Absentee Shawnee Tribal Health System Internship Program Enters Third Year
by Mark E. Rogers, Executive Director

The health system welcomes another group of area AST and local Native American youth into our third year health internship program. These six aspiring health care professionals will be exposed to a myriad of healthcare operations spanning the entire health system. During their summer programs with the health system they will experience clinical operations of the entire health system, learn about patient privacy, health information processing, electronic health records, and patient care in all the clinics as well as be exposed to community service in public health and the health grant programs for the first half of their program. The second half of the program will specialize their desired focused study areas within the area of study or field they plan on going into. This year’s aspiring youth are interested in a wide range of professions from physical therapy, nursing, community health, administration and public health corps among some of their desired studies.

The internship program prepares the interns with a solid baseline in health system operations, graduating with a paid work history in health care, a certificate of program completion, and a letter of recommendation to begin their new journey! Students will also be afforded educational counseling with the tribe’s education office on opportunities for educational development and advancing their dreams of working within a health care program. We are very proud of our program and the health board’s ongoing support and investment in growing and developing our talent from within our tribe and surrounding area today in the hopes of retaining the youth in our area and recruiting them back to serve within our health programs in the future!

(Photos provided by AST Health)
Executive Committee

July 2019

Monthly Executive Committee meetings can be watched online at asttribe.com

Governor’s Report

By AST Governor Edwin Butts-Wolf

605-275-4030. Ext 6308
605-481-0397 Call Number (tribal)

Hello Tribal Members of the Absentee Shawnee Tribe!

Hope everyone has survived the severe weather we have had lately and hope no one had any flooding problems to homes. There have been a lot of happenings here in the tribe as far as changes due to special call meetings of Secretary Johnson. One of the changes is putting the tribe in danger with the National Indian Gaming Commission (NIGC) which is not good since it is not a site due to the Gaming Ordinance with NIGC. The Gaming Commission Department and sees that it be a separation between the regulation and operation of tribal gambling activities. That is why it is necessary that there is an ordinance between tribe and NIGC. In the ordinance it is the Governor that is named for actions to take place and not the Representative. We are not going by the ordinance and the tribal members or other action against the tribe. As the Governor of the Tribe we do not want to have any attention on the Tribe from NIGC for any childish actions that the Representative is illustrating and harming the Tribe.

One other action that took place with Secretary Johnson called special meeting was the averting of the Absentee Shawnee Police Department. Secretary Johnson is breaking the Absentee Shawnee Law.

POLICE AND LAW ENFORCEMENT SERVICES (as adopted by LAS-03-36)

Section 2. Governor in Command

It being the duty of the Governor to have General Supervision of the affairs of the Executive Committee and to perform all duties appurtenant to the Office of the Governor, which office the last 6 years has been, this is a battles that is always being fought and needless to say I have been always again. If I may please the last 6 years, the ACTIONS HAS GOT TO STOP! It is in the best interest of the Tribe and me and you, the Tribal People. Sad to say our non-Indian employees that have key positions are utilizing this for their gain of the elected officials.

Secretary Johnson has had two of his programs oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. His own staff in his program oversite being investigated due to misuse spending. 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Executive Committee

Treasurer’s Report Continued

I would like to thank the Tribal Fi- nance and Health Finance teams on working diligently with our financial auditor, Baker Tilley. Special thanks to tribal leaders and enterprise man- agement on providing information timely and being available for inter- views with Baker Tilley. The Annual Audit report will be presented to the EC and Enterprise Management on Wednesday, July 24th.

IDC 2020 is in progress The Indirect Cost calculation and proposal process is starting ear- ly. As I previously mentioned, we are moving towards year 2 of our 3 year plan to bring the Indirect Cost negotiation process in-house. A special thanks to our finance staff for pursuing the education and training necessary to enhance our internal expertise and knowledge of this vitally important initiative. I anticipate that we will be decreasing our external Indirect Cost negotia- tion costs by an additional 50% this year.

