



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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June 2023

Absentee Shawnee Tribe's App Redesigned

Most people have smart phones and use apps on a daily basis. The Absentee Shawnee Tribe even has an app. The app was developed in 2019 and had low usage. But the Media department completely revamped the app and made it more user-friendly. The simple features provide easy navigation and more information right at your fingertips.

App users can view all the events, classes, meetings and announcements in one easy tab. The member services feature allows users to scroll through the various departments from Agriculture to Workforce development. Each department is listed along with an overview, contact information and forms or applications.

Members can find tribal phone numbers and even directions under the contact us tab. The feature has combined call, directions and website capabilities.

Tribal members can search and apply for jobs, read the newsletter, view the health services and share the app.

One of the newest and exciting features is the ability to access the pre-recorded online Shawnee language lesson series Ne mi ta Si wi nwi to wa (I want to speak Shawnee). The classes are available to tribal members only and previously members had to view them from the website. With the updated app, members can access them directly from their phone much faster. Tribal members can now have access to language no matter where they go.

Language lessons can be found under the tribal member only tab. This tab also allows members to view the General Council book, meeting agendas and watch videos of past meetings.

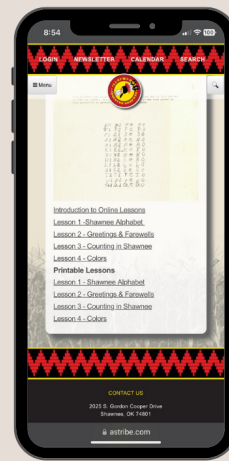
The AST gift shop has plans to have online shopping soon. The app has a button that will take you to their online store once it is available.

The government tab lets users read the constitution; view the tax codes and takes users to the Executive Committee and other tribal government entities.

Push notifications will be sent out in the event of emergency closures or other important announcements. By utilizing the app, tribal members can keep up with all the events taking place at the tribe and find information faster and quicker.

The free app is available on the App Store and Google Play by searching Absentee Shawnee Tribe.

CHECK OUT OUR NEW APP FEATURES!



Search "ABSENTEE SHAWNEE TRIBE"



FOR QUESTIONS ABOUT THE APP,
CALL (405) 598-1279 OR
EMAIL MINDYL@ASTRIBE.COM

CONTACT US WITH COMBINED
CALL, EMAIL & DIRECTION
CAPABILITIES

ACCESS TO MEMBER SERVICES

KEEP UP WITH UNEXPECTED
CLOSURES OR IMPORTANT
MESSAGES BY SIGNING UP FOR
PUSH NOTIFICATIONS!

LISTEN TO LANGUAGE LESSONS

ONLINE GIFT SHOP
(COMING SOON)

From The Election Commission

SAMPLE BALLOT

Tribal Members:

The Annual (Run Off) Election will be held on Saturday, June 17, 2023. The voting polls will be located at the Little Axe Resource Center on Peebly Road, 1970 156th Ave NE, in Norman, Oklahoma and at the AST Health Multipurpose Building, 2029 James L Edwards Lane, 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.**

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 Example:

- | | |
|--------------------------------------|-------------------------------------|
| No "vote for..." sticker on cars | No campaign clothing |
| No disbursement of campaign material | No 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.

Tear Off ➡

BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
ANNUAL (RUN OFF) ELECTION
JUNE 17, 2023

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

EXECUTIVE COMMITTEE

GOVERNOR (4 Year Term)

John Raymond Johnson ----- ☐

Ewell Longhorn ----- ☐

SECRETARY (4 Year Term)

Alicia L. Edwards Miller ----- ☐

Misty McGirt ----- ☐

VOTE

Saturday, June 17, 2023 - Annual (Run Off) Election



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello fellow tribal members,

June is the start of the summer months. It looks like we will have a nice hot summer. I encourage everyone to get their air conditioners serviced and ready for these next couple of hot months.

Treasurer Blanchard and I had the opportunity to go to the Native American Finance Officers Association (NOFOA) in Washington DC at the end of April. The two day agenda was packed full of information. The big topics were clean energy and Broadband; how to produce and how to capitalize on it to make a profit.

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,

Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@atribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance department has completed 29 work orders in the last month while starting the mowing season on the complex. The Maintenance staff also assisted the Emergency Management department during the April 19th tornado. I would like to thank the Maintenance department and Housekeepers for all their hard work they do for the department.

OEH:

In total for 2023 OEH has assisted Tribal members with 27 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2023, we have collected, processed, and recycled 14 bales of shredded office paper and cardboard equaling roughly 10.5 tons of recyclable waste that has been diverted from landfills.

Dirt work has been completed for the new police safety center. Plumbing for the site has also been completed. We are awaiting final engineer approvals to move forward with pouring the slab and are expecting for the construction of the build-

SECRETARY’S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

Every month the Executive Committee attends a series of meetings. Some of those meetings are either with specific oversight departments or with entities where an individual EC serves as a liaison. Below are the meetings I attended, on behalf of the tribe, for the month of May.

Tribal directors meeting is a standing meeting to obtain program/department reports and updates from each of the 24 tribal directors. This meeting can be lengthy but is very informative to be updated on the happenings around the campus. Information sharing among the directors is critical so departments do not feel the “silo” effect and be able to work with one another on information sharing and partnerships. This also helps the EC keep informed of tribal community activities.

The ASTHA Board meets on the 3rd Tuesday of every month. Due to the construction at the Little Axe Health Center, the meetings have been held in the training room. It has been reported the LAHC radiology and lab are now fully operational in their expanded/new locations. The build for the new 4-lane pharmacy is in full swing and this is expected to continue till November. Dental will move into their expanded area in October. There is a lot of moving here and there between departments so be sure to read the signage when visiting. Completion of this project is still planned to be February, 2024. Shawnee Clinic build will be coming soon. We are in the space, design and budgeting phase and we procured 69.5 acres for the new site which is exciting. The acreage is located on Ben-

son Park Road. As we progress for this particular project, I will be able to share more details. The COVID-19 Public Health Emergency is no longer but please remember COVID-19 still exists, only the emergency status which has changed. Primary and booster vaccinations are still ongoing by appointment through your primary care physician or the AST Public Health Department.

Health Shareholders Representative quarterly meeting was held in conjunction with the health board, and we discussed 105L leasing with additional planned internal meetings to discuss if this is a feasible approach for the tribe. 105L Lease is a law where the Indian Health Service compensates a federally recognized tribe for facility operational expenses relating to the use of a facility to operate contracted or compacted PFSAs (program, function, services, activity) in the form of a lease agreement. There are more criteria to this process and again, we are vetting to see if this is beneficial for AST. This is also being researched for the BIA program’s side as well.

