

THE ABSENTEE SHAWNEE NEWS

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AST Leaders Attend Tribal Nations Summit



Absentee Shawnee Governor John Johnson and Representative DeWayne Wilson attended the Tribal Nations Summit December 6 and 7. The event held in Washington DC was hosted by President Biden's office. Hundreds of tribal leaders from across the U.S. were in attendance and met with top administration officials.

The most noteworthy event to come from the summit was President Biden signing an executive order that makes it easier for tribes to access and invest federal funding on their own terms. Biden's office vows to protect and support tribal sovereignty while Oklahoma's Governor Kevin Stitt continues to attack sovereignty.

"We know that federal dollars are vital for your communities to be able to thrive," Biden said at the Summit. "But today, there's too many hoops to jump through, too many strings attached, and too many inefficiencies in the process."

AST Workforce Development Class Completes HVAC Program



The first class of AST HVAC participants recently completed the HVAC program at Moore Norman Technology Center. The students will still need to finish their training hours to take their Journeyman exam.

"When I first came into office, the Lt. Governor and I were talking about investing in our tribal membership. That's what this is about. This whole HVAC program - it's the first time for this tribe to do anything of this nature.", said Representative DeWayne Wilson. "The plan is for them to get their Journeyman licenses to either work for the tribe or other tribal entities including health or housing."

The Workforce Development & Career Initiative Program (Pilot) was started with CARES/ARPA funding and is under the office of the Representative.

The participants are Christopher Blanchard, James Cody Spybuck Jr. and Bryce Williams.



GOVERNOR John Johnson



Lt. GOVERNOR Ezra DeLodge



SECRETARY Misty McGirt



TREASURER Joseph Blanchard



REPRESENTATIVE DeWayne Wilson



GOVERNOR'S REPORT

John Johnson, AST Governor

Hello All,

December is always a busy month. I hope you had a very Merry Christmas and a Happy New Year. At the beginning of December, the Executive Committee and I attended a meeting with the Secretary of Interior Mr. Bryan Newland in Washington DC. I was very pleased and honored to be able to visit and discuss the challenges of having our AST lands put into trust. Also in Washington DC, the Representative and I, attended the Tribal Nations Summit. During this summit I attended a session where President Biden and Vice President Harris were addressing some of the concerns from

tribal nations. President Biden signed an executive order for all Tribal Nations "Executive Order on Reforming Federal Funding and Support for Tribal Nations to Better Embrace our Trust Responsibilities and Promote the Next Era of Tribal Self Determination". This order will highlight the areas of Tribal Sovereignty, Self-Determination and honor the trust and treaty obligations for all tribes. (You may find a copy of the order on the AST webpage)

I also attended the first annual Caregiver Cultural Event with Beverly Felton hosting. It was a great turn out and I look forward to this event being held annually. For future events I would like to see more young adults in attendance; your thoughts and concerns are important as

December we had a Christmas drive-thru event for all AST elders 55 and older. I hope you got to attend and received your holiday ham. The podcast for the Absentee Shawnee Tribe is now available. I will do my best to keep it updated as frequently as possible. The AST Facebook page and the AST webpage is updated daily, this is where you will find all the latest news and important updates.

Should you have any questions or concerns please contact my office at 405-275-

John Johnson, Governor (ext. 3500) governor@astribe.com

Alvina Barnes (ext. 3501) alvinab@astribe.com

Thank you and Happy Holidays, 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@ astribe.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 been working hard to maintain all incoming work orders which consist of minor repairs, plumbing, electrical, welding, moving/rearranging offices and

Assembling/installing new furniture, and ground maintenance such as mowing, weed eating, and edging. 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.

In total for 2023 OEH has assisted Tribal members with 70 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. For 2023, we have collected, processed, and recycled 38 bales of shredded office paper and cardboard equaling roughly 28.5 tons of recyclable waste that has been diverted from landfills. The new Police Safety Center is on schedule to be completed by the end of 2023. The remaining work includes installing a meter for the natural gas and laying carpet and tile. 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@astribe.com - (405) 214-4235 Self-Governance

A second Continuing Resolution was signed. One group of appropriations will expire on January 19, 2024. The other group of appropriations will expire on February 2, 2024.

I listened in on zoom to the DOI SGAC/ IHS TSGAC December 11-14, 2023 that was held in Washington, D.C. At this meeting it was discussed that no agreement had been made on majority of the dollars. It is a high probability of us going into a year-long Continuing Resolution.

BIA Roads Program

The campus asphalt project was completed by Connelly Paving on November 27th. I am so thankful the weather was cooperative so it didn't take as long as anticipated.

I attended the Intertribal Transportation Association held December 5-7, 2023. I am currently the Secretary and have a year left in this position for this Association. We just recently voted in a new President who is from Pawnee Nation and a Treasurer from Colville Confederate Tribes. ITA listens and takes suggestions from all tribes across the U.S. and then reports to NCAI who then reports to Congress. As each year goes by we are slowing getting more funds for tribbridges, planning, roads, etc.).

We currently have a project with Cleveland County. They are repaving Franklin Road west of Harrah/Newalla. This project should be completed by the end of December 2023. We are also currently working on getting two projects together with Pottawatomie County District 3. They will soon be working on Hardesty to Brangus Rd and then Brangus to Bob Crouch. As long as weather permits, they will begin on these two projects in the beginning of 2024.

Any questions or concerns please email me at TwylaB@astribe.com or call (405)275-4030.

Land Management

Land Management has assisted 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. Please contact Cynthia Carpenter at (405)275-4030 Ext. 3566 or by email: ccarpenter@astribe. com.

Weatherization

The weatherization Program is still open for applicants. You must have proof of ownership and be an Absentee Shawnee tribal member. The program is currently working in the Norman, Little Axe area. The order in which the program works is elders first then the remaining tribal members. If you have any questions or concerns please call me at 405-827-4311 or e-mail me at dmarshall@astribe. com. Happy New Year from the BIA Staff!

Respectfully, al transportation (safety, intersections, Lt. Governor DeLodge

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members, I hope that everyone has had a great Christmas and New Year's! I am wishing for a prosperous year for all of us. The last two months of 2023 were jam packed with events and activities so here is a little

update on what I've been up to. November 15th, I was invited to attend ICW's Thanksgiving Dinner. I want to say great job to the ICW department and the Elders. They did an outstanding job on this event.