Electronic PO process have tasked the Procurement Department to move towards an electronic purchasing process. Our new software is called Microix. This requisition module enables finan- cial staff and non-financial staff to create purchase requests from their computer, in addition to helping to enforce specific requirements to reduce errors and ensure that information is accurately provided to properly process a request. This software also includes a multi-level approval process that provides accountability, efficiency and in- ternal control. A great benefit of this program is the integration with our accounting software, MIP. The highlights of this electronic PO pro- cess includes:

- maintains complete purchasing and audit control with detailed in- formation tracking,
- analyzes purchase activities by departments, users, vendors, etc.,
- utilizes approval submission to avoid delays,
- effective real-time approval, denial, or modification requests of purchas- es.

Representative’s Report

Althea Fletcher
Work PH: 405-275-4030 Ext. 6269
Cell PH: 405-287-5851
afletcher@astribe.com

Greetings Tribal Members:

I am extremely pleased with the work that the Cultural Preservation Department and the Human Resources Department have achieved. The staff in each of these departments is committed to the growth and overall success in the day-to-day activities as well as building for the future.

Cultural Preservation Department is developing a calendar of events that involves activities for the benefit and enjoyment of all tribal members. I encourage all tribal members to get involved and participate. If you have any suggestions, requests, or comments that will contribute to the success and growth of the CP Department, please contact Andrea Ellis-Harrison, CP Director. And, as always, I am also available to assist with questions and comments relating to Cultural Preservation.

The feasibility study is essential to access USDA funding, which is the ideal funding source for this project. The feasibility study will take 6 to 9 weeks to complete.

As the newly appointed oversight for the AST Gaming Commission, I have started to meet with the interim director on the status of the department, gain project updates and review its needs assessment. I hope to provide support on IT networking needs, cost saving measures on the department’s budgets and overall operational efficiency. I am excited about working towards a stronger, and more collaborative working environment will benefit the department and the tribe.

Quote: Setting goals is the first step in turning the invisible to the visible.

Current Employment Opportunities in the Absentee Shawnee Tribe

The following is a list of open positions available in the Absentee Shawnee Tribe. More information is available on any position at www.astribe.com.

Absentee Shawnee Tribe
Located at the Multiple Purpose Building at the Shawnee Complex
On August 3rd, 2019 from 10:00 AM to 3:00 PM.
Breakfast and Lunch provided by Absentee Shawnee Tribe Office of the Treasurer.

RSVP with the Realty Department: 275-4030 Ext 6420
By July 15th, 2019.

Absentee Shawnee Tribe

Opportunities in the Absentee Shawnee Tribe

The following is a list of open positions available in the Absentee Shawnee Tribe. More information is available on any position at www.astribe.com.

Shawnee:

Procurement Property Specialist Dept: Procurement Type: Full-Time
Receptionist/Phone Operator Dept: Secretary’s Office Type: Full-Time
Patient Registration Clerk Dept: Health Type: Full-Time
Administrative Assistant Dept: Treasurer’s Office Type: Full-Time

Little Axe/Norman:

Clinical Applications Support Technician Dept: Health Type: Full-Time
Patient Registration Clerk (3) Dept: Health Type: Full-Time
Patient Registration Clerk Dept: Health Type: Part-Time
Desktop Support Analyst Dept: Health Type: Full-Time
Director of Nursing/RN Case Manager Dept: Health Type: Full-Time
TOR Grant Case Manager Dept: Health Type: Full-Time

Public Health Registered Nurse Dept: Health Type: Full-Time

Contract Health Specialist/LPN (2) Dept: Health Type: Full-Time
Pharmacist Dept: Health Type: Part-Time
LPN (Same Day) Dept: Health Type: Full-Time

Detailed information and a downloadable application are available at www.astribe.com/employment. Applications can also be picked up at the Human Resources Department located at the Absentee Shawnee Tribal Complex, 2025 S. Gordon Cooper Drive, Shawnee, OK.

