet another opportunity to spread the word and take action in order to live better, healthier, and happier lives. Cancer, said to be the world's leading cause of death, caused nearly 10 million deaths in 2020. Throughout the history of mankind, cancer has been in existence. Although not much was known about the human body, the earliest evidence was recorded via papyri that can be traced back to ancient Egypt in 1500 B.C. when tumors were found on the breast. Over the years, although no cure has been found, with landmark achievements recorded, we are closer than ever.

History of National Cancer Prevention Month

The human body comprises various cells that grow and divide, giving room for new cells when the need occurs. An invasion of this normal process is what leads to cancer. From time immemorial, cancer has been with humanity, affecting people across the world regardless of their race, age, sex, or status. Its saddening grip caused an upscale over the recent decades due to modern lifestyle adoptions. Smoking, a poor diet, and the lack of exercise have contributed to its rise. Given most narratives, evidence of cancer was first found in fossilized bone tumors of mummies in ancient Egypt. However, the word 'cancer' finds its origins in Greek. In 460 B.C. — 370 B.C., ancient Greek Physician, Hippocrates, the 'Father of Medicine,' referenced in his Hippocratic Corpus, comprising about 60 medical works, the name 'cancer,' 'karkinoma' — 'crab' in Greek, because the appearance of a tumor was likened to a crab. 1500 B.C. saw the first-ever recorded case of breast cancer in ancient Egypt. By the late 19th century, Edwin Smith and George Ebers' "Papyrus," with descriptions from the 1600 B.C., drawings from early sources, contained an overview of the earliest descriptions of cancer, including surgery and treatments ranging from pharmacological and mechanical, to magical. This led to differentiating between benign and malignant tumors. There are more than 100 types of cancer, with some more popular than others. Examples are: lung (2.21 million cases), breast (2.26 million cases), rectum and colon (1.93 million cases), skin (non-melanoma) (1.20 million cases), stomach (1.09 million cases), and prostate (1.41 million cases) are the top five most common, according to the World Health Organization.

Five Important Facts about Cancer

- 1. Early Detection and Screening is Key**
Cancer is deadly, but the good news is thousands of cancer cases, and deaths can be prevented through early detection and screening.
- 2. Cancer is a Leading Cause of Death**
In 2019, cancer was said to be the world's second leading cause of death, with breast (2.26 million cases) and lung (2.21 million cases) being the most common types of cancer, according to the WHO.
- 3. Cancer Research has Decreased Death Rates**
More effective cancer treatment has decreased the death rate according to the American Cancer Society and, more specifically, lung cancer.
- 4. Smoking Increases Your Risk of Lung Cancer**
The most effective preventative measure against the disease is to stop smoking. The more cigarettes you smoke, the higher your risk.
- 5. February 4 Marks "World Cancer Day"**
Founded in 2000 and led by the Union for International Cancer Control (U.I.C.C.), the day aims to increase global awareness about cancer and save many from suffering and death.

Why National Cancer Prevention Month Is Important

- A. Prevention is Key**
It reminds us to make healthy choices, note risk factors, and decrease the chances of the disease by maintaining a healthy lifestyle. Our lifestyle choices go a long way.
- B. Stay on a Top Progress Report**
The day reminds us to stay up-to-date with cancer updates, research, progress reports, and new developments. Cancer, directly and indirectly, affects us all.
- C. It Reminds Us to Value Ourselves**
Amid the hustle and bustle, National Cancer Prevention Month reminds us that health is wealth. We do need to take our health seriously to stay alive.

Cancer in American Indians and Alaska Natives in the United States

Native American people are more likely to get certain cancers compared to non-Hispanic White people. American Indian and Alaska Native (Native American) people have much higher rates of getting several cancers, including lung, colorectal, liver, stomach, and kidney cancers, compared to non-Hispanic White people in the United States. There are also important differences in the rate of getting cancer between the six regions where most Native American people live.

What the Studies Found

- Scientists used United States Cancer Statistics data to see how many Native Americans got cancer from 2012 to 2016. They compared rates of getting cancer in six regions: the Northern Plains, Alaska, Southern Plains, Pacific Coast, East, and Southwest.
- American Indian and Alaska Native people were more likely to get liver, stomach, kidney, lung, colorectal, and female breast cancers than White people in most regions.
 - Compared to White men, Native American men had higher rates of getting liver, stomach, kidney, colorectal, and lung cancer and myeloma.
 - Compared to White women, Native American women had higher rates of getting liver, stomach, kidney, colorectal, and cervical cancer.
 - Native American men were more likely to get cancer than Native American women. The difference ranged from 23% more likely for lung cancer to 129% more likely for liver cancer.
 - The biggest differences in cancer rates between Native American men and White men were found in Alaska, followed by the Southern Plains, Southwest, and Northern Plains.
 - The biggest differences in cancer rates between Native American women and White women were found in the Southern Plains, followed by the Northern Plains, Alaska, and Pacific Coast.

