



THE ABSENTEE SHAWNEE NEWS

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June 2022

ASTHS Little Axe Clinic Ground Breaking Ceremony



Left Photo (L-R): AST Treasurer Joseph Blanchard; AST Secretary Alicia Miller; AST Lt. Governor Ezra DeLodge; AST Governor John Johnson; AST Health Board Chairman Dr. Lancer Stephens; AST Health Board Vice-Chairwoman Michelle Rapp; AST Health Board Member Max Tuhsuda; AST Health Program Executive Director Mark Rogers. Right Photo (L-R): AST Lt. Governor Ezra DeLodge; AST Governor John Johnson; AST Secretary Alicia Miller; AST Treasurer Joseph Blanchard.

The Absentee Shawnee Tribal Health System (ASTHS) conducted its ground breaking ceremony, May 20, for Phase I of the two-phased expansion project. Phase I is the expansion of space and services at the Little Axe Clinic, and Phase II is the construction of a new state-of-the-art Shawnee Clinic. This two-phased project, referred to as the Enhanced Health System Project, will increase patient care and services at both main service locations in Shawnee and Norman, adding in new services, equipment, expanded grant programs, and greatly increase patient ease in accessing services for the AST and other Native American community

members in which we service. The event capped off a great week of celebration as the AST Health System celebrated its 10th Anniversary of opening the new Little Axe Clinic, and has already outgrown the clinic in a very short time due to the health care services provided and needs of the community and surrounding areas.

The Executive Committee and the Health Board were all in attendance as Governor Johnson provided the keynote address for the event. "Health programs are a priority to all Tribal Nations to grow, nurture and develop the next generation to care for the current generation. The strength of any Tribe can be measured in

the success and strength of their health programs, which measures the health of the tribe," Johnson said. "This expansion is greatly needed to help service our Tribal Members better and offer additional services."

The AST Veteran's Association posted the colors and many of the AST Elders were present to participate in this historic event as the Tribe enters a new phase in patient care and servicing with the project. Various dignitaries from the community were also in attendance including Rear Admiral Travis Watts, I.H.S. OKC Area Office Director, and Dr. Greg Woitte, Chief Medical Officer, also with

the I.H.S. Area Office. Representatives from BancFirst, FSA Investment Group, Childers Architect, Connect Advisors, Manhattan Construction Company, along with other notable attendees were also present as well as numerous other supporters and key partners that made the project happen!

As we all endeavor to continue to improve the health and wellness of all Native American families we serve, today we entered a new phase of growth that will positively impact the surrounding communities and families of the AST Tribe, and all surrounding Tribes, for years to come!

Tribe Creates Workforce Development and Career Initiative Program



Due to the COVID-19 pandemic over the last few years, it has had a detrimental effect on the labor markets. Millions of people were furloughed or lost their jobs while others had to rapidly adjust to working at home. The COVID-19 pandemic and the resulting economic crisis affected the health and economic well-being of the American workforce. These same negative effects of COVID-19 also affected the Absentee Shawnee Tribe of Oklahoma in the same manner.

In 2021, The Executive Committee of the Absentee Shawnee Tribe of Oklahoma made a progressive decision to invest CARES and ARPA funding to our tribal membership. This decision was an effort to get people back to work by empowering our tribal membership to get an education/training for future employment.

Through our research we found that HVAC (Heating, Ventilation & Air Conditioning) is one of the fastest growing fields today. In 2019, there were an estimated 380,000 HVAC jobs in the United States, with a projected growth rate of 4% from 2019 to 2029. In fact, there are more HVAC job openings than there are qualified technicians to fill the jobs. HVAC

salaries in Oklahoma for 2022 show entry pay at \$42,200 and supervisory salaries at \$76,000 and above. The field can be lucrative if one has the right skill set. The Workforce Development and Career Initiative program at the tribe aims to help members get those skills and excel in their career.

The Absentee Shawnee Tribe recently created the Workforce Development and Career Initiative program to help tribal members acquire HVAC jobs. This new program was started with ARPA and CARES funds. Lt. Governor Ezra DeLodge and Representative DeWayne Wilson were instrumental in bringing this program to light.

"We want to create a program that will help our members obtain the skills to find a job in the HVAC field and become successful," said Wilson. "Our hope is they would even find employment here at the tribe or other tribal entities."

This pilot program is designed to hire an HVAC person and invest in tribal members with training and employment. By hiring an HVAC person in this area, this will eliminate some if not most of the HVAC contractual cost the tribe spends

for the next two and half years. It will also allow the tribe to provide apprenticeship and supervision to the tribal members who are seeking a career in the HVAC field. The program will allow a limited number of tribal members to obtain an HVAC Journeyman license by the end of his/her second or third year. The tribe and HVAC qualified tribal member(s) will agree to a one year work agreement after completing their training.

The program isn't just for unemployed. Anyone wanting to learn this skill set can apply. The Absentee Shawnee Tribe has partnered with Moore Norman Technology Center and Gordon Cooper Technology Center and is currently accepting applications. The three-year program consists of one year of classroom training, the second year of work-based learning at the tribal complex and the third year pay-back by working for the Absentee Shawnee Tribe as a paid employee.

Tribal member Thad Breeding graduated from Gordon Cooper Technology Center in HVAC immediately after high school. He has been in the HVAC field for over 2 decades and owns his own company -Tri-County Air Solutions based in

Shawnee.

As a graduate of the program, Breeding highly recommends it to anyone. "Take advantage of all the tools available to you as a student and tribal member to succeed! People needed to fill the construction trade jobs are in high demand right now. These jobs aren't going anywhere; we will always need HVAC, electric, and plumbing."

The requirements for the tribe's program are: Absentee Shawnee Tribal Member (provide proof of tribal membership); complete a Vocational Assessment (must have/obtain a 10th grade math and reading level); complete a Workforce Development and Career Initiative Application; must have a High School diploma/GED (copies accepted); valid driver's license; pass criminal background check; provide essay response; provide letter of recommendation (optional) and must complete Federal Aid (FAFSA) and provide copy with application.

Interested tribal members contact the Representative's office - Representative DeWayne Wilson - Email: dewayne.wilson@astribe.com or Phone: 405-275-4030 ext. 6239.



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello tribal members,
I hope everyone had a safe Memorial Day holiday. I believe that means we have officially started summer, even though the hot temperatures have already started. On Sunday June 19th is the day we celebrate fathers. I want to wish all the fathers, step-fathers and/or any father figures a very Happy Father’s Day.
As many of you are aware, on May 4th the cities of Earlsboro and Seminole were affected by multiple tornados. The AST Emergency Management team asked for volunteers to assist tribal members that were affected by the storm. The volunteers worked May 10th and 11th in both of these cities. The team went to tribal members’ homes in these areas to assist them in cleanup and debris removal. I want to thank the volunteers for all the hard work and I know the tribal members that were helped are very grateful.