Send completed applications and resumes to email: HR@astribe.com, fax: 405-275-2710, or mail to:

Absentee Shawnee Tribe
Human Resources
2025 South Gordon Cooper Dr.
Shawnee, OK 74801

Attention:

Absentee Shawnee Realty Department has partnered with the Department of Interior to provide the following information to the tribal members:

Fractionation: Inherited undivided interest

- What happens if you pass away without a written will?
- Your Individual Indian Money (IIM) account: What happens to your money if you pass away without a written will?
- Your Individual Trust Interest (ITI) Report: How to read it?
- Ways to avoid further fractionation of reservation land
- How reservation land is owned?
- Who is eligible to inherit your trust land and retain trust status?
- Your undivided interest of less than 5%: What happens if you pass away without writing a will?
- Your undivided interest of less than 5%: What happens if you pass away without a written will?
- Ways to avoid further fractionation of reservation land
- Your Individual Indian Money (IIM) account:  What happens to your money if you pass away without a written will?
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- Your Individual Trust Interest (ITI) Report: How to read it?
Big Jim Youth Awards

In May 2016, the Big Jim Youth Award Selection Committee identified the tribal youth who were to receive these prestigious awards for their High School Academic and Athletic performance. The selection committee for these awards consisted of individuals who are either educators, coaches, or affiliated in these areas or to the area of higher education within the state of Oklahoma. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all of the applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. “The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond” said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.

Academic Achievement, $1000.00 Scholarship

Kase Spybuck
Paulsboro, Oklahoma
Parent: Stephanie Fletcher
Attending: Oklahoma State University
Accomplishments: Honor Roll all 4 years of High School
Concurrent Enrollment at Oklahoma State University-OKC
Senior Captain Varsity Baseball Team, Shortstop/Pitcher
Essay: “Whether I am in class, on the baseball field or on a university campus, I strive to always demonstrate my Shawnee ways and heritage… I grew up with a strong appreciation for family and history… My heritage has instilled in me a strong sense of self and direction with the understanding that I have one of the best family support systems I could ask for… I do not fear failure as it is the failure that teaches and encourages me to become better!”

Anubhava Coddington
Las Vegas, Nevada
Parents: Michael and Jessica Coddington
Attending: University of Nevada, Las Vegas
Major: Nursing
Accomplishments: Honors Diploma Nation Honor Society, active member
3 years National Society for High School Scholars, active member
Barbara James Service Award
Health Occupations Students Association, active member 3 years Hope Medical Missions in Mexico
Essay: “I desire to carry on the beautiful legacy that my ancestors have begun by advancing my education in order to become an asset to the medical field… Throughout high school, I have managed to academically perform in the top 10 percent of my graduating class. I am a member of multiple clubs including Future Health Professionals (HOSA), National Honor Society (NHS), and Medical Reserve Corps (MRC).… My academic achievements are not meant to be kept to myself but to be used as a tool to reach the people of my heritage as well as those around me.”

Grants Department Hires Grant Writer.

Kryste Carter (Benge) is an enrolled member of the Muscogee (Creek) and Choctaw Nations. She is from Tahlequah, Oklahoma and currently resides in Shawnee. She obtained a Bachelor’s of Arts in Political Science and Public Administration from Northeastern State University and a Master’s in Adult and Higher Education from the University of Oklahoma. She previously worked for Northeastern State University and Muscogee (Creek) Nation in various positions within the fields of education, program management, policy development and grants management. Carter enjoys participating in ceremonial dances, attending music concerts and reading academic journals. Carter stated “I am honored and excited to be working for the Tribe.”
Building Blocks III CDC has been keeping busy. We currently have 19 employees. We currently have 35 children enrolled. We have consistently been enrolling more children weekly as staffing is improving. To hope to enroll all 44 children that are on the Waiting List, we are still holding interviews for Master Teachers. We celebrated our Mother’s and held Muffins with Mom on May 10th. Thank you to all the Father’s who came to celebrate with us. On May 17th, our Toddler’s, Two’s, Three’s and Four’s attended a trip to the Zoo, as they were learning about the different animals. Our annual Open House was held on May 31st and we would like to thank the Shawnee Family for coming and demonstrating traditional dancing in full regalia. We all had such a great time. On June 7th, I, the Director, Rebecca Jones graduated six months of training with Leadership Academy II. It was a bitter-sweet day for me to say good-bye to the other 23 Director’s and Instructors I was able to network with during that time. However, I look forward to Leadership Academy III. June 12, my Assistant Skye Foreman and I attended the Microx Training and look forward to going paperless. Save the trees. J  We celebrated our Father’s with Donuts with Dad on June 14th, thank you to all the Father’s that came to celebrate with us. The Three’s and Four’s look forward to attending a trip to the Children’s Museum on June 21st. We are currently working on making improvements to the Center, for example, we are looking to install new playground equipment as well as installing an infant playground and shading for all three playgrounds. Thank you to all who have came to help us celebrate our dancer’s, you are really enjoyed the story, as well as, Casey reading to children. We are currently working on making improvements to the Center, for example, we are looking to install new playground equipment as well as installing an infant playground and shading for all three playgrounds. Thank you to all who have came to help us celebrate during our Special Events those last couple of months and to our dancer’s, you are welcome at anytime and thank you for sharing your love for dance and inspiring all of us here at Building Blocks III CDC.