Making Sure the Data are Correct

- In cancer registry records, more American Indian and Alaska Native cancer patients are incorrectly classified as members of another race than patients in other racial groups. Two steps are taken to help make sure cancer data are correct for American Indian and Alaska Native people:
- Cancer incidence data from the central cancer registries have been linked with the Indian Health Service patient database.
 - Only data from Purchased/Referred Care Delivery Area counties are used. These counties contain federally recognized tribal lands or are adjacent to tribal lands. Race classification for American Indian and Alaska Native people is more accurate in these counties.

How Can Cancer Rates Be Lowered Among Native American People?

- American Indian and Alaska Native people have some of the highest rates of getting certain cancers in the United States. To help lower the number of future cancers, experts suggest—
- Making sure American Indian and Alaska Native people get cancer screening tests. Screening tests can prevent some common cancers or find them early, when they are easier to treat.
 - Making sure preventive health care services and programs are available to help people quit smoking.
 - Developing programs that promote healthy eating and keeping a healthy weight.

References: 1. Melkonian SC, Weir HK, Jim MA, Preikschat B, Haverkamp D, White MC. Incidence and trends of the leading cancers with elevated incidence among American Indian and Alaska Native populations, 2012–2016. American Journal of Epidemiology 2020.Moos, Merry-K, et al. Healthier women, healthier reproductive outcomes: recommendations for the routine care of all women of reproductive age. AJOG Volume 199, Issue 6, Supplement B, Pages S280-S289, December 2008. 2. National Today (2017-2024). National Cancer Prevention Month-February 2024. U.S. <https://nationaltoday.com/national-cancer-prevention-month/>

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Primary Care – The front entrance to Primary Care is scheduled to be completed/opened by January 23rd.
- Pharmacy Expansion – All of the exterior framing and "tie-in" for the Pharmacy expansion has been completed. Concrete is complete in the new drive-thru and asphalt has been laid in the parking area. There was a delay in the arrival of the pneumatic tubes, but all other equipment arrived at the end of December and move-in is scheduled for the February 10th – 11th.
- Remodel of current Primary Care for new PlusCare and Specialty Clinic – demo is mostly complete and the space has passed several inspections. Cabinets are set for installation on Feb 19th. PlusCare and Specialty will relocate to what was formerly Primary Care in Feb/ Mar '24.
- Substantial completion/occupancy of the Little Axe Expansion is expected for April 2024!

Shawnee Health Clinic

NEW SHAWNEE HEALTH CLINIC! (Coming Soon!) - **39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)**
The feasibility study has been completed and an architect has been selected. Design phase has been initiated and a Request for Proposal (RFP) for Construction Manager will begin shortly. Planning for Groundbreaking Ceremony will begin soon!

January 2024 Health Employee Awards of the Month

Employee of the Month: Tieghler Pollard, Clinical Applications Specialist

Team of the Month: Public Health

Special Leadership Award: Monika Durska-Keller, Staff Physician

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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
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Monthly Closures

All AST Health facilities will observe the following hours on:

Wednesday, February 7th:
CLOSED from 12PM- 5PM
for in-service trainings and meetings

Monday, February 19th:
CLOSED for President’s Day

Visit asthealth.org or our Facebook page for updates!



VALENTINE'S DAY EDITION

SING

BINGO WITH A MUSICAL TWIST!

DATE:
FRIDAY, FEBRUARY 9TH, 2024

TIME:
6:00PM TO 9:00PM*
*ENDING TIME MAY VARY

PLACE:
BRENDLE CORNER
SE CORNER OF 192ND/HARRAH RD & HWY 9

WIN-WIN!!
-PRIZES-
-SNACKS-
-TEES-
-AWARENESS-

FREE



ALL AGES WELCOME





FOR MORE INFO, CONTACT TOR:

KAREN KANIATOB
KKANIATOB@ASTRIBE.COM
405.701.7109

VICKIE STEWART
VSTEWART@ASTRIBE.COM
405.561.7636

AST EVENT PARTNERS

- NATIVE CONNECTIONS GRANT
- ENSURING HOPE PROJECT



COMPLETECARE
HOME HEALTH
HEALTH. HEALING. HOME.