On May 20th we broke ground on the new Health Clinic expansion in Little Axe. The strength of a tribe can be measured in the success and strength of their Health programs, which in turn measures the health of the tribe. Health programs are a priority to all tribal nations to grow, nurture and develop the next generation to care for the current generation. This expansion is greatly needed to help service our Tribal Members better and offer additional services.
The latest update on the new police department is we have received the plans from the architect. The bidding process is the next step. Once we select a bid we are hoping to break ground shortly after that. The process is moving along and soon we will see the dirt moving and a building being built.
I had the honor of attending the memorial service for Kelly Haney at the First Americans Museum in Oklahoma City. Mr. Haney was a successful and well-known artist, business man and even

served the state of Oklahoma as State Representative and State Senator. I want to send my deepest condolences to his family and friends. He will be missed greatly.
In closing, I ask that all of you stay well hydrated as we go into the summer months. It has been exceptionally hot and windy for this time of year. Also the ticks are out in full force. Please beware and use bug spray when being outdoors in wooded areas.



Governor Johnson with the late Kelly Haney, photo taken at the Grand Opening of the First Americans Museum in September 2021.

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,
Recently I was able to attend the 42nd National Indian and Native American Employment and Training Conference, which was held in Catoosa, OK (May 2nd-5th). The NINAETEC Conference’s primary purpose is to provide a platform for employment and training issues and brings together partners within the tribal governments and federal government. My reason for attending was to gather information on the Public Law 102-477 (477 Program) and see how the tribe might be able to utilize this program.
If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.
Lt. Governor DeLodge
Maintenance:
The Maintenance staff has completed 35 work orders in the past month and had new carports installed for all tribal vehicles on the complex. Housekeepers have been working hard keeping buildings disinfected and sanitized during this time.
OEH:
In total for 2022 OEH has assisted Tribal members with 35 different septic renovations and installations, water well drilling and installations, well renovations,

and community water connections.
For 2022, we have collected, processed, and recycled 20 bales of shredded office paper and cardboard equaling roughly 15 tons of recyclable waste that has been diverted from landfills. OEH has completed the scheduled electronics recycling collection event. There were two trailers full of computers, monitors, printers, and miscellaneous electronics that were collected for disposal.
Construction on the Youth Camp cabins, and bathhouse have been complete. We are currently awaiting approval of the loop road to complete the entry gate.
We are currently at 95% completion of the design phase for the new Police Safety Center. The Tribe is currently reviewing the drawings and specifications to approve the design. We expect these drawings to be finalized and to begin the advertising for bids for general contractors around the beginning of June.
Jarrod Lloyd
OEH&E Director
jlloyd@astrobe.com - (405) 214-4235
Self-Governance Department:
I attended the NINATEC Conference in Catoosa, OK from May 2nd through May 5th. During this Conference I learned more about other 477 tribes and how they have grown. If the Executive Committee decides to become a 477 tribe, I believe it will be very beneficial to our tribe. On May 23rd, I had a zoom conference call

to hear about President Biden’s FY 2023 Budget and how it will affect tribes. They are still making changes to the budget and will not have a final breakdown until later in the year. I will continue to stay in contact with other tribes and D.C. for any updates. If you have any questions please feel free to reach out to me at (405)275-4030 or TwylaB@astrobe.com
Housing Improvement Program
Since our inception, our Department has processed 55 THIP Applications and conducted 49 home assessments. We are currently working on several projects and near completion but continue to experience challenges with material shortages and inclement weather. If you have any questions about the application please contact Donnie Marshall at (405)827-4311.
Land Management Program
Land management has been working behind the Resource Center with tree removal to put back in the wood program for the Fall and Winter months. We have been helping the Agricultural Department finish up on garden projects for tribal members. We will be clearing some land for the cattle to graze. If you have any questions please contact by phone (405)395-8101 or by Email cmartinez@astrobe.com
Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!
I am happy summer is here. We have entered into warmer temperatures, we are enjoying the outdoors more, and summer activities are ramping up. It is always a good time to be Shawnee but even more so during this season. Corn has been planted, ceremonies have concluded, and Indian football is underway. Hearing the laughter of our people and seeing the smiles of our relatives is the best atmosphere to be in and the best feeling to have when we gather at the grounds, and I enjoy every single moment of it.
May was filled with tribal member graduations, 2 tribal member retirement celebrations, health board meeting, groundbreaking ceremony, a conference,

directors’ meeting, a local meeting with community leaders, a fishing for nutrition event for tribal youth, one regular Executive Committee (EC) meeting (as of the writing of this article) and 6 internal project/staff meetings.
There was continued active dialog regarding a last ARPA dispersal for general assistance at the monthly EC meeting. As I stated in last month’s article, once the funds have been depleted of the tribal member’s ARPA funds, there will be no more general assistance disbursements for tribal members. I want you to be fully aware of this. The EC is empathetic to the various and present needs of our people, but we also know there will be future needs. For me, it is about weighting those needs and trying to somewhat determine if those needs will be greater in the coming months. If those future needs out-

weigh current situations - we will be stuck in a hard spot as a tribe and not be able to assist as we have as of late. Once a final decision has been made, communications will be released through the AST website, newsletter, and social media. Please be sure to be on the lookout for this pending information.
In conclusion, I send you well wishes, happiness and joy for your times of celebration this month. I also send to you understanding and compassion for those who encounter worries, sadness, illness and/or grief this month. Overall, I hope you find a good path to follow and enjoy your summer days ahead.
Si li no ke ka no la. Ne yi wa.
Alicia Miller
Tribal Secretary

TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members:
Half the year is behind us as we enter the month of June. As we begin the midpoint of 2022, I want to say “Happy Father’s Day!” to all the Dads out there. Good and bad, you have provided the example of how we should be as young men. Even the uncles, you are not forgotten as I know many of you have stepped up to assist your nieces and nephews.
As mentioned last month, it is that

time of year for family events, graduation activities, summer ball games, and cookouts. I was happy to attend a handful of graduation ceremonies, lunches and dinners. I want to say “Congratulations!” to all our young folks who are now taking the plunge into adulthood. We wish you “Good Luck” in all your future endeavors as you attempt to navigate this stage in your life. As I told one young person, “never forget where you come from and the principles instilled in you. Make your family proud because you never know who is watching.”
If you did not get a chance to wit-

ness the Spring Bread Dance ceremonies, you definitely missed out. There was good participation at both grounds (North and South) and a lot of first time participants. As always, the majority of attendees came away exhausted, feeling refreshed and rejuvenated, with spirits lifted. Personally, I was happy to see so many helping to carry on our way of life. This guarantees our culture and tradition is preserved. Likewise, the EC is working on a Language Initiative with a couple departments to ensure this is not lost either. Stay tuned.
(Continued on Page 3A)

TREASURER’S REPORT

(Continued From Page 2A)

On another note, I was happy to attend a couple ball games in Claremore. Last month, there was a small article on one of our Tribal Members, Jaylan Gibson. She is the starting 3rd Baseman for Rogers State. They were able to host the Regional and Super Regional, winning both tournaments, the latter against the University of Central Oklahoma. They qualified for the NCAA Division II Women’s College World Series (WCWS) on May 26-31, 2022. It is a double elimination format being held at Regency Athletic Complex in Denver, CO. We send our well-wishes with the Hillcats and hope they come home with the National Championship.

