Tribal Members:
The Run Off Election will be held on Saturday, June 17, 2017. The voting polls will be located at the Little Axe Resource Center on Peebly Road and at the Police Department building on the Tribal Complex in Shawnee, Oklahoma. The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.

A sample ballot is published in the newsletter.

Absentee Shawnee Tribal Plaza

The AST Tribal Plaza was re-opened May 26th 2017. Pictured, left to right, are AST Treasurer Leah Bates, AST-Sec John Johnson, AST Governor Edwina Butler-Wolfe and AST Rep-Anthony Johnson.
Executive Committee

Edwina Butler-Wolfe
Governor

Isaac Gibson
Lt. Governor

John Johnson
Secretary

Leah Bates
Treasurer

Anthony Johnson
Representative

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

Governor’s Report

Greetings Tribal Members,

I am pleased to report that we held our 79th Semi-Annual General Council Meeting on April 29th. Despite the Oklahoma weather not being the best with severe storms and flooding we still had 102 tribal members attend the meeting and our AST Directors were present to answer questions if needed. As a result of having our Director’s present we were able to answer questions covering several issues and one particular issue was with our Certificate Degree of Indian Blood (CDIB) cards containing Social Security Numbers (SSN). The tribal Enrollment Director and Secretary Johnson are working on this issue and others with the cards. I encourage you to call and voice your opinion if you see a problem with the SSN being on your CDIB card or any other issues you would like addressed.

Online Meetings

For those of you who were not able to attend the meeting in person all meetings of the Executive Committee are located on our tribal website at www.astribe.com. You can view the General Council meetings, Monthly Executive Committee meetings, Shareholders meetings for Health and Casino online at your convenience.

National Indian Gaming Commission Consultations (NIGC)

I recently traveled to San Diego, CA to attend the NIGC Consultations to discuss the Class II Gaming Grandfathered Games Sunset Provision. The main concern of the Grandfathered games is the machines that were manufactured before 2008 that did not comply with the revised Class II Technical Standards. The NIGC set a sunset date of November 2018 for these machines to be fully compliant. What this means is the gaming vendors will need to upgrade their machine before the sunset date and the Casino will need to ensure that these machines become compliant or will need to be removed from the casino floor. If this regulation is not repealed then this could have an economic impact on all tribes who have Class II Grandfathered games. It’s very important that the Absentee Shawnee voice our concerns about this regulation and the need to have it repealed. As your Governor, I have ensured that our voice is heard during these consultations and will continue to do so.

As a result of my commitment to this issue, I have been working closely with the Executive Director of the Gaming Commission to get daily updates and to ensure that we have our final comments submitted detailing on our position on the Sunset Provision and the need to have it completely removed.

Tribal-State Gaming Compact

Another important issue that will be affecting all tribes is the Tribal-State Gaming Compact renewal in the year 2020. This is a very serious issue that I am keeping close watch on as well. It is very important that all Tribal Leaders across the State of Oklahoma remain unified and not jump to renegotiate the compact until 2020. During 2020, the State of Oklahoma will have a new administration to work with and this gives the tribe time to determine whether they want to keep the current compact or renegotiate. From my understanding, the current compact will roll over in 2020 if we decide not to renegotiate. I will continue to monitor this issue as well.

List of meetings attended

APRIL 2017

15th  Elders Meeting at the Resource Center, Little Axe
19th  Monthly Executive Meeting 10:00 am
20th  CTSA Meeting 9:00 am
21st  State Capitol Indian Education 9:00 am
21st  United Indian Nations of Oklahoma, Kansas and Texas (UINOKT) Quarterly Meeting
      9:00 am. Secretary Johnson and Treasurer Bates attended.
26th  All Nations Meeting Board Members and Tap Rock 10:00 am
29th  General Council Meeting 10:00 am

MAY 2017

2nd  Shawnee Public School Title VI Indian Education Awards Assembly
     5:00 am
6th  White Turkey Meeting
8th  Horse Shoe Bend Tutors After School Program end of year dinner at Chilis
9th  Special Executive Committee Meeting
MAY 2017

11th  3:00 pm – 5:00 pm – Horse Shoe Bend After School Activities last day with students
6:00 pm Big Jim Band Award Dinner for selection of winners
Meeting with area schools for upcoming Consultation Meeting (ESSA)
7:00 pm 8th Grade Graduation North Rock Creek School

12th  9:00 am Program Directors Meeting, Secretary Johnson attended.

The Program Directors Meeting is every 3rd Monday of each month this has been established before I became Governor and I have continued to have meetings.

Conclusion
There is still so much more we need to do and I want to continue to work towards moving the Tribe forward.

I have 1 month to go. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits. We have much to do to get our tribe back on track and I want to do the best I can for all of our tribal members.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF) - united and together!

Thank you.

Little Axe School Cultural Event
May 9th, 2017

L to R; Audrey Dodds, AST Governor Edwina Butler-Wolfe, Athe-da Ewards-Fletcher, Miss Indian Oklahoma City-Kendall Frazier and Kathy Deere.

Title VI Indian Education Awards Assembly
May 2nd 2017

L to R; Graham Primeaux, Title VI Director Shawnee Public School, AST-Governor Edwina Butler-Wolfe, Kickapoo Tribe Chairman-David Pacheco, Seminole Tribe-Chief-Leonard Harjo, Seminole Tribe-Council Member-Karen Fullbright.

AST Governor-Edwina Butler-Wolfe and Miss Indian Oklahoma City-Kendall Frazier.

L to R; Leslie Tanyan - E.D. Gaming Commission AST, Eastman Switch -Gaming Commissioner AST, Jonodev Osceola Chaudhuri - Chairman, National Indian Gaming Commission, Edwina Butler-Wolfe - Governor AST, Kathryn Isom-Clause - Vice-Chairman NIGC. Back Row: E. Sequoyah Simemeyer - Associate Commissioner NIGC.
IT’S OFFICIAL!!! WE’RE OPEN!!! Our hard work and perseverance have finally paid off. The month of May has been one worthy of celebration. Our achievements this month include:

- May 3: DHS approved our six-month permit. (K830053617) We are permitted for 103 children. We will receive 3 unannounced visits during this six-month period. If all is in good standing, we will receive our permanent license.

- May 5: Our 2 Star status was approved. The Stars scale is 1, 1+, 2, 3. We will pursue a 3 Star in the future.

- May 8: Grand Opening!!

- May 10: DHS Subsidy contract was approved. This allows us to accept children who receive DHS assistance with their child care costs. Our contract # is 29187.

We currently have 22 children enrolled, ages infant – 5yrs. We are contacting those on the waiting list at this time.

Ms. Suzy and I attended training for the Child and Adult Care Food Program (CACFP) on May 24, 2017 in Ardmore. The topic was New Meal Patterns. We will apply for the food program within the next month, as we must be operating for 30-days before applying. This helps us to offset some of our food costs for each meal that we serve each child daily.

“CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.”

If you are currently in need of child care, please feel free to visit our center and take a tour. We are open Monday – Friday, 7:00 a.m. – 6:00 p.m., with the exception of holidays.

Fee Scale:

- Infants (6wks – 12 mo)
  $150.00 per week
- Toddlers (12 mo – 24 mo)
  $138.75 per week
- Twos & Threes
  $123.50 per week
- Fours & Fives
  $101.50 per week

AST Tribal members and AST employees who are private pay receive a 25% discount. No discount is given on co-payments.

If you have any questions, please feel free to call us at (405) 360-2710.

Thank you,
Billie Thompson
BBIII Director

May 12, 2017, we had our Muffins with Mom breakfast to celebrate Mother’s Day. We had 12 parents join us for breakfast. Our Chef, Ms. Suzy, baked up blueberry muffins, chocolate chip muffins, and chocolate muffins with icing. She also prepared chocolate covered strawberries and sausage. It was delicious!! We are so blessed to have Ms. Suzy in our kitchen!!

May 16th: 8:00 a.m., Donuts with Dad to celebrate Father’s Day.

The next Absentee Shawnee Veterans Association Meeting will be June 14, 2017 at 7:00 p.m. in the Warrior’s room of Thunderbird Casino off Highway 9, Norman, OK 73026. Also, we planned to be in the Red Earth Parade on June 9, 2017 @10:00 a.m. in downtown Oklahoma City, OK.
79th Semi-Annual General Council Meeting
Thunderbird Entertainment Center • Norman, OK  April, 29, 2017

L to R; Kimberly Creek-Enrollment Clerk, Melissa Hill and Carly Dyer-Enrollment Director

AST Housing; Tammy Winter-Housing Manager, Sherry Drywater-Executive Director and Kimberly Vermillion R.E. Counseling Specialist.