ASEDA had to reschedule their meeting due to conflicting schedules for this month. We were previously meeting weekly to establish administrative processes, responsibilities and reflecting of where we have been and where we want to go as far as gearing up strategic planning. We are still looking for 2 ASEDA board members. Our current board members all come with a wealth of experience and heavy business backgrounds. The EC is searching for 2 additional members with comparable experience to complement our existing board. If you would like to be a part of ASEDA, please email your resume and letter of interest to secretary@atribe.com.

Attended the Shawnee Recovery Committee facilitated by House Representa-

ing to begin the first weeks of June.

We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.

Jarrold Lloyd, OEH&E Director
jlloyd@atribe.com - (405) 214-4235

Self-Governance

We were happy to be able to host the OK Self-Governance Coalition on May 9th at the Multipurpose Building. We had a really good turnout with a total of 9 different tribes represented. Updates were given on IHS and BIA in regards to Grants, Appropriations and Budgets, Contract Support Costs, Joint Ventures, Progress Act and P.L. 102-477. The annual Tribal Self-Governance Conference will be held in June in Tulsa, OK. The Sovereignty Symposium will be held in OKC next month as well.

BIA Roads Program

Pottawatomie County has a new District 3 Commissioner, Abby Thompson. Ms. Thompson has been in contact with me and hope to have future projects. The District 2 seat is currently open as Mr. Randy Thomas resigned at the end of February. No one has been appointed to fill the seat so they will have elections soon. I hope new District 2 Commissioner will be willing to work with us as well.

I am excited that both the City of Norman and Cleveland County has agreed

I look forward to being able to attend and receive some updated information.

Bread dance was held the first part of May. It was great to see the amount of visitors and tribal members that showed up for these cultural ceremonies. The weather was great and the dancing was even better.

Since the tornados in May, most of Shawnee has been cleaning up. I know that many tribal families were affected and some even lost their homes. My thoughts and prayers go out to all the families that are continuing to deal with storm damages and the rebuilding process.

In closing, I want to remind everyone to go VOTE on June 17th.

to work with us on three different projects once we receive safety funds. Those projects will be on 72nd Avenue, 156th Avenue (S-Curve) and 168th Avenue and Franklin. We still continue to have other projects with Cleveland County and hope in the near future to have an Interlocal Agreement with the City of Norman.

Any questions or concerns please email at TwylaB@atribe.com or (405)275-4030.

Weatherization Program

Hello, I hope all is well. Progress is still a little slow due to the recent tornadoes in the Shawnee area. Glass is hard to find and is a first come first serve bases. I will be working the Little Axe are for the next couple of weeks and then the Shawnee area in the middle part of June. Stay safe and be weather aware. Feel free to call or text me with any questions cell# 405-827-4311 or email dmarshall@atribe.com.

Land Management

Land Management has been working on the softball field at the youth camp removing trees to expand the field. We also have been working with Realty department clearing and redoing fence lines. Out of the wood that we are removing it will go back to our fire wood program for the upcoming winter months this year. Any concerns or questions please feel free to email or call cmartinez@atribe.com 405-395-8101.

Respectfully,
Lt. Governor DeLodge

tive Dell Kerbs (District 26) shortly after the tornado on April 19th. The Governor, Lt. Governor, the Representative, and I were in attendance for these meetings. Everyone from FEMA, OG&E, American Red Cross, banking institutions, community organizations and fellow tribes were in attendance. Maps of the tornado path was shared, economic impacts, community issues were also shared, and available assistance information provided. There was a representative from Moore who was there to help lend experienced firsthand knowledge on tornadic damage of a city and various volunteer committees are forming from these recovery meetings. What we did learn was the tornado did not actually touch down and if it had, we would be having very different grim conversations. I am glad no one was seriously hurt here in Shawnee especially our tribal members. As I mentioned in last month’s article, material things can be replaced, our people cannot. Ne yi wa to everyone from staff to laypersons who helped with the recovery efforts. Please remember tribal folks are still rebuilding and it will take a while to still feel a sense of security after this traumatic experience.

This month we will be deciding the positions of Governor and Secretary of the Absentee Shawnee Tribe. Please be sure to get out and vote on Saturday, June 17th from 8:00 A.M. to 6:00 P.M. at the Little Axe Resource Center and Shawnee MPB. Whatever the outcome may be, I will always be proud to be AST and I will always represent my tribe the best of my ability no matter where I am.

Si li no ke ka no la. Ne yi wa.

Respectfully,
Alicia Miller
Tribal Secretary
(405) 287-5247

REPRESENTATIVE’S REPORT
DeWayne Wilson, AST Representative

Hello Tribal Members,

Again I want to take the time to wish our graduating class of 2023 “Happy Graduation!” I would like to express my gratefulness that no one was injured or worse during the tornado that hit the Shawnee area on April 19th, 2023. This Executive Committee worked diligently with tribal, city, state, and federal officials as well as private organizations to provide our Tribal membership with the latest information concerning how to properly apply for FEMA assistance. Also, we assisted by advising individuals’ homeowners’ their information would be channeled to other private organizations for continued or other types of assistance.

Education Department:

It’s been a busy time with school graduations occurring and filing out Education applications for the coming year. Education employee stays involve with the ESSA Tribal Consultation with other area schools and while attending and/ or presenting at Indian club meetings of local

area schools. As a reminder; on June 10, 2023, Camp Nikoti Summer Youth Leadership Camp starts. The Education Director also attended NINAEETEC Training and a Tecumseh Public School, School Board meeting this past month.

The Workforce department has been busy this past month; Each HVAC student continues meeting the training requirements for obtaining their HVAC license at Moore Norman Technology Center. By the time you receive this newsletter, all three HVAC students will have completed their first semester of training. The HVAC employees continue helping Tribal elders with maintenance on their HVAC units, preventative maintenance and installing smoke and carbon monoxide alarms. If any tribal elders need assistance with their air- conditioning units do not hesitate to contact the Tribe’s HVAC mechanic .