Heal With CompleteCare

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

How?

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

Best of all?

It's done under the guidance of your doctor!

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



Thank You, AST Health System!

I would like to thank all of AST Health System staff for the kind words, cards, etc. during the time of my mother's health decline and her passing on 12/26/2023.

I couldn't have been able to spend the quality of time with her without everyone's help and guidance. I am very appreciative of all the continued thoughts and condolences. I am very proud and honored to work at such a great facility as ASTHS.

Sincerely,
Lora Connor, LPN

Make these delicious and nutritious pumpkin muffins that are so yummy you can eat them for breakfast or dessert!



Nutrition Corner

AST DIABETES AND WELLNESS

Pumpkin Oatmeal Muffins

Yield 12 muffins

Directions:

- Preheat the oven to 350 degrees F. Grease a muffin tin with cooking spray.
- In a medium bowl whisk the oats, flax seeds, pumpkin pie spice or cinnamon, and baking powder.
- In a separate bowl whisk together the eggs, pumpkin puree almond milk, maple syrup. Fold in the shredded zucchini.
- Add the wet ingredients to the dry ingredients, mix together and let stand for about 5 minutes so that the oats soak up some of the moisture.
- Fold in the chocolate chips.
- Portion out the batter into the muffin tins.
- Bake for 25 minutes, remove from oven and let cool in the muffin tin for an additional five minutes. Enjoy warm!!! Store in the fridge, and reheat. For an extra protein punch, top with any nut butter!
- These muffins can be frozen for up to 3 months!



Ingredients:

- 2 ¾ cup old-fashioned oats
- 2 tbsp. ground flax seed
- 2 tsp. pumpkin pie spice or cinnamon
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup pumpkin puree
- 1 cup shredded zucchini, excess moisture squeezed off with a paper towel
- 2 eggs
- 1 cup unsweetened almond milk
- ½ cup maple syrup
- 1/2 cup dark chocolate chips

Nutrition facts: (per serving) 158 cal, 6 g fat, 0 g sat fat, 0 g trans fat, 131 mg chol, 167 mg sodium, 129 mg potassium, 22 g carbs, 3 g fiber, 7 g sugar 3 g protein, 45% Vit A, 38% calcium, 5% iron

Pumpkin Oatmeal Muffins



- Pumpkin is a fall and winter superfood! It high in Vitamin A, C, and E. Also, it has potassium and fiber!
- Old Fashioned or rolled oats are a better choice than instant or quick oats because they have a lower Glycemic Index and will keep you full longer. Oats are great source of fiber to help stabilize blood sugars and promote a healthy digestive system.
- Zucchini adds moisture to this recipe and is a great way to add extra fiber and vitamin C.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 POSOLE PITA BREAD PEACHES	2 SCRAMBLED EGGS SAUSAGE PATTIES TOAST
5 BEEF FINGERS MASHED POT/GRAVY GREEN BEANS MIXED FRUIT	6 CHILI w/BEANS CARROTS CHEESE STICK CRACKERS	7 EGG ROLL STIR FRY VEGGIES RICE FORTUNE COOKIE	8 ROASTED CHICKEN SWEET POT ROLL MANDRAIN ORANGES	9 BOILED EGG BAGEL CREAM CHEZ FRUIT
12 PHILLY STEAK SANDWICH FRENCH FRIES ICE CREAM	13 CHICKEN FAJITAS SPANISH RICE TORTILLAS PINEAPPLES	14 LASAGNA GREENBEANS SALAD BAR	15 PULLED PORK BBQ SANDWICH POT. SALAD FLUFF	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
19 	20 SALISBURY STEAK MASHED POT/GRAVY BEETS PEARS	21 MANWICH PICKLES TATOR TOTS JELL-O	22 PINTO BEANS STEAKFRIES ONIONS CORNBREAD	23 BREAKFAST BURRITO PINEAPPLES
26 CHICKEN FRIED STEAK MASHED POT/GRAVY BROCCOLI PEACHES	27 HAM VEGGIES BREAD COOKIE	28 BBQ CHICKEN VEGGIES BISCUIT APPLESAUCE	29 TAMALE SPAINSH RICE SALSA/CHIPS	

MENU SUBJECT TO CHANGE

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

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

HEALTH BUZZ!!