L to R; Officer Shawn Crowley, AST Police Chief Brad Gaylord, and Officer Steven Crisp

Tribal member Melpherd Switch and AST Veteran David Little

Tribal members; Wanda Shopteese, Bill Bayliss and Darryl Tiger

Election Commission

APPROPRIATE POLL BEHAVIOR
According to the Election Ordinance Article VIII Section 1 – The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion.

For Examples:

NO:
• “vote for...” sticker on cars;
• campaign clothing;
• disbursement of campaign material;
• counseling as to who to vote for.
• Do not loiter at poll site:

1. Arrive;
2. Register;
3. Vote;
4. Exit.

Unless there is a line each voter should be at the poll no more than 10 minutes, outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not “visit” with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds.

Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

Policies and Procedures states:
There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. (On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.)

BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
RUN OFF ELECTION
JUNE 17, 2017

VOTING INSTRUCTIONS: Cast your vote by placing an [X] or [✓] mark next to the candidate of your choice.

EXECUTIVE COMMITTEE

GOVERNOR:
Edwina Butler-Wolfe-------------------------[  ]

Andrew Warrior--------------------------[  ]
The Elders have been busy during April and the first part of May! April’s regular Elders Council meeting was held on April 15. Although it was “tax” day, we did not let that deter us!

This was the first meeting conducted by the newly elected officers. The new officers are launching plans for three years of adventures, programs and growth of the council. As the new officers gain momentum, we ask for your support and participation.

The Elders are pleased to report that during April, the Elders Council contributed prizes for the annual children’s AST Easter Egg Hunt held at the AST complex, and the Elders participated in the General Council where it solicited for new members, held three fundraisers and participated in the GC meeting.

On May 9, the Elders Council participated in the Little Axe High School’s second annual Cultural Event. The event was well attended by the community and the Little Axe students did an outstanding job in their projects covering various countries around the world. Students’ projects included information about the country and a tasting of a few of each country’s traditional food. The students were graded on their projects. Miss Indian Oklahoma City, Kendall Frazier, was in attendance and performed a touching sign language performance.

The Elders Council displayed various historical tribal replicas of weapons, ceremonial implements, information about the AST and samples of traditional AST food. A special thanks to Kathy Deere for being the Chairperson of this Elders event. Also, thanks to Meredith Wahpekeche and Kathy Deere for providing the fry bread and corn soup that was served to attendees; thanks to Cultural Preservation for donating 4 youth t-shirts for a drawing at the event; and thanks to Audrey Dodds who helped in all areas. It is anticipated that the Little Axe High School Cultural Event will be an annual event and we encourage all Tribal Members to support this event and other school events. Our children are our future.

Until next time,
Athedra Edwards-Fletcher, Secretary
The health boards are proud to announce along with the Executive Committee’s leadership that the Compact and Annual Funding Agreement has been updated for the first time in nearly a quarter century! This effort was a highly-complex feat of coordination and teamwork between multiple attorney’s offices, the I.H.S. Area Office, the EC, health boards, Mr. Scott Miller’s Office, and the health leadership team. Without the combined synergy and effort, this amazing and Herculean effort would not have happened. Additionally, resolutions have been approved by both the Executive Committee and the health boards to initiate the application process to place land where the Little Axe Health Center is located into Trust status. This is all a very exciting time at the AST Health System!

The health system has a newly accredited continuing medical education (CME) program operational now sponsored in partnership with the Oklahoma State Medical Association (OSMA) and the AST Health System, which is the only tribe in Oklahoma to successfully complete the process to host this unique medical training for health professionals. Topics and issues are designed regarding health challenges and issues faced in Indian Country with health care of tribal members and surrounding communities.

The new drive through pharmacy at the Shawnee Clinic is operational, and patients have reported their “thanks” for this new addition to our local improvements in services and ease of access. The hours of operation for the new drive-through are 7:00 AM to 5:00 PM. If you have a prescription fill(s) that exceed more than 4 medications, it is recommended that the patient please pick items up at the Pharmacy Lobby window (before 5:00 PM). The multi-purpose health facility and storm shelter is now complete and has been available as of late May for storm shelter protection of the complex and employees.

Several upcoming events and activities are ready for the summer, various camps, Jr. Olympics, Inflatable 5K Fun Run, OBI Blood Drives, and July’s Annual Health Fair are lining up to make this a great summer! The AST Health System’s inaugural Summer Healthcare Internship Program started this year, with 5 AST youth selected for the program from amongst their peers for a robust program to help better prepare the prospective students for both identification and mentoring in their desired field of study within the healthcare profession.

Please ensure you continue to keep your contact and personal information updated upon your next visit to the clinics as we are having problems contacting patients sometimes due to outdated information. Several patients often change their phone numbers and addresses without updating our systems, and it makes it extremely difficult to contact patients when this information becomes outdated during weather emergencies and other patient notifications.

As always, health employees set the standard of excellence in our health system! I’m extremely proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the tribe! We are extremely happy to announce a “tie” for the Employee of the Month in May for health was Janis Brown, LSWN Lab Director, and Lisa Harrington, Dietitian, both drew a tie for this month’s honors. The Team of the Month for May was the LSWN Little Axe Laboratory for securing “Zero” discrepancies on their CLIA Inspection by the State and Federal Government regulators! The Special Leadership Award for May was presented to Mr. Richard Wolfe, Security Officer, with Little Axe! Our AST Health System strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic near Thunderbird Casino/Norman). The phone number is (405) 447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.

- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran’s, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405) 701-7992. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and Closed Sundays and holidays.

- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and topic of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.

- **AST/Serviced Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.

- **If you need CPR training**, please contact the AST Health System’s Public Health Office at (405) 447-0300 for scheduling and training opportunities.

- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or questions pertaining to your case.

- **The AST Anti-Bullying Prevention “HOTLINE”** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.

- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program’s Website: http://www.asthealth.org/aca (Please visit our site today to find out what you need to do to protect yourself and your family!)

- **Emergency After Hours Pharmacy:** If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Walgreen locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your medication. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen location are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.

The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.

- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.
-Membership Ordinance Community Meeting Dates-

Please join us for some informational meetings on what needs to be amended in the membership ordinance. These meetings are to inform tribal members and allow them to ask all the questions they would like about the rough draft of the membership ordinance.

August 12th from 10 AM to 12 PM at Horseshoebend

September 9th from 10 AM to 12 PM at Little Axe Resource Center

If you have any questions about the meeting please feel free to contact the Enrollment Department.

FREE MUSIC LESSONS

Guitar • Bass • Piano • Drums

Available to all Native Americans w/CDIB#

For details, call Absentee Shawnee Behavioral Health

405-878-4716
Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- Please visit www.indiantrust.com whereabouts unknown/Oklahoma/Absentee Shawnee Tribe, to see if you or your relatives are on this list.
- Gift deed transactions will take time to get approved from the BIA.
- Negotiated sales must follow the proper procedures to ensure the transaction is considered for approval.
- A family member of a deceased landowner must initiate the probate process.

If anyone has any questions, please contact the Realty Department @ (405) 275-4030.

PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent's family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

Should you have any questions, please contact Lea Tsotaddle at 405-275-4030 ext. 6248.

IF YOU’D LIKE TO SUBMIT AN AD OR ARTICLE:

Give us a call at (405) 598-1279 or (405) 481-0558
or send us an e-mail to stiger@astribe.com

ALL ARTICLES FOR THE NEXT MONTH’S ISSUE ARE DUE BY THE 15th OF THE CURRENT MONTH

Unfortunately, we can only accept one picture per birthday person, NOT per birthday wish.
Pet Disaster Preparedness

Planning ahead is the key to keeping yourself and your pets safe if disaster strikes. Follow these tips to make an emergency plan for your pets:

Microchip your pets
Microchip identification is one of the best ways to ensure that you and your pet are reunited if you are separated. Be sure to keep the micro-chip registration up-to-date, and include at least one emergency number of a friend or relative who resides out of your immediate area.

Keep a collar and tag on all cats and dogs
Keep several current phone numbers on your animal’s identification tag. Identification on indoor-only cats is especially important. If your home is damaged during a disaster, they could easily escape.