Cultural Preservation:

In Cultural Preservation, they have on-going projects; Oral History (THPO), Migration Routes of the Shawnee, and a Boarding School. These projects are important to assist us in recording our history for ourselves and for our future generations.

erations. Cultural Preservation, THPO, Language, and Library continue to work with tribal departments, other Tribal Nations, and area schools by giving presentations and classes in those respective areas. In April, the Language Program attended/ participated in a two-day panel titled “How to Become a Native Language Ally” which was hosted by/ at the Seminole State College. There were five other tribal nations that attended and participated in this event. In June 2023, the Language Program will conduct four one-hour long language workshop sessions at the Seminole State College. For general Language Program questions and information, please contact the department by phone (405) 275- 4030, EXT 6340 or email at ASTLanguage@astribes.com.

Gaming Commission:

The AST Gaming Commission external audit is complete and was submitted to National Indian Gaming Commission (NIGC). The Gaming Commission internal audit continues this month which affects Employee and Vendor Licensing, Surveillance, the State of Oklahoma Gaming Compact, and Title 31. AST Gaming Commission completed the Ca-

sino’s annual refresher training for Title 31. Gaming Commissioners and Gaming Commission employees attended the Oklahoma Tribal Gaming Regulatory Association (OTGRA) Conference at River Spirit Casino in Tulsa, OK.

Youth Camp:

Nothing new to report at the Youth Camp, construction was slow this month due to the weather. Some burning of trees and dirt work occurred in preparation of starting on the baseball/softball field. The Tribe’s Self Governance Dept. continues working with Cleveland County, who’s been working on leveling gravel on the Youth Camp roads.

If I haven’t said it lately, it’s been my privilege to serve as your Tribal Representative. If you have any questions or concerns about these programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 6239 or by email: dewayne.wilson@astribes.com.

Respectfully,
DeWayne Wilson
Tribal Representative



THUNDERBIRD CASINO
ANNIVERSARY CELEBRATION
JUNE 30 - JULY 3

FREE ADMISSION • ALL AGES WELCOME
BRING YOUR OWN LAWN CHAIR

FRIDAY, JUNE 30- SATURDAY, JULY 1
POW WOW

SUNDAY, JULY 2
FREE JOHN ANDERSON UNPLUGGED
OUTDOOR CONCERT

MONDAY, JULY 3
FREE BELLAMY BROTHERS
OUTDOOR CONCERT

THREE FIREWORKS SHOWS ALL AT 10:30PM!
SATURDAY - MONDAY, JULY 1, 2 & 3

playthunderbird.com

THUNDERBIRD CASINO NORMAN



THUNDERBIRD CASINO
ANNIVERSARY CELEBRATION

FRIDAY, JUNE 30

Social Stomp Dance
Thunderbird Casino Pow Wow Grounds
Grand Entry 7pm

Stomp Dance 10:30pm
Adult exhibition, all dancegrounds invited

FOUR \$1,000 WINNER TAKES ALL CONTESTS!
Each contest has seven \$100 consolation prizes to be paid out. Men's Fancy, Traditional, Ladies Fancy Shawl, Cloth/Buckskin

Tiny Tots 0-6 Years - No registration required

Juniors Ages 7-12 - \$150, \$100, \$50
Boys combined, Girls combined

Teens 13-17 - \$200, \$150, \$100
Boys: Grass/Fancy, Traditional/Straight
Girls: Cloth/Buckskin, Fancy Shawl/Jingle

Golden Age 56 and up - \$600, \$400, \$200
Men's Combined, Ladies Combined

SATURDAY, JULY 1

Registration Opens at 2:30pm, Closes at Grand Entry

Gourd Dance 2pm

Supper Break 5pm

Inflatables 5:30pm - 9:30pm

Gourd Dance Resumes 6pm

Grand Entry 7pm

Dancers must dance Grand Entry on the night of their contest. All dancers must register and display a number.

Adult Categories - \$600, 400, \$200
Men's Straight, Traditional, Fancy, Grass
Ladies Cloth, Buckskin, Fancy Shawl, Jingle Dress

Senior Adults 46-55 - \$600, \$400, \$200
Men's Straight, Traditional, Fancy, Grass
Ladies Cloth, Buckskin, Fancy Shawl, Jingle Dress

Fireworks Show 10:30pm

SUNDAY, JULY 2

FREE JOHN ANDERSON OUTDOOR CONCERT
Gates 5pm

Inflatables 5:30pm - 9:30pm

Free Watermelon Feed 6pm

Gary Gibson 6:30pm

John Anderson Unplugged 8:30pm

Fireworks Show 10:30pm

MONDAY, JULY 3

FREE BELLAMY BROTHERS OUTDOOR CONCERT
Gates 5pm

Inflatables 5:30pm - 9:30pm

Free Watermelon Feed 6pm

Levi Walker 6:30pm

Bellamy Brothers 8:30pm

Fireworks Show 10:30pm

POW WOW HEAD STAFF

Arena Director: Randy Frazier
M.C: Mark Bolin
Head Singer: Mike Kihega
Head Gourd Dancer: Jason Bender
Head Man: Dillon Moore
Head Lady: Hanna Pratt
Color Guard: Absentee Shawnee Veterans
Co-Hosts: Tinker Intertribal, Oklahoma Indian Bikers, and 3G Cultural Club
Stomp Dance Coordinator: Scott Miller
Pow Wow Coordinator: Leah Bender

THREE FIREWORKS SHOWS ALL AT 10:30PM!
JULY 1, 2 & 3

BRING YOUR OWN LAWN CHAIR • FREE ADMISSION • OPEN TO THE PUBLIC • ALL AGES WELCOME

15700 E. STATE HIGHWAY 9 • NORMAN, OK 73026 • 405.360.9270
Vendor Coordinator: Pamela Gibson - pamelag@tbecinc.com or 405.360.9270 ext. 1202
Event Coordinator: Lisa Frazier - lisaf@tbecinc.com or 405.664.7060

Thunderbird Casino is an enterprise of the Absentee Shawnee Tribe and assumes no liability and is not responsible for accidents or theft.