With all our love, Rebecca Jones, Director & Skye Foreman, Asst. Director & Building Blocks III staff

The Cultural Preservation Department has been busy the past month with hosting events and being involved with other tribal programs. Following is a summary of the department’s most recent activities:

**Special Events:** The CP Department featured a parade float in the Red Earth Parade 2019 downtown Oklahoma City. Ok. The float featured two mini brush arbors made from trees and willow branches as a roof. Often times the brush arbor is used for a special meeting place, ceremony or gathering of sort during tribal dances. Kay Breno and Autumn Felton walked alongside the float to pass out candy to the children watching the parade. AST Representative Fletcher was also passing out promotional items and treats to the children.

**Youth Outreach:** The librarian hosted a story reading with the CCDF summer children on June 17th in the CP Library during the morning hours. The children really enjoyed the story, as well as, Casey reading to children.

**Other Activities:** Listed below are upcoming events and classes schedule. My staff and I look forward to your continued support and participation at these events/workshops/classes.

- Can Moccasin Making Class/workshop AST Multipurpose Bldg. June 25, 2019
- Stompdance Demo with Camp Nikoti and CCDF summer youth programs June 26th, 2019
- Ribbon skirt cultural class Save the Date for June 27, 2019
- IndigeNerd Native Comic Con Thunderbird Casino, Norman, Ok. July 6, 2019
- Moccasin Making Class Save the Date for July 9, 2019 and August 3, 2019
- Apron Workshop Save the Date for August 10th 2019 2pm-5pm Staffing: I have recently hired a Librarian. Her name is Casey Wilson. Casey comes to us with a wealth of knowledge. She will contribute her positive attitude and well known traditional values to the CP Department. If you have any new ideas or would like to make a request for additional cultural classes/workshops dates or times, please feel free to contact Casey.

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The CCDF Programs Summer School Age Program (SSAP) is in full swing. We will continue the program until July 26. Some of the activities we did in June were library visits (Public and AST), going to the OKC Zoo, Movies, and CPN and Chickasaw Cultural Centers. We also do activities and crafts during the days we stay on the Complex. Summer is going by fast and we are having a good time!

The After School Program will begin in August. Students who were enrolled in the Spring of 2019 are eligible to re-enroll for Fall 2019 by contact LaNora Buswell or me. New students can fill out a waiting list application and be put on the waiting list for open spots. The deadline for former students to re-enroll is August 2, 2019. We will also be looking to add tutors for the Fall. If you are interested in becoming a tutor there will be a job posting on the AST website very soon. Please contact us if you have any questions.

The CCDF Subsidy Program is in the first year of 12 month eligibility so renewals happen as the 12 month eligibility expires. For families who may be interested in child care assistance and cannot get assistance through OKDHS, please contact me regarding subsidy. The application and information regarding subsidy and provider selection can be found on the AST Website under Services/Child Care. We also offer a three (3) month job search for families who may be experiencing a loss of employment but still have child care needs. Families will need to reside in the AST CCDF Service area of Cleveland, Oklahoma, Pottawatomie and McClain counties. They can choose any DHS licensed provider or seek enrollment with one of our programs.

Our goals through the CCDF grant, Building Blocks enterprise and the After School Programs is to provide quality child care to Native and non-native children in our communities. We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best every day.

If you are interested in any of these programs or have any questions please feel free to contact me at the number above or by email, briana.ponkilla@astribe.com. Ni yi wa! (Thank you)

Briana Ponkilla
CCDF Coordinator
Title VI

Tribal Services

July 4th, Independence Day, AST Complex will be closed. No lunches will be served or delivered.
July 9, we will be going to the ZOO!!!
A sign-up sheet will be at each site on July 5th and homebound if you can attend please let your driver know—keep in mind the weather may be hot and we will not have a handicap vehicle. Water, Gatorade and a sack lunch will be provided to those who attend but you are more than welcome to bring your own lunch or buy your own lunch. Homebound will get a sack lunch on Monday, July 8th. More details as we get closer to the date.

