



# THE ABSENTEE SHAWNEE NEWS

[www.astribe.com](http://www.astribe.com)

Volume 36, No. 01

January 2026

## Absentee Shawnee Tribe Creates Language/Culture Dept.

The Absentee Shawnee Tribe recently created a standalone Language/Culture Department – Ka si wi nwi to wa pa - “Let’s Speak Shawnee”. The resolution was officially passed on December 17. Language was previously a part of Cultural Preservation and 477 programs.

“This resolution what it does, it’s kind of historic in a sense that we have never had a language department. The time has come to go that direction,” explained Language Director Scott Miller, “We all know we are losing Elders every year. We are losing knowledge and we are losing language knowledge.”

The newly created department hopes to increase efforts to revitalize the language. Miller will continue to lead the department alongside Jaylan Littlehead, language specialist.

The Executive Committee previously declared a state of emergency regarding language in December 2022. They also adopted the Official Shawnee Alphabet – Pi Pa Pe Po alphabet. Also in 2022, Miller released a Language Assessment Survey and the results were alarming. Less than one percent of all tribal members could be classified as fluent speakers.

Since then, he has been trying to increase the fluency of the Shawnee language. He initiated online language lessons, QR codes, classes for the AST After-School Program with Mrs. Littlehead, and will start in person classes this year, with the help of an ANA language grant.

“We are really working hard to teach Shawnee especially in our kids. The younger ones tend to retain it quicker and then there’s the fact that they can go home and speak it and help their parents learn or even re-learn.” Miller said of his efforts.

“We are basically having to start from the beginning. A lot of us know how to say words and some phrases but not all of us know how to speak a full conversation so hopefully as we get going we will start sparking some memory and really some confidence in speaking our language” Miller said.

Governor Johnson applauded the newly created department. “ I know there are other tribes that are going thru the same scenario and I am glad that we are stepping up so we can begin this.”

The classes will focus on all ages and be available via virtual or in person with locations to be announce. The Language Department is located at 421 N Beard Street in Shawnee. For more information regarding language or to contact them directly, email [language@astribe.com](mailto:language@astribe.com).

“We are basically having to start from the beginning. A lot of us know how to say words and some phrases but not all of us know how to speak a full conversation so hopefully as we get going we will start sparking some memory and really some confidence in speaking our language” Miller said.

Language is not only a tool to communicate but it connects us with our culture. Now, with a department fully dedicated to its care, the Shawnee language will have a place to grow and to be heard again.



Pictured: Jaylan Littlehead, Language Specialist and Scott Miller, Language Director, teaching kids at the AST Afterschool Program.

## FROM THE ELECTION COMMISSION

### FROM THE ELECTION COMMISSION

#### The Filing Period for Elective Office in 2026

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 Election to be held in 2026:

#### ELECTION COMMISSION

Position	Filing Fees	Term
Deputy Commissioner	\$100.00	1 Year Term (Prorated)
Secretary	\$200.00	2 Year Term (Prorated)
Commission Member #2	\$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 and correspondence postage.

#### QUALIFICATIONS:

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

#### ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)

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

**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 21, 2026. I cannot physically be present to cast my Vote at the **March 21, 2026 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: \_\_\_\_\_ Telephone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

All **REQUESTS** must be returned to the **Election Commission** by the deadline date of  
**March 1, 2026**

**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](mailto:election.commission@astribe.com) **Deliver in Person to:**  
Election Commission Office  
located in Bldg 2, Shawnee Campus

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



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Absentee Shawnee Tribe





**GOVERNOR**  
John Johnson



**Lt. GOVERNOR**  
Diane Ponkilla



**SECRETARY**  
Misty McGirt



**TREASURER**  
Joseph Blanchard



**REPRESENTATIVE**  
Anthony Johnson



## GOVERNOR'S REPORT

John Johnson, AST Governor

Hello All,

I hope you had a wonderful Christmas and a Happy New Year. I personally am looking forward to a new year; we have some big projects that will be starting soon. The new Shawnee Clinic has already broke ground and will officially start the next phase. Also Calm Construction has been selected to start on the new admin building here on campus. Look for updates in the newsletter for the ground breaking event. The new building is well over due and I know some of you had a

hard time watching the old one go but it's time for a new clean building. Once this one is done we will work on the other admin buildings on campus. I am hopeful these projects will move fairly quickly.