HAPPY NEW YEAR!! A new year often brings lofty goals of making healthier food choices and being more physically active. Lowering cholesterol, blood pressure, and the number on the scale are all good reasons to set these goals. Need another compelling reason? How about eating better for your cognitive health?

The well-known Mediterranean diet is backed by years of research and data. When used in conjunction with physical activity, the Mediterranean diet is linked to the prevention of cardiovascular diseases and diabetes, as well as promoting overall healthy aging. It is rich in fresh vegetables, fresh fruits, whole grains, extra virgin olive oil, little or no red meat, and limited sweets, sugary drinks, and butter.

The DASH (Dietary Approaches to Stop Hypertension) diet is similar to the Mediterranean diet. It is also focuses on plant-based foods that are good sources of potassium, calcium, and magnesium and includes fresh fruits and vegetables, whole grains, low fat dairy, poultry and fish. One study found that women who followed the DASH diet in their 40s were at a substantially lower risk for developing Alzheimer's disease.












If neither of these eating plans work for you, try the **MIND diet**, a hybrid of the Mediterranean and DASH diets. It has been specifically studied for its impact on cognitive health. The diet is rich in vitamin E, folate, omega-3 fatty acids, flavonoids (found in many plants), and carotenoids (antioxidants that produce the bright yellow, red, and orange pigments in plants), which are believed to protect the brain by reducing oxidative stress and inflammation. Rather than a specific eating plan, the **MIND diet** outlines 10 foods to eat more of and 5 foods to limit or avoid. Foods to eat include fresh vegetables (especially green, leafy vegetables), berries, nuts, olive oil, whole grains, beans, fish, and poultry. On the list of foods to limit or avoid: sweets, red meat, cheese, fried foods, butter, and margarine (see table).

One study found that there was a direct correlation between the higher consumption of the 10 foods to consume and lower consumption of the five foods to limit or avoid and the participants' cognitive health. The higher the MIND score (calculated by the greater consumption of the 10 brain-healthy foods and less consumption or avoidance of the 5 unhealthy foods) the slower the rate of cognitive decline. Studies also found that the MIND diet has more impact on better cognitive health than the Mediterranean or DASH diets.

Taking better care of yourself by eating healthy and including physical activity in your day are usually our go-to's for improving our health and wellbeing. Although we tend to make these resolutions at the beginning of a new year, self-care is something we can and should practice year-round. What about individuals responsible for caring for others as well as themselves? Caregivers of loved ones with dementia or Alzheimer's disease must prioritize their own health and wellbeing, too. **We can help.** Savvy Caregiver in Indian Country introduces family caregivers of persons with Alzheimer's disease or dementia to the caregiving role; provides them with the knowledge, skills, and attitudes needed to carry out that role; and emphasizes the importance of self-care.

Did you know that your ASTHS Little Axe Clinic is also a Music & Memory Certified Provider? Listening to and performing music reactivates areas of the brain associated with memory, reasoning, speech, emotion, and reward. Please see my contact information below if you would like to learn more about how we can provide you or your loved one with a thoughtfully created playlist of beloved music from their youth.

WHAT'S ON THE MIND DIET?

 <p>AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY</p>		
<p>AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY</p> 	 <p>BERRIES AT LEAST TWICE A WEEK</p>	
 <p>AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY</p> 		
 <p>BEANS OR LEGUMES AT LEAST EVERY OTHER DAY</p>	<p>POULTRY AT LEAST TWICE A WEEK</p> 	 <p>FISH AT LEAST ONCE A WEEK</p>
<p>NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD</p> 	 <p>CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK</p>	
<p>PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK</p> 		

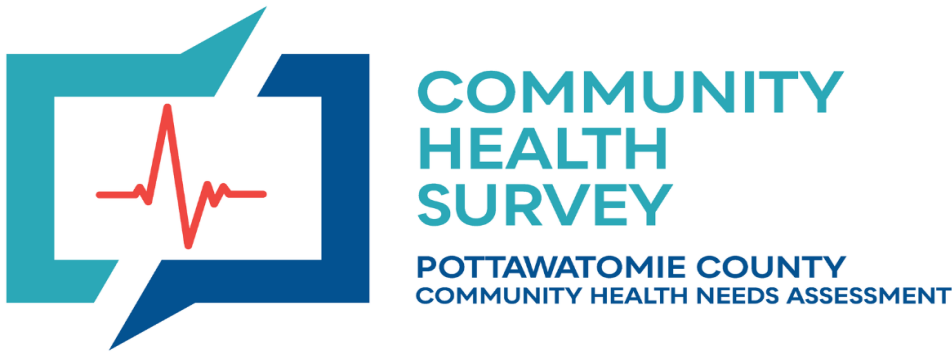
As always, it is important to consult your doctor before changing your diet or beginning an exercise routine.