Plan a pet-friendly place to stay
Search in advance for out-of-area pet-friendly hotels or boarding facilities, or make a housing exchange agreement with an out-of-area friend or relative. Never leave your pet behind if you evacuate!

Use the buddy system
Exchange pet information, evacuation plans and house keys with a few trusted neighbors or nearby friends. If you’re caught outside evacuation lines when an evacuation order is issued, your neighbors or friends can evacuate your pets for you.

Prepare an emergency kit for each animal
Stock up on the items you may need during a disaster, so you do not get caught unprepared. Below are basic items you should include in your pet’s disaster kit. Store your disaster kit supplies in an easy-to-grab container.

One-week supply of food. Store it in a watertight container and rotate it every three months to keep it fresh. If you use canned food, include a spare can opener.

One-week supply of fresh water.

If officials declare your household water unfit to drink, it’s also unsafe for your pets. Follow American Red Cross guidelines for storing emergency water for your family and your pets.

Medication. If your animal takes medication, a replacement supply may not be easily available following a disaster. Copies of vaccination records.

Photographs of you with your pets to prove ownership

Photographs of your pets in case you need to make «lost pet» fliers

Pet first aid kit

Temporary ID tags. If you’ve evacuated, use this to record your temporary contact information and/or the phone number of an unaffected friend or relative. Carrier or leash for each animal

Identify emergency veterinary facilities outside of your immediate area
If a disaster has affected your community, emergency veterinary facilities may be closed. Pets may become injured or ill during the disaster, so make sure you know how to access other emergency facilities. You can also check with your veterinarian to find out if they have an emergency plan that includes setting up in an alternate, emergency facility.

Plan for temporary confinement
Physical structures, like walls, fences and barns may be destroyed during a disaster. Have a plan for keeping your animal safely confined. You may need a tie-out, crate or kennel.

Comfort your animals
Your animals will appreciate your calm presence and soft, comforting voice if they are stressed following a disaster or while evacuated, and you may find it comforting to spend time with them, too. Some animals, especially cats, may be too scared to be comforted. Interact with them on their terms. Some animals may find toys, especially long-lasting chew toys, comforting.

Know where to search for lost animals
When animals become lost during a disaster, they often end up at a local shelter. Keep handy the locations and phone numbers of the shelters in your area.

Tornado Safety for your pets

Getting Ready:

Make sure your family’s shelter area is large enough to hold your pets too

Include pets in your tornado drills

Make a kit that includes all items your pet might need (food, water, meds, etc.)

Make sure your pets can be identified and returned if you are separated

Taking Shelter:

Round up your pets with their food, water and meds before a warning is issued and have them ready to go to shelter

Take their leashes and/or carriers to the shelter when you go, you will need them

If you do not shelter at home, check in advance if the shelter you’re going to use accepts pets – some do not

If you take your pets to a shelter, remember you are responsible for their care, including cleaning up messes.

Contact information:

Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: lday@astribe.com
Grass Mowing Application

The following are the requirements for this program:

1. Must be an Absentee Shawnee Tribal Member
2. Must be 55 years or older
3. Handicap/Disabled
4. Must provide proof of residency
5. All trash, branches, debris must be cleaned out of yard

The Absentee Shawnee Tribe Maintenance Department will ONLY mow and weeds eat applicant’s lawn. Maintenance will mow every two (2) weeks. Also, the maintenance workers will not trim trees, shrubs, etc. NO RENTAL PROPERTY will be mowed.

If you have any questions, please contact Reta Harjo at (405) 275-4030 ext. 6249

NAME: ________________________________

ADDRESS: ________________________________

CITY: _______________ STATE: _______________ ZIP: _______________

CDIB #: _______________ DOB: _______________

HOME PHONE: __________________ MESS. PHONE: __________________

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<td>11</td>
<td>12 Salisbury Steak</td>
<td>13 BBQ Chicken</td>
<td>14 Beef Stroganoff</td>
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<td></td>
<td>Mashed Pot/Gravy</td>
<td>Baked Beans</td>
<td>Broccoli</td>
<td>Ham Wrap</td>
<td>Boiled Egg</td>
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<td>Veggies</td>
<td>Pot. Salad</td>
<td>Plums</td>
<td>LTOP</td>
<td>Sausage Patty</td>
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<td></td>
<td>Apricots</td>
<td>Bread/Peaches</td>
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<td>Chips</td>
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<td>18</td>
<td>19 Pork Chop</td>
<td>20 Tuna Salad</td>
<td>21 Chicken Strips</td>
<td>22</td>
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<tr>
<td></td>
<td>Scalloped Pot.</td>
<td>LTOP</td>
<td>Mashed Pot/Gravy</td>
<td>Goulash</td>
<td>French Toast</td>
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<td></td>
<td>Beets</td>
<td>Chips</td>
<td>Green Beans</td>
<td>Squash</td>
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<td>Bread/Pineapples</td>
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<td>Fluff</td>
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<td>25</td>
<td>26 Hot Dog</td>
<td>27 Chicken Fajitas</td>
<td>28 Tator Tot</td>
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<td></td>
<td>Pork n Beans</td>
<td>Bell peppers n onions</td>
<td>Casserole</td>
<td>Beans w Ham</td>
<td>Oatmeal</td>
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<td>Chips</td>
<td>Tortilla</td>
<td>Green Beans</td>
<td>Cornbread</td>
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<td></td>
<td>Mixed Fruit</td>
<td>Cookie</td>
<td>Crisp</td>
<td>Onions</td>
<td>Sausage Patty</td>
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<td>Steakfries/Jell-O</td>
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</tbody>
</table>

**NOT GOING TO BE HOME!!!**
**CALL AND LET US KNOW AT 405-275-4030**
**EXT 6227 or 6270**
**OR NOTIFY YOUR DRIVER**

---

**SHAWNEE CLINIC PHARMACY HOURS NOTICE**

Shawnee Clinic Lobby and Drive-thru hours for regular prescription fills & refills are 7 a.m.-5 p.m. The Extended Hours Pharmacy is limited to Shawnee Clinic Extended Hours patients and AST member Emergency Room discharge (limited) fills only. Thank you.

---

**LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM**

**BREAKFAST SERVED FRIDAYS 9AM TO 11AM**

---

**FULL TIME: DIRECTOR OF NURSING (DON)**

If you love working with the elderly and would like to make a difference in their lives, CompleteCare Home Health is the place for you. CompleteCare is looking for a DON/RN Case Manager and a PRN LPN to work in the Little Axe area with the Absentee Shawnee Tribe.

Qualified candidates must have an active Oklahoma license in Good standing and reliable transportation. This position travels 100% of the time.

Candidates may fax resume to 405-928-2720 or Email a resume to afontaine@icmhealth.com or stop by the Corporate Office located at 2401 Tee Circle, Suite 207 Norman, OK.

For further information, contact Angelina Fontaine at 405-928-2727 ext. 2009

*NOW INTERVIEWING*

**EOE**
DAYTON REGION’S WALK OF FAME
ANNOUNCES 2017 HONOREES

TECUMSEH (1768-1813)

Shawnee Chief Tecumseh was among the 7 honorees announced at the Walk the Walk event in the Wright Dunbar Historic Business District on May 12th, 2017. He is the first Native American to be inducted into Dayton Region’s Walk of Fame. The other honorees are; Oscar and Marjorie Boonshoft, Brigadier General Benjamin O Davis Sr. , Cathy Guisewie, The Honorable David L. Hobson and Allison Brooks Janney.

The Honorees will be celebrated at a luncheon on

Thursday, September 28, 2017

at the Sinclair Conference Centre.

Since 1996, over 160 outstanding individuals and groups and their contributions to the Miami Valley have been memorialized at the September event and with granite stones on West Third Street in the Wright Dunbar Historic Business District between Broadway and Shannon and along Williams Street.