The Executive Committee is working on a 5yr strategic plan for our future and we are asking for your input. For any suggestions or comments please call or email Kryste C. in grants, KCarter@astribe.com. Ms. Carter will be hosting a two day workshop to discuss the strategic plan and how important it is for the tribe. Her and a few other directors will be working together to put the plan into place beginning January 1, 2026. This will also be in the newsletter so watch for updates.

As of December 20, 2025 my office has processed 559 applications for the Children's Christmas Gift cards. All the gift cards have been placed in the mail. If you have not applied for your child you still have time. The deadline is January 31, 2026. If you need help please contact my office, my assistant will be happy to help.

Should you have any comments or concerns you may call or email myself or my assistant at the emails listed below.

Thank You

John Johnson - 405-275-4030 ext. 3500  
governor@astribe.com

Alvina Barnes - 405-275-4030 ext. 3501  
alvinab@astribe.com

## LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor

Blessings All,

Wishing everyone a happy and prosperous New Year and sending my sincerest condolences to the 25 AST families who have lost loved ones in 2025. As 2025 comes to an end I would like to thank all the TM, staff and people who have made this a positive experience. In December

of 2024 I gained guardianship of my three granddaughters at that time they were ages 3, 2 and 1 years old. You talk about a quick lifestyle change we had to adjust and adapt to one another. They taught me patience, caring and most of all loving on a child's level. I believe god placed these beautiful baby girls with me for a reason, some time we lose sight of our purpose and need clarification. I knew the placement was temporary and they would

eventually go home. On Friday, December 19, 2025 they returned home and I am way beyond thankful and blessed to have had the opportunity to have this thought process adjustment. Being a family and the Lt. Governor of the Absentee Shawnee is not a job it is caring and showing love to each another. Let us continue to support and be kind to one another throughout the years to come.

Ne yi wa

## TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello AST Family and Friends,

Happy New Year!!! Welcome to 2026. Wow, I don't know about y'all but I can't believe it's here. Before I get into my update, first, let me express my gratitude to the employees in our Enrollment and Finance departments. They worked extra hours to jump through hoops and overcome barriers to provide a service to our membership, while completing and performing regular tasks during our busiest time of the year. For those not aware, there are approximately 3600 AST adults eligible for the program; which equates to 3.5 months of extra work to be accomplished in 30 days. As I've always said, it takes multiple people and teamwork to get things done.

As 2025 concludes, now we initiate Audit Prep and finalize documents for tax reporting and Year End close out. November and December were ripe with Department Head meetings to discuss budgets, modifying budgets, and presenting the final paperwork for approval by the Executive Committee. Over the last 6 years, Finance, Grants, and Procurement have worked hard to reel in spending, become better stewards, and provided training to Directors on how to utilize our current software to manage and over-

see their individual budgets. Because of this frugality, we were able to transition through October and November almost unscathed during the Government Shutdown and the SNAP Crisis. One of my goals, back during the 2020 Campaign year, was to help bring the Tribe into the 21st century with new technology.

Some may have noticed I did not submit a December report. There was a software update that hadn't integrated or uploaded to my laptop; the issue was resolved as soon as I returned to Oklahoma and the MIS team was able to correct issues. I am happy to report, while attending the 82nd Annual Conference for the National Congress of the American Indian (NCAI), Leadership from the other Tribes in the Southern Plains region elected me to the Vice President Alternate position. It is a 2 year term and allows us the opportunity to interact with executives and leadership from organizations like NCAI, IGA, NIGC, NAFOA, and others on a level we've never had.

Since November, I have already been on 2 conference calls with the Leadership Team in preparation for the upcoming Executive Council Winter Session in February. This meeting is always in Washington, D.C. and coordinates with the U.S. Presidents presentation of the State of the Union address. On the final days of that trip, Tribal Leaders will ascend on Capitol Hill to have discussion with many differ-

ent U.S. Senators and Representatives, to advocate on behalf of our Tribe and Region; especially those Congressmen who serve as Committee chairs or have greater influence over junior delegates.