November 18th, I had the privilege of witnessing a Tribal Baby Naming Ceremony that was held by ICW as well. I love how my staff is bringing our culture into their department. It is a great idea for the children to remain connected to the Tribe and know that they are not forgotten. They will ALWAYS be Shawnee.

December 1st, I was in and out of the Elder's Bingo Fundraiser. They had a great turn out and built morale with the attending Tribal Elders.

December 4th-5th, Governor Johnson, Representative, and I went to Washington to meet with the Assistant Secretary of the Indian Affairs, Bryan Newland. That was my first time traveling that far from

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

and Friends:

Hello fellow Tribal Members, Family

I hope everyone had a great Holiday

season and the New Year opens with great promise for each of you. As 2024 begins,

good things lie ahead as we continue to

home and family, but I learned a lot and am happy to have had the opportunity to go.

December 12th, I attended a "lunch and learn" event for the Pottawatomie County Community Health Needs Assessment and the Pottawatomie County Cattleman's Association. I want to thank the AG and Pottawatomie County for inviting me to join you.

December 15th, ICW held their Annual Wrapping Jamboree to wrap all of the gifts purchased for the Angel Tree Children. I give my thanks to everyone who showed up and helped wrap the gifts.

December 16th, ICW had their Christmas party changed to a "drive thru party" due to the rise in numbers of Covid and the Flu.

December 19th, I recorded my first podcast with Mindy with our Media department. I feel like it went well and I cannot wait to share it with you all! I had a whirlwind of events to go through and had a blast at each and every one of them. Below is an update on how some of the departments in my oversights are doing. **Human Resources**

We currently have 586 employees on staff. Our numbers continue to grow more and more with every position that comes available.

Enrollment

As of December 18, 2023 we have a 4,652 Tribal Members. The ladies are currently researching a project to add a Tribal Member's Traditional Shawnee name to their CDIB card, if they have one. We will release more information on this once the research is complete. Also, to clarify, the Blood Quantum is still 1/8th. We have not made any changes.

Domestic Violence

The ladies of the Domestic Violence department participated in the Shawnee Christmas Parade on December 8th. They had an adorable float and I think this was a great way to promote Domestic Violence Awareness within Indian Country. **ICW**

During the month of December, ICW hosted many events and activities. This department has been very busy with each event plus all of their day to day duties. They go above and beyond every day and they are very much appreciated. Keep up the great work, Team!!

If you have any questions or concerns, feel free to contact my office at 405-275-4030 ext. 3505 or my Assistant, Tina at ext. 3506.

Ne yi wa Secretary McGirt

advance and propel the Tribe forward. The last few weeks, my office has been inundated with meetings for our Tribal operations and addressing concerns within our community.

Before I begin, let me start by saying I missed last month's newsletter deadline while attending the National Congress of the American Indian Annual Conference, which is the equivalent of the National Tribal Leaders Conference. This is the 2nd time in consecutive years I have attended and helped represent our Tribe. In addition, I cast our Tribe's weighted votes in the Election and voting process. For those that have inquired, these are perfect chances to interact with other Tribes, Leadership, and staff. (Continued 3A)

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TREASURER'S REPORT

(Continued from Page 2A)

Throughout the event, multiple learning and teaching sessions are presented for attendees to gather information, provide input on National Policy, participate in Regional Tribal Caucus meetings, and National sub-committees. As I continue to develop relationships with other Tribal Nations and their Leadership, and because of these interactions, I was nominated to the "Tax and Finance Task Force", a subdivision of the U.S. Treasury Tribal Advisory Committee (TTAC), which reports to the Secretary of the Department of Treasury, Chief Lynn Malerba. Why is this important? We have been able to show folks on the National level that we have people with the capabilities of handling the associated tasks here at the smaller Tribes.

Two weeks after my return, there was a Special Executive Discussion, over tags, held at the afternoon session of the United Indian Nations of Oklahoma (UINO) quarterly meeting in Tulsa. Due to schedule conflict, Governor Johnson asked me to attend since I had already been heavily involved from the initial concern. I provided input and gave opinion of how we should proceed against the State. At the same time, we were finalizing the Department Budget Request meetings for our Annual Tribal Budget, to be voted on be-

fore the completion of the calendar year.

There was a follow-up discussion at the Oklahoma Intertribal Tax Association (OITA) quarterly meeting, held in Watonga. A group of legal minds were there to present definitions and interpret issues associated to the Tag Concern. This Lawyer group is supposed to develop an official stance and position for Tribes in anticipation of another potential legal battle with the State. As of this writing, my office has not received the update, which was expected 10 days prior to Christmas. Currently, we still have not had any of our members ticketed for the Tax Violation.

While we're talking about legal or court situations, the presiding judge in Hooper v. Tulsa, a case over whether the City of Tulsa has jurisdiction to prosecute Native Americans within their county or city limits was decided recently. U. S District Judge William P. Johnson wrote in his order, "As a matter of Tenth Circuit law, Section 14 of the Curtis Act no longer applies to Tulsa and therefore Tulsa no longer has jurisdiction over municipal violations committed by its Indian inhabitants." In the U. S. Supreme Court case McGirt v. Oklahoma, justices noted that ONLY Tribes and the Federal Government have jurisdiction to prosecute tribal citizens within Indian Country reservations; which also reaffirmed the Muscogee (Creek) Nation's "Reservation" still exists and has never been extinguished or disestablished by an act of Congress.

Because of schedule conflict, I was unable to attend the visit with other Executive Committee members to the Department of Interior, Assistant Secretary of Indian Affairs, Bryan Newland in Washington, D.C. As explained at Fall General Council, our Tribe initiated discussion last year with our neighbors, in an attempt to solve a problem civilly, without having to resort to litigation. Those talks have been fruitless and never reciprocated. In my update, I was informed our Appeal has been reviewed by IBIA and is awaiting a date for hearing. This is good news for our Tribe as the process is coming along as predicted. It is our hope we can get the proper venue to hear our request for a moratorium or ensure applicability of the Code of Federal Regulations (CFR) 25.

