



NOTICES

85th
Semi-Annual
General Council Meeting
POSTPONED

★ ★ ★
VOTE
JUNE 20th
2020

FROM THE ELECTION COMMISSION:

Tribal Members:

The Annual Election will be held on **Saturday, June 20, 2020**. The voting polls will be located at the Little Axe Resource Center on Peebly Road and at the AST Health Multipurpose 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.
PAGE 3

★ ★ ★
AST Health System
now is providing a 24/7
AST Health System
24 hour LIVE Corona
Virus (COVID-19)
Information Number:
(405) 695-1787 to help
tribal members

TIGER REUNION
Due to the Covid-19 virus, we have changed the date of our reunion to June 21, 2020. At the same place, Little Axe Shelter at Thunderbird lake. Will send out another reminder in June. Hope to see everyone then.
Thank you, Jan Maxwel

THE Absentee Shawnee News

OFFICIAL NEWSPAPER OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA



June 2020

• www.astribes.com

• Volume 31, No. 6



li si wi nwi
"Among the Shawnee"



100'S LINE UP AS CASINO OPENS



Patrons line up outside the Thunderbird Casino for its soft reopening on Monday, May 11, 2020, in Norman, Okla. The casino is operating at a third of its capacity and spacing out machines six feet apart while implementing temp checks at the door and enforcing masks. [Chris Landsberger/The Oklahoman]



Employee Emberly Kieffer sanitizes a gaming machine for patrons at the Thunderbird Casino for its soft reopening on Monday, May 11, 2020, in Norman, Okla. The casino is operating at a third of its capacity and spacing out machines six feet apart while implementing temp checks at the door and enforcing masks. [Chris Landsberger/The Oklahoman]



Patrons stay spaced out as they play games at the Thunderbird Casino for its soft reopening on Monday, May 11, 2020, in Norman, Okla. The casino is operating at a third of its capacity and spacing out machines six feet apart while implementing temp checks at the door and enforcing masks. [Chris Landsberger/The Oklahoman]

By KEN MILLER
May 12, 2020

OKLAHOMA CITY (AP) — Hundreds of people stood in line Tuesday waiting to enter a casino in central Oklahoma that has been allowed to reopen with social distancing restrictions and sanitation safeguards in place to protect against a resurgence of the coronavirus.

"It was time for everyone to get back to work, we were ready to get back to work," said Sam Caruso, general manager of the Thunderbird Casino in Norman. "It just seemed like the right time to do it. We decided to do what we call a soft opening without a lot of fanfare."

The reopened casino in Norman limited the number of patrons to 200-225, while a sister facility in Shawnee allowed about 100 inside — both about one-third of capacity, Caruso said. No table games are open, he said.

Those inside must wear masks and maintain 6-feet of distance from others, although couples are allowed to sit together, he said.

"Every guest that has come in the facility has been very appreciative.

They understand and when we tell them to put a mask on they put their mask on," Caruso said.

Several other tribal casinos in the state remain closed. Chickasaw Nation Governor Bill Anoatubby said in that tribe's casinos will remain closed at least through Friday.

"Health professionals advise that recent measures enacted to help mitigate the spread of the virus are beginning to work because of widespread participation," Anoatubby said in a statement.

The Cherokee, Choctaw and Muscogee (Creek) nation casinos also remain closed.

"Local health benchmarks do not suggest that now is the time to reopen ... the Muscogee (Creek) Nation casinos," Principal Chief David Hill said in a statement.

Of approximately 130 tribal casinos statewide, five have reopened on a limited basis, according to Oklahoma Indian Gaming Association director Sheila Morago. Nationwide, some 500 Native American casinos have shut down.

UPDATED HOURS OF OPERATION:
EFFECTIVE: FRIDAY, MAY 22ND AT
BOTH CASINO LOCATIONS
SUNDAY-THURSDAY
10:00AM TO 12:00AM
FRIDAY-SATURDAY
10:00AM-2:00AM



All Cultural Preservation
activities have been canceled
until further notice.

Thank You
Carol Butler
Cultural Preservation Director



John Johnson
GOVERNOR



Kenneth Blanchard
LT. GOVERNOR



Ezra DeLodge
SECRETARY



Phillip Ellis
TREASURER



Atheda Fletcher
REPRESENTATIVE

Governor’s
REPORT

JOHN JOHNSON
AST Governor

Absentee Shawnee Tribal Members, I know this has been a difficult and worrisome time for everyone, but I wanted to provide you with a quick update regarding AST’s COVID response and reopening. Tracking the hospital and incident rates and finding that the numbers have remained at a manageable level, the Absentee Shawnee Tribe has begun slowly reopening our administrative campus. As I have said during this entire pandemic, the safety and well-being of the Tribe and our employees is my first priority. We will continue to reopen in a way that we believe benefits AST. We encourage our members to conduct tribal business by phone or email when possible. If you need to visit the campus, please call, and set up an appointment beforehand so that we can ensure the correct department or employee is available to assist you with your issue. As far as the State of Oklahoma, they are moving into Phase 2 of the Open Up and Recover Safely (OURS) Plan. There are still limits on social gatherings, but they will increase from 10 to 50 people. All activities will need to follow guidelines for safety, which includes masks and other standards. Everyone should continue to maintain social distancing practices when they are out. All nursing homes and hospitals remain closed to visitors. Also, as many of you have probably either read or heard, the tribes across the United States have started to receive the first pay-out from the funding promised through the CARES Act. These dollars are restricted. Numerous guidelines and regulations are attached to these funds, and they are to be used to cover costs that we sustained while fighting the virus and through the recovery. We are hopeful that this funding will allow our Tribe to recover a portion of our losses. Lastly, please continue to follow CDC guidelines – wash your hands and stay home if you do not feel well. It is also important to continue checking on your family and friends, particularly those that fall into the high-risk category.

REPRESENTATIVE’S REPORT

Work: (405) 275-4030 Ext. 6239
Cell: (405) 287-5247
afletcher@astribe.com

Greetings Tribal Members:

I hope that everyone is safe and healthy. The spring weather has been nice enough to grant time to plant gardens and plenty of rain and sunshine to boost the garden growth. If you don’t have a garden, then just sitting and watching this ever changing Oklahoma weather is a joy as well. Regardless, my hope is that all Tribal Members enjoy each and every day to its fullest.

During this pandemic, I have continued to perform my duties as an elected official of the tribe.

- I have continued to work with each of my directors to ensure that the essential day-to-day operations are performed;
- I have responded to various Tribal Members’ emergency issues, requests and questions;
- I have also continued participation in Oklahoma Tribal Leaders conference calls to discuss various topics that all tribes are facing at this time;
- Continuous participation in all of AST Emergency Management meetings monitoring the developments during this crisis;
- Work alongside Governor Johnson on all issues that arise during the pandemic; and
- Continue work on the current projects that I have undertaken.

I will continue to fulfill my obligations as an elected official. Following is a brief summary of all other activities.

Cultural Preservation

The Cultural Preservation Department has continued to carry out essential day-to-day operations to ensure the department continues to function properly. Ms. Carol Butler, the Cultural Preservation Director, and Ms. Merry Rodriguez, the Gift Shop Manager, have been working on a plan to open the gift shop that will ensure safety and protect the health of all once the complex fully opens to visitors.

The THPO program has continued working from home to make sure federal projects do not go un-reviewed. Ms. Devon Frazier, the Tribal Historic Preservation Officer, continues to answer all emails from Federal Agencies concerning Section 106 projects. She also continues to take part in teleconference calls with different Federal Agencies. Ms. Ashley Brokesoulder, the THPO Specialist, continues to review, research and send correspondences for Section 106 projects as it concerns the communication’s industry.

The department in conjunction with the Grants Department has also been working diligently on a few grants. Ms. Butler provided all the necessary documents for the IMLS Basic Library grant, and the application was submitted in the early part of April. Also, Ms. Frazier and Ms. Butler provided all the necessary documents for the THPO grant, and the application was submitted at the end of April. Currently, Ms. Butler is working with the Grants Department on an ANA Language grant.

ALL ENTRIES EARNED SINCE FEBRUARY 1 ARE ELIGIBLE FOR THE DRAWING.



HOT WHEELS
GIVEAWAY

Win a 2019 Chevrolet Silverado 1500 RST
Saturday, July 25 at 10:30PM

EARN ENTRIES DAILY.
1 ENTRY FOR EVERY 50 SAME-DAY POINTS EARNED.

 NORMAN  **\$100 CASH/100 ENTRIES HOT SEATS**
SATURDAYS EVERY 20 MINUTES from 7PM -10PM





ELECTION CANDIDATES

ONLINE RECORDINGS FOR VIEWING

<http://www.astribe.com>


Recorded Live by AST Media Department at the Resource Center Elders Meeting





Stanislaus State

Sending out a huge Congratulations to Michael Hastings!



He has received his Bachelors Degree from California State University Stanislaus. Michael is proof that hard work pays off, never losing sight of his goals and excelling every step of the way. He, along with a team of his peers have taken part in and WON numerous competitions in his field of study. Traveling throughout California, he has always represented himself, his school and his team with great respect, maturity and pride. Michael, you deserve to be celebrated for all that you have achieved. Keep going for everything that you want in life. What you have accomplished is just the beginning. You make your family enormously proud and you are loved beyond words or measure. Congratulations Michael!! You did it!! We can't wait to see what's next for you.



Congratualtions to Mady McDowell for graduating from Joplin High School!


Looking for Foster Parents





“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 **405-395-4490** for more information



WHEN DO I CALL 911?

Public Health officials are asking for your help. Your local 911 system (Police, Fire and EMS) may become overloaded because of patients requesting assistance when it is not a real emergency.

During this national emergency, we know and understand how anxious and overwhelmed people can become. However, we ask that all Oklahomans follow the CDC guidance for COVID-19 and **not call 911** when there isn't a real emergency.


When to Seek Medical Attention:
If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency:
If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

We understand and appreciate how this guidance goes against everything that we have been taught and have come to expect from our all of our emergency services. However, the exposure risks are too high to risk calling EMS unless it is a true emergency.



STAY HOME.
STAY SAFE.
STAY INFORMED.




INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336 OR 2-1-1

VOTE

ALICIA (ALY) EDWARDS MILLER

ABSENTEE SHAWNEE TRIBAL REPRESENTATIVE



SHE POSSESSES THE TRIBAL EXPERIENCE WE NEED,
THE LEADERSHIP YOU DEMAND AND
THE INTEGRITY THE TRIBE DESERVES.