Info by –Lisa Grigsby
EXECUTIVE DIRECTOR EARN TOP HEALTHCARE MANAGEMENT CREDENTIAL

Norman, Oklahoma – Mark E. Rogers, FACHE, Executive Director of the Absentee Shawnee Tribal Health System, recently became a Fellow of the American College of Healthcare Executives (ACHE), the nation’s leading professional society for healthcare leaders. “The healthcare management field plays a vital role in providing high-quality care to the people in our communities, which makes having a standard of excellence promoted by a professional organization critically important,” says Deborah J. Bowen, FACHE, CAE, president and chief executive officer of ACHE. “By becoming an ACHE Fellow and earning the distinction of board certification from ACHE, healthcare leaders demonstrate a commitment to excellence in serving their patients and the community.” Fellow status represents achievement of the highest standard of professional development. In fact, only 9,100 healthcare executives hold this distinction. To obtain Fellow status, candidates must fulfill multiple requirements, including passing a comprehensive examination, meeting academic and experiential criteria, earning continuing education credits and demonstrating professional/community involvement. Fellows are also committed to ongoing professional development and undergo recertification every three years. Mr. Rogers of the Absentee Shawnee Health System is privileged to use the FACHE® credential, which signifies board certification in healthcare management and ACHE Fellow status. The American College of Healthcare Executives is an international professional society of more than 40,000 healthcare executives who lead hospitals, healthcare systems and other healthcare organizations. ACHE offers its prestigious FACHE® credential signifying board certification in healthcare management. ACHE’s established network of more than 78 chapters provides access to networking, education and career development at the local level. In addition, ACHE is known for its magazine, Healthcare Executive, and its career development and public policy programs. Through such efforts, ACHE works toward its goal of being the premier professional society for healthcare executives dedicated to improving healthcare delivery. The Foundation of the American College of Healthcare Executives was established to further advance healthcare management excellence through education and research. The Foundation of ACHE is known for its educational programs-including the annual Congress on Healthcare Leadership, which draws more than 4,000 participants-including groundbreaking research. Its publishing division, Health Administration Press, is one of the largest publishers of books and journals on health services management including textbooks for college and university courses.

ADULT WIA PROGRAM
NOW ACCEPTING APPLICATIONS!!

Requirements include:
- Must be a member of a federally recognized tribe.
- Must be 18 years of age.
- Must live within the Absentee Shawnee Tribe service area.
- Can not be currently employed
- Must meet income guidelines

Several positions are available!

Applications can be found online at www.astribe.com or at the AST Social Service Department

For further questions please contact Linda Gouge 405-275-4030 ext. 6255
During their meeting Thursday, the Oklahoma State Regents for Higher Education and the Tribal Education Departments National Assembly signed a memorandum of understanding that expands collaboration and support between the agencies through shared resources, expertise and technical assistance to Tribal Education Departments involved in Oklahoma higher education initiatives.

“The State Regents and TEDNA share a mutual interest in improving educational opportunities and outcomes for American Indian and Alaskan native students,” said Chancellor Glen D. Johnson. “The State Regents are proud to formalize this partnership with TEDNA to further assist our state’s Tribal Education Departments as they seek to enhance higher education programs and services.”

Founded in 2003 through funding from the U.S. Department of Education to the Native American Rights Fund, TEDNA is an independent national non-profit organization that retains active membership of Tribal Education Departments and Tribal Education Agencies. The organization seeks to foster effective relationships with other governmental and educational agencies and organizations; facilitate communication and cultivate consensus among members by providing current, accurate and pertinent information and support; and encourage goals for its students, families and communities.

“The promise that our Native American communities have access to higher education is now becoming a reality through this partnership with the State Regents,” said U.S. Congressman Tom Cole. “This collaboration will open the necessary doors and build the fundamental resources to expand and ensure success for college-educated Native Americans. I am proud to support this initiative, and I look forward to witnessing its success.”

TEDNA supports higher education programs that provide opportunities for tribal nation populations, and the partnership agreement provides the framework for a concerted effort to promote college degree completion. TEDNA, the State Regents and Oklahoma institutions will continue to work collaboratively to ensure academic and social support resources are available to members of sovereign nations headquartered in Oklahoma.

“Partnering with the State Regents through the Reach Higher program is a great opportunity for Tribal nations and their education departments,” said Quinton Roman Nose, executive director of TEDNA. “The partnership ultimately works toward overcoming re-enrollment barriers affecting Native American students in higher education. This is one of many monumental steps that will benefit the future of Oklahoma and Indian Country. TEDNA is especially proud to engage with the OSRHE on such a historic collaboration.”

WE WANT YOUR DRUGS.

You can drop off your expired or unused prescription medications anytime at these locations:

**Shawnee Police Department**
16 W. 9th Street
Shawnee, OK 74804

**Tecumseh Police Department**
109 W. Washington
Tecumseh, OK 74873

**Cleveland County Sheriff’s Office**
128 S. Peters
Norman, OK 73069

**Pottawatomie County Sheriff’s Department**
325 N. Broadway Ave.
Shawnee, OK 74801

**Norman Police Department**
201 B West Gray
Norman, OK 73069

**Oklahoma University Police Department**
2775 Monitor Ave.
Norman, OK 73072

MyDNA is an Absentee Shawnee Tribal Project and is funded by SAMHSA (Substance Abuse and Mental Health Services Administration) in cooperation with the Southern Plains Tribal Health Board.

**HEALTH SYSTEM**
White Turkey Band of Absentee Shawnee Tribe would like to congratulate all graduating students for 2017. The White turkey Band meets first Saturday of the month.

We as a group have several fundraisers throughout the year. We have been able to sponsor pizza parties for the after school program at Horse Shoe Bend this school year. During the holidays, we try to help a family within the community. We honored graduating students who attended the after school program.

We would like to thank those who came to our Bingo and support us so we can help students and the community.
June Birthdays! 2017