In December, I participated in 2 Conference calls or Consultations to represent our Tribe. These were follow-up meetings to previous discussions about improvements or changes being incorporated into the National system. I have provided an update to Governor Johnson about the content but we have been asked to not discuss publicly until the final reports and data have been submitted for a final resolution. What I can say is there were official letters sent by OIGA Chairman Matt Morgan to the State of Oklahoma, and a coordinating notice from IGA Chairman David Bean to U.S. Securities and Exchange Commission regarding illegal gaming. The request is simple in they are requesting each respective entity uphold Indian Gaming Regulatory Act and enforce Federal law.

In closing, I hope you and your loved ones were able to enjoy the holiday season. I will continue to pray for those who are grieving or still learning to adjust for the ones that have walked on. I always ask the Creator to bless our Elders and protect our Warriors (Veterans). Until next time.

Neyiwa!  
Joseph H. Blanchard

## REPRESENTATIVE'S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

I hope everyone is having a good new year. In December, I traveled with our TERO department to the, "2025 National

TERO Convention" in Las Vegas, NV.

Also in December, I obtained a certification in Tribal Governance during a three day training session offered by the Tribal Leadership Council.

Should you have any questions or need any assistance, please contact my office by

phone or email.

Phone: (405) 531-3512.

Email: adjohnson@astribe.com

Sincerely,

Anthony "Tadpole" Johnson,  
Tribal Representative



Our podcast, Among the Shawnee just released a new episode!

This episode of Among the Shawnee explores the origins, migrations and defining moments that shaped the Absentee Shawnee Tribe. Host Mindy Longhorn speaks with Scott Miller, Language Coordinator, and Clayton Martinez, Tribal Historic Preservation Officer, who walk listeners through centuries of history from the Ohio Valley homelands to Indian Territory. The discussion clarifies why the tribe is called "Absentee Shawnee," explains the Big Jim and White Turkey bands and underscores the urgent need to revitalize the Shawnee language and cultural practices.

Episode available on YouTube, Spotify, Apple Podcasts, SoundCloud and [www.astribe.com/podcasts](http://www.astribe.com/podcasts).  
<https://youtu.be/ZrLCW1JxsS8>





The logo for the Absentee Shawnee Tribe of Oklahoma Building Blocks C.D.C. It features the tribe's name at the top, followed by the center's name and address. To the right is a graphic of three colorful blocks (red, blue, and green) with the word "BUILDING" stacked above "BLOCKS", and "CHILD DEVELOPMENT CENTER" below it. A small line of text at the bottom right reads "AN ABSENTEE SHAWNEE ENTERPRISE".

**Building Blocks is an OkDHS 5 Star Accredited Facility. If you are interested in putting your child on our Wait List please call and we can email you an application. We take 6 weeks through (Pre-K) Four Year Olds.**

**Building Blocks had a busy December.**  
The classrooms have been doing lots of activities engaging the children in learning that sparks imagination. A special Thanks to Jaylan Littlehead who has been reading to the children in AST Language and doing a craft with each child.



**With the New Year here we are ready and excited for the children to do many fun things as they play and learn.**



**Building Blocks hopes everyone has a Wonderful 2026 Year. Building Blocks is closed January 1<sup>st</sup> in observance of New Years. Building Blocks will also be closed on Monday, January 19<sup>th</sup> in observance of Martin Luther King Jr. Day! Have a Wonderful January!**

# BUILDING BLOCKS 3

January Newsletter 2026

## Focus in January

- The Infant room will be focusing on fine motor skills with various pinch, grasp and reaching activities.
- The 1 year old's will be strengthening their gross motor skills by standing and throwing a ball back forth.
- The 2's classroom are exploring their social emotional skills by matching emotions.
- The 3 year old's will focus on enhancing their social and emotional skills by utilizing our "Feelings Buddies dolls and story".
- The 4's and 5 year old's are building their communications and problem solving skills with role playing.