On May 18th, the Finance Department had a Send-Off for our coworker, Jennifer Crenshaw. She began her career here at

the AST in 2002, working initially in the Office of Environmental Health. After several years, she transferred over to Finance. She worked her way up the ranks, eventually becoming the Assistant Controller before deciding to retire this past year. On the plaque presented, it said, “With our sincere appreciation, we hereby honor Jennifer Crenshaw with this gift in Recognition for your Enduring Passion, Unconditional Commitment, and Unwavering Dedication to the Absentee Shawnee Tribe of Oklahoma.” We wish her well and hope she enjoys her sunsets and family.

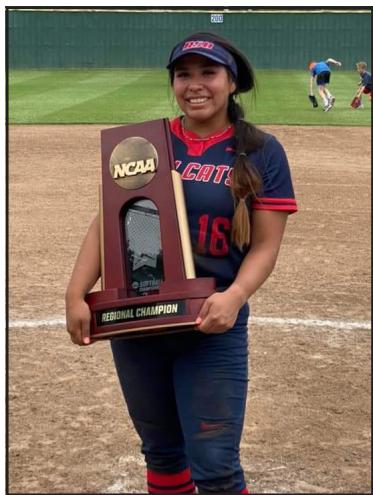
I attended the Groundbreaking for the Little Axe Health Clinic. Besides taking pictures to commemorate the event, I was also able to visit with members in attendance. I was honored to assist our Eldest Female member, who participated and got to wear a hardhat. As part of the activities, we were allowed to tour the

unfinished Storage Facility. Upon completion, this will provide an additional 15,000 Square Feet of storage space for the Health Systems.

And finally, I want to acknowledge the handful of employees who volunteered to provide assistance after the tornadic event in and near Seminole. Though many may not recall, our community was in a similar circumstance three consecutive years in a row back in 2011, 2012, and 2013. As one who remembered those situations, I’m glad Emergency Management helped coordinate an effort to provide relief. In collaboration with Enrollment, we were able to determine there are 53 AST members who live in those affected areas. We were able to call and check on their safety and help remove debris in Tecumseh, Earlsboro, and Seminole. We are thankful there were no major injuries and/or deaths.

That is all I have for this month. As usual, should you have any questions, do not hesitate to call my office, send an email, or schedule an appointment.

Neyiwa!
Joseph H. Blanchard



Tribal Member Jaylan Gibson with Regional Champion Trophy.

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope and wish your families are in good health and enjoying the opportunity to visit others. I want to say that I really enjoyed myself at the South Dance ground (Bread Dance) this month. It was uplifting to me to see so many tribal members participating in this ceremonial event, especially our young people. The good food and good company made for a good time. I also wanted to say “Thank You” to the Blanchard family for inviting me to their family camp and the hospitality I received. My thoughts and prayers continues to go out to the tribal families that have lost love ones.

Education Department;

The Workforce Development Committee consisting of the Lt. Gov., Education Director, Human Resource, and I (Representative) have been real busy. We are having meetings to finalize the Workforce Development application. We continue

having meetings and telephone conversations with Moore/ Norman and Gordon Cooper Technology Centers as they develop their training opportunities in the HVAC profession. Last month, we announced for a HVAC mechanic position. This month, we have interviewed for the HVAC mechanic position. Finally, we are advertising the Workforce Development and Career Initiative (pilot program) on tribal websites and newspaper.

Cultural Preservation Department;

The Cultural Preservation Department is busy. They continue to see increases in activities, visitors, and Gift Shop sales. They have also seen increases in projects in the THPO and FCC/ TCNS programs. As for the ANA/ Language Grant, we really haven’t seen an acceptable candidate for the Linguist/ Project Coordinate position. We are discussing the possibilities of contracting for the Linguist position. We will have to get approval from ANA prior to doing so.

Youth Camp;

Again, due to some extenuating cir-

cumstances, there has not been much construction going on at the Youth Camp during this reporting period. Last month it was the Youth Camp Road. This month, it’s the construction of the recreational facilities project. I will keep everyone informed of the progress or lack of progress pertaining to this project.

I did attend the 42nd Annual National Indian and Native American Employment and Training Conference in Tulsa, Okla. during May 2- 5, 2022. This was an exploratory mission concerning Public Law 102-477. I attended workshops such as; Determining Programs that Fit your 477 Plan (Tribal Decisions/ Tribal Choice), How to Develop a Blended Plan, Program Review- Today’s Process and What is Required, and how other Tribes are Utilizing PL 102-477. I also had conversations with Chief Principal David Hill, Muscogee (Creek) Nation and Principal Chief Chuck Hoskin Jr., Cherokee Nation about getting Native Americans involved in the electoral process and Workforce Development issues that we are all hav-

ing. Both the Muscogee (Creek) Nation and the Cherokee Nation are grantees of Public Law 102-477 as well as supporters. Lt Gov. Ezra Delodge and I met with U.S. Secretary of Labor Mr. Martin J. Walsh as well as other Tribal leaders. Mr. Martin discussed Workforce funding from the federal level. On the last day of the conference, Self- Governance Director Twyla Blanchard and I, met with Mr. Anthony Riley, Acting Associate Deputy Bureau Director and Ms. Ida Doyle, both are with the BIA/ Division of Workforce Development. We discussed other training opportunities and grant funding that P.L. 102- 477 offers as well as the 477 application and reporting requirements.

In conclusion, if you have any questions or concerns feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@atribe.com

Love Y’all, Respectfully,
DeWayne Wilson
Tribal Representative

ELECTION COMMISSION

APPROPRIATE POLL BEHAVIOR

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

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

For Examples:

- No: “vote for. . .” sticker on cars;
- campaign clothing;
- disbursement of campaign material;
- counseling as to who to vote for.