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

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



LIKE GPS ON THE ROAD TO RECOVERY



WE NEED YOUR INPUT!

Your input for the 2024 Community Health Survey points the way to better health outcomes for everyone in Pottawatomie County!



SCAN HERE TO TAKE THE SURVEY AND ENTER TO WIN!
OR VISIT
POTTSCOHEALTHSURVEY.COM

Perspective matters The collective experiences, concerns, and insights of our neighbors across our community and county are what make the assessment meaningful. By hearing the voice of all, there can be a more accurate and comprehensive understanding of our community's health needs and form implementation plans to address gaps and issues.

Tailored solutions for long-term impact The information gathered from the CHNA helps healthcare providers, organizations, and policymakers identify and prioritize specific areas that require attention. This ensures that grant dollars, strategies, and programs are directed towards the most pressing issues, leading to more effective and targeted interventions for years to come.

Promoting health equity The CHNA allows us to identify strengths and disparities in healthcare access and outcomes within our community. By participating, you advocate for equitable healthcare solutions, ensuring that everyone across Pottawatomie County can lead a healthy life.

Strengthening community connections Engaging in the CHNA process fosters a sense of unity. It demonstrates that we care about each other's well-being and are committed to working together for a healthier, more vibrant community.

Empowering individuals and families The CHNA results can be used to educate and empower individuals and families about their health, providing them with the information and resources they need to make informed decisions.



MEDICARE PART B SPONSORSHIP/REIMBURSEMENT PROGRAM

Dear Absentee Shawnee Tribal Member,
All Absentee Shawnee Tribal members 65 and older that live in the following counties: Cleveland, Lincoln, Logan, Oklahoma and Pottawatomie, may qualify for the Medicare Part B premium Reimbursement Program.

To qualify for Medicare Part B Tribal Sponsorship Program, you must be an active patient with the ASTHS Primary Care. As your primary care healthcare provider and/or your PRC - Contract Health Services coordinator, ASTHS agrees to reimburse you for your Medicare Part B premiums paid through Social Security Administration's Medicare Benefit program.

If you would like to take advantage of this sponsorship program, please contact Melinda Ferrell at 405.701.7175 or email mferrell@astribe.com.

Melinda Ferrell
PRC Patient Resource Specialist

We Can Help You!

Per PRC Guidelines: You must apply for other resources, and a denial letter must be attached to the application documenting that tribal member did seek other resources.

HEALTH SYSTEM
Prevention. Progress. Pride.

For more information:
Melinda Ferrell, PRC Patient Resources Specialist
405.701.7175 or mferrell@astribe.com

Know Your Native Options

Oklahoma's State SoonerCare Medicaid program is moving to a new health plan program with managed care network plans called SoonerSelect starting February 2024. Know your options.

➤ **Opt Out:** Native Americans will automatically be opted out and remain in the traditional SoonerCare medical and dental programs. Native American SoonerCare members have the choice to opt in to a SoonerSelect network plan, however it would then be necessary to verify the new medical and dental plans work for you and your tribal health program. If you stay opted out, your SoonerCare benefits will remain unchanged and no action is required.

➤ **Opt In:** SoonerSelect network plans may offer some extra benefits not offered with traditional SoonerCare to help improve your health, however Native Americans will need to opt in, shop the medical and dental plans, and enroll.

Note: Non-Native SoonerCare family members must select a medical and dental plan before open enrollment closes or the member will be auto-enrolled.

Dental Plan Open Enrollment: December 1, 2023 - January 10, 2024

Medical Plan Open Enrollment: February 1, 2024 - March 10, 2024

Two Ways to Enroll:

- 1) Contact an **OHCA Choice Counselor** via the SoonerCare Helpline At **1.800.987.7767**
- 2) Visit **mysoonerhealth.org** to view, compare, and pick a plan that's right for you.

Please be advised, Patient Benefit Advocates cannot enroll members in SoonerSelect Plans but can help navigate the process.

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