ABSENTEE SHAWNEE TRIBE

BOARD VACANCIES

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

ASTHA
Foster Care
Tax
ASHA
ASEDA
NAGPRA
Gaming Commission
Education
TEI

PLEASE SUBMIT YOUR LETTERS OF INTEREST WITH RESUME ATTACHED TO:

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





WILLS CLINIC
PRESENTED BY:

ABSENTEE SHAWNEE TRIBE
REALTY/PROBATE
DEPARTMENT

TUESDAY
JUNE 20, 2023

9AM TO 2 PM

MULTI-PURPOSE BUILDING

PLEASE BRING THE FOLLOWING

-  **DRIVER'S LICENSE, TRIBAL OR STATE ISSUED ID**
-  **FULL NAMES AND DATES OF BIRTH OF YOUR CHILDREN AND GRANDCHILDREN**
-  **ANY PAPERWORK REGARDING YOUR INDIAN LAND**

PLEASE CONTACT THE REALTY DEPARTMENT BEFORE THE EVENT IF YOU NEED YOUR LAND INFORMATION @ 405.275.4030 EXT. 6246 OR 6248

BY APPOINTMENT ONLY TO INCOME ELIGIBLE TRIBAL MEMBERS
PLEASE CALL O. I. L. S. @ 405.943.6457 TO DETERMINE ELIGIBILITY AND TO SET UP YOUR APPOINTMENT BEFORE THE EVENT





Joplin

Happy 15th birthday to my young man! I'm so proud to be your momma! Love, Mom

Jop - Little brother you ain't so little anymore! Happy birthday, Love Jil & Justin

Joplin - Happy happy birthday to my wonderful nephew! Auntie loves you very much! Love, Aunt B.

Happy Birthday Jop! Hope you have a blessed day! Love Tammy, Aunt Gert, Rodney, Tony, Batty & Broadie



Catalyna

Happy 14th birthday babe! I love you with all my heart and soul. Thank you for being such a beautiful blessing in our lives. Continue to keep God first. We hope you have a beautiful and blessed birthday babygirl. Forever and always my little girl!

Love Momma and Toby



Congratulations!

Tribal member Kiara Stallin was the state runner up in shot put with a throw of 39'2" at the 2023 4A State High School Track Meet.



Congratulations

Tribal member Keelym Parks recently got 1st place in regionals for the Absentee Shawnee Housing Authority poster contest and also got 1st place with the Southern Plains Indian Housing Association on April 27th 2023 at the Hard Rock casino in Tulsa, OK and received \$800 incentive for his category. Keelym is 10 yrs old in the 5th grade and attends Tecumseh public school Crosstimbers.



Happy heavenly 80th birthday to our feisty momma. We love you & miss you so very much. Love your kids, Sherrie & BJ & your grandkids - Joplin, Jiliyan & Justin

Happy Birthday



Congratulations!

Derek Molenhour
Congratulations on graduating from Little Axe High School.

Kiddy 500 Box Car Race



Kiddy 500 Box Car Race- April 29,2023

The child care Assistance Program would like to thank all who help make this event amazing. A huge thank you to the ICW Team for their collaboration. We had a great turn. The families went above and beyond on making these cars. We had a great turn-out and look forward to doing it again next year.



Child abuse awareness and prevention.

Child abuse awareness and prevention.

AST Complex will be closed Monday, June 19, 2023 - Juneteenth Day



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**
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE

Building Blocks II




Building Blocks had a wonderful turn out of Mom’s for Muffins on May 12th. We had 17 Mom’s/Grandma’s came to join their child. Building Blocks will have ‘Donuts with Dads’ in the afternoon at 3P.M. on Friday, June 16th. We invite Building Blocks Dads to join their child for Donuts. Happy Father’s Day on Sunday, June 18th.


We are currently hiring staff, if you are interested in applying visit <https://www.astribecom.com/employment> for applications and to see what positions are available.

Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

With the first day of Summer being June 21st, Building Blocks will begin Splash Pad days in our classrooms on June 5th. The children enjoy a refreshing visit to the Splash Pad where they can cool off. Remember the days will be getting hotter this month, so use sunscreen when going outdoors and hydrate with lots of water to drink.
Have a Great 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 C.D.C.

It’s officially summer time again, and with the summer heat, our students get to enjoy water play days again! This month the children will be learning about: all things water, being on the go, & learning their directions. Our school agers will be enjoying scheduled field trips for summer break. Stay tuned next month for more pictures!

Closure: Monday June, 19th for Juneteenth

If you love being around children, have early child care training/experience, and eager to learn APPLY NOW!


NOW HIRING! Multiple positions! Call (405) 360-2726 or Apply Online @ <https://www.astribecom.com/employment>.

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.


Director: Skye Foreman, Assistant Director: Renee Richardson


Here are a few of the pictures of the children planting seeds in the center’s garden.






Proud Absentee Shawnee Tribal Member Ryan Brady wore his AST Stole at his college graduation ceremony from the Colorado State University. He graduated with a Bachelor of Science in Civil and Environmental Engineering

**Congrats!**



Payton Lee Brady
Crossings Christian School

**Congrats!**

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@astribecom

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.

Cultural Preservation Department

Po ki mi we ke s'fwa
(poh kah mah wee kee s'thweh)
Plum Month
June

Ma qe lo – run
(meh qee loh)

Ke ti n'he wa pa – we won
(kee tah n'hee weh peh)

So s'ti lo – slide
(soh s'tah loh)

Hi pe ta fe lo – hustle
(hah pee teh the loh)

Ke mo ta lo – steal the base
(kee moh teh loh)

Ma ne ta ha ko – have a good time
(meh nee teh heh koh)

Ho wa ka qi s'ki mi wa pa – time to play ball
(hoh weh keh qah s'kah mah weh peh)

Pe ti mo ke – make a goal
(pee tah moh kee)

Ka ma sa ni – catch the ball
(keh meh seh nah)

Ke ti n'ha ko pa – we lost
(kee tah n'heh koh peh)

Ke ma ti m'hi – safe!
(kee meh tah m'hah)

Ke lo fa pi ke la ko pe – you're out!
(kee loh teh pah kee leh koh pee)

Ka k'ge ta la mi – watch the pitcher
(keh k'chee teh leh mah)

Ni ti mi ka ko – everybody help
(nah tah mah keh koh)

Na n'pa ke la ko – throw the ball
(neh n'peh kee leh koh)

Gi ke we ya fi we ki to wi mi le ma ta la me wa ti ho wa se li si mi mo wa
(cheh kee wee yeh thah wee kah toh wah mah lee meh teh leh mee weh tah hoh weh see lah sah mah moh weh)
We all need to pray for blessings.

Don't forget to fill out a language survey on the AST website and access to pre-recorded language lesson on the tribal member login page.

Si li no ke ka no la! Ne yi wa!