Aguirre Perez Jr., Jose Ricardo
Anderson, Micah RaShawn
Arms, Eva Nikkole
Armstrong, Bobby Joe
Atabagi, Victor Arman
Atchico, Kevin Todd
Atwood, Dalana Ann
Bates, Darwin Lee
Bates, Edwin Gale
Bates, Horace Ray
Bates, Leah Daphne Ann
Batson-Walker, Keziah Corin
Bear, Wally Eugene
Bell, Patsy Marie Rolette
Bell, Sarah Elisabeth
Bigpond, Michael Ray
Bittle, Gavin Jacob
Blackburn, Brittnay Renee
Blackburn, Nicole Ann
Blanchard, Catrina Jay
Blanchard, Frances May
Blanchard, Joshua Darand
Blanchard, Mark Leery
Blanchard, Ryan Lee
Blanchard, Trinity Morgan
Bluwater, Marty
Boston Jr., Carl Kent
Bowman, Lourie Ann
Bradley, Megan Nicholle
Breeding, Landry Parker
Brewer, Zelda Sue
Brokeshoulder, Gerald C.
Brown, David Anthony
Brown, Jarleed Louise
Brown, Shedrick Tremain
Bryant, Christopher Michael
Bui, Robert Dao
Bullard, Carolyn Sue
Burgess, Anthony Wayne
Burris, Joyce Ann
Byers, Samuel Ezra
Carpenter, Kortlynn Marie
Chapline, Annabelle Rene'
Charley Jr., Eugene R
Charley, Shawnay Tracy
Chasteen, Patricia Marie Haskins
Ciulla, Casimer James
Clark, Christian Eugene
Clark, Mary Esther
Clem, Sherry Michelle
Cobell, Miranda Pauline
Coehune, Arthur Kent
Coddington, Kevin Dwayne
Coddington, Michael William
Coddington, Nicole Chenoa
Coffee, Bradle Ray
Corpus, Alyce Karen
Cox, Elizabeth Diane
Creek, Allison Jaine
Creek, Sheila Maria
Crossley, Caroline Dianne
Cruz-Larney, Leonardo
Cruz, Owen Patrick
Dankenbring, Christina Renee
Davis, Gary Brent
Davis, Jeremy Ray
Deer, Brayden Nathaniel
Deer, Channa Racyne
Deere, Dakota Gordon Lee
Delodge Jr., Dwight Lee
Dennison, Lindsey Nicole
Dibbler, Jimmy Floyd
Dietrich, Skylar Star
Dodds, Audrey Scroggins
Douglass, Catalynda Jade
Dunford, Dustin Everett
Durmon, Raven Reese
Eason, Gemini E' lane
Edgmon, Andrew Shawn
Edwards, Christopher John
Ekk, Joyce Lynn Gant
Ellis Jr., Paul Samuel
Ellis, Craig Joseph
Ellis, Steven Duane
Felton, Beverly Ann
Finley, Charles Christopher
Fitzico, Kyennie Rochelle
Flippen, Gale Sue
Foreman, Jamie Marie
Foreman, Lisa Ann
Frazier, Lisa Deanne
Fritsch, Cheryl D. Sloat
Gant, Phillip Monroe
Garcia, Jennifer Gail
Garfield, Doreeessha La Shawn
Gibson, Bryan Scott
Gibson, Kyle Wayne
Gibson, Whitlee Danell Nacole
Gonzalez, Kacey Lynn
Grant, Willow Ann-Tremel
Grass, Carmynn Layne
Grass, Gregory Ryan
Grass, Skylr Dain
Groves, Caley Nicole
Groves, Megan June
Guthrie, William Thomas
Hanson, Daylen Joseph
Harjo II, Zackery Colin Dell
Harjo, Samantha MacHelt
Harjo, Viola Lucille
Harjoe, Theodore Mose
Harris, Rebecca Rose Lillie
Haumpy, Tyuana Senoria
Herreria, Arlene June
Herreria, Jose Alfredo
Hibdon, Kylee Brooke
Hicks, Lenny Wayne
Hill, Ryan Warren
Hood, Flora Jean
Hood, Leah
Horscheid, Rebecca Delia
Houchin, Cynthia Diane
Hyde, Ashley Wendell
Ibarra Jr., Luis Ricardo
Irvin, Darlene Gosney
Jackson, Tenain A-Tye
Jackson, Tyson Joel Sweeney
Jacobs-Creek, Mistie Leann
Johnson, Bryan Austin
Johnson, Dane Echogee
Johnson, Hilo Totsih
Johnson, John Raymond
Johnson, Joseph Tarron
Johnson, Katie Jean
Johnson, Megan Lucille
Johnson, Nahtanha Kai
Johnson, Tillman Aaron
Johnson, Travis Eric
Kastl, James Edward
Kauloy, Hollis Lucille
Kelough, LaChrista Kay
Ketakea, Ashley Paige
Kilmer Jr, Gregory Keith
Kilmer, Brandon Ken
Kilmer, Michael Houston
Klinay, Taylor Jordan
Kmatz, Zachary Robert
Koontz, Susan Kay
Kowitz, Shelly Anne
Kupczynski, Mary Lee
Lalehpwarvan, Persia Jade
Larney, Harriet Lee
Larney, Takota Sun
Latzke, Kimberley Nicole
Letika, Mackklyn Chappell
Lewis, Mariah Nicole
Lewis, Mark Stephen
Lewis, Skylar Dean Cooksey
Lime, Andrew Barry
Little Axe, Arianna Danielle
Little Axe, Claude Tynor
Little Axe, Lisa Annette
Little Charley, Virgil Ray
Little Creek, Calvin Dale
Little, Anthony Ray
Littlebear Sr., Michael
Littlebear, Marquitta Annette
Littlecreek, Arnold Kent
Littlecreek, Christopher Dwight
Littlecreek, Drew Michelle
Littlecreek, Talani Rose
Lockhart, Mandy Anna Lynn
Longhorn, Darrell Eugene
Longman, Andrea Kay
Low, Sadie L. Spybuck
Lowe, Braylon James
Lowe, Megan Louise
Mack, Justin Wayne
Mack, Kevin Lee
Mahardy, Bradley Gene
Mann, Flora Mae
Mann, Jesse Dale
Martinac, Susan Renee
Masquas, Iziaha Zazueta
Mayfield, Hayden Winona
McCollom, Brandy Jo
McGowan, Charles Lee
McGuire, Kelsey Nicole
McKeel, Melissa Jean
McMahen, Camdyn Rae
McMillen, Mitchell Thomas
McReynolds, Justin Joel
Melton, Kalen Mykel
Mendoza, Elizabeth Ranae
Michaelson, Carol Sue Morton
Michaelson, James Ross
Mickleburgh, Dorothy Jean
Mingesner, Sara Danielle
Mitchell, Trevor Micah David
Mohawk, Galen Leroy
Mohawk, William Douglas
Molina, Manuela
Montgomery, Richard Henry Aaron
Moore, Jordan LaShell
Morgan, Alissa Ann
Morton, Madison Skye
Morton, Misty Lynn
Morton, Rachel Raynell
Mullins, Mirissa Bethany
Murdock, Wisper Dawn
Murry Jr., Steven Ray
Neconic, Dasia Lynnelle
Nelson, Taylor Paige
Newton, Christy Lynn
Nice, Isaac James
Nicholson, Peggy Mayrie Welch
O'Toole, Ryan Gregory
Olgun, Cynthia Ruth
Onzahwah, David Levi
Ortega, Eileen Marie
Owens, Jaelyn Neavea
Patton, Kimberly Marie
Payne, Riley Erin
Pearce, Eileen
Pearson, Etta Axe Washington
Perez, Brenda Irene
Petty, John Eric Matthew
Pine, Rita Ann
Pitchfork, Lyria MaKaila DeAnn
Plunkett, Tobie John
Preciado, Christina Gracella
Presley, Bailey Paige
Proctor, Sonia Danielle
Puckitt, Alyssa Marie
Quarterman, Abel Matthew Tiger
Raisbeck Jr., Christopher Gene
Raisbeck, Christopher Gene
Ramirez #380838, Virginia
Ramirez, Tiffany Ann
Reading, Gregory Tyler
Respicio, Nicholas Lee
Rides At The Door, Maleah Jane
Riedel, Linda Mae Robinson
Robbins, Ariel Nicole
Robertson, Jimmy
Robertson, Marion James
Rolette, Tyler Austin
Ryan, Moria Colleen
Blyder, Holland Thomas
Sanchez, Eder Pavel
Sanchez, Josefa Yolanda
Schmidt, Michelle Denise
Scott, Colton James
Seber, James Eddie
Seera, Nicole Inez Raelyne
Shawnee, Brooklyn Pearl
Shawnee, Lindsay Gael
Shelton, Jamie Cheryl
Shields, Darren
Shrestha, Abhi Chase
Simpson, Lisa Rudine
Simpson, Raechel Rayann
Sipple, Patrick Michael
Skinner, Charitas Susanne
Slayton, Brandie Rae
Slayton, Sharon Virginia
Sloat-O'Toole, Lezlie Marie
Sloat, Troy Lynn
Sloat, Jeremy Ray
Sloat, Shirley Ann
Sloat, Troy Lynn
Smith, Brian Keith
Smith, Chandra Jean
Smith, Christina Sue
Smith, Scott Alan
Smith, Shad Michael
Snake Floyd, Janet Lynne
Soap-Al Jaser, Margaret Angela
Spoon, Ashley Nicole
Spoon, David Clayton
Spriggs, Donald Ray
Spybuck, Jason Evan
Squire, Donald Ray
Squire, Joseph Lynn

Squire, Leroy Ricky
Stacey, Rosalyn
Steinruck Jr., Harold Eugene
Stephens, Rebecca Pauline
Stevens, Gary Wayne
Stewart, Lona Virginia Williams
Street, Louise Axe Washington
Stricklin, Eugene Stanley
Switch, Isaiah Jacob
Taff, Nancy Ann
Tapia, Gianna Jade
Tascier, Susan Wilkerson
Taylor Martin, Reba Gayle
Tello-Faz, Mariella Elizabeth
Temple, Ginger Lee
Thorpe, Tyronne Guthrie
Tiger-Onzahwah, Preston Zachary
Tiger, Emma Kay
Tiger, Gerald
Tiger, Kwinton Danyl
Tiger, Marisela Rose
Tiger, Nancy Raye
Tiger, Riley Eugene
Tillery, Lacey Rochelle
Tilley, Nolan Grant
Tolbert, Janis Lavonne
Turney, Stephen
Uchida, Bryson Harvey
Wahpepah, Brady Maverik
Wahpepah, Pauline White
Walley, Lowana Gale
Warrior, Andrew Keith
Warrior, Luana Christie
Warrior, Lydia Rose
Washington Sr., Algene
Washington, Karen Rose
Washington, Matthew George
Washington, Tatum Stoney
Watkins, Fawn Lil' Grass
Watkins, Freddie Lee
Watkins, Jalyne Alexis
Watson Jr., Gregory Doyle
Watson, Darrell Dean
Webb, Carter Ellis
Webb, Raven James
Wenhollm, Lacey Alexandra
West, Emma Madeline
White, Xander Ralph
Whitethunder, Daelan Takye
Whitney-Coon, Davin Zane
Whitten, David J. J. Thomas
Wietelman, Ebany Bionca Lynn
Williams, Braylie Audra
Williams, Ethan Beau
Williams, James Robert
Williams, Kaenon Cole
Williams, Kyree SaVaughn
Wilson, Adilynn Magnolia
Wilson, Hannah Mae
Wilson, Kaden Joseph
Wilson, Marvin Edward
Wilson, Michele Renee
Wilson, Shi Ann Delrae
Wolfe, Richard Ray
Wright, Shane Allen
Yeahpau, Eden Dione
HAPPY 5th BIRTHDAY LANDYN
We love you more than you know!
Mom, Gogo & Poppy