Please tear off ➡

BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
ANNUAL ELECTION
JUNE 20, 2020

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

EXECUTIVE COMMITTEE

LT.GOVERNOR (4 Year Term)	Sacha Almanza -----	[]
	Anthony “Tadpole” Johnson -----	[]
	Isaac Gibson, Jr. -----	[]
	Kenneth Blanchard -----	[]
TREASURER (4 Year Term)	David Deer -----	[]
	Leah D. Bender -----	[]
	Joseph Blanchard -----	[]
	Betty L. Watson -----	[]
REPRESENTATIVE (4 Year Term)	Atheda W. Fletcher -----	[]
	Andrew Warrior -----	[]
	Alicia “Aly” Edwards-Miller -----	[]

ELECTION COMMISSION

COMMISSION MEMBER #1	COMMISSION MEMBER #2
James Cody Spybuck, Jr. -----[]	No One Filed

VACCINES FOR TEENS

Keep your adolescent vaccinations up to date

Kids grow out of many things, but vaccines aren’t one of them. Every year in the U.S., 2.5 million people die from vaccine-preventable diseases. Because adolescents are at risk for many of these serious diseases, immunization is especially important. Ask your healthcare professional about all recommended vaccines to protect your child.

Remember the 4

- HPV (Human papillomavirus)**—The vaccine is most effective at preventing associated cancers for both boys and girls when given during preteen years.
- Meningococcal**—Two types of meningococcal disease vaccines protect against the most common serogroups. Teens should start the ACWY vaccine at 11–15 years old, with a booster dose between 16 and 18 years. They may also get the serogroup B vaccine at 16-18 years of age.
- Tdap (Tetanus, Diphtheria, and Pertussis [whooping cough]) and Td Booster (Tetanus and Diphtheria):** Adolescents should receive a Tdap vaccine between the ages of 11-12. Regular boosters of Td vaccine are recommended every 10 years to protect those at risk.
- Flu**—Flu season typically starts in October, and the virus can mutate each year. Annual vaccination is recommended.

ASK YOUR HEALTHCARE PROVIDER

if your adolescent needs a catch-up vaccine to protect them from

- Hepatitis A
- Hepatitis B
- Chickenpox
- Polio
- Measles, mumps, rubella (MMR)
- Pneumococcal disease*

Did you know that in the U.S.:

14 million people are infected with human papillomavirus (HPV)—mostly teens and young adults—leaving them vulnerable to associated cancers later in life?

21% of all meningococcal disease cases are preteens, teens, and young adults, ages 11–24?

Up to 200,000 people are hospitalized annually due to flu-related complications?

There were an average of 200,000 cases of pertussis each year before the Tdap vaccine was available, and since then, cases of the disease have decreased more than 80%?

CDC-recommended vaccinations for adolescents:

AGES	Every year	flu vaccine	11-12 years	13-15 years	16 years	17-18 years
			<ul style="list-style-type: none">HPV (2 doses)Meningococcal ACWYTdap	<ul style="list-style-type: none">Meningococcal ACWY (if not previously vaccinated)	<ul style="list-style-type: none">Meningococcal B*Meningococcal ACWY booster	<ul style="list-style-type: none">Td booster every 10 years

* Adolescents may be vaccinated with a 2-dose MenB vaccine, and the preferred vaccination age range is 16 through 18 years.

For more information, visit www.unity4teenvax.org

ATHEDA

FLETCHER



Vote!

FOR

REPRESENTATIVE

"Culture, Progress, Integrity"

ATHEDA FLETCHER for REPRESENTATIVE

JUNE 20th

1

SUPPORT OUR HERITAGE AND CULTURE by preserving our language. Our sovereignty is strongly dependent upon the survival of our language. We must pass it down to our youth to ensure that our culture and traditions are protected. In my term we have made great strides to bridge these gaps. But there is so much more to achieve. If re-elected I plan to progress this endeavor by continuing my work with the Tribal Youth, Elders and Community. I will continued to seek avenues to serve our Tribal People and build a bright future for generations to come. This starts with teaching our traditions and language to our youth.

2

UNITE AND LEAD OUR TRIBAL PEOPLE into a sustainable future. The Absentee Shawnee Tribe has continued to stay stagnant due to political strife. Our Tribe is at a critical time, and we need leaders who are ready to work beyond differences and move forward. As a Tribal Leader, I will focus on a strategic economic development plan that will move the tribe toward self sufficiency. I have worked tirelessly in my term to push for progression and stability for our People. If re-elected I will continue to fight for the voice of our people and the progression of our Tribe.

3

ENSURE OUR ELDERS HAVE SUPPORT though our Tribal programs. There are many opportunities for our Tribe to create programs to better support our Elders. One that is near and dear to my heart is the Assisted Living Center. I have been spearheading this project and if re-elected I will see this to it's completion. We must do better.

ABOUT ATHEDA

I am a proud Shawnee Elder. During my term I have honorably served as your Tribal Representative. I stand for preserving our CULTURE, supporting PROGRESS for our Tribe, and upholding INTEGRITY within our government. I am a self-motivated and action oriented type of leader.

I have gained broad experiance in the private sector working for a billion dollar organization. I have a Bachelor's Degree in Human Resource Management and a minor in Finance from an accredited university.

ACCOMPLISHMENTS

✓

Enhanced our Cultural Preservation Department to incorporate additional cultural activities for our Tribal members and youth

✓

Expanded the Gift Shop to offer services to Little Axe Community

✓

Implemented a subsidy that produced \$209,000 of revenue to our tribe in 2019

✓

Reviewed and overhauled the employee benefit packages resulting in a 14.8% savings to the Tribe

✓

Reduced legal fees for the Gaming Commission by more than 50% for a savings to the tribe

✓

Continued to lead and support tribal operations during COVID-19 and assisted with Recovery Plan

ASHAWNEE

HOUSING

AUTHORITY

"Among The Shawnee"

2020 PROGRAMS

• Low Rent Housing

• Lease to Own Housing

• College Housing Rental Assistance

• Over Income Lease to Own Housing

• Over Income Rental Housing

• Transitional Housing

• Home Rehab Assistance – AST Members ONLY

• \$5,000 Down Payment Assistance – AST Members ONLY

PROGRAMS ARE DEPENDENT ON FUNDING AVAILABILITY

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE TO PICK UP AN APPLICATION

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ANB

ALLNations Bank

AllNations Bank

NEW HOURS

Shawnee (405) 273-0202

Effective August 12, 2019

Drive Thru:

M-W 9AM to 5PM

Th-F 9 AM to 5:30 PM

Lobby: 9AM to 4 PM

WWW.ANBOK.COM

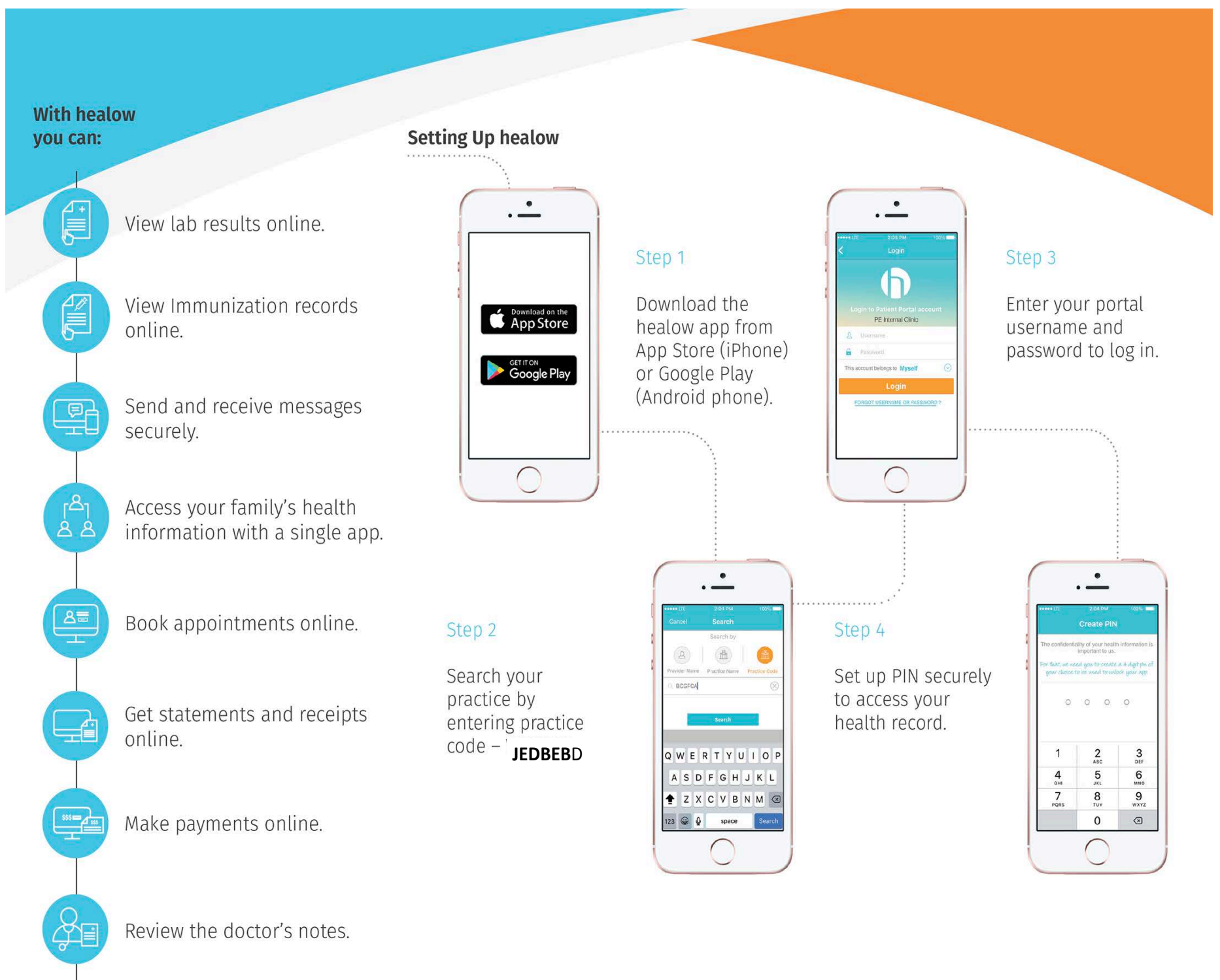
FDIC



PROVEN • TRUSTED • EFFECTIVE • LEADERSHIP

In uncertain times unexpected changes may occur for the safety and wellness of our patients. **Here are ways to find out about our closures and updates:**

- Check our website asthealth.org
- <https://www.astringe.com/office-emergency-management> (register for “AST Emergency Alert and Critical Information Program”)
- Following us on Facebook “*Absentee Shawnee Tribal Health System*” & “*Absentee Shawnee Tribe*”
- Call registration to ensure your phone number is up to date in our system & request you are enabled for text alerts
- Calling ahead to the facility: Little Axe- 405.447.0300, Shawnee-405.878.5850, & PlusCare-405.447.0477
- Current patients can sign up for the Healow app to check their appointment statuses and receive notifications (use practice code: **JEDBD**, if you need assistance call patient registration)
 - SEE HEALOW INFORMATION ADDED





STRONGHEARTS
Native Helpline

Need to talk? Get free help by calling
1-844-7NATIVE (762-8483)
available daily from 7 a.m. to 10 p.m. CST.

Callers reaching out after hours may connect with the
National Domestic Violence Hotline by selecting option 1.