Library Newsletter

June 2023

Books of the Month

The People We Meet by Allison Larkin.
Little River, New York, 1994: April Sawicki is living in a motorless motorhome that her father won in a poker game. Failing out of school, picking up shifts at a local diner, she's left fending for herself in a town where she's never quite felt at home. When she "borrows" her neighbor's car to perform at an open mic night, she realizes her life could be much bigger than where she came from. After a fight with her dad, April packs her stuff and leaves for good, setting off on a journey to find a life that's all hers. Driving without a chosen destination, she stops to rest in Ithaca. Her only plan is to survive, but as she looks for work, she finds a kindred sense of belonging at Cafe Decadence, the local coffee shop. Still, somehow, it doesn't make sense to her that life could be this easy.
This lyrical, luminous tale "is both a profound love letter to creative resilience and a reminder that sometimes even tragedy can be a kind of blessing" (Caroline Leavitt, New York Times bestselling author) Available on Libby.

Taylor Swift: A Little Golden Book Biography is the latest release from the "Little Golden Book" series, which introduces kids to famous entertainers, proverbs and historical figures through colorful books that bear the iconic golden binding on the side. The Little Golden Book quickly shot to number one on the "Best Children's Biographies" list. Now, SWIFTIES can finally get their hands on their own copy. \$5 on Amazon.

Summer Reading

Summer break is a fun time for kids to kick back, indulge in a little extra screen time, play outside, spending time with friends and a few fun excursions. However, all of this free time can lead to the summer slide. Younger children are prone to the most learning loss because they're at a crucial stage in their development. Children from low-income families are also disproportionately affected by the summer slide, in ways that can affect them years into their education.

The library is here to help keep kids reading over the summer. We will be working with our summer school programs in June & July. By giving kids access to a wide variety of books that they enjoy reading and are fully able to comprehend. They'll be on board!

This summer the theme is All Together Now and focuses on friendship, kindness, and unity. Many libraries will be hosting programs and sponsoring reading contests.

If you need help finding books or resources please let me know. I am happy to help you sign up for a library card and show you how to use the Libby App to access our virtual library where we have over 70,000 books available for all ages.

Great list of Native YA titles:
<https://www.lapl.org/teens/books/native-american-young-adult-fiction-you-need-read>
2023 ALSC Summer Reading Lists:
<https://www.ala.org/alsc/publications-resources/book-lists/summer-2023>

Apply for a AST Library card online!
<https://form.jotform.com/230804193039150>
<https://libbyapp.com/library/okvirtuallibrary>
<https://www.librarycat.org/lib/ASTrib>



PUBLIC NOTICE

OPENING DATE: THURSDAY JUNE 22, 2023 AT 12:00pm

The Absentee Shawnee Tribe of Oklahoma will be offering salvage vehicles, miscellaneous heavy equipment, office furniture and equipment for sale at a SEALED BID AUCTION with all sales final to the highest bidder.

All items will be SOLD AS IS with attachments, parts, accessories, or quantities as shown at time of the sale.

All items will be available to view and inspect at Thunderbird Casino at 15700 East State Highway 9, Norman, OK on June 22, 2023 between 8:00am to 11:59am. All items will be available to view on The Absentee Shawnee Tribe of Oklahoma website at www.atribe.com under Procurement on the SERVICES tab beginning Friday May 19, 2023.

All bids must be submitted on the bid form and sealed in the envelope provided by The Absentee Shawnee Tribe the day of the auction. Interested bidders may receive a bidding packet from The Procurement Department at the Tribal Complex or online at www.atribe.com under Procurement on the SERVICES tab beginning Friday May 19, 2023.

Sealed bids must be submitted in person on June 22, 2023 prior to bid opening at 12:00pm.

The successful bidder will be required to pay in full the day of the auction by credit card and all item(s) purchased will need to be removed from Thunderbird Casino by 5:00pm the day of the auction.



Our bankers can help you on a path to financial success. Let's put a spring cleaning plan in place now so you're ready for whatever comes your way. We offer several savings options as well as debt consolidation loans.

AllNations Bank

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www.anbk.com



Let's make this year your best financial year.

Meet with a banker and start your financial spring cleaning today!



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- Vision
- Life

Additional Benefits

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- Short Term Disability
- Long Term Disability
- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match
- Employee Discounts

AST Tribal Members receive an additional sign-on bonus upon completing their 90th day of employment at Thunderbird Casino in Norman or Shawnee:



\$250 + \$250 = \$500
90-Day New-Hire Bonus AST Tribal Bonus Total Bonus at 90 Days



Congratulations

CLASS OF 2023



Mia Rachelle Little
Aledo High School



Janelle Ilise Watson
Shawnee High School



Stevi Mahri Johnson
Norman North High School



Brody Miller
Tecumseh High School



Christian Jayce Douglass
Norman North High School



Colton Lewis Cain Lossie
Little Axe High School



Jadyn Little
Edmond Santa Fe High School



Qiana Skye Mitchell
East Central High School



Kallie Dahn Harris
Sharon-Mutual High School

Congratulations

CLASS OF 2023



Rodney Stryker
Earlsboro High School



Wesley Josiah "Si" Foreman
Bethel High School



Justice Lonewolf Johnson
Norman High School



Jiliyan Spoon
North Rock Creek High School



Katlyn Masquas
North Rock Creek High School



Amanda Mae Alice Taylor
Little Axe High School



Nick Shaffer
Westmoore High School



Hunter B. Little Charley
Little Axe High School



Kyler Kelsey
Norman North High School

Graduation Cap

Congratulations

CLASS OF 2023



Amaya Martinez
Shawnee High School



Jasmine Martinez
Loyola University-New Orleans
Bachelor of Business Administration
in Marketing



Taylor Daine Masquas
Rose State College
Political Science Associate in Arts



Garrett Lovins
Fort Lewis College
Bachelor of Arts in Political Science



Jennifer Kobs
Barrett the Honors College at Arizona State University
Applied Biological Sciences: Pre-veterinary medicine
with a certificate in Wildlife Management



Konnolly Wyatt Shane
Rocky Mountain College
Bachelor of Arts in Literacy Studies
with minor in Pre-Law



Phyllis Leeann Nuño
University of Texas Arlington
Bachelor of Science in Exercise Science



Chelsea Cope
University of Central Oklahoma
Bachelor of Science in Organizational Leadership



Kody Miles Shane
Montana State University Western
Bachelor of Science Elementary Education

★ ★ ★ ★ Re-Elect ★ ★ ★ ★

John Raymond Johnson

For AST Governor



I am running for Governor of the Absentee Shawnee Tribe. I have been an elected official of the tribe for the last 8 years. I was elected Secretary in 2015 and again in 2017. At the end of my second term as Secretary, I transitioned into the LT Governor position due to a vacancy. At that time I decided to run for Governor. I was elected Governor in 2019. It was a hard start due to litigation and then COVID. Since becoming Governor, I have and continue to oversee many new projects.