No bingo for the month of July.
We hope all of you have a safe, smart, and wonderful summer with your family and friends. Drink your water, use sunscreen, buckle up, charge your phone, and take pictures of your love and wonderful summer with your family.
We hope all of you have a safe, smart, and wonderful summer with your family and friends. Drink your water, use sunscreen, buckle up, charge your phone, and take pictures of your love and wonderful summer with your family.

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

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**Tossed Salad**
- Chicken Patty
- Lox, Cream Cheese
- Apple

**Chicken Patty Sandwich**
- Lox, Cream Cheese
- Apple

**HAM Sandwich**
- Tossed Salad
- Apple

**Plato Pakets**
- Tossed Salad
- Fruit Cocktail

**Pot Pie**
- Tossed Salad
- Apple

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**LUNCH SERVED MONDAY–THURSDAY 11AM–2PM**
**BREAKFAST SERVED FRIDAYS ONLY TO LEARN**

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**ELDER INTAKE FORM**

**TODAY’S DATE**

**REFERRAL SOURCE**

**LAST NAME**

**FIRST NAME**

**Mail**

**Female**

**Veteran**

**Yes**

**No**

**ADDRESS**

**CITY**

**STATE**

**ZIP CODE**

**PHONE NUMBER**

**SPOUSE’S NAME**

**SPOUSE’S DATE OF BIRTH**

**NAME OF EMERGENCY CONTACT 1**

**PHONE**

**NAME OF EMERGENCY CONTACT 2**

**PHONE**

**PRIMARY LANGUAGE**

**English**

**Tribal**

**Other**

**HOUSING**

**House**

**Apartment**

**Community Housing**

**Other Explained**

**COMPOSITION**

**Lives Alone**

**Lives with Spouse**

**Lives with Family/Friends**

**Other Explained**

**NUMBER IN HOUSEHOLD**

**Who Helps**

**Health History**

**Asthma**

**Allergies**

**Arthritis**

**Cancer**

**Demintia**

**Diabetes**

**Chronic Pain**

**Hearing Aid**

**Cholesterol**

**Blood Pressure**

**Primary Transportation**

**Own Car**

**Public Transit**

**Service Trainer’s Family**

**Prosthetic Device**

**Walkers/Cane/Wheelchairs**

**Hearing Aid**

**Glasses**

**Dentures**

Are you enrolled with a different Title VI program? **Yes**

**No**

If yes, name of program & where located:

**Health Concerns**

**Services Currently Being Received**

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**LIFE is Beautiful**

**Living Meth Free**

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**National Suicide Prevention**

1-800-273-8255 (TALK)

Absentee Shawnee Health Systems
Shawnee & Little Axe

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Any questions you can reach the maintenance worker at 405-273-1050 or come by our office at 2025 S Gordon Cooper Dr.

ATTENTION TRIBAL MEMBERS!!!

Mowing Applications are Open!

Dear Absentee Shawnee Tribal Members,

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

Guidelines:
1. Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member, have a current intake form on file (FY-2019)
4. Must provide Proof of Residency
5. 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 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. Maintenance workers will not trim trees or shrubs, and will NOT move any items that are in the way of cutting your lawn.

If you have any questions, please contact Doris Owings at 405-275-4030 ext. 6227 or email me at dowings@astribe.com

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

Aboriginal Services of Shawnee Tribe

For more information please call 405-275-4030 ext. 6227 or 6233. If you have any questions, please contact the Social Service Department at 405-275-4030 ext. 6227 or 6233. Please DO NOT send original CDW, Driver license and Social Security cards. Please attach copies of your ID’s only. If you are in the office copies will be made. Absentee Shawnee Tribal is not responsible for lost ID’s in the mail. If you have any questions, please call 405-275-4030 ext. 6227 or 6235.
## Tribal Departments