GRANNY
Hope your Birthday is as special as you are!
Love,
Joplin, Jiliyan & Justin

GRANNY,
Happy WOOFday!
Love,
Your Grandpups Chloe and Harvey

Mom,
Happy 74th Birthday!
We love you very much!
Love,
Sherrie & Barbara
Walking is one of the most simple and least expensive options to increase your physical activity level and improve your health. Walking is a weight-bearing exercise that helps maintain bone density and is easy on the joints. Walking at a brisk pace is considered moderate-intensity physical activity and walking at this pace most days of the week for 30 minutes or more enables you to meet the criteria for physical activity for health benefits recommended by the American College of Sports Medicine (ACSM) and the American Heart Association (AHA).

The ACSM’s physical activity recommendations for healthy adults recommend at least 30 minutes of moderate-intensity physical activity (working hard enough to break a sweat, but still able to carry on a brief conversation) five days per week, or 20 minutes of vigorous activity three days per week. Combinations of moderate- and vigorous-intensity activity can be performed as well to meet this recommendation.

**What do I need to do to start a walking program?**

- Begin with a pair of well-fitted walking shoes with a flexible sole that provides good arch support and adequate cushion for your heel.
- Make sure you have loose-fitting, comfortable clothing appropriate for weather conditions.
- Make sure you notify a friend or family member that you will be going out for a walk. (recommended by the AST Fitness staff)

ACSM recommends people participate in a walk or other moderate intensity exercise for 150 minutes or more per week for health benefits. For weight loss, 250 minutes or more of moderate-intensity activity is recommended per week.

Start slowly and build up to maintain your motivation and avoid overuse injuries. Warm up with a slower pace for at least five minutes then increase your pace for 10-30 minutes at a time. Slowly increase your time and distance every two weeks, until you reach your goal.
Honoring Our Past
With Promise for
Our Future

LIFE is Beautiful
Living Meth Free
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

AST Diabetes and Wellness Program

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:
- Monday-Friday: 6:00am - 9:00pm
- Saturday: 9:00am - 3:00pm
- Sunday: CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)
The AST Diabetes and Wellness Fitness Center provides state-of-the-art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

Buster Bread  
Fitness Manager

Chrissy Wiens  
Physical Activities Specialist

Brandon Goodman  
Fitness Technician

McKenna Watson  
Fitness Technician

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**Monday-Friday** 6:00am - 9:00pm  
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**Sunday** CLOSED

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>CLASSES</strong></td>
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| Zumba Fitness 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Cardio Kickboxing 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Zumba Fitness 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center |
| **CLASSES**  | **CLASSES**        | **CLASSES**        | **CLASSES**       | **CLASSES**       |
| Strength Circuit 5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | Aerobic Circuit 5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center |

**Mini Bootcamp**  
12:00 p.m.-12:45 p.m.  
Chrissy Wiens  
LITTLE AXE HEALTH FACILITY

**Couch to 5K**  
2:30 p.m.-3:15 p.m.  
Buster Bread  
LITTLE AXE HEALTH FACILITY

**Fitness sessions will be available every Wednesday and Friday at the Little Axe Health Center**

“Mini Bootcamp”- A full-body strength training program aimed to improve your muscular fitness and endurance.

“Circuit Training”- A time efficient training system aimed at developing strength through pre-determined training stations.

“Cardio Kickboxing”- Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.

“Couch to 5k”- A program to help develop your aerobic strength and endurance over 12-weeks. The program goal is to help participants complete a 5K distance by walking, jogging, or running.

**Absentee Shawnee Fitness**

**Diabetes and Wellness**
**Absentee Shawnee Tribal Members with Vision Insurance:**

All enrolled Absentee Shawnee Tribal members who have vision insurance will have their insurance billed for the exam and any prescribed optical products. The Tribal benefit will be used for the remainder of the cost for prescription eye glasses or contact lens, not to exceed the $350.00 vision benefit through the ASTHS Contract Health Services. If the amount exceeds the $350.00 benefit, the Tribal member will be responsible for the out of pocket expense.

*If an enrolled Absentee Tribal Member with insurance chooses to see an outside provider they will be responsible for notifying ASTHS Contract Health Services (405.701.7951 or 405.878.5850). Their benefit within the Absentee Shawnee Optometry Department will only allow for the amount within the $350.00 that was left unused for the vision benefit year. (i.e. If you were seen December 31, 2016 your vision benefit year lasts until December 30, 2017.)*

**Absentee Shawnee Tribal Members without Vision Insurance:**

All enrolled Absentee Shawnee Tribal members who do not have vision insurance must use the Absentee Shawnee Optometry Department to receive their eye exam at no charge and their $350.00 tribal benefit for the cost of prescription eye glasses or contact lens. If the amount exceeds the $350.00 benefit the Tribal member will be responsible for the out of pocket expense.

**Absentee Shawnee Tribal Members who live outside of the catchment area:**

All enrolled Absentee Shawnee Tribal members who reside outside of the catchment area (Cleveland, Pottawatomie, Logan, Lincoln, and Oklahoma counties) may still utilize their tribal benefit only if they use the Absentee Shawnee Optometry department for their exam and/or prescription optical products. The allotted $350.00 will be used towards prescription eye glasses or contact lens. If the amount exceeds the $350.00 benefit the Tribal member will be responsible for the out of pocket costs.

*These patient will need to ensure they have updated their chart. This is to include updated HIPAA and consent forms.

**Additional products/charges outside of the allowed benefit schedule:**

Any additional products/charges outside of the allowed benefit schedule must be paid for by the patient. For example, patients who do not require corrective lens but chose to get colored contacts or non-prescription sunglasses these will be at their own expense. All charges will need to be paid for in advance following the payment guidelines posted in the office. NO CASH WILL BE ACCEPTED.

*No combining of discounts allowed
*Insurance benefits must be exhausted first before discounts can be applied. Patient’s co-pay portion cannot be discounted.

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**A Little Note from The Tag Office**

**Did You Know…..**

Any name changes that may occur (i.e. marriage, divorce, etc.) need to be updated through enrollment, BEFORE any new registrations or renewals can be processed.
Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children is nurtured in a positive way that helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

**Absentee Shawnee Tribal Foster Care**

405-878-4702 (ext. 133)

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place “our tribal” children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).

**Foster Care Payments are as follows:**

- 0-5 age $14.73 day $441.97 month
- 6-12 age $17.12 day $513.57 month
- 12 and over $19.30 day $579.13 month

IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET AND TURNED IN TO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.
If it's possible that you have a Brownfield site on your property, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235
AST.Environmental.Programs@astribe.com

Follow us on Facebook to view and comment on current and upcoming projects
www.facebook.com/ast.environmental.programs

What is a Brownfield?

Office of Environmental Health
Brownfield Response Program

Do you posses a Brownfield site?

Typical Brownfield Sites Include:

- Abandoned Factories/Buildings/Homes
- Burned Homes
- Buried Dump Sites
- Open Dump Sites
- A Large Amount of Tires
- Former Cattle Dip Pit Sites
- Barrels of Unknown Substances
- Old Service Stations
- Oil Storage Facilities
- Oil/Gas Well Sites
- Old Dry Cleaning Businesses

The EPA defines a brownfield site as "...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land."
Office of Environmental Health
Brownfield Response Program

What is a Brownfield?
The EPA defines a brownfield site as “...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land.”

Do you possibly have a Brownfield site on your land?
Typical Brownfield Sites Include:
- Abandoned Factories/Buildings/Homes
- Burned Homes
- Buried Dump Sites
- Open Dump Sites
- A Large Amount of Tires
- Former Cattle Dip Pit Sites
- Barrels of Unknown Substances
- Old Service Stations
- Oil Storage Facilities
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Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235
AST.Environmental.Programs@astribe.com

Follow us on Facebook to view and comment on current and upcoming projects.
www.facebook.com/ast.environmetal.programs
Hello my Absentee Shawnee people!