Do not loiter at poll site:

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

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

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

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

Policies and Procedures states:

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

BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
ANNUAL ELECTION
JUNE 18, 2022

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

ELECTION COMMISSION

Election Commissioner

John Al Little Axe-----[]
Diana Wilson-----[]

Deputy Commissioner

James Cody Spybuck, Jr.-----[]

Election Secretary

No One Filed

Commission Member #1

Brandi Routledge-Hunt-----[]

Commission Member #2

Charlotte Lynn Ellis-----[]

WE ARE **HIRING!**

The AST After School Program in Shawnee, OK is looking for part-time Tutors to help school age children with homework and after school activities.

OPEN POSITIONS

- ASP Driver (2)
- ASP Tutor (3)

APPLY NOW!

WWW.ASTRIBE.COM

QUESTIONS?
Phone: 405-445-6000
Fax: 405-878-0156
Email: ASTChildCare@atribe.com



CULTURAL PRESERVATION DEPARTMENT

TRIBAL HISTORIC PRESERVATION BOARD (THPB)

FIVE (5) KNOWLEDGEABLE TRIBAL MEMBERS WHOSE INSIGHT & EDUCATION WILL CONTRIBUTE TO THE WORK OF THPO STAFF ON SECTION 106-RELATED TOPICS, AS OUTLINED IN THE NATIONAL HISTORIC PRESERVATION ACT, THROUGH MEANINGFUL DIALOGUE AT BOARD MEETINGS. HONORARIUMS ISSUED TO ACTIVE THPB MEMBERS.

Send your Letter of Interest & Resume to:

Tribal Secretary
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
secretary@atribe.com

Thank You

The Duke Blanchard Family would like to thank you for your prayers and condolences. We also thank you for your contributions/donations, the beautiful arrangements, and the helping hands in the funeral support during the difficult time. A special thanks to George “Fife” Blanchard for conducting tribal funeral rites. “Mage ketâpelohiwa gîke yâlikôteyiqa! Hêne lak’he.” (Many blessing to all!)

In loving memory:
Thurman “Duke” Blanchard
February 6, 1951 - April 19,2022



☆ Congratulations! ☆



Tribal member Sam Brown was a finalist in Sodexo's Future Chefs Challenge 2022. He is a 5th grade student at Bethany Public Schools.

He was 1 of 5 national finalists! The other finalists are from Washington, South Carolina, Virginia and New York.

The contest theme this year was to create a recipe inspired by a book. His recipe was "Turkey Twisters" inspired by the book Cloudy with a Chance of Meatballs



Happy Retirement



The Absentee Shawnee Tribe said goodbye to our Assistant Controller, tribal member Jennifer Crenshaw. She retired after 20 years of employment with the tribe. We appreciate all her hard work and dedication over the years and wish her well in her future endeavors.

REGISTER NOW



OR CODE OR WEBLINK AT
BOTTOM

LITTLE AXE - ALL WELCOME AGES 7-15

FOOTBALL & SPORTS SKILL CAMP



JUNE 24TH & 25TH 8AM-3PM

https://uco.co1.qualtrics.com/jfe/form/SV_ePYF1OjvXMtnXka

ABSENTEE SHAWNEE TRIBE

BOARD VACANCIES

IF YOU ARE INTERESTED IN SERVING ON ONE OF THE FOLLOWING BOARDS, COMMISSIONS, COMMITTEES OR COUNCILS:

ASEDA
CULTURAL ADVISORY BOARD
FOSTER CARE LICENSING COMMITTEE
GAMING COMMISSION
HEALTH
TAX COMMISSION
TEC

PLEASE SUBMIT YOUR LETTERS OF INTEREST WITH RESUME ATTACHED TO:



Tribal Secretary
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
secretary@atribe.com

Cultural Preservation Department

The Cultural Preservation Department has been very busy this past month. Currently, we are seeking individuals who would like to be a part of our team! Open positions within the department include a Library Technician/Gift Shop Assistant, a Language Linguist/Project Coordinator, a Language Student Intern, two Language Teachers, and a Curriculum Developer (Language). If you know of any interested individuals or are yourself interested, please visit the website or contact us directly for details.

Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program's most recent activities.

Gift Shop

We are happy to announce the gift shop is open to all customers for in-store shopping! We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m.



Currently, to make room for new spring inventory, we are having a SALE! The sale includes such items as t-shirts, hoodies, polo shirts, button down blouses/shirts, and shoes (please see the picture to the left). The items are priced to move, so please stop by and have a look!! You may find something you cannot pass on.

We continue to look and reach out to new businesses especially Native American owned businesses and vendors in hopes of bringing in new inventory. Over the past month, we have added a few more vendors, and hopefully, soon we will have some new items available.

If you haven't been in our store recently, please stop by either location. Maybe you can find that special gentleman in your life a Father's Day gift or maybe find something for yourself.

Library

We are happy to announce that we have opened the library to the public! Please come in and visit. We have a wide variety of resources available for checkout, and many magazines, newspapers and journals for your reading leisure. We look forward to serving your informational needs!

THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 304 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 249 projects. These projects were completed in 18 of our 25 areas of interest/states. The THPO has also taken part in 15 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases. These calls were with such Federal Agencies as Tennessee Valley Authority, the National Park Service, and the Department of Transportation for Texas and Wisconsin.

From April 19th through the 20th, Mrs. Frazier-Smith attended the 2022 AL/FHWA Annual (Virtual) Consultation. At this consultation, topics covered were new and old projects, upcoming programmatic agreements, trainings, and NAGPRA updates.

FCC/TCNS

The incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The THPO Specialist, Ms. Ashley Brokeshoulder, has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, she has received 139 new telecommunications facility projects for review. These 139 individual projects will be completed in conjunction with 12 consulting firms in 13 of our 25 areas of interest/states.

In conjunction with receiving projects, she has reviewed, researched and gave recommendation for the clearance of 107 telecommunications projects. These 107 individual projects were completed in conjunction with 12 consulting firms in 13 of our 25 areas of interest/states. Also, 32 projects are awaiting clearance because their packages are lacking some information such as full archaeological reports, SHPO responses, or clear pictures.