## Our Closures

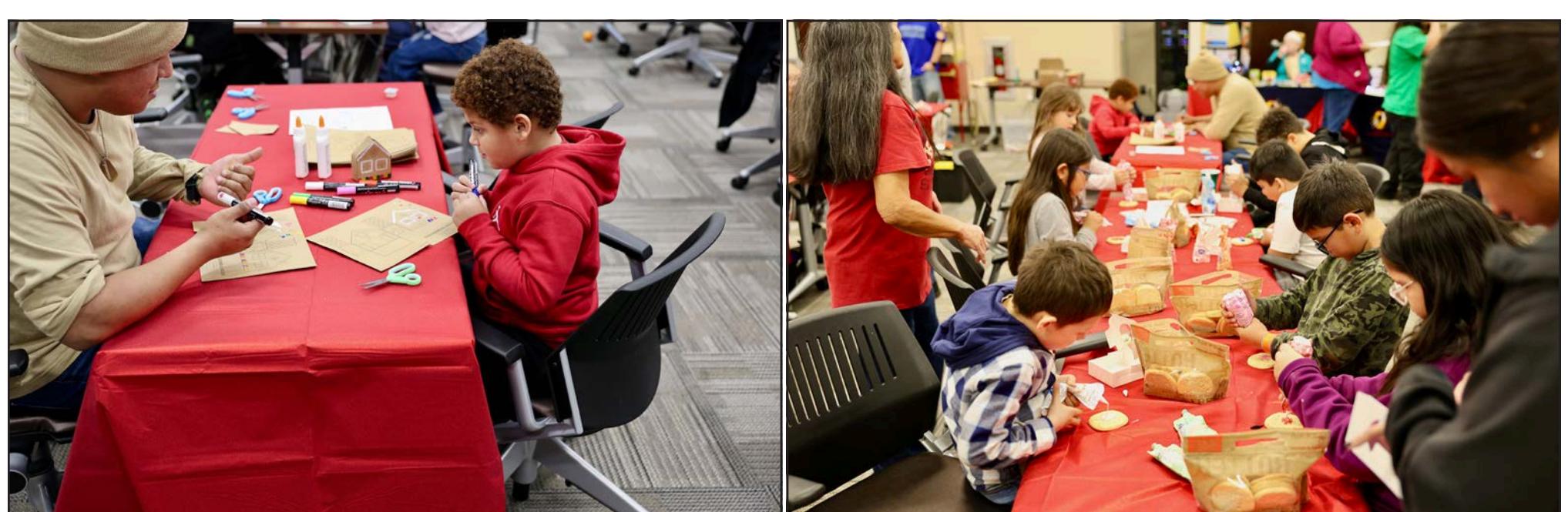
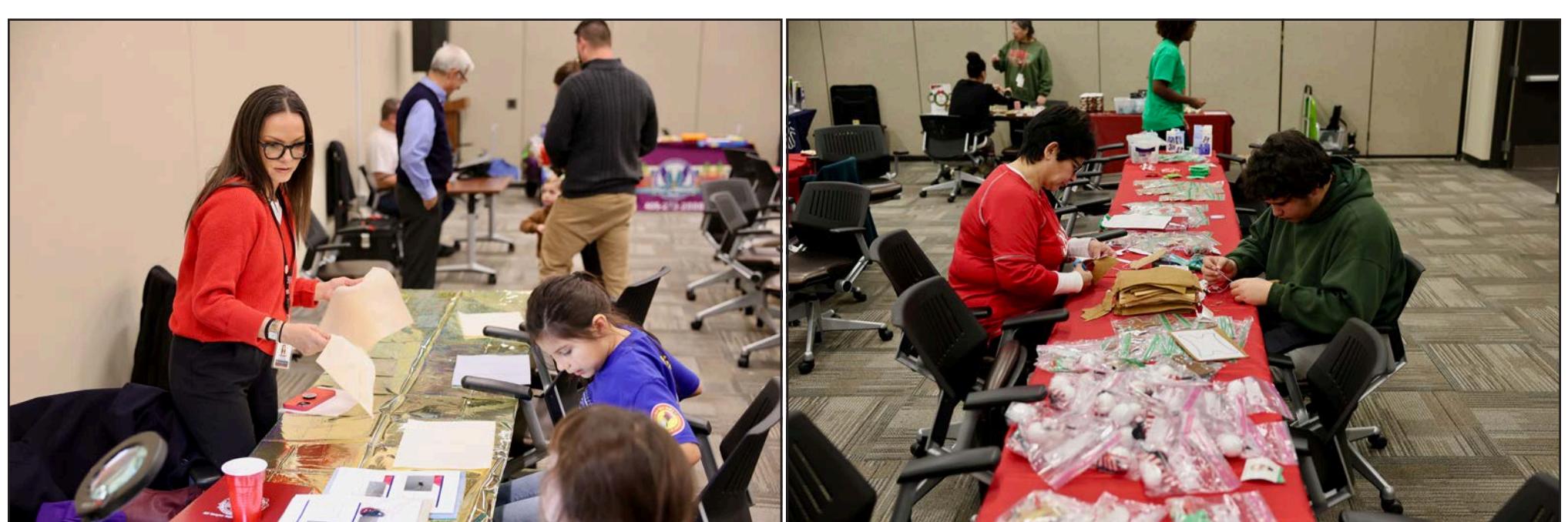
- January 1<sup>st</sup> - New Years Day
- January 19<sup>th</sup> - Martin Luther King Day