### Tax Commission

**Fiscal Year 2019 - YTD Tax Collections (through 5/31/2019)**

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Severance Tax</td>
<td>$1,000,000</td>
<td>$1,500,000</td>
</tr>
<tr>
<td>Oil &amp; Gas</td>
<td>$500,000</td>
<td>$750,000</td>
</tr>
<tr>
<td>Absentee Shawnee Tax</td>
<td>$250,000</td>
<td>$375,000</td>
</tr>
</tbody>
</table>

### Enrollment

**Please Update Information with the Enrollment Office**

Absentee Shawnee Tribal Enrollment office has a list of names of the addresses that need to be updated within the Enrollment Office. If you know any of the names listed, please have them also contact the office. If any enrollment data is already updated, please disregard at this time. Thank you for all of your help!

### ICW

**Looking for Parental Factors**

"Share your Heart, Share your Home" AST ICW is looking for those who have a loving heart to become foster parents. If you are interested in becoming a foster parent please contact AST ICW at 405-385-4490 for more information.

### Important Notice!

The Criminal Court Dockets have moved from 2nd Wednesday afternoons at 1:30pm to 2nd Wednesday mornings 9:00am.
**ASTHS July Monthly Update**

By Mark E. Rogers, MAL, FACHE, CMPE, CHC

AST Health Systems Executive Director

The AST Health System is having our annual health fair on 12 July this year and it will be another exciting event. We have several wonderful healthcare vendors and other industry vendors from around the area including other guests returning to help us again at this year’s event. We will also have several door prizes and other gifts free to all attenders! There will be plenty to do and tons of information provided to all regarding health, wellness, fitness, and access to care for you and your family. Please see the various advertisements for more information too numerous to list here. The health system continues to expand services and programs to our Native American population with our Specialty Clinic. Our PlusCare Clinic hours will be changing in July from 8 am to 8 pm M-F, and 8 am to 5 pm Sat and Sun. Last patient is seen half an hour before closing. PlusCare in Little Axe and Same Day in Shawnee Clinics are for established patients with an assigned primary care provider. Beginning in July, we will continue to see all patients “one-time only,” but if you do not follow-up with an assigned AST Health System primary care provider, and establish care with the health system, we will no longer be able to continue to see you with this walk-in after-hours service only. The after-hours clinics are for “established patients” of the health system, and we are experiencing matic increases of patients abusing this service outside our service areas (to establish care with the clinic), which places both the provider and the patient at risk for a potential negative clinical outcome without an ongoing patient treatment or patient care plan with the clinic. Also this negatively impacts our other services and the pharmacueuticals benefits enjoyed by our patients by allowing non-established patients to utilize resources for our established patients (specifically not being counted as an “established patient” for funding of our program and our user population reported by the U.S.H. for resources decisions).

Our new state-of-the-art e-ClinicalWorks health record system continues to improve access and patient control over their health! Please ensure you update all of your family’s information so that it stays current, and please use the new app “Healow” which stands for “health to stay current, and please use the new app “Healow” which stands for “health and wellness” which will be your user account to access our patient portal to your health. It will be your single health record and if your data is current, please use the new app “Healow” which stands for “health and wellness” which will be your user account to access your medical records, test results, and other healthcare information. In a study published in the JAMA Network Open, researchers found a link between patients who use Healow and their health outcomes. Patients who use Healow had a higher rate of engagement with healthcare providers, which led to better health outcomes. We continue to improve access and patient control over their health! Please ensure you update all of your family’s information so that it stays current, and please use the new app “Healow” which stands for “health and wellness” which will be your user account to access your medical records, test results, and other healthcare information.

**Trends in Medical Care**

**Gardening is a pastime that every person enjoys. It is a great way to get outside and connect with nature. Gardening can be a form of exercise, as well as a way to relax. It can also help reduce stress and improve mental health.**

In a study published in the Journal of Health Psychology, researchers found that gardening had a positive impact on mental health. Participants who gardened regularly reported lower levels of stress and anxiety. They also reported feeling more relaxed and focused. Gardening can also help improve physical health. It can be a form of exercise, as it involves moving around and engaging in physical activity. Gardening can be an enjoyable way to get outside and connect with nature. It can also help reduce stress and improve mental health.**

**Conclusion**

Gardening is a great way to get outside and connect with nature. It can be a form of exercise, as well as a way to relax. It can also help reduce stress and improve mental health. Gardening can also help improve physical health. It can be a form of exercise, as it involves moving around and engaging in physical activity. Gardening can be an enjoyable way to get outside and connect with nature. It can also help reduce stress and improve mental health.
This month we will be making budget-friendly and healthy recipes based on foods provided by the USDA Commodity Supplemental Food Program.