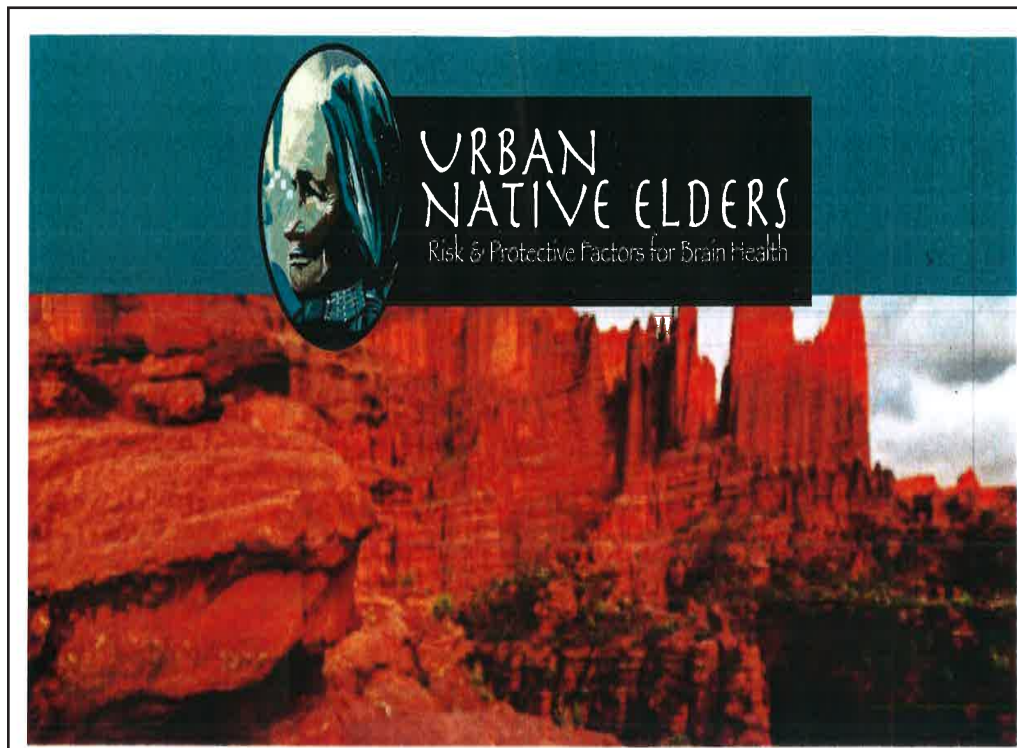
EVENTS

On April 8th, Cultural Preservation hosted a yarn belt workshop at the Multipurpose Building in Shawnee. Ten individuals were in attendance. Most of the ten individuals were able to at least get their yarn belts started.

On April 12th, the Library hosted a ribbon skirt workshop at the community building in Little Axe. At this workshop, the basics as well as a few advances techniques were taught. Nine individuals were in attendance. Like with the yarn belt workshop, most of the individuals were able to get their skirts started, and one individual completed their skirt.

May 5th was National Day of Awareness for Missing and Murdered Indigenous Women, Girls, People. To honor and bring awareness to the multitude of Alaska Native and American Indian women, girls, people who have been murdered or gone missing, Cultural Preservation hosted a solidarity walk. The department also displayed red dresses on the porch of the building to symbolize a portion of those who have been murdered or is missing.

Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 6245 or cbutler@astribc.com if you have any questions or concerns.



Over 70% of American Indians and Alaskan Natives live in urban areas. Yet, studies of Native elders' brain health have primarily focused on rural and reservation settings. Through brain scans and assessment of thinking and memory, the URBANE research study seeks to learn more about urban Native elders' brain health and examine how vascular brain injury, like strokes, may contribute to increased risk of Alzheimer's Disease and Related Dementias.

Eligibility

- American Indian or Alaskan Natives
- Ages 55 and older
- Live in or commute to a large city or town (non-reservation)

Incentives

Volunteers will receive up to \$300 for completing the clinical exam, MRI, and wrist activity monitor and sleep journals.

For more information about the URBANE study contact us at:
(405) 271-8001 ext 46767 OR (405) 271-3090 opt 1

ASTHS Little Axe Clinic Ground Breaking Ceremony



Pictured AST Executive Committee and AST Health Board members with eldest tribal member Pauline Johnson.



AST Governor John Johnson addresses the people in attendance of the ground breaking ceremony.

Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 878-0633
Fax: (405) 878-0156

Building Blocks II

Building Blocks has 46 children enrolled in our center at this time. We are accepting waiting list applications for all of our classrooms. If you are interested in putting your child on our waiting list please call and we can email you a waiting list application or stop by to pick one up.

Building Blocks is accepting employee applications. Please visit <https://www.astribe.com/employment> for available job positions and to fill out an employment application.

We are excited that Building Blocks is open to the public. Our parents get to come into our building now and take their children to their classrooms and pick them up. We had Muffins to Go for Mother’s Day. We look forward to being able to do lots more parent involvement. Exciting times are ahead.

Celebrate Flag Day on Tuesday, June 14th.

Happy Father’s Day to all Dads on Sunday, June 19th.

Building Blocks will be closed in observance of Juneteenth on Monday, June 20th.

Stay hydrated in these warmer weather days

and have a fantastic June



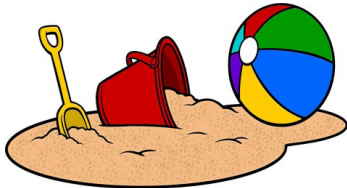
Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
16051 Little Axe Dr.
Norman, OK 73026
(405) 360-2710
Fax: (405) 360-2726

Building Blocks III

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405)360-2710. Tomatoes and Bell Pepper Garden

Summer Break is finally here! We hope you all are enjoying the warmer weather! This past month we opened our doors, and welcomed back all of our families to the center. In the month of June our students have begun learning about plants and how they grow. Please enjoy a few of the moments we captured this month.

You can find us on Facebook @ AST Building Blocks Child Development Center III-Little Axe Page to see all the latest updates.



NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@astribe.com

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.



WELCOME BACK BUILDING BLOCKS III FAMILIES! WE MISSED YOU!

Our School Ageds enjoying Summer Break!



LIHEAP CARES ASSISTANCE



Southwest Throw, Heater, Box Fan or Air Purifier

The following items are eligible for LIHEAP participants that are enrolled with a federally recognized tribe and live in Cleveland & Pottawatomie counties. For more questions or application, please call Social Service at (405) 878-4723.

Absentee Shawnee Tribe's Domestic Violence Department



Our mission is to: Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.

We help with: Domestic Violence Sexual Assault Dating Violence Stalking Sex Trafficking

Our services are confidential and include: Safety Planning Emergency Assistance Court Advocacy Shelter Placement Assistance Referrals

Must be intimate partner related violence and the victim must be fleeing the home/situation

Who we serve: Natives and non-Natives LGBTQ2S+ Any Religion Any income level EVERYONE

Where we serve: Because we are federally funded we get to serve all populations within our *service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

*If you are AST and outside the service area, please call our office and we will see what we can do to help you.