As Secretary I purchased and implemented a program called Laserfiche. This electronic system houses all tribal Resolutions, program documents, finance documents and any applications that the tribe may need. Laserfiche is also connected to purchasing and invoice system, Microix.

One of my first projects as Governor was starting the Food Pantry. The Food Pantry was open in September of 2021 to help our tribal members during the pandemic. It is still open today serving over 200 tribal members a month.

Second project is the building of the new CCDF/After School buildings. The Shawnee campus building broke ground in July of 2022 and is expected to be completed in September 2023. This building will house our after school program and will give this program the much needed space to expand and help our children. Horseshoe bend building will be the next new building for the after school program. The start date for this building will be announced later in 2023.

Third project is the expansion of the Health Clinic in Little Axe. This expansion will create space for existing services along with new services to help our tribal members.

Fourth project is the new Police building. On January 12th, 2023, I signed the contract with Calm Construction Company to begin construction. This building is being funded from an ICDBG grant that was awarded to the tribe during COVID. The new building will give the AST police department the room that they have needed for a long time.

Fifth on the list is Tecumseh Square renovations. A new roof was put on the building in July of 2022. Now the architects are drawing up the final plans for the building to be submitted to the City of Tecumseh, City Council. Building permits will follow and construction will begin. Part of the building will house the Food Pantry.

If I am re-elected as your Governor, I plan to improve the infrastructure of the campus buildings. The buildings are in need of major improvements and renovations. I will also move forward with land acquisitions and economic development. I feel the growth that has taken place during my time in office has been beneficial to the overall growth of the tribe. I want the tribe to continue to grow and be here for our children, grandchildren and great-grandchildren.

VOTE JUNE 17, 2023

★ ★ ★ ★ Elect ★ ★ ★ ★

Alicia Edwards Miller

For AST Secretary



Dear Fellow AST Member:

I am writing to you to humbly ask for your support for the upcoming AST Run-Off Election on Saturday, June 17th. I felt the call once again to commit my time, skills and abilities to support and advance our tribe to be the best it can be.

We, as a tribe, have a small window of opportunity to expand and see the current projects completed. I know once I start something I like to see the venture through to its completion. This is so our people can be proud of the growth of our tribe and to create spaces for our people to use.

ONGOING PROJECTS (TO SEE COMPLETED)

- New Shawnee Clinic Build
- Little Axe Health Center Expansion
- Tribal Strategic Planning/Health Strategic Planning
- AST Police Station (Enrollment will be housed)
- Tecumseh Square Revitalization
- After School Builds (AST campus & Horseshoe Bend)
- Land Acquisitions (expand land base) & Trust Land Issue Revisit
- 477 Program Full Implementation
- Economic Development/ASEDA Refresh & Strengthen
- Ventures into Green Energy (waiting for grant submission approval)

I have worked hard these past 3 years to do my part to position our tribe on a better path and committed the time to help build our nation upward from one of the worst pandemics seen in a generation. I experienced good days and not so good days but in the end to see our tribe and our people prosper leaves nothing but a good feeling.

On some days during my drive to the office, I often think of those who came before me and how they stressed the importance of obtaining an education and to give back to the tribe and to those who had helped me on my journey. I took those words to heart in regards to my tribe and have done those very things and I want to make sure the same opportunities, resources and experiences are here for our future generations.

I will continue to work hard on your behalf and be diligent when listening to your concerns and when needing a reasonable resolution, upholding AST Constitutional duties, reviewing budgets, hiring staff to serve you, negotiating tribal agreements, appointing board members, tribal program development/implementation and so much more. Many do not realize the time commitment, teamwork and fortitude needed to help lead a tribe to tackle the tough issues, in order to make meaningful changes, but I am committed to be here, be a part of the team, help you and help our tribe be prosperous.

Again, I humbly ask you for your support on Saturday, June 17th!!

Ne yi wa!
Alicia L. Edwards Miller



ASTHS June 2023 Monthly Update



National Men's Health Month

June is National Men's Health Month and the week of June 12-18 is Men's Health Week. Led by Men's Health Network, representatives from six leading men's health organizations around the world met at the 2nd World Congress on Men's Health in Vienna, Austria in 2002 and resolved to work together to launch International Men's Health Week (IMHW). The goal was to increase awareness of male health issues on a global level and to encourage inter- and intra-national institutions to develop health policies and services that meet the specific needs of men, boys, and their families (Men's Health).

What can we do to encourage the men in our lives to live a healthy life so they can be around longer? Here are some tips from the WeRNative website (<https://www.wernative.org/>) that might help.

It's a time for **health and healing**. Healing can require listening and learning while finding balance in mind, body, and spirit. The healing journey can be different for each person, but here are a few common tips that can help you get or stay on track:

- **Move More.** Try getting 60 minutes of activity every day. This is one of the best things you can do for your health, not only during Men's Health Month but every day.
- **Eat Healthy.** Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Try following an ancestral diet. This means eating wholesome, natural, organic Indigenous foods – just like our ancestors did for thousands of years.
- **Connect with Culture.** In tribal culture, “traditional healing” refers to traditional practices that correct imbalance and promote harmony and personal healing. Traditional healing practices include consulting with elders, bringing family groups together, giving social support, prayer and song, removing dangerous spiritual influences, dietary remedies, herbal remedies, participating in ceremony, and seeking assistance from those recognized in the community as helpers.
- **Stress Less.** Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially.
- **Take time for your spiritual well-being.** Whether you turn to traditional culture, an organized religion, or to a higher power in a more personalized way, if you have a sense of connection to something larger and more meaningful than self, it can be helpful in times of stress and hardship.
- **Stay on Top of Your Game.** See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. Encourage our uncles, cousins, friends, elders, dads, grandfathers and all men to have regular wellness visits with a health care provider. Many health issues are preventable if caught early.

QUICK FACTS

- Men die at higher rates from 9 of the top 10 causes of death.
- Men make up over 92% of workplace deaths.
- Men live 5 years less than women.
- 1 in 8 men will get prostate cancer in their lifetime.

End the Silence.