At the time of this submission, I have just returned from the National Indian Agriculture Conference. Some may recall I was nominated as the Southern Plains Regional Representative Alternate, a 4 year appointment, last year. This position allowed for me to attend the Conference at no expense to the Tribe. While there, besides attending hourly sessions over various Ag and USDA topics, I was able to sit in on the Listening Session with upper Leadership from Department of Interior, USDA, NRCS, and the US Solicitor's Office. As a Tribal Leader, I was able to submit comments about issues our program, State, and Region have experienced and to request change and/or improvements. The deadline for Public Comment ends on December 29th then there will be successive meetings over the requests and additional time allotted for

While I was out on business travel, our Tribe and Agriculture Department hosted the December Pott. County Cattleman's Association meeting, on December 12th. Our staff, along with a few of our Executive Committee attended and participated in that night's activities. Since I wasn't in town, I will let one of the others present the information or update of the

As I come to the end of my submission, as always, I want to say "Thank you!" to the folks who continue to support, provide advice and encouragement, to all our programs and departments. Though it doesn't always seem like it with the negativity of Social Media, the staff and employees work hard to provide assistance to our membership. This time of year, the Election Cycle will begin shortly and we'll see all the campaign rhetoric, promises, and other propaganda. Take time to research the candidates and align with one that thinks or views things as you do.

Good luck to all Candidates! See ya next month.

Respectfully, Joseph H. Blanchard

REPRESENTATIVE'S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

Hello Tribal Members, I hope everyone had a joyful holiday season with your family and friends. The holiday season has been a very busy time in the Representative office as well as with the Executive Committee. As the 2023 year is ending and that winter upon us, please take your necessary precautions to Stay

102-477 Program: In December, the 477 Director and case managers attended the 2023 Eastern/ Midwest 102-477 Training in Washington, DC. They attended meetings/ work sessions pertaining to P.L. 102-477 Administration and Compliance. They met with other 477 Programs and our 477 AOTR from the BIA concerning the progress of the AST 477 Program. Currently, the 477 Program has 268 participants, three of which have transitioned to full- time employment. The 477 staff are processing the numerous applications as well as assigning case managers to those applications. The 477 employees are doing a coat distribution for the youth participants.

CCDF Program: CCA/Building Blocks staff handed out food baskets to families, for children who attend our facilities. They have also submitted the CCDF- AFC- 700 Program reports for old funding.

As of right now the 477-Child Care assistance program does not have any news updates. We are still packing and preparing to move both the Child Care assistance and After School program to the new location at the beginning of next

Education Department: In November, Education Dept. employees set up an information table at the OKC Thunder Native American Student Day. Education Director attended the First Annual Veterans Education and Resource Fair for anyone with a military connection (Veterans, Active Duty, National Guard/Reserves, Spouses and Dependents) at the Oklahoma City Community College. Education Director also set up an information table at the same event. In December, Education staff attended the Native Club meeting at Tecumseh High School. They met with the students and provided them with Christmas candy bags. One Education staff and two THPO staff attended a listening session with individuals from the State of Kansas at the First Americans Museum. The State of Kansas is attempting to create "Indian Education for All" to help support Indian Education like in the State of Montana, who wanted input from tribes who had been in Kansas at some point in the past and wanted to visit with us too. Education Director attended a webinar on the new FAFSA (Free Application for Federal Student Aid) updates. The new FAFSA will be available by the end of December 2023. Webinar was hosted by TEDNA ACE project and presented by OCAP (Oklahoma College Access Program).

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

Cultural Preservation: In November, the Language Program has just received their first lesson booklets. The booklets were created by the program and produced by the Media Department. This booklet will be the first of many that will be used in the classes that will begin next year. The booklets contain fourteen sections on such topics as numbers, animals, colors, and phrases. In December, Ms. Carol Butler, Director of Cultural Preservation and Interim NAGPRA Coordinator, had a meeting with Mrs. Sheila Bird, former Tribal Historic Preservation Officer (THPO) of the United Keetoowah Band of Cherokee Indians and is currently a private historic preservation consultant and producer of the podcast THPO Talk, and Ms. Stephanie Rainwater, Project Manager/Biologist for LJA Engineering. They discussed the tribe being a cohost of a THPO School. The idea behind this school is to teach all the components, such as Archaeological Phase I and Phase II studies, map reading and making, biological factors, non-invasive ways to investigate historic sites such as GPR and Cadaver Dogs. The school will be opened to other THPOs and students, who want to learn or need a refresher. Also, Mr. Scott Miller assisted Mr. Andrew Warrior in building a small arbor at Epic Schools in Tulsa, Oklahoma. This arbor will be used to demonstrate to the children the

different types of Native American dwell-

Gaming Commission: This time of season is easy going as the major holiday approaches and the year closes. Gaming Commission is getting ready for the start of the New Year. During this downtime, we are focusing on what new approaches to take and develop new process to help better the work environment and make our jobs easier or make processing better. The Gaming Commission is currently getting ready for the renewal of the Thunderbird Casino Facility license for the Norman location. We still continue to stay busy with reviewing of licensing requirements, Policy and procedures and attending upcoming online NIGC train-

Youth Camp: No real news to report, we are still accepting and receiving bids for lighting for the softball field, basketball and tennis courts and for the dining hall parking lot and playground area. The other construction we will be starting will be a Water Harvest project. This project will allow us to collect rain water in a tank to be utilized to irrigate the softball field and surrounding area if need be.

If you have any questions or concerns about the programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 3512 or by email: dewayne.wilson@astribe.com. Again, it is my pleasure to be your Tribal Represen-

Ne yi wa! DeWayne Wilson Tribal Representative

Agriculture Department



The Absentee Shawnee Tribe hosted the Pottawatomie County Cattlemen's Association Christmas banquet on December 12. The event was held at the Multi-Purpose Building in Shawnee.

Hi qe ke s'fwa – (Severe Month) January 2024

> Si wi nwi to wa Speak Shawnee



Hi la me wa pe – It's very cold.

Hi la me – it's very Wa pe - cold

Qe li he ka ke so we pe ta ne ka pa – We need our warm coats.

Qe li he – need *Ka ke so we* – warm Pe ta ne ka pa – our coat or shirt

Ka ho wa li s'to ne ti we ta ti – Get the fireplace ready.

Ka ho wa li s'to – get ready *Ne ti we ta ti* – fireplace

Ne ke we s'ke lo fi ke si ke ke we fa ne ke – These birds are eating off the ground.

Ne ke - these We s'ke lo fi ke - birds Si ke ke - on the ground We fa ne ke - eating

We si ko ne – It's going to snow.