In 2013, you my AST people, elected me to Office and I thanked you for that and voiced your concerns and did what was within my power to do for you. Then in 2015 I ran for Office and you again placed me into Office making me the first woman in AST history to serve a second full term of Office as your Governor. The past two years I have been routinely challenged by those you have elected to serve in Office with me.

**ACCOMPLISHMENTS**

I. Contract Support Costs settlement
II. Ramah settlement
III. Pharmaceutical Drug Company
IV. Tobacco Compact
V. ATOKA Pipeline
VI. Sac and Fox Tribe Agreement (Juvenile Detention Services)
VII. Thunderbird Entertainment Center, Inc. (TEC) New By-Laws
VIII. Code of Conduct and Ethics (Executive Committee) Resolution E-AS-2014-38
IX. Executive Committee Salary Scale (Resolution E-AS-2014-39)
X. Revised bylaws ASTHA Health Board
XI. Red Cross Agreement
XII. Police services for the Absentee Shawnee Housing

As Governor I have done plenty of stamping out corruption at our casinos. I have served on regional and national leadership positions to support the tribe.

Seeking new business endeavor’s for the tribe to expand new revenue options. New advancements of technology sector such as aerospace engineering.

---

**My Challenges**

I. To get the Constitution updated.
II. To institute a Communications Policy.
III. To update the Administrative Systems Manual (ASM) to effectively separate the functions of the elected officials from Employees. At present the ASM co-mingles the duties of both in one manual and is not being followed by certain AST leaders or their staff.
IV. Strengthen the language in the Election Ordinance so that certain Election Commissioners do not independently act on their own initiative and to ensure that those who do not follow the Ordinance are appropriately penalized.
V. To make transparent all audit findings and financial reports so that tribal citizens are aware of the financial status and business operations of the tribe.
VI. To conduct the business appropriately for the tribe by placing all actions under resolution or under ordinances and requesting the content of those resolutions and/or ordinance be placed either in the AST newsletter or on the AST website.
VII. We need the right leaders in Office to make informed changes that will advance the needs of our people. I hope when you begin to consider who you want to place in Office you will consider the following:
VIII. Who do you see representing your interests as a Tribal member?
IX. Who has the experience and awareness to advance the best interests of the Tribe forward for you?
X. Who can advance the Tribe based on honesty and ethics and work history?

We are now in 2017 and I am again asking you to vote for me. Why? Because I am the best candidate. Let’s do a couple of simple comparisons here and let you see a few of the differences:

<table>
<thead>
<tr>
<th>Candidate</th>
<th>ELECTED OFFICIAL</th>
<th>Work History outside AST</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edwina Butler-Wolfe</td>
<td>4 years as Governor</td>
<td>15 years in school system working with youth</td>
<td>Rose State College, OBU Seminole State College</td>
</tr>
<tr>
<td>Andy Warrior</td>
<td>None</td>
<td>Unknown</td>
<td>Unknown</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Candidate</th>
<th>Committees/Boards</th>
<th>Facebook Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edwina Butler-Wolfe</td>
<td>National, State and Local Boards/ Committees</td>
<td>No social media accounts</td>
</tr>
<tr>
<td>Andy Warrior</td>
<td>Tribal Employee Committee</td>
<td>Evidence of Misconstruing statements &amp; facts</td>
</tr>
</tbody>
</table>

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**BRING US YOUR USED MEDICAL EQUIPMENT!!!**

The AST Health System is accepting used durable medical equipment items for re-use. We can shine up that old walker, wheelchair, cane, or CPAP breathing machine and make it serviceable again.

Drop off your un-used item(s) at Little Axe or Shawnee Physical Therapy Departments.

*For more information, call 405-447-0300 (Little Axe) • 405-878-5850 (Shawnee)*
APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF $150.00, PER RESIDENCE)

ELIGIBILITY

- ENROLLED ABSENTEE SHAWNEE TRIBE
- 18 YEARS OF AGE OR OLDER
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE’S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF $2,800.00)

REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECKStub, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE SUBMITTING TO SOCIAL SERVICES

OILS

Oklahoma Indian Legal Services will be at the Tribal Court House, Bldg. #3 each month on the 2nd Thursday from 9am-12pm.

Oklahoma Indian Legal Services (OILS) is a nonprofit organization that provides free legal services to low income Native Americans in Oklahoma. To be eligible for services you must fall within OILS income guidelines.

Contact information:

Oklahoma Indian Legal Services (OILS)
4200 Perimeter Center Dr., Ste 222
Oklahoma City, OK 73112
Telephone: (405) 943-6457
Telephone: (800) 658-1497
Facsimile: (405) 917-7060

THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

The principal role of OEH&E is to raise the health status of our tribal members to the highest possible level by providing services in the area of water and wastewater. To qualify for a water well and/or septic system, the applicant must be an enrolled Absentee Shawnee Tribal member and reside within one of these six counties; Pottawatomie, Cleveland, Oklahoma, Payne, Lincoln, or Logan, provide land ownership by verification such as a Warranty Deed or Notarized Lease Agreement through the Absentee Shawnee Tribe Reality Department. Proof of income is not required.

The services we provide are: new water wells, renovation of a water wells, new city or rural water connections, replacement of city or rural water service lines, new wastewater septic systems, renovation of septic systems, new city sewer lines/ renovation of city sewer lines and water treatment systems as needed. We are not funded to perform annual pumping of septic tanks. That service is considered part of home maintenance.

If you are having water or wastewater issues or building a new home and need services please come by our office and fill out an OEH&E application for assistance.

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.
ATTENTION PARENTS!!!

CTSA EARLY HEAD START & HEAD START IS LOOKING FOR CHILDREN, AGES BIRTH TO 3 FOR OUR EHS PROGRAMS AND AGES 3 UP TO 5 FOR OUR HEAD START PROGRAMS!!!

Our goal is to meet the individual needs of all children, especially those with disabilities. If you have a child or know of a child that would enjoy a safe, interactive and engaging learning environment, please call or come by one of our locations today!

A fun and exciting program for your child to learn and grow! Our qualified and dedicated staff provide rich learning environments where parents are encouraged to volunteer! If you are interested in our program, please contact our office in your area to complete an application.

We look forward to sharing your child’s learning years with you!

In our Shawnee location, we have two available options: Early Head Start (Birth to 3), & Head Start (3 up to 5). Both Norman and Cushing are strictly Head Start Programs (3 up to 5).

If you would like more information regarding our programs or to apply, please contact:
Shawnee Main Office: Enrollment Manager- Shawnee Center: Center Supervisor-
Sherry Marsh (405) 275-4870 Stacey Osborne (405) 878-5820
1535 N McKinley, Shawnee 74801 1535 N McKinley, Shawnee 74801
sherrym@ctsaheadstart.org

Cushing Center: Center Supervisor-
Wava Anderson (918) 247-1029
111 W Vine, Cushing 74023

Norman Center: Center Supervisor-
Amy Porter (405) 447-0381
516 Iowa St., Norman 73069

Health/Mental Health/Disabilities Manager
Melanie Williams (405) 275-4870
1535 N McKinley, Shawnee 74801

Families must live in the following counties:
Pottawatomie, Payne, Lincoln, & Cleveland
Native American Program (All Accepted)

ARC OF OKLAHOMA

TALKING LEAVES JOB CORPS
A NATIVE EMPHASIS CENTER
Career Training at No Cost To Qualified Applicants!

- 16-24 years old
- Need Career Training/High School Diploma/GED
- Meet income guidelines
- No pending legal matters

...Job Corps could be for you!
(Bus travels to OKC each weekend)

For more information
Call 405.424.1927

Career Technical Training
- Clinical Medical Assistant
- Culinary Arts
- Electrical
- Facilities Maintenance
- Office Administration
- Nurse Assistant/Home Health Aide

Placement assistance for
Military, Advance Training, College, or Employment in Your Career

10% OFF ALL SERVICES
FOR TRIBAL EMPLOYEES & MEMBERS
Must present CDIB card or tribal employee ID. Not valid with any other offers.

Isn't it time you got more from your repair shop? Experience the Arrowhead way of doing things.