Remind Men and Boys to Stay Healthy.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Radiology and Lab are fully operational in their new/expanded locations.
- Pharmacy, with a modified drive-thru, has moved to their temporary location on the west side of the building. Expansion of the original pharmacy location (with a 4-lane drive-thru) has begun and we anticipate moving back at the end of November. Public Health will then move into the expanded area that Pharmacy currently occupies in Feb '24.
- Behavioral Health has relocated to space in Diabetes/Wellness and the Administration areas with anticipated move-back in October.
- Primary Care and Dental will move into the two-story expanded area in October.
- PlusCare and Specialty will relocate to what is now Primary Care in February '24.

Substantial completion/occupancy of the Little Axe Expansion is expected for February 2024!

Shawnee Health Clinic

We have purchased a location for construction of a **NEW SHAWNEE HEALTH CLINIC!** The address is:

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

The team continues to work closely with the architects to solidify space and budgeting. Construction coming soon!



May 2023 Health Employee Awards of the Month

Employee of the Month: Sherry Hagen, Housekeeper

Team of the Month: Registration

Special Leadership Award: Jordan Harvey, Pharmacy Manager (Shawnee)

Chris A. Larkin, MBA, FACHE, CHC
Executive Director

Raffle winners for Ensuring Hope Project's National Prevention Week



Photo: 1st Place Winner Kessa Lane with Elizabeth Foster, SPF-PFS Grant Project Director & Rob Meely, SPF-PFS Prevention Specialist.

Raffle winners for Ensuring Hope Project's National Prevention Week:

1st Place: Kessa Lane, fishing gear to kick off summer fun.

2nd Place: Little Axe High Schooler, \$25 gift card.

3rd Place: North Rock Creek Senior, \$15 gift card.

We conducted 114 parent and youth surveys given at 4 locations around Cleveland and Pottawatomie Counties.

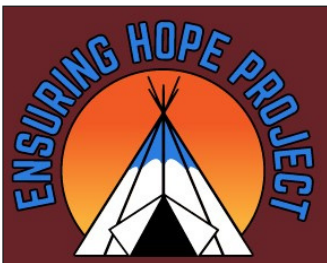


Photo: Ensuring Hope Project's Elizabeth Foster, SPF-PFS Grant Project Director, and Jerrel Riggins, Lead Outpatient Therapist, drawing the names.

HEALTH BUZZ!!



“Alone we can do so little; together we can do so much.” – Hellen Keller

Dementia is a sizable threat to our aging Native American community. It is estimated that 1 in 3 Native American Elders will develop Alzheimer’s disease or another form of dementia. A diagnosis of dementia is feared more than cancer, stroke, and heart disease combined. Many fear it because of the misconception of what life may look like after a diagnosis. However, delaying seeing your healthcare provider about problems with your memory may prevent you from getting the best treatment. And contrary to what many believe, a diagnosis of dementia does not mean you can’t continue to have quality of life. Strategies to enhance quality of life for people living with dementia include:

- ◆ Staying socially engaged – include frequent one-on-one interactions and conversations about family, friends, hobbies, and favorite foods.
- ◆ Enriching through music and art – music can provide a powerful way to connect even when verbal communication is difficult or nonexistent.
- ◆ Engaging in physical activity – regular physical exercise such as going for a walk can help maintain activities of daily living.
- ◆ Establishing good nutrition habits – flavorful, nourishing foods that stimulate the appetite and senses.

Continually challenging the stigma that people living with Alzheimer’s disease or dementia will lose all of their abilities and can no longer enjoy quality of life will continue to be of utmost importance to the ADPI staff. How can we move toward achieving this?

- ◆ Work toward creating dementia-capable communities that include businesses, employers, community organizations and the general public that will help raise awareness about the needs of people living with dementia.
- ◆ Assist individuals with dementia in ways that will enable them to remain active in the community and at home.
- ◆ Promote health and wellness by encouraging traditional physical activity like dance, preparing and eating traditional foods, maintaining overall healthy living, and better management of other chronic health conditions.
- ◆ Advocate for social and emotional health by increasing the sense of belonging to one’s tribe and the sense of connection to culture through beading, artwork, practicing songs, and inter-generational interactions.
- ◆ Encourage participation in support services, such as **Seeking Hope**.
- ◆ Address modifiable risk factors for dementia including diabetes, high blood pressure, smoking, and mid-life obesity.

For more information on **The Savvy Caregiver in Indian Country** or **Music & Memory**, email me, Gayla Temple, at gtemple@astribe.com or adpi@astribe.com, or call **405.561.7870**. You can also visit the **Seeking Hope** webpage. Go to the **AST Health System’s** website, asthealth.org, click on “Programs and Prevention” and click on “Seeking Hope”.

Warmest Regards,
Gayla Temple
Dementia Care Specialist



URBAN Native Elders

RISK & PROTECTIVE FACTORS FOR BRAIN HEALTH

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)

SCAN ME

Incentives

- Volunteers will receive up to \$300 for completing blood and urine labs, interview, clinical exams, Magnetic Resonance Imaging (MRI) scans, wearing a wrist sleep and physical activity monitor and keeping a sleep journal for 10 days.
- Anyone can earn a \$50 referral incentive per eligible person who completes the study.

Visit Durations & Locations

- Visit 1: Interview, Cognitive & Physical Exams (3-4 hours) at the URBANE office 801 NE 13th St, Okc, OK 73104
- Visit 2: MRI & Lab (2 hours) at the MRI OU Health Physicians-Radiology 825 NE 10th St #1D, Okc, OK 73104

Participate in the URBANE study by contacting us at:

405-271-8001 X 45467
shelby-welch@ouhsc.edu
www.urbanestudy.com

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OPEN TO AGES 7-15

MALE & FEMALE

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HEALTH SYSTEM

Prevention. Progress. Pride.

Legacy Tribal Services
Simple Solutions. Uncommon Service.

Medicare Medicaid Marketplace

Help Yourself → Help Your Tribe

Al Triggs
Contracted Benefits Advisor
Legacy Tribal Services
(918) 853-1211
Exclusively serving The Absantee Shawnee Nation

Bringing More to You

We are always innovating and looking for new ways to bring value to our members. AST contracts exclusively with Legacy Tribal Services to help educate, empower and inform you on how you can maximize your health benefits. This service is of no cost to you and helps us enhance everyone's experience within the tribal health system.

Olivia Wilson
★★★★★
"Customer service was excellent- In 15 minutes I learned how Medicare will work with my tribal benefits and Mr. Triggs even got me a plan that costs me absolutely nothing extra!"

Dedicated Agent

Al Triggs has over ten years of experience working with the native population in Oklahoma. His extensive knowledge in Medicare, Medicaid and health insurance plans is unmatched. You will feel confident in his recommendations and ongoing follow up.