We si - it's going to Ko ne - snow

Ka ko lo fi m'sa s'ke wi po – Make some hot tea.

Ka ko lo fi – go boil it *M'sa s'ke wi po* – tea (leaf juice)

Ka pe mo pa he wi ke ma so m'fa ni – Grandpa said it's time to hibernate.

Pe mo pa – quit moving or hibernate He wi – he said Ke ma so m'fa ni - Grandpa www.astribe.com January 2024

FROM THE ELECTION COMMISSION:

The Filing Period for Elective Office in 2024.

A tribal member may file for office, January 1 to January 10 (excluding weekends and holidays). Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

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

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

EXECUTIVE COMMITTEE

<u>Position</u>	Filing Fees	<u>Term</u>
Lt. Governor	\$800.00	4 Year Term
Tribal Treasurer	\$800.00	4 Year Term
Tribal Representative	\$800.00	4 Year Term

ELECTION COMMISSION

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

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

OUALIFICATIONS:

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

ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)

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

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

ABSENTEE BALLOT REQUEST

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): _ Address: Zip: Date of Birth:

Voter of the Absentee Shawnee Tribe on or before March 16, 2024. I cannot physically

Signature:

All $\underline{\textbf{REQUESTS}}$ must be returned to the $\underline{\textbf{Election Commission}}$ 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

, hereby certify that I am or will be an Eligible

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:	Bal	lot Mailed:
		Election Commission/Representative



AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2023-24 Big Jim Youth Awards on January 1, 2024. Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2023-24 academic year.

- Applications will be accepted from <u>January 1 to February 28, 2024</u>.
 - o All applications and supporting documents must be postmarked (mail) or received (in person or email) by February 28th at 11:59 pm CST.
 - o Documents received after the deadline will not be reviewed by judges.
 - Official transcripts will be accepted via email, from school personnel, or as a hard copy. Faxed copies will not be accepted.

The official application form is available at www.astribe.com on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the college/university/vocational institution where the award recipient will attend for the fall 2024 semester. The scholarship <u>must be used for the fall 2024</u> 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 April/May 2024.

Award recipients will be recognized as the 2023-24 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

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 3533 youthaward@astribe.com

Big Jim Youth Award 2025 S. Gordon Cooper Drive

(405) 275-4030 Ext. 3533

Jan. 1st –Feb. 28t Finalists announced:

Applications accepted:

STUDENT INFORMATION

- ☐ \$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)

Name:	(FIRST)	(MI)
Tribal Enrollment #:		
Address: (STREET)	(CITY)	(STATE) (ZIP)
Home Phone: ()	Cell Phone: (
Email:	- (F. 1800.)	
College/university/vocational institution you plan to	o attend and course of	study/major?
HIGH SCHOOL INFORMATION		
High School Name:		
City:	State:	
Advisor/Counselor:	Phone	e #:
Sport, if applicable:	Positi	on:
Coach:	P ¹	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 all relevant Academic or Athletic accomplishments, activities, work experience, etc. (if applying for both Academic Achievement and Athlete of the Year, you will need two distinctly different résumés)
- ☐ 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

EASIER WAY TO RECYCLE

This is for people who are on a city resident recycling program:

When you recycle: plastics, cardboard, newspapers, cans, bottles, milk jugs, paper, junk mail, magazines, glass jars, foil, you will find less trash remaining.

Have a separate medium trash can hidden in lower kitchen cabinet. Rinse out the recyclables that are needed. Then all items are placed in this trash can. When filled, take to garage, where you have another 32-gallon trash can to dispose.

Then empty in the green recyclable cart provided by the city. They pick up every two weeks. Check your recycle weeks.

If you are new to this, I would call the city to advise you will have a recycle cart and will start placing It out every two weeks.

No one wants to take each item to recycle cart each time. The is one way to recycle.

Save the environment, start recycling.

Notice: Can the adult children of Herman Littlecreek to contact me, regarding some military pictures and documents I possess. I would like to give back. Eileen Pearce 405 227 2036.

Eileen Pearce Tribal Member



NEED CASH?

Check out our new ATM at our **Shawnee location**

2023 Gordon Cooper Drive Shawnee, OK 74801

AllNations Bank



January 2024 www.astribe.com 5



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



November and December were busy months for Building Blocks. We celebrated Native American Heritage Month on November 29th with an AST Family Exhibition Dance! We had several guests that showed us their heritage through attire and dance. The children had a blast watching the Exhibition! Thank You to those who participated!!







Now the New Year has arrived and we will be getting into full swing with learning curriculums and learning as the children play.



Building Blocks will be closed Monday, January 1st for New Year's Day.

We hope everyone has a safe new year!



Building Blocks will also be closed on Monday, January 15th in observance of Martin Luther King Jr. Day!

We are currently hiring staff, if you are interested in applying visit https://www.astribe.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 Wonderful January!

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

Building Blocks MCD.(16051 Little Axe Dr

In the Center

Norman, OK 73026

Phone: (405) 360.2710 Fax- (405)360.2726

In the Classroom

This month, Ms. Shelly is teaching the infants about the works of Jan Brett, dinosaurs, In the Artic, and Construction. The toddlers and 2's are learning "All About Me!". The three's are learning about "New Beginnings, and the 4's and 5's class is learning about the winter season



and sent letters to Santa!

We welcomed our new housekeeper, Ms. Chanelle, and new teacher, Ms. Lyndsie :)

We are ready for the New Year and what it may bring. Please be weather aware and prepared. Be on the lookout for any inclement weather closures and holiday closures!

Director: Skye Foreman Assistant Director: Renee Richardson

Reminders

Reminders

Reminders

Reminders

Jan 1- Closed, New Years Day

Jan 1- Closed, Mik Day

Jan 15- Closed, Mik Day

Jan 15- Closed, Mik Day

Jan 16- Happy Birthday, Ms.

Jan 10- Happy Birthday, Ms.

Jan 19- Happy Birthday, Ms.

Jan 27- Happy Birthday, Ms.

Jan 27- Happy Birthday, Ms.

Jan 31- Happy Birthday, Ms.

























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 <u>anytime between 10am-3pm</u> 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.