**The Librarian read each classroom a few Winter themed stories!**

The image is a vertical poster with a textured, crumpled paper background. A decorative border of various blue and teal snowflakes frames the top and right sides. In the center, the words "New Year" and "New You" are written in large, blue, cursive, hand-drawn-style letters. Below this, five bullet points provide tips for mental health: "When setting goals for the new year, don't forget your mental health. Mental wellness is an important part of overall health. Here are some tips to help get you started:" followed by "Start a gratitude practice", "Focus on connecting with others and building relationships", "Take care of physical health", "Eat well, get enough sleep, and find exercise you enjoy", and "Engage in hobbies that make you happy". At the bottom, the email address "nativeconnections@astribe.com" is listed. Two circular logos are at the bottom: one on the left for "HUKOTEWA KEKA JOURNEY TO HEAL" featuring a forest scene, and one on the right for "LISI WI-NWA APENTEEN SHAWNEE" featuring a Native American profile. The bottom half of the image features a stylized landscape with trees, a house, and a moon.

# LEGAL NOTICE

# 2025 Native Connections Winter Gathering





**Happy Birthday Eli!**  
Love,  
**Mom, Dad, and Joanna**



Heavenly 5th passing of my momma Sadie Spybuck-Low. Miss you more each day. Hope you are laughing and having the best time with Auntie & everyone else. We love you always, Sherrie, Joplin, Jiliyan, Justin & Barbara Jo

**Happy Birthday** 

Happy Old Lady Birthday Creep! Hope it's a great one. We love you lots. Love baby sister SheREE and ALLLL my kids – Just, Jop & Jil



## We're Hiring !

### OPEN POSITIONS:



THUNDERBIRD  
CASINO

\$500 Sign on Bonus!  
(Split between 90<sup>th</sup> and 180<sup>th</sup> days)

[www.playthunderbird.com](http://www.playthunderbird.com)

Apply Now



## Obituary



### Janet Lynne (Snake) Floyd

Janet Lynne (Snake) Floyd, 66 of Cushing, Oklahoma passed from this life on Thursday, December 11, 2025, at Tulsa Hillcrest hospital. She was born on June 27, 1959, to Amos and Jennie Snake in Norman, Oklahoma, and was a member of the Absentee Shawnee Tribe. She attended her early elementary school years at Bethel School in Shawnee, and later in the Cushing Public School System. Janet attended the Vocational Technical School in Drumright, where she graduated as a nurse in their LPN program. She worked at various health facilities and enjoyed her profession.

In addition to her parents, Janet was preceded in death by one sister Frances Ressler. She is survived by her siblings: Alvin, Kenneth, Anita, Carolyn and husband Gene Duncan, Alta and husband Tony Helvy, Norma, and Steven; her two daughters: Jana Snake, and Crystal Tarbox, and son Zachary Galloway; including her 12 grandchildren: Shelby and husband Keith Bradley, Skylar, Daisy, Corey, Camryn, Jasmine, Christy, Desirai, Alainna, Matthew, James, Joseph; and her great grandson: Jonah Bradley; and other extended family and relatives.

### Tribal Member Corner:

#### Jan 26 Article:

Greetings! It has been a while, since my last article. I will only be writing, when I have news of interest.

Still, would like to see a first aid class, held for the members.