Contact Us: Office Line 405.273.2888 Fax 405.273.1192 Webpage <https://www.astribe.com/domestic-violence> Link to intake <https://www.astribe.com/forms/victim-intake> @ASTRisingWarrior For emergencies call 911 or AST PD @ 405.275.3200



Drew Hayden Robertson graduated from Mineola High School in Mineola, Texas. He is a proud AST member and played football, soccer and ran track through out high school. He was King of his senior class. He is the son of Leland Scott Robertson and Natalie Deer and grandson of Winifred Robertson. His family is very proud of him and loved by his family.



Happy Birthday
Marion James
Robertson (Sonny)
We Love You!
From Your Family



Congratulations

As part of the 4x800 meter relay team, Norman North junior Stevi Johnson recently won first at 6A Regionals, qualifying for the State Track Meet. Against a competitive field that broke the state record, North missed medaling by one place at the State Meet held in Ardmore. During the State Meet, the Norman North girls were recognized for their academic and athletic excellence by winning the Academic State Championship for Track and Field. Stevi's family takes pride in her commitment to be her best.



(JV12116085)
NOTICE OF HEARING
Case No. JFD-2017-127
Case No. JFD-2017-128
Case No. JFD-2018-03
IN THE DISTRICT COURT OF THE
ABSENTEE SHAWNEE TRIBE OF
OKLAHOMA JUVENILE DIVISION
**IN THE MATTER OF: K.N.F.
W.C.F. K.N.B.F. V.C. R.J.C.
L.D.C. Alleged Deprived Child.**
ABSENTEE SHAWNEE TRIBE,
TO: RALPH SAMUEL CREEK
YOU ARE HEREBY NOTIFIED, as
the parent of the above named children
that a duly verified Motion has been
filed in the District Court of Absentee
Shawnee Tribal Court, alleging that said
minor children are DEPRIVED
CHILDREN and that you are required
to appear before the District Court of
Absentee Shawnee Tribal Court in the
courtroom at the Absentee Shawnee
Tribal Court, 2025 Gordon Cooper
Drive, in the City of Shawnee, County
of Pottawatomie, State of Oklahoma on
the 17th day of May, 2022, at 10:30
a.m. for a Motion to Terminate Parental
Rights Hearing and please be advised
on the following:
"FAILURE TO PERSONALLY
APPEAR AT THIS HEARING
CONSTITUTES CONSENT TO THE
TERMINATION OF YOUR
PARENTAL RIGHTS TO THIS
CHILD OR THESE CHILDREN. IF
YOU FAIL TO APPEAR ON THE
DATE AND TIME SPECIFIED, YOU
MAY LOSE ALL LEGAL RIGHTS AS
A PARENT TO THE CHILD OR
CHILDREN NAMED IN THE
PETITION OR MOTION ATTACHED
TO THIS NOTICE."
Your right and obligation to the care,
control and custody of the above named
minor children will be determined by
the Court at said hearing. The children,
parents or guardian, and other interested
parties may have an attorney present at
the hearing if they so desire, at their
own expense.
Dated this 4th day of May, 2022.
Kace Rodwell, Oklahoma Indian Legal
Services ICW Attorney for the
Absentee Shawnee Tribe of Oklahoma
Kace Rodwell, OBA #33601
Oklahoma Indian Legal Services, Inc.
4200 Perimeter Center Drive,
Suite 222
Oklahoma City, Oklahoma 73112
(405) 943-6457
(5-6-22)



**FIREWORKS
SHOW
AFTER THE
CONCERT**

THURSDAY, JUNE 30
FREE SHOW OUTSIDE UNDER
THE STARS
GATE OPENS 6:30PM // SHOW 8:30PM

BRING CHAIRS & BLANKETS • ALL AGES SHOW

**THUNDERBIRD
CASINO
NORMAN**

AST Helps With Debris Removal After Seminole Tornado





ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

The Absentee Shawnee Complex will be Closed
Monday, June 20, 2022
For Juneteenth

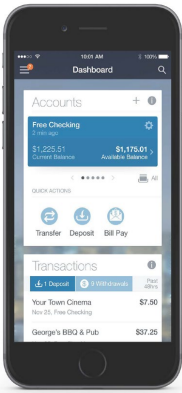
AllNations Bank

Put a Powerful Financial Tool in Your Pocket with the AllNations Bank Mobile Banking App. Deposit Checks Securely from Anywhere with the **Mobile Deposit Capture** feature.

Today's smartphones have more processing power than the computers NASA used to put a man on the moon. And now you can put that power to work for you with the mobile banking app from AllNations Bank. It's the smart, simple and secure way to manage your money.

WHAT YOU CAN DO with the app:

- Securely make bill payments anywhere.** View all your upcoming bills, make payments, add payees and access your payment history.
- View transactions anytime.** Check on your cash flow and finances.
- Make transfers anyplace.** Securely move money between your accounts so funds are where you need it, when you need it.
- Deposit checks.** Deposit checks securely from anywhere, at any time, using mobile deposit capture.



WHERE TO DOWNLOAD the app:

Download the AllNations app, by searching "AllNations Access" on the [App Store](#)SM or [Google Play](#)TM.



Contact us today at (405) 273-0202 or (405) 893-2240 with any questions or to discuss our account options.

Member
FDIC



107 North Kimberly
Shawnee, OK 74801
Phone (405) 273-1050
Website www.ashousingauthority.com

2022 Housing Programs

Low Rent

Lease to Own

Safe Shelter Housing

College Housing Rental Assistance

Down Payment Assistance

Home Rehab Assistance

Rental & Lease to Own for Over-Income

Tiny Home Purchase Program

Please visit our website or contact our office for further details on program requirements.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

June 2022

Section B



ASTHS June 2022 Monthly Update

Why Are No-Show Appointments a Big Deal Anyway?

We are all so very busy getting on with life in the recovery phase of the pandemic today. With the fast pace of life and taking care of our families, we need to remember and be diligent on the important things we learned and valued during the pandemic – our health, and the health of our families, the tribe, and our communities! Patients who fail to show up to scheduled appointments or cancel at the last minute - giving the AST Health System no opportunity to fill the appointment slot - are often referred to as “no-shows.” A no-show appointment results in loss of time and money for the health system, and disrupts continuity of care for other patients. Patients who schedule clinic appointments, and fail to keep them, have a negative impact on other patients needing care, impacts health system negatively in productivity, and not failing to mention the obvious, leaves a medical professional ready to take care of you running idle.

The financial impact is not relieved by same-day appointments. The size of the problem varies nationally, but industry experts state “no-shows” negatively impact not only financially and from a resource management perspective, but also negatively impact the patient experience and quality of life of the patient by not receiving routine medical screenings, preventative oral health exams and cleanings, as well as the other services which we experience “no-shows” for in the healthcare field today.