 ${\it Please~RSVP~to~} \underline{\it okmissing persons@gmail.com}$

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

OU AMERICAN INDIAN ALUMNI SOCIETY

Benefit Powwow

JANUARY 27, 2024

THUNDERBIRD CASINO NORMAN, OK

GOURD DANCE: 2PM SUPPER: 5:30PM GRAND ENTRY: 7PM

HEAD STAFF

MC: Marshall Williamson
Head Singer: Rowe Kishketon
Head Man: Cortney Yarholar
Head Lady: Dr. Star Yellowfish
Head Gourd: Michael Griffin

AD: Dr. Corey Still

Color Guard: Seminole Nation Honor Guard CONTESTS

Men's Fancy
Women's Cloth
Tiny Tots

50/50 Raffles Cake Walk

Special invitation to: OU Alumni, Current OU Students,
OU Staff, Changing Winds Cultural Society, Miss and Jr Miss
Indian Oklahoma City and Tribal/Organizational Princesses

Vendor Contact: Leslie Tanyan (405) 245-9953

AIAS is not responsible for accidents, injuries, or theft
Proceeds benefit AIAS activities including the F. Browning Pipestem Scholarship fund

6A www.astribe.com

January 2024

News Release

To: The Absentee Shawnee News

From: AllNations Bank Date: 12-15-2023

Subject: Jill Maple Named Community President-Calumet for AllNations Bank

Jill Maple was recently promoted to Community Bank President-Calumet by AllNations Bank. She will continue to serve as the bank's Chief Financial Officer responsible for finance and investments, deposit operations, and technology. Jill has been with the bank since joining as Chief Financial Officer in 2019. She also serves on the bank's board of directors.

Ms. Maple is originally from Hanibal, Missouri where she grew up. Jill and her husband now reside in Yukon. She has a B.S. in Accounting from Liberty University and recently graduated from the Graduate School of Banking at Colorado, one of the premier programs in the country for educating bank leaders.

Jill joined AllNations from a mid-sized community bank where she served in multiple positions during her tenure including all the responsibilities she now has with AllNations. She has nearly 30 years of experience working with community banks. She has steadily progressed in her career working up from an entry level banker to bank executive positions. Jill joined AllNations Bank when the bank was under a regulatory order and was instrumental in turning around the bank's performance.

Steve Smith, CEO of AllNations Bank, commented, "The board and I are very pleased to announce Jill's promotion. She is the best hire I've made in my career and was the key to getting the bank turned around. Jill also led the bank's recent transition to a new and improved data processing system. Her work as the bank's CFO has enabled the bank to achieve better earnings and growth than at any time in the last 20 years plus. Her character and competence make her the perfect person to lead AllNations in the Calumet market and continue the progress we've made in making AllNations a great community bank."



Jill Maple, AllNations Bank Community President-Calumet and Chief Financial Officer.

News Release

To: The Absentee Shawnee News

From: AllNations Bank Date: 12-15-2023

Subject: Promotions at AllNations Bank

Steve Smith, AllNations Bank CEO recently announced the promotion of three AllNations Bank officers. All of the promotions were effective at the beginning of 2024.

Debra Coym has been promoted to Assistant Vice President. She is the new branch manager of the Shawnee Branch located on the Absentee Shawnee campus. In her new role, she will oversee all operations of the branch in addition to her continuing customer service and lending responsibilities. Debra has nearly 40 years of banking experience and was a branch manager and consumer loan officer for her previous bank. She joined AllNations Bank in 2021 as a customer service and loan officer. CEO Smith commented, "Debbie has been a great addition to the bank's team. She was instrumental in building our home loan program and oversees all our home loan compliance activities. She will do a great job as our new Shawnee branch manager."

Christy Moberly works in the bank's operations area in the Calumet office. She was promoted to Vice President – Operations. She performs many of the operational, accounting and administrative functions for the bank working directly with the CFO. Christy will be taking on new finance and accounting responsibilities in her new role. She has 30 years of banking experience and has worked for AllNations for a total of 5 years including from 2013-2016. She rejoined the bank in 2021. "Since her return to the bank in 2021, our back office has improved dramatically. When we installed a new software system earlier this year, she was a big reason for the transition being a smooth and successful one." stated Smith.

Deanna Troglin is the bank's Agriculture Lender. She has been promoted to Senior Vice President. In addition to the bank's ag and FSA guaranteed loans, Deanna does small business and consumer loans out of the bank's Calumet office. Deanna has worked in the banking industry since 1983 in a variety of roles including trust, branch manager, auditor and lending. She joined AllNations Bank in 2020 as loan administration manager and was subsequently promoted to Vice President and Loan Officer. CEO Steve Smith stated, "Deanna has done a terrific job as our FSA lender and managing the loan administration function of the bank. She has overseen the bank's transition from completely paper loan files to electronic document image files. She has also implemented the automation of several loan documentation and accounting processes in the past couple of years. As a bank focused on agricultural and FSA guaranteed loans, Deanna is responsible for the management of a big portion of the bank's assets."

AST Elders Bingo Fundraiser



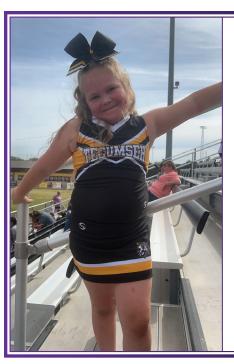








January 2024 www.astribe.com



Happy 7th Birthday Autumn Michelle! We love you very much keep on following your dreams! Love Mom, Dad, Mae Mae, and Colson





Happy 3rd Birthday Livvy, Mama and Daddy love you so much

Happy Birthday Alivia Jordan, Love always, MiMi and Uncle Phat Phat





Happy Birthday Clay from Pink and the kids!



Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive Shawnee, Oklahoma 74801-0381

Title VI Elderly Autrition Program

Dear Absentee Shawnee Tribal Members,

For many years, the Title VI department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Grant provides gas as supportive services and for us to provide supportive service you must be a participant in the Title VI Program.

Guidelines:

- 1. Absentee Shawnee Member
- 2. Must be 55 years and older
- Must be an Title VI Member, have a current intake form on file (FY-2024)
- Must provide Proof of Residency (utility bill in the applicants name)
- Handicap/Disabled
- 6. NO RENTAL PROPERTY WILL BE MOWED

As a Title VI member, as long as you are within the guidelines you can put in your application and turn in your applications to the Title VI department. As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

This year we are trying to get an early start on our grass mowing list.