Trust. Speak. Heal. Together. | strongheartshelpline.org

This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

As of **02-25-2020**, the EC made a decision to extend the deadline until **01-Nov-2021** for the **adult gift cards** from 2019.

Please contact the **AST Finance department** for more details.
(405) 275-4030 Bralynn Barnes
or email at bbarnes@astribe.com

ASEDA ADMINISTRATIVE ASSISTANT

GENERAL DESCRIPTION
The purpose of the position is to provide high-level administrative support by conducting research, preparing statistical reports, handling information requests and performing clerical functions such as preparing correspondence, receiving visitors, arranging conference calls and scheduling meetings.

RESPONSIBILITIES

- Manage and maintain ASEDA Staff schedules and meetings.
- Communicates with media on needs for public relations activities inclusive of storylines, photo opportunities, etc.
- Creates and implements community related activities for presentations, mail-outs and other related informational needs.
- Prepare invoices, reports, memos, letters, financial statements and other documents, using word processing, spreadsheets, database, or presentation software.
- Read and analyze incoming memos, submissions, and reports to determine their significance and plan their distribution.
- Open, sort, and distribute incoming correspondence, including faxes and email.
- Prepare responses to correspondence containing routine inquiries.
- Perform general office duties such as ordering supplies and maintaining records.
- Traveling, on occasion, with and/or ASEDA Staff to various meetings.
- Make travel arrangements for ASEDA Staff.
- Other duties as assigned by ASEDA Staff.

EDUCATION REQUIREMENTS AND QUALIFICATIONS
Bachelor's Degree (preferred) and a minimum of two years of professional or technical administrative experience in business or public administration or an equivalent combination of education and experience, substituting one year of qualifying experience for year of the required education.

Must possess excellent written and verbal communication skills. Must have excellent computer skills.

Must be able to pass a criminal background check.

Native American Preference/EOE/Drug Free Workplace



ABSENTEE SHAWNEE TRIBAL MEMBERS

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. CHECK STUB, 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

NEW FOSTER CARE LICENSING COMMITTEE

QUALIFICATIONS OF COMMITTEE MEMBERS

- (a) A Committee Member may be a member of the Tribe.
- (b) No person shall be barred from serving on the committee because s/he is an employee, or operates a Foster Home under a State or Tribal license.
- (c) Each Committee Member shall be at least eighteen (18) years of age and legally capable of entering into a binding contract.
- (d) No person who has been convicted of a felony or other crime involving embezzlement, fraud or moral turpitude shall serve on the Foster Care Licensing Committee. As of May 30th 2001, background checks will be necessary for each new and/or reappointed existing committee member.
- (e) Each Committee Member shall take an oath to support and defend the constitution, rules and regulations of the Absentee Shawnee Tribe.
- (f) It is strongly recommended each Committee Member complete the application process to become an Emergency Protective Foster Home and therefore be licensed through the Tribe.

Applicants can apply by picking up the application with your letter of intent at the Secretary's office.

Foster Care Licensing Committee Application of the Absentee Shawnee Tribe of Oklahoma

Name: _____ CDIB: _____

Address: _____ City: _____ State: _____

Phone: _____ Email: _____

Are you 18 or older? Yes No (circle one) Must be at least 18 and able to enter into a contract

Willing to become a Foster Care Emergency Home and become licensed? _____

Are you willing to undergo a background check? _____ Do you have any felony's? If yes explain: _____

Have you served on any other committees? _____

What is your Highest Education Level? _____ Major: _____

Any other information that you believe that will help in the decision to choose our committee by?

References

Name: _____ Phone: _____ How long have you known? _____

Name: _____ Phone: _____ How long have you known? _____

Name: _____ Phone: _____ How long have you known? _____

Each Committee Member shall take an oath to support and defend the constitution, rules and regulations of the Absentee Shawnee Tribe.

Signature: _____ Date: _____

Please include your letter of intent.

The Education Department

is seeking up to three (3)
Members to serve
on the Education Committee.

Please contact the Education Department
with any questions at tresham@astribe.com
or (405) 275-4030 Ext. 6242

As of August 2019 Advertising Rates/Placement have changed for the Absentee Shawnee Newsletter. The paper is no longer able to continue with free advertising space. Thank you! Your continued support and understanding is a valuable asset!

NOTICE

Sherman Tiger
AST Media Director
stiger@astribe.com
405-598-1279




Protect Your Family with


THE HPV VACCINE

HPV IS A COMMON DISEASE AND CAN HAVE
serious consequences


IN THE US...



Approximately
79 MILLION
people have been infected with HPV




14 MILLION
new HPV infections occur every year



80%
of sexually active people will contract HPV over their lifetime

BEING INFECTED WITH HPV CAN LEAD TO...



CERVICAL CANCER
GENITAL CANCER
THROAT CANCER
ANOGENTAL CANCER
GENITAL WARTS

PROTECT BOTH YOUR SONS AND DAUGHTERS
FROM CANCER WITH THE HPV VACCINE

PROTECT YOUR DAUGHTER

Each year, there are
12,000 CASES OF CERVICAL CANCER
leading to
OVER 4,000 DEATHS IN WOMEN

PROTECT YOUR SON

Each year, there are
**9,300 CASES OF HPV-RELATED
CANCERS IN MEN**


THE HPV VACCINE

It is important to protect your child from the disease early.

THE HPV VACCINE CAN...



ONLY PREVENT
infections,
NOT TREAT THEM



Reduce Risk of
HPV-related cancers
BY UP TO 99%
when fully protected with
the recommended doses



Prevent your child from
SPREADING HPV
to future sexual partners

The recommended age to receive the HPV vaccine is 11 or 12, however it is not too late for 13-26 year olds to get vaccinated as well.

11-12 YEAR OLDS develop a higher level of the protective antibody that the body generates after immunization, compared with older adolescents and young adults. This may result in longer lasting immunity.

THE HPV VACCINE IS SAFE AND EFFECTIVE

Clinical trials and ongoing research have shown the HPV vaccine's protection remains strong for at least
10 YEARS.
There is no evidence to suggest this level of protection changes over time.

Since the vaccine was licensed,
ONLY 0.0003%
of patients reported side effects – and most of those were “non-serious” symptoms such as headache, nausea and dizziness.

You are the key to HPV cancer prevention.

Get your child vaccinated at the recommended age of 11 or 12 years, to protect them and their future partners from contracting HPV.



IMMUNIZATION for WOMEN
Immunization Information for On-Cycle and Block Patients


Immunizationforwomen.org/HPV/patients



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS

This product is supported by an independent educational grant from Merck, Inc. ACOG does not allow companies to influence its programs, publications, or advocacy positions.
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The American College of Obstetricians and Gynecologists, 409 12th Street, SW, PO Box 9800 Washington, DC 20005-0905. www.acog.org.

Let your
voice
be heard.



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 73026
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 73026
405.447.0477



AAAHC
ACCREDITED
for AMBULATORY HEALTH CARE, INC.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

ATTENTION

EXCITED TO ANNOUNCE OUR NEW

Permanent Medication Disposal Sites!!
Located at both AST Health Clinic lobbies!



AST Shawnee Clinic AST Little Axe Health Center

We want your meds! You can drop off your expired or unused prescription medications anytime at these two locations.

Hours of operation same as the clinic normal hours. 8-5 Monday-Friday

No Syringes or Liquids accepted

15951 Little Axe Drive Norman, OK 73026 2029 S. Gordon Cooper Drive Shawnee, OK 74801





PHARMACY SERVICES

Your health is our first order.

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you'd like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It's also important to let us know about changes in address, phone numbers, insurance and other contact information.

LITTLE AXE HEALTH CENTER
15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Regular Drive-thru:
Mon – Fri 7:30 a.m. to 5 p.m.

Extended Hours Drive-thru*:
Mon – Fri 5 p.m. to 8 p.m.
(or until last PlusCare patient receives their medications)
Sat – Sun 9 a.m. to 5 p.m.
Closed New Year's Day, Easter Sunday, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day
*Extended Hours Rx Drive-Thru is available ONLY for PlusCare Clinic prescriptions and AST Member emergency room visit fills.

SHAWNEE CLINIC
2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Drive-thru:
Mon – Fri 7:30 a.m. to 5 p.m.

Extended Hours*:
Mon – Fri 5 p.m. to 8 p.m.
(or until last patient receives their medications)
Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays
*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST Member emergency room visit fills.

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.

24-HOUR EMERGENCY PHARMACY ACCESS

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 Walgreens 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 will fill your prescription. You will have a five-day limited fill on your prescription. 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 Walgreens service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, OK or 615 West Main Street, Norman, OK



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.





Dear Colleague,

Beginning today, the Internal Revenue Service (IRS) will issue Economic Impact Payments (EIP) to approximately 1.4 million SSI recipients with representative payees and 10.4 million Social Security beneficiaries with representative payees.

The IRS will issue the EIPs via direct deposit and Direct Express starting today, May 22, to the same direct deposit account or Direct Express card as the recipient’s monthly Social Security or SSI payment. Paper check EIPs will be mailed starting May 27.

Visit www.ssa.gov/coronavirus/#reppayee to learn about EIPs and representative payees. You can find the eligibility requirements and other information about the EIPs at the [IRS’ Economic Impact Payment Information Center](#).


I encourage you to share this information with your members, colleagues, affiliates, and other interested parties. I appreciate your help.

Sincerely,

Jeffrey Buckner
Associate Commissioner
Office of Strategic and Digital Communications
(T) 410-965-1804
[@SSAOutreach](#)



Produced at U.S. Taxpayers Expense




SAY YES TO SUN PROTECTION


SAY **NO** TO SKIN CANCER

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.



THERE ARE TWO TYPES OF SUNSCREENS:




PHYSICAL SUNSCREEN

This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.

Opt for this sunscreen if you have **SENSITIVE SKIN**.




CHEMICAL SUNSCREEN

This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.


Look for one or more of the following active ingredients: **OXYBENZONE**, **AVOBENZONE**, **OCTISALATE**, **OCTOCRYLENE**, **HOMOSALATE** and **OCTINOXATE**.

This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.




Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- SEEKING SHADE
- WEARING PROTECTIVE CLOTHING
- APPLYING SUNSCREEN TO ALL SKIN NOT COVERED BY CLOTHING



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM**, **WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS** when outdoors, or after swimming or sweating.



If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

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SUPPORT GROUP FOR SURVIVORS OF ELDER ABUSE, CHILDHOOD SEXUAL OR PHYSICAL ABUSE, DOMESTIC ABUSE , STALKING, SEX-TRAFFICKING AND FAMILY SURVIVORS OF HOMICIDE VICTIMS

TALKING CIRCLE

OUR SUPPORT GROUP ENCOURAGES PERSONAL HEALING WHILE PROVIDING YOU WITH SPACE TO SPEAK FREELY AND HONESTLY ABOUT LIFE EXPERIENCES WHILE PARTICIPATION IN A CULTURALLY SPECIFIC HEALING OPTION.