Proactive Approach

Our pledge is to be comprehensive as we assess your needs and we strive to find all benefits and programs you're entitled to.

Guaranteed Satisfaction

Discovering how to get everything you're eligible for is your goal and delivering on this promise is ours.

BOOK A CONSULTATION TODAY
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www.asthealth.org

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SEE IF YOU QUALIFY FOR A PLAN AT NO COST TO YOU OR THE TRIBE

Contact a PBA today to learn more! 405-447-0300

<h4>Native American Special Enrollment Periods</h4> <p>Special enrollment periods for ACA/Marketplace and Medicare insurance plans available to eligible AI/AN individuals.</p>	<h4>Did You Know?</h4> <ul style="list-style-type: none">• 60% of the cost to render care to tribal members comes from other payment sources outside of tribal funding?• When you participate in enrolling in insurance plans- you help us add services, buy equipment and deliver care to more people?• If you qualify for and enroll in a zero-cost plan, it can help Purchased & Referred Care apply funding to more patients in need?
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HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CHICKEN FAJITAS BELL PEPPERS & ONIONS TORTILLAS REFRIED BEANS	2 GRITS SAUSAGE PATTIES TOAST
5 BBQ PORK SANDWICH PICKLE/ONIONS ICE CREAM	6 CHICKEN POT PIE W VEGGIES BISCUIT PINEAPPLES	7 BAKED POT HAM,CHEZ,ONIONS MIXED VEGGIES CAKE	8 CHEF SALAD W CHICKEN EGGS, CHEZ,ONIONS PEACHES/CRACKERS	9 BOILED EGG HAM ENGLISH MUFFIN
12 PORK CHOP STUFFING/GRAVY BEETS MIXED FRUIT	13 GRILLED CHEZ CHICKEN NOODLE SOUP MANDARIN ORANGES	14 GREAT NORTHEN BEANS W/HAM CORNBREAD ONIONS CRISP	15 SOFT TACO LETT,TOM,ONION,CHEZ SALSA/CHIPS CINNAMON ROLL	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
19 CLOSED FOR JUNETEENTH DAY	20 HAM & CHEZ SANDWICH LTOP CHIPS/JELL-O	21 GOULASH GREEN BEANS BREAD APPLESAUCE	22 BAKED CHICKEN WILD RICE VEGGIES ORANGE	23 CEREAL BACON TOAST
26 MANWICH TATOR TOTS COOKIE ORANGE	27 PORK & HOMINY BRUSSEL SPROUTS JELL-O	28 BBQ CHICKEN TOSSED SALAD* MIXED VEGGIES PEARS	29 BEEF FINGERS MASHED POT/GRAVY BROCCOLI ROLL/PEACHES	30 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT

FLAG DAY
JUNE 14TH



FATHER’S DAY
JUNE 18

JUNETEENTH
JUNE 19TH

TITLE VI WILL BE
CLOSED NO
DELIVERS & NO
MEALS WILL BE
SERVED

MENU SUBJECT TO CHANGE

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM
BREAKFAST ON FRIDAYS- 9 AM TO 11 AM

AST TITLE VI
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___

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 Trans. ___ Family___

PROSTHETIC DEVIECS___ 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_____

EMAIL ADDRESS_____

PROVIDE THE DATE OF YOUR VACCINATION COVID 19
1st _____ 2nd _____ BOOSTER _____

Johnson & Johnson _____ FLU _____



Why Walk? Why Not!

The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes. Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. A single bout of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

Why not! Add walking as part of your daily routine.

AST Diabetes & Wellness



405-447-0300

Information provided by the CDC Physical Activity Website

Heal With CompleteCare

Home health offers skilled care and support so you can live safely and independently in your home.

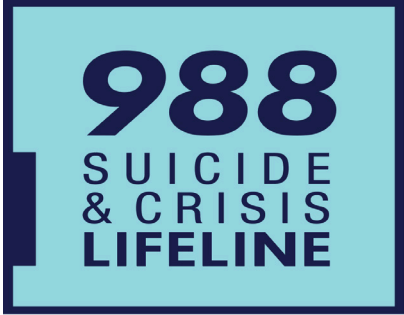
How?

Our nurses come to your home to check your vitals, discuss your medications, and help you better manage chronic diseases, such as heart diseases, diabetes, and more. Therapists can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

Best of all?

It’s done under the guidance of your doctor.

If you would like more information, please reach out to one of our staff members at 405.701.7085!



Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



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
COVID Hotline	405-695-1787

Worried about losing your SoonerCare Coverage?



Two ways to renew

- 1

UPDATE YOUR CONTACT INFORMATION
Update your contact information ie: mailing address, email and phone number.
- 2

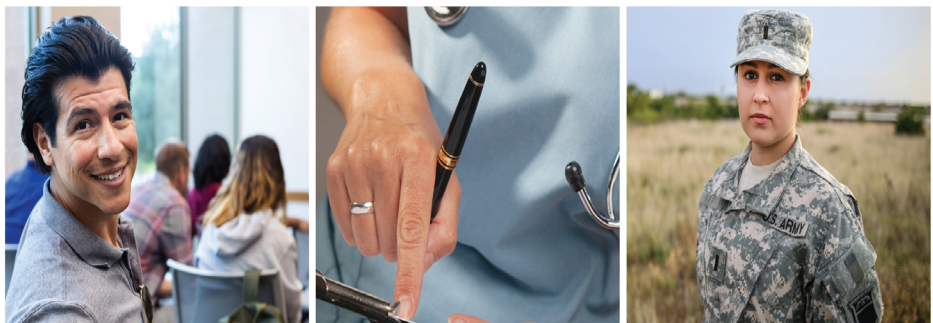
CHECK YOUR MAIL
Take action quickly to avoid any disruption in your coverage.
- Online at
mysooner.org
- Respond to the
request for
information
- Contact a Patient
Benefit Advocate
- Bring the letter to
a Patient Benefit
Advocate

FOR THOSE WHO NO LONGER QUALIFY FOR SOONERCARE COVERAGE

If you no longer qualify for SoonerCare you could receive health insurance coverage through the Marketplace at NO COST TO YOU or the tribe.

Our contracted benefits advisor with Legacy Tribal Services is available to assist in the enrollment process. Just give us a call!

Little Axe Health Center: 405-447-0300
Shawnee Clinic: 405-878-5850
www.asthealth.org



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



Caring for...AMERICA'S HEROES
www.oklahoma.va.gov



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org



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OKLAHOMA
Health Care Authority