Any questions you can reach me at 405-275-4030 ext. 3614 or call 405-716-4941 or email me at dowings@astribe.com

Thomasine Owings Title VI Director

> Absentee Shawnee Tribe of Oklahoma Title VI Department 2025 S Gordon Cooper Dr Shawnee OK 74801 405-275-4030

CDIB#__

Grass Mowing Application

D.O.B.

The following are the requirements for this program:

- 1. Must be an Absentee Shawnee Member
- 2. Must be 55 years and older
- Must be a Title VI Member (have an current intake form for the current year 2024) 4. Handicap/Disabled
- 5. Must provide Proof of Residency (utility bill must be in applicant's name)

6. NO RENTAL PROPERTY will be mowed

The Absentee Shawnee Tribe Maintenance Department will **ONLY** mow and weed eat applicant's lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees or shrubs.

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 3614 or 405-716-4941.

ADDRESS: ____

HOME PHONE: _____ MESSAGE PHONE: ____

_ STATE:____

FINDING DIRECTIONS TO HOME:

*DISCLAIMER

Maintenance will not move any items that are in the way of them mowing your yard so if you are able or can get some help in getting your yard cleaned, it will be very helpful in maintaining your yard.



The Absentee Shawnee Tribe Rising Warrior Department had the honor of participating in the annual Shawnee Christmas Parade this year. The Rising Warrior Department wants to remind everyone to Freeze Out Domestic Violence!











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4	CONSE	NT E

ABSENTEE SHAWNEE TITLE VI ELDER INTAKE FORM

TODAY'S DATE	!	REFERRAL SOURCE	
LAST NAME	FIRST N	JAME	MI
DATE OF BIRTH	MALE	FEMALE VETERAN	YESNO
STREET ADDRESS			
CITY	STATE ZIP CODE	PHONE NUMBER	
SINGLE MARRIED	DIVORCED/SEPARAT	ED WIDOWED W	IDOWER
SPOUSE'S NAME		_ SPOUSE'S DATE OF BIRTH	
EMAIL ADDRESS			
NAME OF FRAFRICANCY CONT	FACT (4)	RUON	-
NAME OF EMERGENCY CONT	GI-W	11-2	E
NAME OF EMERGENCY CONT	ACI (2)	PHONE	
NUMBER IN HOUSEHOLD		IF YES, HOW MANY	
		SARTHRITISCANCER	
		CHOLESTEROLBLOOD	
		Public TransSenior Trans.	
PROSTHETIC DEVICESWall	cer/CaneWheelchair	Hearing AidGlasses	DenturesNone
ARE YOU ENROLLED WITH	A DIFFERENT TITLE VI PRO	GRAM?YESNO	
IF YES, NAME OF PROGR	AM & WHERE LOCATED:		
HEALTH CONCERNS			
SERVICES CURRENTLY BE	ING RECEIVED		
	ROVIDE THE DATE OF YOU st 2 nd	R VACCINATION COVID 19 BOOSTER	

NAME OF YOUR TRIBE:

8A www.astribe.com

January 2024

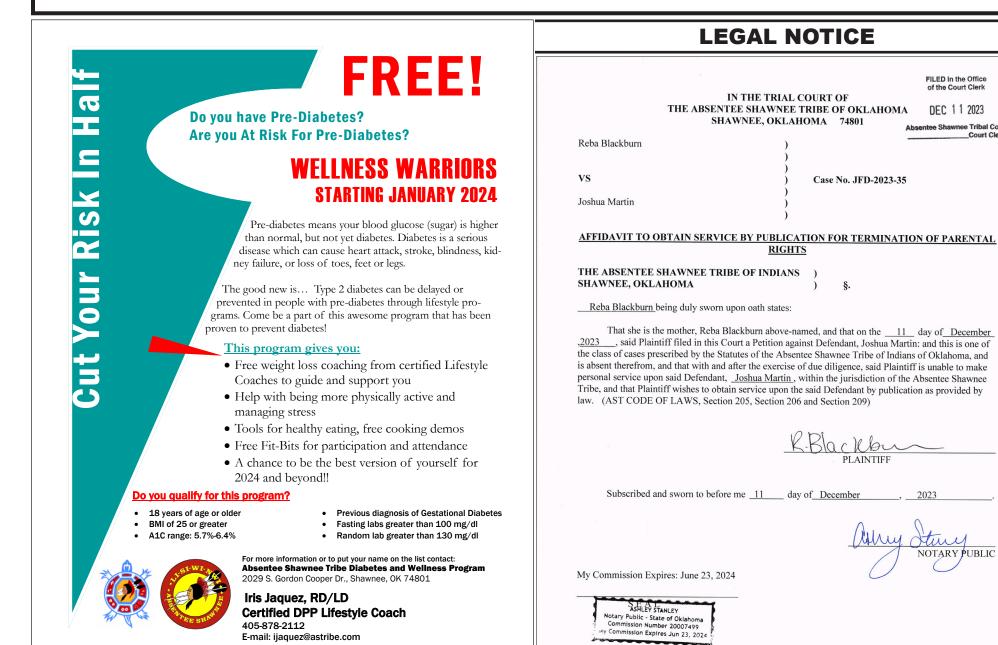


OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

AST Complex - (405) 275-4030	Toll Free - 800-256-3341
All Nations Bank	(405) 273-0202
Brendle Corner	(405) 447-3372
Building Blocks	(405) 878-0633
Building Blocks III LA	(405) 360-2710
Court	(405) 481-8575
Domestic Violence	(405) 273-2888
Enrollment	(405) 481-8650
Food Pantry	(405) 481-8640
Gaming Commission	(405) 360-9270 x1110
Housing Authority	(405) 275-1050
Human Resources	(405) 275-1468
ICW	(405) 395-4490
Media	(405) 598-1279
OEH/OEP	(405) 214-4235
Police	(405) 275-3200/275-3432
Social Services	(405) 878-4723
Tax Commission	(405) 481-8600
Thunderbird Casino Norman	(405) 360-9270
Thunderbird Casino Shawnee	(405) 273-2679
Tribal Store Little Axe	(405) 364-0668

The Absentee Shawnee Tribe will be closed Monday, January 1 - New Years Monday, January 15 - Martin Luther King Jr. Day



www.asthealth.org January 2024 Section B



ASTHS January 2024 Monthly Update

National Birth Defects Prevention Month

January is Birth Defects Prevention Month. We know that not all birth defects can be prevented; but, you can increase your chances of having a healthy baby by doing what you can to be your healthiest self, both before and during pregnancy. What is best for you is also best for your baby. This year's theme is: **EVERY JOURNEY MATTERS!**

Birth defects are structural changes that can affect almost any part of the body, such as the heart, brain, or foot, and can cause lifelong health challenges. Birth defects are common, affecting 1 in every 33 babies born in the United States each year. Not all birth defects can be prevented, and they can occur in any family, regardless of race, ethnicity, health history, or economic status.