The American Medical Association policy says a doctor may charge for a missed appointment - or for failing to cancel 24 hours in advance in the private sector - if the patient is fully advised that such a charge will be made. Otherwise, it comes down to a notice to you, your justification for canceling, and if the doctor's office is serious about enforcing their no-show policy. Fortunately for our patients, we do not, and would not, and cannot, ever entertain charging patients for no-show appointments, as this is not an authorized charge we can charge as an I.H.S. ITU entity; however, it is bad for business and for any tribal health program and although it may seem like a small thing, it actually has a huge cumulative negative impact. If you can help us with this effort, we will commit to helping you, help us, make a better patient experience for you and your healthcare needs!

7 Ways We Try to Reduce Patient No-Shows to Serve You Better:

1. Make reminder calls.
2. Set up automatic reminders.
3. Keep and manage a wait list.
4. Don't wait to reschedule your no-shows.
5. Some patients need extra reminders.
6. Be proactive with your schedule.
7. Have a written policy that is enforced upon repeat offenders.

Please join us in congratulating our June Monthly Employee Award Winners this month! We are proud of all of our professionals and team players, for all they do daily to make our programs succeed and take care of our patients!

June 2022 Health Employee Awards of the Month

Employee of the Month: Leonard Foreman, AST Health Maintenance Supervisor

Team of the Month: AST Health System's Maintenance Team

Special Leadership Award: Atheda Fletcher, ADPI Dementia Grant Manager

Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director

Men's Health Week

By Emily Earnest

Men's Health Week always begins on the Monday before Father's Day and ends on Father's Day itself. During 2022, it will run from Monday the 13th until Sunday the 19th of June. The week is all about encouraging healthy bodies, hard exercise, good diet, and regular visits to the doctor for check-ups. The overall goals of the week are to heighten awareness of preventable health problems for males of all ages, support men and boys to engage in healthier lifestyle choices/activities, and encourage the early detection and treatment of health difficulties in males.

Healthier men live happier, longer lives. Men should follow up routinely with their primary care physician for check-ups. Cardiovascular health is one of the body systems the doctor will likely look into. It is estimated that 1 in 3 men are affected by heart conditions. Changes in diet and lifestyle, limiting alcohol intake, reducing stress, in addition to exercise, can help lower the risk of developing heart disease reducing the risk of having a heart attack or stroke. The physician will likely order blood work to check cholesterol and a glucose level to assess the risk for heart disease.

Another thing a primary care physician will monitor for is cancer. Prostate cancer is the leading cancer for men in the United States. It is followed by lung cancer and then colorectal cancer. Prostate cancer can be cured typically if it's detected early. Men who are at high risk should begin yearly screening for prostate cancer at age 40 or earlier, all others at age 50. The doctor may choose to draw a PSA blood test or do an exam of the area.

Your physician will likely assess your mental health and well-being at your visit. Depression is under-diagnosed in men. Men are four times more likely than women to commit suicide. As you age, you may also start to feel stressed or depressed to the loss of a loved one, health problems or financial difficulties. Just as the body changes with age, so does the mind. You may find that you're misplacing things or you're just not as on top of things as you used to be. You may experience memory loss and other intellectual abilities serious enough to interfere with daily life caused by dementia. Stress may cause you to lose energy, fail to eat enough or isolate yourself. It's important to communicate any of these changes with a trusted health professional.

Important things to remember: limit the number of alcoholic drinks consumed in a week, stay active, maintain a healthy diet, get at least 7-8 hours of sleep a night, and check in with your family doctor on a consistent basis to stay healthy for as long as possible.



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STAYING ACTIVE



THE DIABETES & WELLNESS TEAM PARTICIPATED IN A MUD RUN 5K OBSTACLE COURSE IN OKC IN APRIL. THIS IS ONE OF MANY WAYS THAT YOU CAN STAY ACTIVE THIS SUMMER. PICK AN ACTIVITY THAT YOU ENJOY AND HAVE FRIENDS AND FAMILY JOIN IN ON THE FUN! IF YOU HAVE QUESTIONS ON HOW TO GET STARTED, PLEASE CONTACT 405-701-7977



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UPDATED PHARMACY MAIL POLICIES



Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

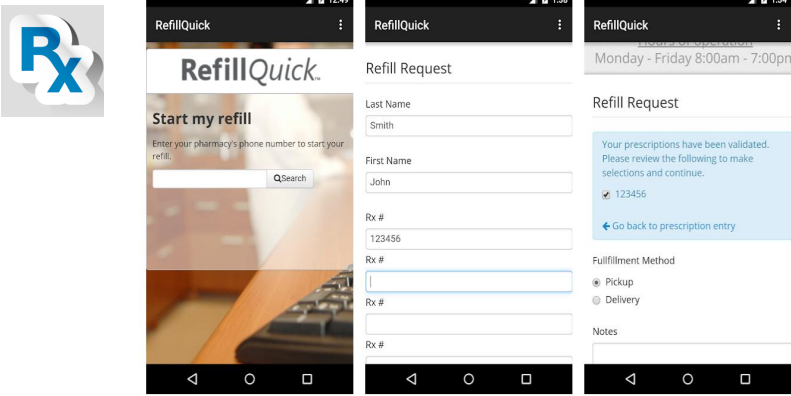
Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.



Thank you!

REFILLQUICK APP STEP BY STEP INSTRUCTIONS

- Download the RefillQuick App on your Apple or Android device
- Open the app and enter your preferred pharmacy phone number, this will be saved as your default pharmacy in the future: LAHC 405.292.9530 Shawnee Clinic 405.878.5859
- Enter your information in the refill request boxes and submit
- Once submitted you will see a prescription validation message. If you do not see this check your prescription numbers and for correct spelling of name



****For a "Pocket Profile" (list of all your medications) please request this verbally to our pharmacy staff.**



Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

- ✓ Primary Care Medical Services
- ✓ Behavioral Health Services
- ✓ Service-Connected Disabilities
- ✓ Dental Services
- ✓ Vision Services

VA disability assessments and re-assessment exams and VA Compensation and Pension Exams must be scheduled at a VA facility.


Did You Know?

American Indian and Alaska Native Veterans now have increased health care options through reimbursement sharing agreements with the VA, and you can choose to seek care through VA or through the ASTHS Tribal Health System for your VA healthcare needs? These agreements mean more resources are available to support the collective health and wellness of tribal veterans.


VA Benefits

ASTHS Patient Benefit Advocates and our local area VA Native American Nurse Navigator can help tribal veterans navigate VA benefits for which they may be eligible, such as health benefits, disability, pension, education and training, NA housing loans, survivors' benefits, and more.


OKC VA Native American Nurse Navigator:
405.456.3808
Apply for VA Health Benefits:
800.827.1000
Apply for VA Benefits:
855.488.8441
www.va.gov




Little Axe Health Center
405.447.0300




Shawnee Clinic
405.878.5850



Office of Tribal Government Relations
va.gov/tribalgovernment | 405.456.3876



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
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www.asthealth.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.