ALL GROUPS ARE CONFIDENTIAL & ALL ARE WELCOME

FIRST TUESDAY OF EVERY MONTH
6:00PM - 8:00PM (SHAWNEE)
PRE-REGISTRATION REQUIRED CALL FOR LOCATION AND DETAILS- ALL ARE WELCOME
EVERY FIRST TUESDAY OF THE MONTH



TRIBAL VICTIM SERVICES
WENDY STAFFORD
(405)695-9125

This Project was produced by Tribal Victim Services under 2018-VO-GX-0033, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, Findings, and conclusions or recommendations expressed in this project are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Tax Commission

Fiscal Year 2020 - YTD Tax Collections (through 4/30/2020)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$7,499.91	\$8,834.40	\$13,276.94	\$3,782.80	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$33,394.05	2.84%
Gaming % of free cash	\$250,000.00	\$200,000.00	\$200,000.00	\$250,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$900,000.00	76.42%
Employee (1%)	\$18,216.80	\$19,868.77	\$8,424.95	\$22,071.85	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$68,582.37	5.82%
Severance (8%)	\$3,817.67	\$0.00	\$4,177.14	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$7,994.81	0.68%
Motor Vehicle	\$14,622.24	\$15,652.41	\$9,718.02	\$14,375.66	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$54,368.33	4.62%
Motor Fuel Taxes (Qtrly.)	\$43,922.66	\$0.00	\$0.00	\$38,779.48	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$82,702.14	7.02%
Tobacco Refund	\$8,640.57	\$7,320.64	\$6,906.11	\$6,651.73	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$29,519.05	2.51%
TOTAL TAXES	\$346,719.85	\$251,676.22	\$242,503.16	\$335,661.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,176,560.75	
Miscellaneous	\$874.50	\$69.15	\$119.00	\$76.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,138.65	0.10%
TOTAL COLLECTIONS	\$347,594.35	\$251,745.37	\$242,622.16	\$335,737.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,177,699.40	100%

TAX COMMISSION

~ TAG AGENCY ~

NOW ACCEPTING Credit/Debit

Effective May 1 2019, the tag office will be accepting credit and debit cards.

Please note: a convenience fee of 2.75% will be added.



The AST Tag Office has New Hours!



We are open through lunch! All day 8:00am - 5:00pm



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
TAX COMMISSION
2025 SOUTH GORDON COOPER DRIVE
SHAWNEE, OKLAHOMA 74801

March 23, 2020

RE: Motor Vehicle Tags

AST Tribal Members,

Due to the growing concerns about COVID-19, the Tax Commission is taking necessary steps to limit exposure to Tribal members. Due to the mandated closure, our office will be closed to the general public from March 23 through April 3. However, the tax staff will be doing its part in helping to alleviate any motor vehicle concerns by continuing to process through the outline procedures below:

FOR RENEWAL:

- OPTION #1- BY MAIL.
 - Please include copies of your CDIB, valid Oklahoma driver license, current Oklahoma insurance.
 - Payments accepted at this time: Checks, Cashier Checks, Money Orders, Credit or Debit card. **In order to process by Credit/Debit, we will need the Credit Card Authorization Form located on www.astribe.com or forms will be next to the drop box**
- OPTION #2- BY DROP BOX (Shawnee Location only: AST Police building)
 - Please include copies of your CDIB, valid Oklahoma driver license, current Oklahoma insurance.
 - Payments accepted at this time: Checks, Cashier Checks, Money Orders, Credit or Debit card. **In order to process by Credit/Debit, we will need the Credit Card Authorization Form located on www.astribe.com or forms will be next to the drop box**

FOR NEW REGISTRATIONS:

- Please call the tag office at 275-4030 ext. 6237 or email tax@astribe.com for further instructions.

NOTE: Please be patient with us as we work through this difficult time and understand we will work diligently to get your motor vehicle documents back to you as quickly as possible by mail.

Best Regards,

AST Tax Commission

PHONE (405) 275-4030 · 1-800-256-3341 · FAX (405) 214-4225



Absentee Shawnee Tribal Taxes

A variety of tribal taxes are currently assessed and collected by the Absentee Shawnee Tax Commission to generate revenue used by the Absentee Shawnee Tribe ("the Tribe") to benefit our Tribal Members. These tribal taxes, their due dates and reporting and payment requirements are outlined below. If you have questions or need assistance with your tribal taxes, please contact the Absentee Shawnee Tax Commission by phone or at the address found at the bottom of this document. You can also visit our website for more information.

Sales & Lodger's Tax

The Absentee Shawnee Tribe levies a **6% Sales Tax** on the gross receipts of anyone engaging in business within the Tribe's jurisdiction, including receipts from:

- Performing services
- Selling tangible personal property
- Leasing or renting tangible personal property, lodging or hotel rooms
- Admission fees to any place of recreation or entertainment

An additional **5% Lodger's Tax** is imposed on gross taxable rental receipts from hotels, motels, resorts, lodging houses, or other premises occupied for fewer than 30 days. **Both Sales and Lodger's Taxes may be passed on to consumers.**

Severance Tax

The Absentee Shawnee Tribe levies an **8% Severance Tax** on the gross market value of all oil and gas products severed from the land within the Tribe's jurisdiction. The tax is not levied upon any Indian royalty payments.

To calculate the **Severance Tax**, you must first calculate the volume of oil and gas products separately, as outlined in the table below. Multiply the total volume of each by their gross market value, then subtract any allowable Indian Royalty Deduction to arrive at the total taxable amount. Multiply the total taxable amount by 8% to arrive at the amount of tax due.

Total Product Volume

×

Gross Market Value

-

Indian Royalty Deduction

=

Total Taxable Amount

Total Taxable Amount

×

8%

=

Total Severance Tax Due

How to Calculate Total Oil Volume

The total volume of severed oil taxable products—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—is measured either according to current contracts of sale between the operator/producer and the purchaser; or in barrels of 42 U.S. gallons of 231 cubic inches per gallon, at a temperature of 60° F, per U.S. Geological Survey regulations.

How to Calculate Total Gas Volume

The total volume of severed gas taxable products is measured at the wellhead—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—in units of 1,000 cubic feet (MCF) and corrected to standard temperature and pressure, per U.S. Geological Survey regulations.

Possessory Interest Tax (PIT)

The Absentee Shawnee Tribe levies a **1% Possessory Interest Tax** on the value of property that is being leased within the Tribe's jurisdiction, including:

- Interests held under lease
- Interests held under an easement or right-of-way, including all improvements, equipment, fixtures and other tangible personal property held or used by the taxpayer in connection with the taxable use of such realty

The **Value of Leased Property** is determined on the date of acquisition, and on January 1 of each year thereafter, according to the method for determining market value under the Oklahoma Statutes and regulations (68 OS § 2802).

Vehicle Registration & Taxation

Enrolled Absentee Shawnee Tribal Members residing in Oklahoma have the option of registering their vehicles with the Tribe, including all passenger automobiles, motorcycles, motorized bicycles, farm trucks, and commercial and recreational vehicles. The Absentee Shawnee Tribe imposes a **1.25% Vehicle Excise Tax** on the retail purchase price the first year a vehicle is registered, plus a **\$10 Lien Processing Fee** on all vehicles that are financed, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

Vehicle Purchase Price

×

1.25%

+

Vehicle Tag Price

+

\$10 Lien Processing Fee

=

New Vehicle Registration Fee

Vehicle Registration Tags can be obtained in person from the Absentee Shawnee Tax Commission office at the address below. Tag prices vary depending on the age and type of vehicle; please contact the Absentee Shawnee Tax Commission for specific vehicle tag pricing.

Earnings Tax

The Absentee Shawnee Tribe levies a **1% Earnings Tax** on earnings paid to anyone employed within the Tribe's jurisdiction, which means that all employers within the Tribe's jurisdiction are required to withhold 1% of each employee's gross earnings each pay period.

Employee Notification: Employers must report to the employee, on pay stubs or in writing, the amount of earnings tax withheld each pay period. They must also disclose the full amount of earnings tax withheld and paid to the Absentee Shawnee Tax Commission on an annual basis. Employers must maintain employee timesheets and payroll records for three years.

Application for Business License

All businesses located within the Tribe's jurisdiction must obtain a business license from the Tribe for a \$100 fee. The Application for Business License, available from the Absentee Shawnee Tax Commission, must be renewed each year by January 1.

Sales & Lodger's Tax Reporting, Payment & Penalties

The Sales & Lodger's Tax return must be submitted to the Absentee Shawnee Tax Commission by the 15th of the following month. For example, for gross receipts collected from March 1-31, the tax return would be due April 15. Businesses that fail to file and pay this tax on time will be assessed 12% annual interest on the total amount due, plus a penalty of 2% of the tax due per month, up to a total of 12% of the total tax due.

Designation of Agent Form

A person responsible for meeting all obligations of the Severance Tax, including reporting and payment of the assessed tax, must be designated in writing. The necessary Designation of Agent Form is available from the Absentee Shawnee Tax Commission.

Severance Tax Reporting & Payment

Reporting and Payment of the Severance Tax to the Absentee Shawnee Tax Commission is due within 45 days following the end of the calendar month in which the taxable product was severed. For example, if taxable products were severed in March, the tax return and payment would be due by no later than May 15.

Application for Registration (PIT)

All businesses within the Tribe's jurisdiction that hold possessory interests must submit an Application for Registration (PIT) to the Absentee Shawnee Tax Commission. There is no fee. Updates only need to be submitted if there is a change in information.

PIT General Property Summary / Detailed Property Value Report Forms

The value of possessory interests must be reported to the Absentee Shawnee Tax Commission each year by January 15.

PIT Tax Reporting & Payment

Possessory Interest Tax must be reported and paid to the Absentee Shawnee Tax Commission by no later than February 15 each year.