The National Birth Defects Prevention Network (NBDPN) raises awareness of birth defects and promotes strategies that reduce the risk of birth defects and their complications. National Birth Defects Awareness Month is a time to raise awareness about birth defects and highlight efforts to improve the health of people living with these conditions across their lifespan. As early identification, medical care and treatment have improved, babies and children with birth defects are living longer and healthier lives. That is why NBDPN's 2024 theme is "Every Journey Matters", highlighting that from prior to diagnosis, throughout childhood and adulthood, every individual impacted by birth defects matters.

NBDPN encourages all pregnant people and prospective parents to make healthy choices and adopt healthier habits to help lower their risk of having a baby born with a birth defect.

This January, take time to learn about:

- Birth defect prevention before and during pregnancy
- Survival and health of infants with birth defects
- Educational needs and special healthcare needs for children with birth defects
- Transition from pediatric to adult medical care for adolescents
- Planning for pregnancy, recurrence prevention, and genetics and family history for adults with birth defects

5 Healthy Pregnancy Tips:

- 1. Be sure to take 400 micrograms (mcg) of folic acid every day at least one month prior to conception.
- 2. Plan a visit with your health care provider to support a healthy pregnancy.
- 3. Reduce your risk of infections.
- 4. Care for your body and mind before and during pregnancy to set you and your baby up for success.
- 5. Avoid harmful substance during pregnancy, such as alcohol, tobacco, and other drugs.

Planning for Pregnancy

If you are trying to have a baby or are just thinking about it, it is not too early to start getting ready for pregnancy. Preconception health and health care focus on things you can do before and between pregnancies to increase the chances of having a healthy baby. For some people, getting their bodies ready for pregnancy takes a few months. For other people, it might take longer. Whether this is your first, second, or sixth baby, the following are important steps to help you get ready for the healthiest pregnancy possible.

- 1. Make a Plan and Take Action: Whether or not you've written them down, you've probably thought about your goals for having or not having children, and how to achieve those goals.
- **2. See Your Doctor:** Before getting pregnant, talk to your healthcare provider about preconception health care. Your provider will want to discuss your health history and any medical conditions you currently have that could affect a pregnancy.
- **3. Get 400 Micrograms of Folic Acid Every Day:** Folic acid is a B vitamin. Having enough folic acid in your body at least 1 month before and during pregnancy can help prevent major birth defects of the developing baby's brain and spine (anencephaly and spina bifida). CDC urges all people who can become pregnant to get 400 micrograms (mcg) of folic acid each day, from fortified foods or supplements, or a combination of the two, in addition to a varied diet rich in folate.
- **4. Stop Drinking Alcohol, Smoking, and Using Certain Drugs:** Smoking, drinking alcohol, and using certain drugs can cause many problems during pregnancy, such as premature birth, birth defects, and infant death.
- **5. Avoid Toxic Substances and Environmental Contaminants:** Avoid harmful chemicals, environmental contaminants, and other toxic substances such as synthetic chemicals, some metals, fertilizer, bug spray, and cat or rodent feces around the home and in the workplace. These substances can hurt the reproductive systems of men and women. They can make it more difficult to get pregnant. Exposure to even small amounts during pregnancy, infancy, childhood, or puberty can lead to diseases.
- **6. Reach and Maintain a Healthy Weight:** People who are overweight or obese have a higher risk for many serious conditions, including complications during pregnancy, heart disease, type 2 diabetes, and certain cancers (endometrial, breast, and colon). People who are underweight are also at risk for serious health problems.
- 7. Learn Your Family History: Collecting your family's health history can help you identify factors that might affect your baby during infancy or childhood or your ability to become pregnant. You might not realize that your sister's heart defect or your cousin's sickle cell disease could affect your baby, but sharing this family history information with your doctor can be important.
- 8. Get Mentally Healthy: Mental health is how we think, feel, and act as we cope with life. To be at your best, you need to feel good about your life and value yourself.

As always, make sure to see your primary care provider whenever you have any questions about your healthcare.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Pharmacy Expansion- Concrete is complete in New Pharmacy drive thru and parking area. Waiting on the pneumatic tube system to be installed. Framing and drywall are mostly complete. Equipment began arriving at the end of December for new Pharmacy area. Pharmacy Expansion is on target for end of January 2024. North Lot asphalt layer has been completed.
- Remodel of current Primary Care for new PlusCare and Specialty Clinic demo is underway. They have begun installing overhead and plumbing as needed. 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

${\bf NEW~SHAWNEE~HEALTH~CLINIC!~(Coming~Soon!)}$

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.

December 2023 Health Employee Awards of the Month

Employee of the Month: Kathy Heldenbrand, RN – Employee Health

Team of the Month: Primary Care Nursing – Little Axe

Special Leadership Award: Dasha Johnson, MSN, RN – Director of Nursing/ Quality Director

www.astribe.com January 2024

MK COLORING CONTEST WINNER





With cool weather around the corner, soups are a fun way of warming your family up. This chicken noodle soup can be made at home and your family will love all it's rich flavors!

Nutrition Corner

Let's make some soup!!

Ingredients:

- 2 teaspoons olive oil 3 medium carrots
- -thinly sliced
- 2 medium ribs of celery
- -thinly sliced • 1 small onion
- -diced 4 cups fat-free, low-sodium chicken
- 1.5 pounds boneless. skinless chicken breast
- -visible fat removed -cut into bite-size
- pieces 3 cups water 3 tablespoons fresh
- parsley
- -minced 1/2 teaspoon dried
- -crumbled 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 ounces dried no-yolk noodles

LET'S MAKE...Chicken Noodle Soup





- 1. Heat the oil in the saucepan, or stockpot, on medium heat. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper.
- 2. Secure the lid. Cook on high for about 12 minutes.







THANK YOU FOR YOUR SERVICE. WE'RE HERE FOR YOU IF YOU NEED US.