ABSENTEE SHAWNEE TRIBAL
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WWW.ASTHEALTH.ORG




ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
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CALL TODAY TO SCHEDULE YOUR FREE MEDICARE ANNUAL WELLNESS VISIT*

*Receive a free tote packed with essential tools to help you manage your health.





Chronic Care Case Management Team:
Traci Faust, RN 405.701.7980
Heather Franklin, RN 405.701.7016


ANNUAL WELLNESS VISIT:

- Completion of personalized Health Risk Assessment.
- Medical & family history review.
- Updating list of current providers & prescriptions.
- Height, weight, blood pressure & other measurements.
- Cognitive impairment detection.
- Assessment of one's current health to highlight high-priority health risks.
- Screening for preventive services.
- Recognize possible gaps in a patient's healthcare.

CHRONIC CARE MANAGEMENT SERVICES:

- At least 20 minutes a month of CCM services.
- Personalized assistance from a dedicated healthcare professional who will work with you to create a plan of care suited to your specific healthcare needs.
- Coordination of care between your pharmacy, specialist, testing centers, hospitals, & more.
- Expert assistance with setting & meeting your health goals.
- Assistance finding resources in your community.
- Coordinate care with all providers to include specialist, primary care & hospital.

ABSENTEE SHAWNEE TRIBE BEHAVIORAL HEALTH/SASP GRANT PRESENTS



WHITE BISON, INC.
A CULTURAL APPROACH TO PERSONAL RECOVERY FROM SUBSTANCE ABUSE

WELLBRIETY WORKING LUNCH


Facilitated by: John Soap, LPC

EVERY THURSDAY VIA GOTOMEETING
[HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/801887957](https://global.gotomeeting.com/join/801887957)

BEGINNING MAY 27TH, 2021
12:00PM-1:00PM

FOR FURTHER INFORMATION, CONTACT:
Brendan (SASP Coordinator) or John (Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

HOW THE PROCESS WORKS

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

FOCUS

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

Step 1: Honesty	Step 5: Integrity	Step 9: Justice
Step 2: Hope	Step 6: Willingness	Step 10: Perseverance
Step 3: Faith	Step 7: Humility	Step 11: Spiritual Awakening
Step 4: Courage	Step 8: Forgiveness	Step 12: Service

TEACHINGS OF THE MEDICINE WHEEL

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

1.) 4 seasons of change	6.) Nature's Way: Principles, laws, and Values	10.) Comfort Zones
2.) 4 laws of change	7.) Cycle of Life	11.) The Two Thought System: Love and Fear
3.) 4 directions of growth	8.) 8 feelings for healthy development	12.) The medicine wheel
4.) 12 principles for healthy living		13.) The laws of the unseen world.
5.) Reclaiming Our Power		

AST HEALTH SYSTEM DIRECTORY

LITTLE AXE HEALTH CENTER.....	405-447-0300
Administration	
Business Office	
Little Axe Dental	
Health Information Management	
Lab/X-Ray	
Optometry	
Patient Benefit Advocates	
Primary Care	
Public Health	
Security	
Electronic Health Record	
Physical Therapy	
Behavioral Health.....	405-701-7987
Little Axe Purchased Referred Care	405-701-7951
Diabetes & Wellness	405-701-7977
Pharmacy	405-292-9530
CompleteCare Home Health.....	405-701-7085
Transportation.....	405-701-7603

SHAWNEE CLINIC	405-878-5850 OR 877-878-4702 TOLL FREE
Administration	
Business Office	
Health Information Management	
Lab/X-Ray	
Patient Benefit Advocates	
Contract Health	
Physical Therapy	
Primary Care	
Public Health	
Behavioral Health.....	405-878-4716
Diabetes & Wellness	405-701-7977
Pharmacy	405-878-5859 OR 866-742-4977 TOLL FREE
Transportation.....	405-701-7603

PLUSCARE	405-447-0477
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GENERAL	
AST Resource Center.....	405-364-7298
Corporate Compliance Hotline.....	405-701-7135
Patient Advocate	405-701-7623
AST Tribal Complex	405-275-4030
AST Tribal Police	405-275-3200
AST Housing	405-273-1050



Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT NO COST TO YOU OR YOUR TRIBE

Special Enrollment Periods

Did You Know?

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
- To add services, equipment, or help more people, we need your assistance.
- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchased Referred Care dollars go further.

Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850

HEALTH SYSTEM
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YOU MAY BE ELIGIBLE FOR A \$0 COST HEALTH PLAN UNDER THE AMERICAN RESCUE PLAN.

Help yourself, help your tribe and see if you will qualify for coverage that will provide you and your family with immediate access to specialized healthcare at no cost to you or your tribe.

Did you know? The American Rescue Plan (ARP), recently signed into law by President Biden, increases and expands eligibility for cost-savings programs under the Affordable Care Act (ACA) in the form of premium cost assistance for individuals enrolled in Health Insurance Marketplace plans.

The premium assistance is in the form of a IRS Advance Premium Tax Credit taken in advance of the tax year, lowering or eliminating health insurance premiums for lower-and middle-income families. Signing up for a low-or-zero cost health plan allows tribes to receive reimbursement for services, which frees up more dollars to help those who are not eligible for cost-savings programs, helping Purchased Referred Care dollars go further.

Native Americans must apply for all available resources, if eligible, to help augment the cost of tribal healthcare services. Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

Health Insurance Marketplace
www.healthcare.gov
1.800.318.2596

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300 www.asthealth.org	Shawnee Clinic 405.878.5850
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HEALTH SYSTEM
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How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.

Go online to **SSA.gov**. Our website is the best way for most people to get help.

If you cannot use our website call our National 800 Number (1-800-772-1213) or your local Social Security office for help.

We will schedule an **appointment** for you, if **necessary**, to serve you by phone or in person.

What to Know if You Must Visit an Office:

- You must have an appointment to visit an office.
- Masks are required for all office visitors and employees, regardless of vaccination status.
- Visitor capacity is limited to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.

Securing today and tomorrow

SSA.gov |

Social Security Administration
Publication No. 06-10558
December 2021 (First edition)
How to Get Help from Social Security
Produced and published at U.S. taxpayer expense

Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$18,768 per year for an individual; under \$38,304 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits at no cost to you or your tribe.

Program rules and continuity of care necessitates completion of an annual application for benefits to assure services are covered, even if ASTHS patient is already insured.

TO APPLY:

SoonerCare
www.mysoonercare.org

WE CAN HELP

Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300 www.asthealth.org	Shawnee Clinic 405.878.5850
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