Free Cooking Demo!

Thursday, July 11th

2 p.m. @ AST Diabetes & Wellness Kitchen

Free Samples & Recipe Cards Provided

July 2019

FITNESS CLASSES

AT THE RESOURCE CENTER

Free exercise classes offered Monday-Friday
6:30 a.m. - 7:00 a.m. and 5:45 p.m. - 6:30 p.m.

Aerobic & Strength Circuits offered at the Resource Center:

- 7:00 a.m.
- 6:15 a.m.

Cardio Kickboxing offered at the Resource Center:

- 6:15 p.m.

High-Intensity Interval Training:

- 6:15 a.m.

Zumba Dance Fitness

Group Pilates

Join us at the Resource Center to stay healthy. See a list of classes that will be offered on the Resource Center Facebook page. For more information, please call (405) 364-7298 or (405) 701-7977.

Referrals for outside services must be sent to PRC. Services must be medically approved by an AST Health provider and/or CMMR Committee.

PURCHASED REFERRED CARE

PURCHASED REFERRED CARE WITH RESOURCES

The AST Purchased Referred Care Team is here to assist you.

PURCHASED REFERRED CARE HAS MOVED.

For questions, please call or visit the Little Axe Health Center or Shawnee Clinic PRC office. We are now located in Shawnee Clinic, Building 17.

In the event that you receive a bill from a provider, please provide:

1. A copy of your benefit information to the provider. (Please follow voice prompts)
2. A copy of your benefit information to the provider. (Secondary)
3. A copy of your benefit information to the provider. (Primary)
4. A copy of your benefit information to the provider. (Please follow voice prompts)
5. A copy of your benefit information to the provider. (Secondary)

For AST citizens with insurance, evidence must exist that a visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment. Notification does not assure authorization of payment. Notify PRC on the next business day or within 72 hours after your ER visit. Please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic. 

For new AST tribal citizens, to become established for PRC services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic.

For AST citizens with no insurance, evidence must exist that your visit was medically necessary. Evidence must be paid.

For AST citizens with insurance, evidence must exist that a visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment. Notification does not assure authorization of payment. Notify PRC on the next business day or within 72 hours after your ER visit. Please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic. 

You may leave bills at the Little Axe Health Center or Shawnee Clinic PRC office.

Behavioral Health Services

A guiding hand on your shoulder.

- Little Axe Health Center
- Shawnee Clinic

Little Axe Health Center
405-944-4000
405-944-4073

Shawnee Clinic
405-701-7977
405-701-7979

ASWAC/OSHC
405-944-4000
405-944-4073

Wynonna Hagan
405-292-2507

Debi Sloat
405-292-2507

Flo Mann
405-292-2507

Carrie Stanley
405-292-2507

Loretta Cooper
405-292-2507

Kareena Deere
405-292-2507

Jennifer Wells
405-292-2507

Jayne Werst
405-292-2507

April Parton
405-292-2507

Lena Carroll
405-292-2507

The Absentee Shawnee Tribal Health System’s
SIXTH ANNUAL HEALTH FAIR
FRIDAY, JULY 12, 2019 | 1:00 PM - 4:00 PM

Ka ho wa se le wi lo ka
“Stay Healthy”

July 11th - 12th

10 a.m. - 4 p.m.

LITTLE AXE HEALTH CENTER
Tulsa Little Axe Tribe, 11900 S. 229th East Ave.
405.697.2744

2 p.m. @ AST Diabetes & Wellness Kitchen

Free Samples & Recipe Cards Provided

Purchased Referred Care is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 17.
Native Connections
YOUTH FISHING CLINIC

A huge THANK YOU to everyone that made this event a success.
All photos provided by AST Health
ATTENTION:
MEMBERS OF THE ABSENTEE-SHAWNEE TRIBE
OR PARENTS OF ABSENTEE-SHAWNEE CHILDREN!!!