U.S. Department of Veterans Affairs



Were you exposed to burn pits, herbicides, or other toxins while in the military?

You may be eligible for VA health care and compensation. Learn more at **VA.gov/PACT**.





Download VA's

VA.gov/welcome-kit

Welcome Kit!

1-800-MvVA411 (800-698-2411)

The one number all Veterans, their families, caregivers, and survivors can use to access VA resources 24 hours-a-day, 365 days-a-year.

VA'S OFFICIAL MOBILE APP

Download the **VA Health and Benefits App!**





- Check claims and appeal status
- View payment information
- Download Veteran Service Letters

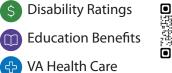






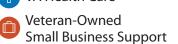


including:



Download the VA Welcome Kit and

explore VA benefits and services,





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!







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.



"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

Al 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.



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



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







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





JANUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED FOR	CHICKEN STRIPS	HAM	TATER TOT	PANCAKES
NEW YEAR'S DAY	MASHED POT/GRAVY	BLACKEYED PEAS	CASSEROLE	BACON
	VEGGIES	CORNBREAD	BEETS	FRUIT
	MANDRIAN ORANGES		PEACHES	
8	9	10	11	12
GRILLED CHICKEN	BEEF STROGANOFF	BAKED POTATO	TURKEY	CEREAL
SANDWICH	GREEN BEANS	CHEZ,ONIONS,HAM	STUFFING/GRAVY	SAUSAGE PATTIES
LTOP	COOKIE	BROC & CHEZ	VEGGIES	TOAST
PORK N BEANS		PUDDING	CRANBERRY SAUCE	
APPLE SLICES				
15	16	17	18	19
CLOSED FOR	HOT DOG	GOULASH	BAKED FRIED CHICKEN	SCRAMBLED EGGS
DR MARTIN LUTHER	KRAUT	OKRA	VEGGIES	SAUSAGE GRAVY
KING JR DAY	CHIPS	BREAD	ROLL	BISCUIT
	ORANGE	FRUIT	CRISP	
22	23	24	25	26
CHICKEN SALAD	BURRITO	COOK'S	PORK AND HOMINY	BOILED EGG
SANDWICH	SPAINSH RICE	CHOICE	GREEN BEANS	SAUSAGE PATTIES
LTOP	REFRIED BEANS		CAKE	TOAST
COTTAGE CHEZ/PEACHES	PINEAPPLES			
29	30	31		
HAM & CHEZ SANDWICH	BAKED ZITA	SALMON PATTY		
LTOP	GREEN BEANS	MAC & CHEZ		
CHIPS/GRAPES	TOSSED SALAD*	COLESLAW		
		JELL-O W FRUIT		

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!!



As the new year dawns, I hope it is filled with the promises of good health, wealth, and blessings!

We have had the pleasure over the past year of meeting and speaking with many of you and many others about our Alzheimer's Disease Program Initiative Programs— **Savvy Caregiver in Indian Country and Music & Memory**. Throughout the coming year, we will continually work to provide education and spread awareness about dementia and how we can help. For all of you who have joined us at our events and those that have helped us with our events, we **THANK YOU!**



We take it to heart when individuals contact us or are referred to us for our caregiver services. We know time is a precious commodity for all caregivers, but especially for those providing care for a person living with dementia. We are truly honored when families invite us into their home and make time for Savvy Caregiver in Indian Country, Music & Memory, or sometimes both, which especially pleases us! We recognize and value our caregivers and are sharing this important information.

"A recent report by the AARP estimates that family caregivers provided 36 billion hours of unpaid care worth \$600 billion in 2021. In addition, the average caregiver pays more than \$7,200 annually in out-of-pocket costs for transportation and other needs. This demonstrates the value of family caregivers which is only going to increase. By 2034, adults 65 and older will outnumber children under 18. Family caregivers will continue to face the dual demands of employment and caring for an older adult. This doesn't just affect families. It also has an impact on communities, employers and long-term care systems." Let us help!

As we close out 2023, we are providing a glimpse into what the past year has held for our programs:

- We have participated in a total of 21 events and shared dementia information and education to over 3,000 individuals. These events were Native American health fairs, national and local speaking events, conferences, and special events that we hosted.
- More than 500 surveys were taken. This process provides insight into understanding a community's attitudes, opinions, experiences and needs regarding dementia. This knowledge helps guide us in growing and developing our services.
- Through referrals and inquiries, we have met or delivered our services to 22 (x2) caregivers. Counting their loved one experiencing dementia, brings the count to 44 and in many cases, several family members have joined in the trainings and discussions. Although not all contacts have resulted in participation, we remain positive in the hopes that we can help in some way in the future. We remain in contact with those individuals. All-in-all, we have met around 100 individuals to share information about our dementia services.

Our expectation is that 2024 will bring more opportunities for us to deliver our services to those most important and valued "caregivers".

On another good note, the Absentee Shawnee Tribal Health System was awarded a new grant, "Addressing Dementia in Indian Country: Models of Care" on September 1, 2023. This new grant will aid in developing and providing more dementia care services for our tribal members and the Native American population.

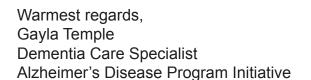
The new grant was kicked off with a site-visit on November 15, 2023 from the Indian Health Service Headquarters, Rockville, Maryland staff. The IHS staff was very impressed with our facility and is excited that they will be working with the ASTHS in the development and growth of our dementia services (Site-visit photo to the right).

Look for big things from us in the year to come! As always, 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".



Back-left to right: Dr. Marty Lofgren, Chris Larkin, Jamie Olsen (IHS), Grace Medlock (IHS), Dr. Johnny Johnson. Front-left to right: Dr. Raphael Francisco, Valerie Jones (IHS),

Atheda Fletcher, Gayla Temple, Lisa Harrington.





www.astribe.com January 2024

AST HEALTH SYSTEM DIRECTORY

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

SHAWNEE CLINIC405-878-5850 or 877-878-4702 toll free

Administration

Business Office

Health Information Management

Lab/X-Ray

Patient Benefit Advocates

Contract Health

Physical Therapy

Primary Care

Public Health

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GENERAL

SoonerSelect 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 **mysoonercare.org** to view, compare, and pick a plan that's right for you.

Please be advised, Patient Benefit Advocates cannnot enroll members in SoonerSelect Plans but can help navigate the process.



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