Members ask, do we really need Good Friday, as a holiday for the tribe? Not many companies, allow their employees off.

Are you tired of receiving numerous spam calls? Register on donotcall.gov., part of the Federal Trade Commission. You may report unwanted calls there also, after 31 days. You will need date, phone no, time, name of company, person, reason for call. It takes time to report these, on a daily basis. Of course, you can block individual calls on your mobile device. There are apps, for block service too. Check to see if there is a charge.

In addition, can register online, for the Oklahoma's Do not Call List. Google Oklahoma Telemarketer Restriction Act Consumer Registry.

Be aware, if you order a replacement(missing) trash can in Oklahoma City. City of Oklahoma City, sometimes charges you on your utility bill, for a third trash can, without advising you. It appears on the bill. Two are free or included in rate.

Attend a church service and take the time, to write an article.

Eileen Pearce, Tribal Member

Comments: Lapearce@att.net



## 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@astribe.com](mailto:media@astribe.com)

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

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

## AST Elders Association Christmas Lunch



The Absentee Shawnee Tribe will be closed  
Monday, January 19th - Martin Luther King Jr. Day

PAID AD

**COMMUNITY HEALTH**  
Centers of Oklahoma  
Family Health & Dental Clinics  
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A B S E N T E E S H A W N E E T R I B A L

# HEALTH SYSTEM

Prevention. Progress. Pride.

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

January 2026

Section B

## HEALTH BUZZ!!



Halito and Happy New Year, AST fam! I hope that this year brings you all health and happiness. It's important to have a refreshed mindset and health reset occasionally, and what better time to do that than at the beginning of a new year. This is achievable by prioritizing health needs and setting smart and realistic goals for yourself. It's easy and normal to fall off the saddle when trying to achieve a goal, but the important thing to do is to get back on. Setting personalized clear goals keeps us on track and can really make a big difference in a year's time. Health is the basis for everything, so prioritizing it at the start sets a strong tone for the year!

### Here are some tips for starting the New Year off on the right foot:

**Schedule Now:** Book your annual wellness visit and any needed screenings.

**Start Small:** Add one vegetable to dinner, or drink an extra 8 ounces of water in the morning.

**Make it Fun:** Exercise with family or friends for 15 minutes daily; cook new healthy recipes.

**Prioritize Sleep:** Aim for 7-9 hours, establish a routine (cool, dark room, no screens).

**Track Progress:** Monitor your blood pressure, glucose, mood, and activity levels.

As we begin the 2026 journey, we offer this quote:

**"The bad news is time flies. The good news is you're the pilot."**

So, take the controls, set your course for purpose, and enjoy the journey because you're the one flying it!



If you or someone you know would benefit from the [Savvy Caregiver in Indian Country](#) or [Music & Memory](#) programs, contact [adpi@astribe.com](mailto:adpi@astribe.com), or call **405-701-7906**.



Check out our web-page on the [Absentee Shawnee Tribal Health System's website](#): <https://www.asthealth.org>

Click on: "[Programs and Preventions](#)" and then click on "[Seeking Hope](#)". You can sign up online also!

**WISHING EVERYONE GOOD HEALTH, LOTS OF HAPPINESS, AND A GREAT NEW YEAR!**

**Lacy Gillean**  
Dementia Care Specialist

## Ensuring Hope Participates in Native American Student Day at the Paycom Center

On November 19th, 2025, the Ensuring Hope grant team had the opportunity to attend and table at Native American Student Day held at the Paycom Center in Oklahoma City. The event brought together hundreds of Native youth from across the state, creating an inspiring space for cultural celebration, connection, and education.

The day opened with a powerful welcome ceremony featuring traditional fancy dances, energizing the entire arena and setting the tone for a meaningful day. Following the ceremony, students explored the vendor booths, where the Ensuring Hope team shared substance use prevention information, outreach materials, and culturally relevant resources. Staff visited with students throughout the afternoon, engaging in conversations about healthy choices, protective factors, and the importance of seeking help and supporting one another.

To close out the day, we attended the OKC Thunder game, where the Absentee Shawnee Tribe was recognized as one of the honored groups in attendance—an exciting moment that highlighted the Tribe's presence and ongoing work in the community.