Lien Processing Fee - \$10

Vehicles that are being financed are also subject to a \$10 lien processing fee, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

New Vehicle Registration: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Notarized vehicle title
- Notarized bill of sale or purchase agreement
- Lien Entry Form (if you are making payments)
- Lien Release Form (if previous owner had lien)

Annual Vehicle Registration Renewal: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Previous year's vehicle registration

Earnings Tax Reporting & Payment

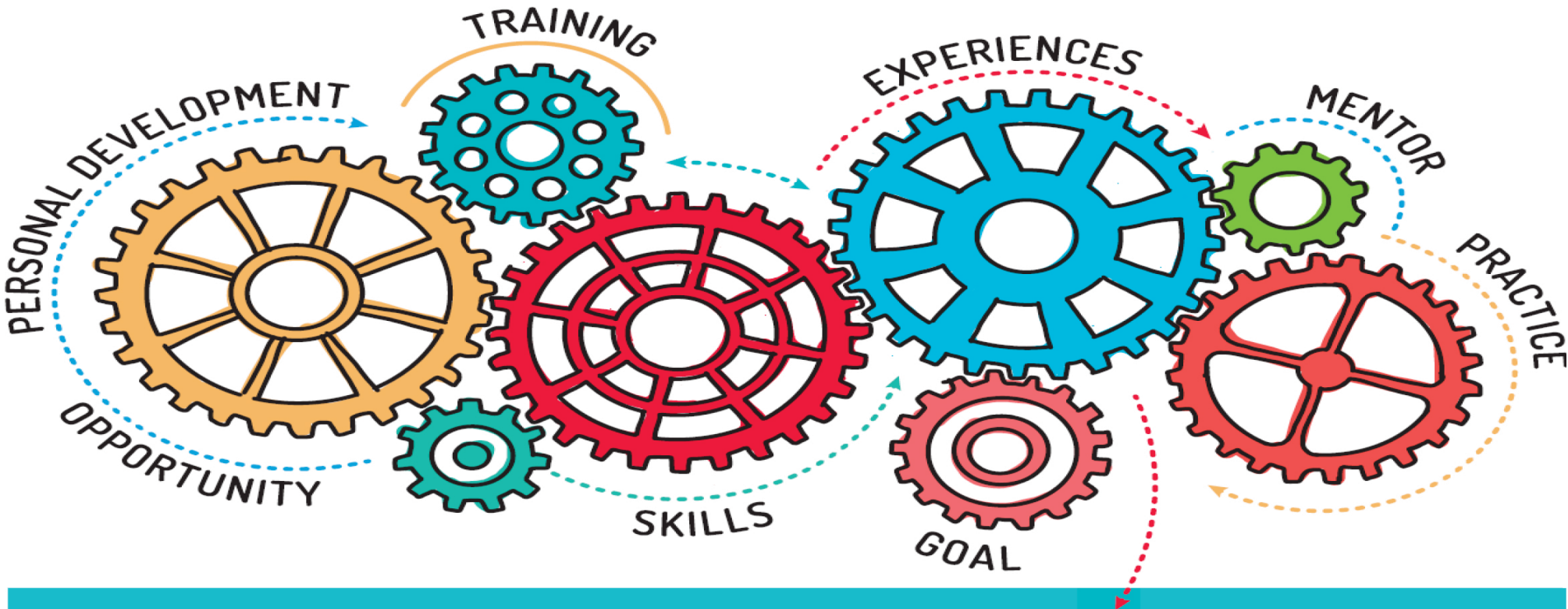
Earnings Tax returns are due from employers to the Absentee Shawnee Tax Commission by the 15th of the month following the month in which the tax was withheld.

Absentee Shawnee Tax Commission

2025 S Gordon Cooper Drive | Shawnee, OK 74801
P: 800.256.3341 or 405.275.4030 | F: 405.214.4225

Office Hours and Website

Monday-Friday, 8 am - 12 pm; 1 pm - 5 pm
www.astribe.com/tax-commission-and-tag



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM’S

2020 SUMMER INTERNSHIP

Are you a Native American student who is seeking a future in a healthcare related field?

If you are in College or Vo-Tech or are a High School Student who is College/Vo-Tech bound and want experience, apply for our 8-week Summer Internship Program.

HERE ARE THE FACTS:

We will have 5 internship positions available to Native American (AST Preferred) students- must have CDIB. The internship is a rigorous 8 week program, up to 20 hours per week, at \$10.00 per hour, designed to familiarize you with a variety of professions and technical careers in the healthcare field.

- The program starts June 1st through July 24th. Graduation will be July 24th, 2020.
- Must have current GPA of 3.0 or above in either High School or College/Vo-Tech and a desire to serve in the healthcare field
- Age range: 16-22 years of age (High School students preferred or College/Vo-Tech students 22 years or younger)
- Must be available Tues-Thurs during normal business hours

Applications can be found on the AST Tribal Website at www.astringe.com under “Employment Opportunities”. Please submit a cover letter and resume along with the employment application located on the website

APPLICATIONS WILL BE ACCEPTED MARCH 1-APRIL 30, 2020

If you have questions about the application or need assistance please contact Ms. Dayna Dick with AST Health Human Resources at 405.701.7638.

Please contact Mr. Mark Rogers, AST Health Executive Director, at 405.532.6286 with any questions or for information regarding this program.



ABSSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



VOTE

BETTY WATSON

TREASURER

JUNE 20

EXPERIENCE • WISDOM • KNOWLEDGE

TIGER FAMILY REUNION



The Tiger Family Reunion 2020 is scheduled for June 21. At Lake Thunderbird, Little Axe Area pavilion.

All family and friends of the late Jim Tiger and Annie Mann Tiger are welcome. Nellie Tiger Maxwell is the last one of that family, so come out to eat, visit and swim with her and all the Tigers/Manns!!

Everyone is encouraged to bring a cover dish, drinks, ice, your chairs and games. Sister Phyllis Tiger said they will have a horseshoe tournament (with entry fee).

For any further details call Jan Maxwell. Ne Yi Wa

Honoring Our Past With Promise for Our Future

LIFE is Beautiful Living Meth Free



National Suicide Prevention
1-800-273-8255 (TALK)



Absentee Shawnee Health Systems Shawnee & Little Axe

NATIVE CONNECTIONS GRANT STRENGTH OF TRADITION PROJECT

This project provides support in:

- ♦ Extending an outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- ♦ Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- ♦ Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- ♦ Supporting youth as they transition into adulthood.

If you would like to know more about our program, please contact us!

Margo Wahpekeche
Grant Coordinator
405-701-7995

Linda Gouge
Grant Project Director
405-701-7989




"This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."

VOTE

ALICIA (ALY) EDWARDS MILLER

ABSENTEE SHAWNEE TRIBAL REPRESENTATIVE



SHE POSSESSES THE TRIBAL EXPERIENCE WE NEED, THE LEADERSHIP YOU DEMAND AND THE INTEGRITY THE TRIBE DESERVES.



Oklahoma Department of Rehabilitation Services

Visual Services www.okdrs.gov

Providing a variety of free services to blind and low vision Oklahomans!

What we do:

- Provide blind and low vision job seekers with assessments and services to obtain skills and accommodations needed for successful employment.
- Provide transition school-to-work services for school age individuals.
- Provide assistance with higher education opportunities.
- Provide blind and low vision individuals with training to allow them to live independently in their home.

Please contact us at 1-800-487-4042. We are located at 1000 W. Choctaw, Suite 4, Chickasha, OK 73018.

We are here to serve you and empower Oklahomans with disabilities!


Nido P. Tomagos, M.S.
Division of Visual Services
Vocational Rehabilitation Specialist III

405-574-1704



Oklahoma Department of Rehabilitation Services

Cell: 405-544-6804
Fax: 405-222-5728
1000 W. Choctaw Suite 4
Chickasha, OK 73018
ltomagos@okdrs.gov



HEALTH SYSTEM

Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here; the people are kind. If you need us, please call us, **8 a.m. to 5 p.m. Monday through Friday.**

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)

BEHAVIORAL HEALTH
Roberto Cooper 405.878.4716

Services available for all Federally Recognized Tribes.

AAAHC

WWW.ASHEALTH.ORG



June is Men’s Health Month



01 Eat Healthy.
Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

02 Get Moving.
Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

03 Make Prevention a Priority.
Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.” — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men’s Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

ONLINE RESOURCES

Men’s Health Month

MensHealthMonth.org

Men’s Health Network

MensHealthNetwork.org

Get It Checked

GetItChecked.com

Talking About Men’s Health Blog

TalkingAboutMensHealth.com

Men’s Health Resource Center

MensHealthResourceCenter.com

f

MensHealthMonth

t

MensHealthMonth

@

MHW@menshealthweek.org

AWARENESS. PREVENTION. EDUCATION. FAMILY.

Celebrate Men’s Health Throughout the Year

Visit the Men’s Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men’s health news at Talking About Men’s Health:

www.TalkingAboutMensHealth.com

Learn about Men’s Health Month, view Governor/Mayor proclamations, and more:

www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men’s Health Library:

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men’s Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men’s health program opportunities, call or email:

202-543-6461 x 101

info@menshealthnetwork.org

MEN’S HEALTH MONTH

Awareness. Prevention. Education. Family.

www.menshealthmonth.org

PROSTATE CANCER

wear BLUE

www.wearblueformen.com

MN

Like us on Facebook

f

MensHealthMonth

Follow us On Twitter

t

MensHealthMonth

THANKS FOR YOUR SUPPORT!

AST EMBLEM

EMERGENCY MANAGEMENT

AST Emergency Alert and Critical Information Program

Sign up for alerts about emergencies and other important community news!

By signing up for the **AST Emergency Alert Program**, we can provide our members and employees with information quickly. You will receive alerts on severe weather, unexpected road closures, missing persons, evacuations, and other critical matters.

Sign up is easy and you can receive the alerts wherever you specify!

- 1 Go to www.astribe.com
- 2 On the menu bar, hover on **Government**
- 3 Under **Offices and Teams** click on **Emergency Management**
- 4 Click on the **AST Emergency Alert Program** banner and follow the prompts to enroll today!

*Please note, you may choose the type of notifications/alerts you would like to receive.

AST EMBLEM

Elder Intake Form

TODAY’S DATE _____ REFERRAL SOURCE _____

LAST NAME _____ FIRST NAME _____ MI _____

DATE OF BIRTH _____ MALE ____ FEMALE ____ VETERAN ____ YES ____ NO

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ PHONE NUMBER _____

SINGLE ____ MARRIED ____ DIVORCED/SEPARATED ____ WIDOWED ____ WIDOWER ____

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 EXPLAIN _____

COMPOSITION ____ LIVES ALONE ____ LIVES WITH SPOUSE ____ LIVES WITH FAMILY/FRIENDS ____ OTHER EXPLAIN _____

NUMBER IN HOUSEHOLD _____ WHO HELPS _____

HEALTH HISTORY ____ ASTHMA ____ ALZHEIMER’S ____ ARTHRITIS ____ CANCER ____ DEMENTIA ____ DIABETES ____ CHRONIC PAIN ____ HEARING AID ____ CHOLESTEROL ____ BLOOD PRESSURE

PRIMARY TRANSPORTATION ____ Own Car ____ Friend ____ Public Trans. ____ Senior Tran’s ____ Family

PROSTHETIC DEVICES ____ Walker/Cane ____ Wheelchair ____ Hearing Aid ____ Glasses ____ Dentures ____ None

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM? ____ YES ____ NO

IF YES, NAME OF PROGRAM & WHERE LOCATED: _____

HEALTH CONCERNS _____

SERVICES CURRENTLY BEING RECEIVED _____

Jimmy Tearney plays a game at the Thunderbird Casino for its soft reopening on Monday, May 11, 2020, in Norman, Okla. The casino is operating at a third of its capacity and spacing out machines six feet apart while implementing temp checks at the door and enforcing masks. [Chris Landsberger/The Oklahoman]

Social distancing signs displayed on the floor for patrons to use while playing games at the Thunderbird Casino for its soft reopening on Monday, May 11, 2020, in Norman, Okla. The casino is operating at a third of its capacity and spacing out machines six feet apart while implementing temp checks at the door and enforcing masks. [Chris Landsberger/The Oklahoman]

From The Election Commission

The Election Commission has been busy trying to figure out a safe way to conduct the June Election. Contrary to what had been circulating out there, this is truly what has transpired since March Primary. The Primary Election was scheduled in March for the 21st. But in our Monthly meeting we had scheduled when COVID19 was spreading rapidly in Oklahoma and all over the United States, the Health Director and the Health Board emphasized the danger of having this election for our tribal members so we voted to have our attorney submit for a declaratory judgement or ruling on what we should do without violating the state orders to shelter in place and our concern for the health of our tribal members. The judge ruled on March 17th for us to cancel the Primary and only have an Annual Election. We have had only one election in the past due to having only 2 candidates run in each position, therefore no Primary was necessary but never had we had a pandemic situation and this has been unprecedented.