TIRES | MAINTENANCE | REPAIR

Arrowhead Automotive Center
1100 North Broadway Street
Tecumseh, OK 74873
(405) 598-6920
www.arrowheadautomotivecenter.com
United Indian Nations of Oklahoma Kansas and Texas (UINOKT)
Quarterly Meeting April 21, 2017
Citizen Potawatomi Nation Cultural Center
Shawnee, OK

Pawnee Nation President and UINOKT Treasurer-Bruce Pratt, Former Chief of Muscogee Creek Nation-UINOKT President-George Tiger, Congressman Tom Cole, 4th District, AST Governor-UINOKT-Vice President-Edwina Butler-Wolfe and UINOKT-Secretary-Margo Gray.

Secretary John Johnson, Treasurer Leah Bates, Congressman Tom Cole and AST Governor Edwina Butler-Wolfe
TOTALLY ADDICTED

JOIN US AND #UNFOLLOWTHECROWD

It’s pretty simple: when you’re into cool stuff, you’re not into drinking.

WWW.MYDNA.ROCKS

MyDNA Rocks

@MyDNARocks

MyDNArocks

MYDNA
DRUG-FREE NATIVE AMERICA

SAMHSA

HEALTH SYSTEM

sp hq
The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines. Keep a copy on hand and update your information.

CHS for a currently enrolled AST member who resides in the defined catchment area and needs emergent or urgent care.

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify CHS on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third-party resource has made the determination such services were “emergency care” or “urgent care.” Such evidence may include payment from private insurance.
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center CHS office or the Shawnee Clinic CHS office.

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS
Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.
8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays
All facilities closed the first Wednesday of the month from Noon to 5pm.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records

Little Axe Health Center CHS
405.701.7951 (Primary)
405.447.0300 (Secondary)

SHAWNEE CLINIC CHS
405.878.5850 (Primary)
405.878.4702 (Secondary)

REFERRAL MANAGEMENT
Little Axe Health Center
Debi Sloat, CHS Coordinator/RN
Jackie White, Patient Care Manager/LPN
Natalie Miller, CH Specialist/Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Jennifer Wells, CH Technician
Melinda Ferrell, PBA, Dental Referrals

REFERRAL MANAGEMENT
Shawnee Clinic
Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/Medical Assistant

CONTRACT HEALTH SERVICES NEWS
CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.

3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.

4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker’s Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.

2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

3. You must utilize the services provided within AST health clinics prior to being referred out.

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

5. An appointment will be scheduled, and a COB will be sent to the outside provider.

6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.
Let us help...
With your cooling bill this summer
If you live in Pottawatomie or Cleveland counties
and have a C.D.I.B. card you may qualify for the
L.I.H.E.A.P Program

Come and apply
Starting in May thru September
2016

The L.I.H.E.A.P Program will pay for

All applicants must meet the eligibility requirements and criteria which is
approved by the Absentee Shawnee Tribe.

Department of Social Services
(405) 275-4030, Ext. 6225
Annette Wilson, Social Services

Education Department

The following are current programs administered by the Absentee Shawnee Tribe
Education Department:

These are brief descriptions of current programs. Program guidelines are available in
hard copy at the Education Department office or for download at www.astribe.com.

• Academic (K-12) Program: assists with academic related expenses, and a
  portion of funds can be used for school-related athletic program expenses.
  Program has a maximum funding limit for the academic year.

• Zahn Program: established from a trust fund, program can help with some
  graduation expenses, and awards two (2) incentives: one for GED recipients
  and one for High School graduates. Program has a maximum amount of funding
  for graduation expenses.

• Job Training Adult Education Program: funds for vocational training at
  accredited vocational institutions. Program has a maximum funding limit for the
  calendar year or per program.

• Higher Education: Education Incentive Award Program: funds for
  undergraduate degrees, one associate or bachelor degree, at any accredited college
  or university. Funding levels are determined based upon grade point average and
  full-time or part-time status.

• Graduate Scholarship Program: funds for one master’s degree or one doctoral
  degree, and can fund one graduate admissions test. This program has funding
  levels based upon full-time and part-time status.

• Big Jim Youth Award Program: annual incentive for High School
  Seniors for Academic Achievement and Athlete of the Year. Deadline for
  application submission is March 31st of each year.

All funding is based upon the availability of funds at the time of application.

Attention:
Applications for fall 2016 must be received or postmarked by June 15, 2016.

All applications and guidelines are available at www.astribe.com. Click on
Services and select Education.

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 6242 or 1-
800-256-3341 or email to tresham@astribe.com.

Absentee Shawnee Tribe
Tax Commission

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 • Fax: (405) 214-4225

NEW REGISTRATIONS

• VALID OKLAHOMA DRIVER’S LICENSE
• VALID OKLAHOMA INSURANCE
• CDIB/ENROLLMENT CARD
• NOTARIZED TITLE
• NOTARIZED BILL OF SALE or
  PURCHASE AGREEMENT
• LIEN ENTRY FORM (if you are making payments)
• LIEN RELEASE FORM (if previous owner had lien)

*TRIBAL MEMBER MUST BE PRESENT FOR
ALL NEW REGISTRATIONS*

Note: You may be asked to provide supporting
documentation for verification purposes.

RENEWALS

• VALID OKLAHOMA DRIVER’S LICENSE
• VALID OKLAHOMA INSURANCE
• CDIB/ENROLLMENT CARD
• PREVIOUS YEARS REGISTRATION

"ANYONE MAY COME RENEW THE
VEHICLE AS LONG AS THEY HAVE
THE ABOVE LISTED DOCUMENTS
FOR THE TRIBAL MEMBER"

TAG PRICES

1-4 YEARS $85
5-8 YEARS $75
9-12 YEARS $55
13-16 YEARS $35
17- OVER YEARS $15

PENALTY
$0.25 A DAY
Absentee Shawnee Couch to 5K Race

Saturday, July 8th, 2017
Race begins at 9:00 a.m.
Fun run begins immediately after

Name: ___________________________ Age: _____ 5K Run ○ or 1-Mile Run/Walk ○

Is there any reason why you should not exercise? Yes: ___________ No ○ Phone: ___________ Male ○ Female ○

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

_________________________________________  ____________________________
Signature  Date

Race location: Lake Thunderbird South Dam/LAHC

Absenete Shawnee Tribe
Health System
Prevention, Progress, Pride
Iowa Tribe of Oklahoma Vocational Rehabilitation Program

“See the Person Not the Disability”

History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

Services Than Can Be Provided:
Depending on an individual’s needs and goals, will determine which services are best for you. However, some services that we can provide include testing fees such as SATs & ACTs, assistive devices, evaluations, and various other services.

Qualifications:
Must be an enrolled member of a federally recognized tribe, a junior or senior in high school, and must reside in one of the seven counties served by the Iowa Tribe Vocational Rehabilitation Program. You must also provide documentation of your disability and this can include a doctor’s statement or the IEP or 504 plan from your school.

Counties We Serve:
Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

Iowa Tribe of Oklahoma Vocational Rehabilitation Program
P.O. Box 728
Perkins, OK 74059

Contact: Christa McClellan
Phone: 405-547-3721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

Ne-Hi-Ki-Wa-Sa-Pa. We listen.

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623. Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73069
405.447.0300

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

PLUSCARE CLINIC
15702 East State Highway 9
Norman, OK 73069
405.447.0477

ONLINE PATIENT PORTAL → for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register.
For more help, call your clinic, and we’ll walk you through it.

Install the app on iPhone or Android for real-time access to your health information
A child with a high fever. An ear infection. Flu. A blood sugar spike or fall. To take better care of you, Shawnee Clinic is now open extended hours on weeknights and additional hours on Saturday. We ask for your respect in understanding that these times are for people who need acute care immediately, not routine medical care. Last walk-ins will be accepted at 8:30 p.m. weekdays and 4:30 p.m. Saturdays.

Shawnee Clinic provides quality health care for people in our community. Sensitive, trusted, compassionate. You are at the heart of what we do.

**SHAWNEE CLINIC**

**Prevention. Progress. Pride.**

2029 South Gordon Cooper Drive | Shawnee, OK 74801
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

Regular hours of operation: 7 a.m. to 5 p.m., M-F.
Closed the first Wednesday of every month from noon-5 p.m.
Closed Sundays & holidays.

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**PLuscARE**

**LiSI-NW-NHTEALTH, INC.**

**Prevention. Progress. Pride.**

15702 East State Highway 9 | Norman, OK 73066
Phone: 405.447.0477 Fax: 405.366.8996