The Ensuring Hope team was grateful to participate in such a vibrant event focused on empowering Native youth and looks forward to continuing outreach efforts that uplift and strengthen the community.



Pictured above is the Ensuring Hope table before the students came through.



Pictured above is the opening ceremony.



Pictured above is the Absentee Shawnee being recognized on the screen during the game.

SUN	MON	TUE	WED	THU	FRI	SAT
			<i>Closed at 6pm</i>	<i>Closed for New Year's Day</i>	1	2
4	5	6	<i>Closed at NOON</i>	7	Elders Thursday Fun Day @ Little Axe	8
11	12	13		14	15	16
18	<i>Closed for Martin Luther King Day</i>	19	20	21	22	23
25	26	27	TOR Grant Talking Circle Meeting	TOR Grant Talking Circle Meeting	Elders Thursday Fun Day at Little Axe	24
				28	29	30
						31

**JANUARY**

More information for TOR Talking Circle can be found on our Facebook page

More information for Elders Thursday Fun Day can be found on our Facebook page

PlusCare & Pharmacy will re-open @ 5pm Jan. 07



## Scheduled Closures

**Jan. 1<sup>st</sup> - Closed in observance of New Year's Day**

**Jan 7<sup>th</sup> - Closed at NOON for Townhall Day**

**Jan. 20 - Closed in observance of Martin Luther King Jr. Day**

*Follow us on Facebook or visit [asthealth.org](http://asthealth.org) for closure information and updates!*

# 2026 NEW YEAR'S ELDER THURSDAY'S FUN DAY

**January 8<sup>th</sup> | 11 AM - 1 PM**  
Little Axe Resource Center

**January 22<sup>nd</sup> | 11 AM - 1 PM**  
AST Complex, Title VI Building

Lunch provided by Title VI, if you are signed up with the program. \$5 a meal if you are not signed up with Title VI.

Elders 55 years and older, come and join the Public Health Department for fun games and activities with health education topics.

**For More Info Contact: Sianna Morgheim**  
**405.827.7704 or [smorgheim@astribe.com](mailto:smorgheim@astribe.com)**



### AST Diabetes & Wellness 2026 Monthly Challenge

## KI-KE-KI-KA-MI-GE “KEEP MOVING”

Get ready to move in 2026! “Ki Ke Ki Ka Mi Ge” a community monthly physical activity challenge kicks off in January 2026. This program will bring a fresh, fun approach to fitness – think walking challenges, dance breaks, and everyday movement that fits into real life. Have a busy day that makes going to the gym a challenge? That’s okay, because this new monthly challenge program is going to help you Ki Ke Ki Ka Mi Ge without interrupting your day-to-day routine. You can get physical activity in right inside your home, community and workplace.

On the first of each month, a new monthly challenge will be released providing you with the ability to track your activity via an app. Interaction through the app will not only help you Ki Ke Ki Ka Mi Ge but it will also provide social connections to keep you motivated and offer peer support. Whether you’re taking your first steps toward better health or looking to stay on track, this new movement is about coming together to build a stronger, healthier community – one step at a time.

**Scan the QR code to register and then be on the lookout for an email with more information.**



Questions about our Diabetes & Wellness programs?  
We're here to help.  
Reach us at 405-701-7977.



**Scan to Register**

**January**  
**KI-KE-KI-KA-MI-GE**  
**“KEEP MOVING”**  
**MONTHLY CHALLENGE**  
**AST Diabetes & Wellness**

**January - New Beginnings & Motivation**  
**“Jumpstart the Year - Move for Our People”**  
Kick off the year with movement and collective wellness.

**Challenge:** Mindful Movement - Meditative Walk  
**Goal:** Enjoy better energy, mood, and sleep, as well as reduced stress and fatigue by enjoying a **20 minute walk at least 4 times a week.**

Questions? We're here to help you achieve a healthier YOU!  
Contact us at 405-701-7977



## Our services

-  Skilled nursing
-  Occupational, speech & physical therapy
-  Home health aide
-  Serving Native & Non-native patients