Realizing that this virus will always be here, we are trying to make this Annual Election in June a safe one for everyone. We are developing our own policies and procedures based on the CDC guidelines on how to do this safely but effectively as other tribes look to our Election Commission for guidance and how to do tribal elections. We realize we may be setting a precedence for them. Due to the lack of time and resources, having a total absentee ballot or voting done with no polling sites, this was not feasible due to Constitution and Ordinance requirements. So, in general, we will give our tribal members several options on how they can participate but do it safely: **See below:**

- 1) **Submit for an Absentee Ballot Request** so that they can vote without going to the polls on election day. (This is **nothing new**, we have always allowed this and have done it in the past)
- 2) **Cast their vote at the polls from their car.** (This is not really new because we have again always had this in place for our handicap people or anyone who has a hard time getting around) ***The big difference now is everyone has this opportunity now**, they will just have to **honk horn twice** which will be sign for voting from car. Please wear a mask for this if possible. This will be posted in big bold print in front of the polling place. Paperwork will be taken out to them to verify the registration process and then a ballot will be given to them for voting. They can watch thru the window their ballot being placed in the ballot box by an officer before leaving.
- 3) **Cast their vote in person at the polling site but only one person at a time** entering facility. (This again, is not really that new either because we have incorporated this policy during the last few years as well due to privacy concerns) **One Big Requirement will be everyone will have to wear a mask** and hopefully, we will have someone taking temperatures of those people wanting to cast their vote in person. Sanitation of voting booth, pens, or table will be done after voter has exited the building. **You must wear your own mask. One will not be provided for you.** If you don't have one, please vote from your car. Hand sanitizer must be used by the voter upon entering and exiting. We will provide the hand sanitizer. Gloves will be worn by the Election Commission members and officers handling papers or items touched by a voter.

Again, we are sorry we didn't get to do a Primary so if you want your vote to count for your candidate, please show up and cast your vote!

Please STAY in your vehicle until you are notified, Thank you!



Absentee Shawnee Tribe Child Care Development Fund Programs

La-pe-we-ki-wa ho-ge-wa-pe-fa-yi mi-ti-ge

"Lifelong Learning Begins Here."



Program Services:

- Building Blocks Child Development Center II- Shawnee, OK- Tribally Operated Child Care Center
- Building Blocks Child Development Center III- Little Axe, OK- Tribally Operated Child Care Center
- AST Child Care Subsidy Program- Child Care Assistance
- AST After School Program- Horseshoe Bend Community- After School Care
- AST After School Program- AST Complex, Shawnee- After School Care
- For information about these services please visit the AST website at www.astringe.com/Childcare
- Contact information:
 - ✕ BBCDCII-Shawnee (405)878-0633
Email: ecrawford@astribe.com
 - ✕ BBCDCIII- Little Axe (405)360-2710
Email: rebeccaj@astribe.com
 - ✕ AST Child Care Subsidy (405)432-8411
Email: briana.ponkilla@astribe.com
 - ✕ AST ASP- HSB (405)432-8411
Email: lanora.buswell@astribe.com
 - ✕ AST ASP-Shawnee (405)432-8411
Email: lanora.buswell@astribe.com

Title VI

Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801-0381

Title VI

Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members

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

Guidelines:

1. Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member, have a current intake form on file (FY-2020)

4. Must provide Proof of Residency (utility bill – in the applicants name)

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

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

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@astribe.com

Thomasine Owings

Thomasine Owings

Absentee Shawnee Tribe of Oklahoma

Title VI Department

2025 S Gordon Cooper Dr
Shawnee OK 74801
405-275-4030

CDIB # _____

Grass Mowing Application

D.O.B. _____

The Following are the requirements for this program:

1. Must be an Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member (have an current intake form for the current year 2020)

4. Handicap/Disabled

5. Must provide Proof of Residency (utility bill must be in applicant’s name)

6. NO RENTAL PROPERTY will be mowed

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

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 6227

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MESSAGE PHONE: _____

EMAIL: _____

FINDING DIRECTIONS TO HOME:

*DISCLAIMER

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

IT’S JUNE ALMOST HALF WAY THROUGH THE YEAR!!!

As of now our routine of serving meals is still on Mondays

Drive thru on Mondays from 10 am to 2 pm

Be safe, wear your masks, wash your hands

Drink your water, stay hydrated!!


Wear your sunblock if you go outside!!

Exercise!!

If you have any questions or comments. Please


Feel free to call us at 405-075-4030 ext. 6227

Or email at dowings@astribe.com




A Flag Day reminder

In honor of Flag Day today, here's a refresher on proper display of the American flag. The U.S. Flag Code says flags should be displayed daily from sunrise to sunset only in good weather. If a flag must be displayed at night, shine a light on it.



Horizontal wall display



Vertical wall and suspended display

► The union, or stars, should be at the peak of the staff.

► The American flag should be at the center and at the highest point when flown with other flags.

► Center a flag against a wall.

► Never let the flag touch anything below.


► Hoist a flag quickly and take it down ceremoniously.

► Flag pins should be worn on the left side of the body, near the heart.

► To display the flag over the middle of a street, it should be suspended vertically, with the union to the north on an east-west street or to the east on a north-south street.


Source: U.S. Code Title 36, Chapter 10

THE COLUMBUS DISPATCH



The American Flag

The American flag is a symbol of patriotism and has changed many times since the first official flag of 1777. The term "Old Glory" is often used to describe the American flag. The flag has 50 stars representing the 50 states and there are 13 stripes representing the 13 original colonies. On August 2, 1949, President Truman officially declared June 14th, Flag Day.



DAD



Anyone can be a father, but it takes someone very special to be a DAD.

Happy Father's Day

June

Menu subject to change

2% milk served daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pork Chop Mac & Tom Bread Applesauce	2 Turkey Wrap LTOP Mac Salad Baked Chips Mandarin Oranges	3 Chef Salad Chicken, Eggs, chez Cottage Chez Peaches	4 Soft Tacos LTOC Spanish Rice Pineapples	5 Pancakes Bacon Blueberries	6
7	8 Weiner & Kraut Green Beans Bread Mixed Fruit	9 Chicken Strips Mashed Pot/Gravy Brussels Sprouts Pears	10 Frito Chili Pie Onion, Chez Cookie	11 Ham Scalloped Pot Veggies Fluff	12 Scrambled Eggs Sausage Gravy Biscuit	13
14 	15 Hamburger LTOP Pork n Beans Ice Cream	16 Lemon Pepper Chicken Veggies Bread/Cake	17 Baked Potato Ham, Chez, Onions Broc n Chez Pudding	18 Grilled Chez Chicken Noodle Soup Pears	19 Cereal Sausage Patties Toast Bananas	20
21 	22 Cabbage Smoked Sausage Veggies Mixed Fruit	23 Baked Zita Tossed Salad* Bread Stick Prunes	24 Beans Onions Cornbread Crisp	25 BBQ Chicken Baked Beans Cauliflower Peaches	26 Scrambled Eggs Sausage Gravy Biscuit	27
28	29 Chicken Salad Pita Bread LTOP Mandarin Oranges	30 Beef Tips & Rice Tossed Salad* Grapes				

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

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM

BREAKFAST SERVED FRIDAYS 9AM TO 11AM

2020

Seeds of Hope DRIVE-THRU event, Shawnee Clinic Thursday, May 21st from 10AM to 2PM.



AST Police Department - Officer Josh Bledsoe



Margo Wahpekeche and Linda Gouge

PURCHASED REFERRED CARE NEWS

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

Please follow the PRC guidelines. Keep a copy on hand and update your information. To update your patient information, please see patient registration.

SHAWNEE CLINIC PURCHASED REFERRED CARE HAS MOVED.

We are now located in **SHAWNEE CLINIC (BLDG. 17)**
Our phone numbers have NOT changed.

EMERGENCY AND URGENT CARE SERVICES

PRC for a currently enrolled AST citizen 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 PRC 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 PRC within 72 hours, your bills will not be paid.
3. For AST citizens 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 citizens 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 PRC. You may leave bills at the Little Axe Health Center PRC office or the Shawnee Clinic PRC office.

PURCHASED REFERRED CARE FOR AST CITIZENS WITH INSURANCE

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

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

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 during regular hours of operation.

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

PURCHASED REFERRED CARE FOR AST CITIZENS WITHOUT INSURANCE

PRC for a currently enrolled AST citizen who resides in the defined catchment area and does not have 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. PRC 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 PRC patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

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

EASY ACCESS

Purchased Referred Care is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 17.

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 <i>Little Axe Health Center & Shawnee Clinic</i> Glendine Blanchard, PRC Director Darla Gatzman, PRC Specialist Lena Carroll, Claims Processor Jennifer Wells, PRC Technician Kareena Deere, File Clerk	REFERRAL MANAGEMENT <i>Little Axe Health Center</i> Debi Sloat, PRC Deputy Director/RN April Parton, PRC Health Specialist/LPN Jayne Werst, PRC Specialist, Medicaid Patients Melinda Ferrell, PRC Specialist	REFERRAL MANAGEMENT <i>Shawnee Clinic</i> Flo Mann, PRC Specialist, AST Patients/LPN Laurie Webber, PRC Specialist, IHS Patients/LPN Carrie Stanley, PRC Specialist, Medicaid patients/ Medical Assistant
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LITTLE AXE HEALTH CENTER PRC
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

SHAWNEE CLINIC PRC
405.878.5850 (Primary)
405.878.4702 (Secondary)

AST HEALTH SYSTEM
Prevention. Progress. Pride.

Office of Environmental Health & Engineering
Brownfield Tribal Response Program

What is a Brownfield?

Do you have land that you want to use for a business, park, or for cultural purposes, but are worried about possible contamination? If so, you may have a Brownfield site.

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."

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

If you have a Brownfield site that you would like to develop, 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

Absentee Shawnee Tribe
Behavioral Health Services

WHITE BISON, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

Shawnee Multipurpose Building
(east of the Shawnee Clinic, Bldg. 16)

For further information, contact:
Shawnee Behavioral Health Services: John 405-878-4716
Little Axe Behavioral Health Services: Dara 405-701-7987

Pendleton
Teton
Minnetonka

Handcrafted native products from all over!

2025 South Gordon Cooper • Shawnee, Oklahoma 74801
Monday-Friday 8AM - 5PM
&
Little Axe
Tuesdays and Thursdays 10 AM - 3 PM

Please call 405-275-4030 for additional details



Hello Tribal Members,

I hope this finds you and your family well during our current Pandemic. For many of us, this is definitely a new experience we’ve never had to deal with before. I won’t take up too much of your time, but I wanted to send out a quick notice.

First, I didn’t get to submit a letter last month, wishing all the Moms, Stepmoms, Sisters, Daughters, Aunties and Grandmas, a “Happy Mother’s Day!” It may not seem like much to some, but I know how important these ladies are, as they take care of and meet the daily household needs for their families.

Soon, we’ll be grilling for our Dads. So “Happy Father’s Day!” to the Dads, Stepdads, Brothers, Sons, Uncles and Grandpas. Personally, I received direction from each of these individual people. Some good, some bad, but always with the intent of passing on knowledge and learning from their mistakes.

Due to the COVID virus, respect for my Elders and those with compromised immune systems, I chose not to knock door to door or visit households. I called citizens on my phone list, made Social Media posts on Facebook, used word of mouth, and returned email from my Campaign account. As usual, I did NOT sling mud or talk bad about my opponents. I simply focused on my skillset and what I bring to the table.

Unlike in previous elections, you don’t have to select from the “lesser of two evils”. For once, there is a clear-cut, educated, dedicated, determined, and skilled candidate. The only promise I’ve made is to work hard for you, to always do what is in the best interest of our People, and to help move our Tribe forward.

Like many of you, I am tired of business as usual. When folks ask what they can do to help get me elected, all I ever say is this: “Get out and vote. Encourage your friends and family to vote; even if you aren’t supporting me. We cannot expect CHANGE if we all continue to do nothing except sit on our butts and complain.”

For those who have openly come out to show support, “Thank you!” It really does mean a lot to me, personally, and it lets me know you care about the direction of the Tribe. A vote for me says you want the Tribe to progress. A vote for me guarantees I’ll have four years to complete the People’s tasks. And I’ll do my best to work with the other elected positions, making sure to uphold our Constitution, and follow our bylaws and ordinances.

Should you have any last minute questions, or want to share your concerns, feel free to contact me on my personal cell at: (405) 535-9422 or send me an email at jb4ast@gmail.com .

“Neyiwal” for taking time to read my submission.

Sincerely,

Joseph H. Blanchard

Try using some of your pantry or freezer staples to make this yummy and easy recipe! Feel free to customize based on what ingredients you already have in your home.

Nutrition Corner

AST DIABETES AND WELLNESS

Make your own Homemade Taco Seasoning!!

Ingredients:

- 1 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1/2 tsp. dried oregano
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. crushed red pepper flakes

Directions:

Measure out each ingredient. Stir and shake well. Store in an air tight container or jar.

Using:

Start with 1.5 Tbsp. seasoning and 2/3 c. water per lb of ground meat. Add more depending on flavor preference.

If you are buying store bought taco seasoning, look for low or reduced sodium!

LET’S MAKE... Taco Salad

1. Start by browning 1 lb lean ground beef or ground turkey. Look for the lowest % fat on the package.



2. Add peppers and onions, and cook until soft.



3. You can use frozen or fresh peppers and onions! It is always a great idea to keep frozen veggie mixes on hand.



4. Add 1.5 Tbsp. of homemade taco seasoning or 1 packet of store bought low sodium taco seasoning. Add 2/3 c. water.



5. Bring to medium heat, and then simmer until thickened. Add 1 can of drained black beans.

Fruit Salad with Yogurt Dip



Price per recipe: \$2.03

Makes 4 servings:

- 1/2 cup fruit per serving
- 3 tablespoons yogurt dip per serving

Nutrition Facts per serving:

110 calories, 1 g fat, 0 mg cholesterol, 30 mg sodium, 26 g carbohydrates, 3 g fiber, 3 g protein

You will need:

- 1 small apple, chopped
- 1 medium orange, peeled, segments chopped
- 1 medium banana, sliced
- 1/2 cup red grapes, halved
- 6 ounces low-fat vanilla yogurt
- 2 teaspoon brown sugar
- 1/4 teaspoon cinnamon (optional)
- Small bowl
- Mixing bowl
- Spoon
- Large spoon
- Sharp knife (adult use)

Adults:

Wash hands and fruit. Use a sharp knife to chop fruits.

What to do:

1. Wash hands; get out ingredients and utensils.
2. In mixing bowl, add fruit and mix.
3. In small bowl, add yogurt, sugar and cinnamon; stir until mixed.
4. Serve 1/2 cup fruit salad with 3 tablespoons yogurt mix. Enjoy!

Options

Change it up! Try to make a fruit salad with different fruit each time, it can be fresh, frozen, canned or dried. The possibilities are endless: peaches, dried cranberries, canned pineapple. The more colorful the better!



Together we can prevent diabetes! – www.eagleadventure.com

Material funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

American Heart Association OKC Heart Walk

Each year the American Heart Association supports education and research to help save lives and reduce the impact of Cardiovascular Disease. Did you know that cardiovascular disease occurs every 39 seconds and is the No. 1 killer of all Americans? Heart disease also kills more women than all forms of cancer combined. And congenital cardiovascular defects are the most common cause of infant death from birth defects. Native Americans also bear a heavy burden of heart disease:

- American Indians/Alaska Native adults are more likely to be obese than white adults, more likely to have high blood pressure, and they are more likely to be current cigarette smokers than white adults - all risk factors for heart disease.
- In 2018, American Indians/Alaska Natives were 50 percent more likely to be diagnosed with coronary heart disease than their white counterparts.
- American Indian/Alaska Natives were 50 percent more likely to be current cigarette smokers, as compared to non-Hispanic whites, in 2018.
- American Indian/Alaska Native adults were 10 percent more likely than white adults to have high blood pressure, as compared to non-Hispanic whites, in 2018.

Source: minorityhealth.hhs.gov

One of the main ways the American Heart Association raises awareness and funding for its vital research is the annual Heart Walk. When you join Heart Walk, you join more than a million people in 300+ cities across America in taking a stand against heart disease and helping save lives!

The Absentee Shawnee Tribal Health System is partnering with the AHA this year, as they have in years past, to bring together the community and help support this worthy cause. If you are interested in joining the walk with us, please visit Heart.org and register to be a walker. Please join us in taking steps to becoming healthier, stronger, and saving lives!



2020 Central Oklahoma Heart & Stroke Walk
June 20, 2020

Date & Time	Location	Contact
June 20, 2020 Check-In: 8:00 AM Start Time: 9:30 AM	Bicentennial Park at The Oklahoma City Civic Center	Heart Walk Care Team 1-866-430-9255

Home Exercise

Training With Dumbbells

ABSENTEE SHAWNEE
DIABETES AND WELLNESS
PROGRAM

FLOOR CHEST PRESS
Three sets of 10 repetitions
#001

STEP UP
Three sets of 10 repetitions
#002

SHOULDER PRESS
Three sets of 10 repetitions
#003

The AST Diabetes and Wellness Program encourages everybody to stay active during these times of virus precaution.

Practice these great weight training exercises to help improve your strength!

Slowly progress up to four sets of 12-15 repetitions over the next 3-4 weeks.

Don't forget to add in 20-30 minutes of moderate intensity aerobic activity (walking, jogging, biking, etc.)

CHAIR SQUAT
Three sets of 10 repetitions
#004

BICEPS CURL
Three sets of 10 repetitions
#005

TRICEPS EXTENSION
Three sets of 10 repetitions
#006



STAY ACTIVE!

For more information related to exercise programs, please contact the AST Diabetes and Wellness Program at (405) 701-7977. The AST Diabetes and Wellness Fitness Gym is currently closed due to COVID-19 precautions. Please contact the Diabetes and Wellness Program to verify our future operations for the month of May. We would like to thank all of our gym patrons for your patience.

www.astringbe.com/newsletters

On your Cell Phone, Computer or In Home Delivered Paper!

Stay up to date on the latest issues or research the past issues! Keep informed of Tribal News, Events, Health Updates, Celebrations, Honors, Services and so much more...

We are The Absentee Shawnee News.
For advertising rates or available run dates call, 405-598-1279 or email stiger@astribes.com



UNITED for OKLAHOMA

The Absentee Shawnee Tribe has partnered with United For Oklahoma to educate Oklahomans on the critical role the tribes play in our state's future.

These are the facts every Oklahoman must know.

Watch the videos and stay informed at:
UnitedForOklahoma.com



Aguirre Perez Jr., Jose Ricardo
Anderson, Micah RaShawn
Arms, Eva Nikkole
Armstrong, Bobby Joe
Atabaigi, Viktor Arman
Atchico, Kevin Todd
Atwood, Dalana Ann
Barnard, Laython Gauge
Bates, Darwin Lee
Bates, Edwin Gale
Bates, Horace Ray
Beach, Madison Sue
Bear, Wally Eugene
Bell, Patsy Marie
Bell, Sarah Elisabeth
Bender, Leah Daphne Ann
Bigpond, Michael Ray
Bittle, Gavin Jacob
Blackburn, Brittney Renee
Blackburn, Nicole Ann
Blanchard, Catrina Jay
Blanchard, Frances May
Blanchard, Joshua Darand
Blanchard, Mark Leeroy
Blanchard, Ryan Lee
Blanchard, Trinity Morgan
Bluewater, Marty
Boston Jr., Carl Kent
Bowman, Lourie Ann
Bradley, Megan Nicholle
Brady, Amber Dawn
Brady, Payton Lee
Breeding, Landry Parker
Breeding, Oakley Avalon
Brewer, Zelda Sue
Brokeshoulder, Gerald C.
Brown, David Anthony
Brown, Jearldean Louise
Brown, Shedrick Tremain
Brummett, Everett James
Bryant, Christopher Michael
Bui, Robert Dao
Bullard, Carolyn Sue
Bulock, Dolores Lynn
Burgess, Anthony Wayne
Burris, Joyce Ann
Byers, Samuel Ezra
Carpenter, Kortlynn Marie
Charley Jr., Eugene R
Charley, Shawna Tracy
Chasteen, Patricia Marie Haskins
Ciulla, Casimer James
Clark, Christian Eugene
Clark, Mary Esther
Clem, Sherry Michelle
Cobell, Miranda Pauline
Cochrane, Arthur Kent
Coddington, Kevin Dwayne
Coddington, Michael William
Coddington, Nicole Chenoa
Coffee, Bradlee Roy
Corpus, Alyce Karen
Cox, Elizabeth Diane
Creek, Allison Jaine
Creek, Lilly Dean
Creek, Mistie Leann
Creek, Shelia Maria
Crossley, Caroline Dianne
Cruz, Owen Patrick
Cruz-Larney, Leonardo
Dankenbring, Christina Renee
Davis, Gary Brent
Davis, Jeremy Ray
Deer, Brayden Nathaniel
Deer, Channa Racyne
Deere, Dakota Gordon Lee
Delodge Jr., Dwight Lee
DeLodge, Devin Donte Jaylon
Delodge, Tanner Lane
Dennison, Lindsey Nicole
Dibler, Jimmy Floyd
Dietrich, Skylar Star
Dodds, Audrey
Douglass, Catalyna 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, Kinsley Harper