**HEAL BETTER  
AT HOME  
WITH self-care  
SUPPORT**

15951 Little Axe Dr.  
Norman, OK  
73026

405-701-7085  
405-233-0563





## Look Out For Medicare & Marketplace Phone Scammers!

**HOW TO DEAL WITH PHONE SCAMMERS:**

1. DO NOT give your personal information out to anyone you do not know or to anyone from an unrecognized number. Be wary of callers posing to be from AST Health. Scammers disguise their identity and can mimic phone numbers to appear local through AI programs.
2. If you speak to someone you do not know, hang up immediately and block their number. If you are unsure if the caller is from AST Health, hang up and call the clinic directly to ensure the call is legitimate.
3. Visit [www.donotcall.gov](http://www.donotcall.gov) to add your name and number to the DO NOT CALL LIST. Let us know if you need assistance. Report scams to: [ftc.gov/complaint](http://ftc.gov/complaint).

**If You Have Medicare or Marketplace Questions, We Can Help!**

You have an insider with 15+ years of experience in health insurance right here at AST Health! Al Triggs takes care of hundreds of patients and is standing by to take care of your insurance needs.

Al Triggs  
Contracted Benefits Advisor  
Legacy Tribal Services  
(918) 853-1211  
Proudly Serving AST Citizens



# January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 BREAKFAST BURRITO TATER ROUNDS SALSA
5 CHICKEN SALAD SANDWICH LTOP CHIPS/FLUFF	6 CABBAGE STEW CRACKERS PUDDING	7 BBQ CHICKEN PEAS & CARROTS TOSSED SALAD* PEACHES	8 ENCHILADA CASSEROLE RANCH BEANS PEARS	9 BOILED EGG TOAST SAUSAGE PATTIES GRAPES
12 BURRITO SPANISH RICE MIXED FRUIT	13 HOT HAM & CHEZ SANDWICH BAKED CHIPS APPLESAUCE	14 PORK CHOP MAC & TOM BREAD APRICOTS	15 CHICKEN TORTILLA SOUP TORTILLA CHIPS JELL-O W/FRUIT	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
19 MARTIN LUTHER KING JR DAY	20 GRILLED CHEZ SANDWICH CHICKEN NOODLE SOUP	21 SHEPHARDS PIE BREAD CAKE	22 GREAT NORTHERN BEANS SPINACH CORNBREAD	23 CEREAL SAUSAGE PATTIES TOAST GRAPES
26 WIENERS N KRAUT VEGGIES TOSSED SALAD* CUTIE	27 CHILI CORNBREAD ONIONS, CHEZ MANDARIN ORANGES	28 CHICKEN FAJITAS VEGGIES TORITLLA SALSA/CHIPS	29 ROAST RED POT CARROTS ROLL/FRUIT	30 SCRAMBLED EGGS BACON CROISSANT FRUIT

MENU SUBJECT TO CHANGE\*

LUNCH IS SERVED FROM 11 AM TO 1PM  
BREAKFAST IS SERVED FROM 9AM TO 11AM

SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER

## Tribal Opioid Response Grant (TOR)

November is a time to celebrate American Indian heritage within and outside our tribal community but we can and do celebrate our American Indian heritage throughout the year. Dependent on family, clan, ceremonial grounds, etc., each Native person's cultural beliefs may differ and that's expected. We may have cultural differences but we also have values that unite and strengthen us as a tribal community – respect, generosity, compassion, and understanding. As we move into the winter season let's take time to reflect on how we can support these values and help one another be stronger.

In early November, we held a canning class. Around the 1900s, canning became a wide spread method used to preserve foods long term. In the class held at the Little Axe Resource Center, participants learned to prepare salsa for canning. Salsa isn't tradish but it sure is good!

The first week of December is recognized by SAMHSA as Grief Awareness Week. Grief is usually linked with the loss of a loved one, but grief is essentially about coping with loss. This could be the loss of a relationship, a job, health, etc. Since tribal employees serve people who may be experiencing grief, TOR hosted a training for staff to recognize and acknowledge grief including how to take care of ourselves.

January is Substance Use Disorder Treatment Month. To help bring awareness to Substance Use Disorders (SUD), let people know that a SUD is a disease. Like diabetes, a SUD can be managed. TOR can also assist persons with a SUD find treatment options, whether it be medication assisted treatment, outpatient services or an inpatient facility.



TOR set up at the OKC Thunder Native American Student day.