Ellis, Steven Duane
Felton, Beverly Ann
Finley, Charles Christopher
Fixico, Kyeanna Rochelle
Foreman, Jamie Marie
Foreman, Lisa Ann
Frazier, Lisa Deanne
Fritsch, Cheryl D. Sloat
Gant, Phillip Monroe
Garcia, Jennifer Gail
Garfield, Doreecesha La Shawn
Gibson, Alexis Riley
Gibson, Bryan Scott
Gibson, Kyle Wayne
Gibson, Whitlee Danell Nacole
Gonzalez, Josefa Yolanda
Gonzalez, Kacey Lynn
Grant, Willow Ann-Tremel
Grass, Carmynn Layne
Grass, Gregory Ryan
Grass, Skylur Dain
Groves, Caley Nicole
Guthrie, William Thomas
Hanson, Daylen Joseph
Harjo II, Zackery Colin Dell
Harjo, Samantha MacHel
Harjoe, Theodore Mose
Harris, Rebecca Rose Lillie
Haumpy, Tyuana Senoria
Herrera, Arlene June
Herrera, Jose Alfredo
Herrera, Keziah Corin
Hibdon, Kylee Brooke
Hicks, Lenny Wayne
Hill, Christy Lynn
Hill, Ryan Warren
Holt, Aerial Christine
Hood, Flora Jean
Hood, Leah
Horsechief, Rebecca Delia
Houchin, Cynthia Diane
Huerta Trevino Jr., Aaron
Huerta-Carrillo, Luke Patrick
Hyde, Ashley Wendell
Ibarra Jr., Luis Ricardo
Irvin, Darlene Gosney
Jackson, Tenain A-Tye
Jackson, Tyson Joel Sweeney
Jacobs, Lowana Gale
Jetto, Aerial Moon
Johnson, Bryan Austin
Johnson, Dane Echogee
Johnson, Hilo Tsothigh
Johnson, John Raymond
Johnson, Joseph Tarron
Johnson, Megan Lucille
Johnson, Nahtanha Kai
Johnson, Tillman Aaron
Johnson, Travis Eric
Kastl, James Edward
Kauley, Hollis Lucille
Kelough, LaChrista Kay
Kickapoo, Brandy Jo
Kilmer Jr., Gregory Keith
Kilmer, Brandon Keith
Kilmer, Michael Houston
Kinley, Taylor Jordan
Kmatz, Zachary Robert
Koontz, Susan Kay
Kowitz, Shelly Anne
Kupczynski, Mary Lee
Lalehparvaran, Persia Jade
LaPlant, Bailey Paige
LaPlant, Cameron Scott
Larney, Harriet Lee
Larney, Megan June
Larney, Takota Sun
Latzke, Kimberly Nicole
Leitka, Macklyn Chappell
Lewis, Mariah Nicole
Lewis, Mark Stephen
Lewis, Skylar Dean Cooksey
Lime, Andrew Barry
Little Axe, Arianna Danielle
Little Axe, Claude Tyner
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 Louise
Lowe, Braylon James
Lowe, Megan Louise
Mack, Justin Wayne
Mack, Kevin Lee
Mahardy, Bradley Gene
Mann, Flora Mae
Mann, Jesse Dale
Mantooth, Marquitta June
Martinac, Susan Renee
Masquas, Izaiah Zazueta
Mayfield, Hayden Winona
McGuire, Kelsey Nicole
McKeel, Melissa Jean
McMahan, Camdyn Rae
McMillen, Mitchell Thomas
McReynolds, Justin Joel
Melton, Kalen Mykel
Mendoza, Elizabeth Ranae
Michaelson, Carol Sue Morton
Michaelson, James Ross
Mickleburgh, Dorothy Jean
Miller, Cutlass Ray
Minesinger, Sara Danielle
Mitchell, Trevor Micah David
Mohawk, Galen Leroy
Mohawk, William Douglas
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
Neconie, Dasia Lynnelle
Nelson, Taylor Paige
Nice, Isac James
Nicholson, Peggy Mayrie Welch
O'Toole, Lezlie Marie
O'Toole, Ryan Gregory
Olguin, Cynthia Ruth
Onzawah, David Levi
Ortega, Eileen Marie
Owens, Jaelyn Nevaeh
Payne, Riley Erin
Pearce, Eileen
Pearson, Etta Axe Washington
Perez, Brenda Irene
Petty, John Eric Matthew
Pine, Rita Ann
Pine-Chapline, Annabelle Rose
Pitchford, Lyria Makaila
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, Angel Daniel
Ramirez, Manuela
Ramirez, Tiffany Ann
Ramirez, Virginia
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
Russell, Addisyn Skye
Ryan, Moria Colleen
Ryder, Holland Thomas
Sanchez, Eder Pavel
Schmidt, Michelle Denise
Scott, Colton James
Seber, James Eddie
Serena, Nicole Inez Raelynne
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, Jerry Ray
Sloat, Shirley Ann
Sloat, Troy Lynn
Smith, Ashley Paige
Smith, Brian Keith
Smith, Chandria Jean
Smith, Christina Sue
Smith, Shad Michael
Snake Floyd, Janet Lynne
Soap-Al Jaser, Margaret Angela
Spoon, Ashley Nicole
Spoon, David Clayton
Spoon, Emalee Roxanne
Spriggs, Donald Ray
Spybuck, Jason Evan
Squire, Donald Ray
Squire, Joseph Lynn
Squire, Leroy Ricky
Stacey, Rosalyn
Starr, Enzo Nathaniel
Steinruck Jr., Harold Eugene
Stephens, Rebecca Pauline
Steves, Gary Wayne
Stewart, Lonita Virginia
Street, Louise Axe Washington
Stricklin, Eugene Stanley
Switch, Isaiah Jacob
Tapia, Gianna Jade
Taylor Martin, Reba Gayle
Tello-Faz, Maribella Elizabeth
Temple, Ginger Lee
Thorpe, Tyrone Guthrie
Tiger, Emma Kay
Tiger, Kwinten Danyl
Tiger, Marisela Rose
Tiger, Nancy Rae
Tiger, Riley Eugene
Tiger-Onzawah, Preston Zachary
Tillery, Lacey Rochelle
Tilley, Nolan Grant
Tolbert, Janis Lavonne
Turney, Stephen
Uchida, Bryson Harvey
Wahpepah, Brady Maverik
Wahpepah, Pauline White
Warrior, Andrew Keith
Warrior, Luana Christie
Warrior, Lydia Rose
Washington, Karen Rose
Washington, Matthew George
Washington, Tatum Stoney
Watkins, Fawn Lil' grass
Watkins, Freddie Lee
Watkins, Jalyne Alexis
Watson Jr., Gregory Doyle
Watson, Katie Jean
Weatherley, Wayne Stephan
Webb, Carter Ellis
Webb, Raven James
Wenholm, Lacey Alexandra
West, Emma Madeline
White, Xander Ralph
Whitethunder, Daelan Takye
Whitney-Coon, Davin Zane
Whitten, David Jaylen Jaice Thomas
Whorton, Nancy Ann
Wietelman, Ebaney Bionca Lynn
Wilkerson, Susan Elaine
Williams, Braylie Audra
Williams, Brianna Shae
Williams, Ethan Beau
Williams, James Robert
Williams, Kaenon Cole
Williams, Kimberly Marie
Williams, Kyree SaVaughn
Wilson, Adilynn Magnolia
Wilson, Hannah Mae
Wilson, Kaden Joseph
Wilson, Marvin Edward
Wilson, Michele Renee
Wilson, Shi Ann Delrae
Wilson, Wesley Sheldon
Winegar, Juanita Jean
Winrow Jr., Rodrick Donnell
Winter-Engrav, Katherine Dorene
Witt, Jacob Matthew
Wolfe, Richard Ray
Wright, Shane Allen
Yargee, Katcv Jesse
Yeahpau, Eden Dione



A little Note for 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.

IMPORTANT
NOTICE!

The Criminal Court Dockets
have moved from
2nd Wed. afternoons at 1:30pm
to 2nd Wed. mornings 9:00am.

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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.

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			Robert Komacheet, Joe Marton, John Mann		ASEDA	878-6782
			Reta Harjo.....	6249	Toll Free	1-800-256-3341
			Stephen Fife, Isaac Bettelyoun, Stacy Coon,		Brendle Corner	447-3372
			Duke Blanchard		Building Blocks	878-0633
			MIS		(Barbra Pope)	
			HELP DESK.....	3100	Building Blocks III LA	360-2710
			Travis O’Dell.....	6327	(Skye Foreman)	
			Donna Cody	6402	Housing.....	273-1050
			Amelia Grass	6329	Human Resources.....	275-1468
			Fred Brown.....	6342	Media	598-1279
			Rafael Rodriguez.....	6332	(Sherman Tiger)	
			Kelly Chambers.....	6328	OEH/OEP.....	214-4235
			OEH		Police Dept.	275-3200 / 275-3432
				6223	Thunderbird Casino NRM	360-9270
			Jarrold Lloyd.....	6229	Shawnee Casino	273-2679
			Devin Leitka	6299	Tribal Store (Little Axe).....	364-0668
			Kyra Underwood.....	6398	LITTLE AXE CLINIC	
			Micah Issacs.....	6230	Clinic - Medical.....	447-0300
			POLICE DEPT	275-3200 / 275-3432	L.A.Plus Care	447-0477
			Brad Gaylord (Chief).....	6302	Dental Clinic	307-9704
			Jason Brinker	6259	Diabetes	360-0698
			Steven Crisp.....	6262	Pharmacy	292-9530
			Linda Day	6261	Resource Center	364-7298
			James Woolbright	6276	(Chrissy Wiens, Buster Bread, Blake Goodman)	
				6268	SHAWNEE CLINIC	
			Patrol Room.....	6278	Clinic (Bldg. 17)	878-5850
			Chard Larman Emergency Mgmt.	6391	Pharmacy	878-5859
					Toll free	1-866-742-4977
					Rhonda Kaseca	878-4702
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* * * * *

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HEARTLINE EMERGENCY..... 211

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405-275-3200

TRIBAL EMERGENCY MANAGER.....

405-740-1562 (Cell)

SHERIFF.....

405-273-1727

CITY POLICE.....

405-273-2121

CITY EMERGENCY MANAGEMENT.....

405-273-5272

COUNTY HEALTH DEPT.....

405-273-2157

SHERIFF.....

405-701-8888

CITY POLICE.....

405-321-1600

HEALTH DEPT.....

405-749-1591

OG&E.....

405-272-9595

.....

800-522-6870

CANADIAN VALLEY.....

405-382-3680

DEPT. OF ENVIRONMENTAL QUALITY.....

800-522-0206

HIGHWAY PATROL.....

405-425-4385

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