



# THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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June 2026

## Absentee Shawnee Veterans Receive Eagle Feather



Pictured L-R: Tribal member James Spybuck Jr. accepting on behalf of Taren Williams; Taren Williams, Raymond Tiger, Bill Bayliss, Elijah Foreman, Walter Larney and Boyd Ponkilla.

Several Absentee Shawnee Veterans recently received eagle feathers. The ceremony was held May 16 at the AST Veteran trailer before the AST Veterans Association regular monthly meeting.

Veterans receiving feathers include – Taren Williams, Raymond Tiger, Bill Bayliss, Elijah Foreman, Walter Larney and Boyd Ponkilla.

“Across many traditions and generations, the eagle feather has represented the highest form of respect. It is not given lightly. It is earned through character, sacrifice, leadership and dedication to others.” Said Taren Williams on receiving her eagle feather.

Williams, who also serves as Commander of the AST Veterans Association, wishes to thank these veterans on their service, “On behalf of the Absentee Shawnee Veterans Association and tribe as a whole, we thank you for your service, your example and your commitment. May you take possession of this token of honor with pride, humility and the knowledge that your efforts are deeply appreciated and will not be forgotten.”

Veterans have always held a unique and honored place within the tribe. For generations, our tribal men and women have served in the armed forces at a higher rate than any other ethnic group. These brave veterans continue to answer the call to serve and carry on the warrior tradition.

## 5th Annual Starter Plant Distribution



The Absentee Shawnee Tribe will be closed Friday, June 19th - Juneteenth



**GOVERNOR**  
John Johnson

## GOVERNOR'S REPORT

John Johnson, AST Governor

Hello Tribal Members,

Can you believe it is June already? We are halfway through 2026, before you know it Christmas will be here. Living in Oklahoma you know how the weather is, very unpredictable. April had many storms and tornadoes. May has brought in warmer temperatures with a few cooler days and more tornadoes. And I hope June brings in good decent weather with no severe storms and no tornadoes. Once again, always stay weather aware.

I attended the Tribal Leaders Energy and Safety summit. This summit gave

a wide range of safety protocols just in case something happens to our power and energy. With everything going on in the world it is safe to be ten steps ahead. With this in mind, I think solar energy is going to make a big difference for our future. Solar energy will help keep us functioning if something tragic was to happen to our power grid. I will continue to look into this because I truly believe that going solar will be beneficial for the tribe and our people.

The Rep, myself and the Cultural preservation department will be heading back to Ohio. They have made several dedications to the Shawnee people. This next dedication will be the bike bridge. We

are very honored to be apart of this. I give lots of praise to the museum, Ohio Governor, and the employees for working diligently to dedicate this location to our people. It is a true honor.

Should you have any comments or concerns you may always call or email myself or my assistant at the emails listed below. We will do our best to address your concerns.

Thank You,  
Governor John Johnson

John Johnson - 405-275-4030 ext. 3500  
governor@atribe.com

Alvina Barnes - 405-275-4030 ext. 3501  
alvinab@atribe.com



**Lt. GOVERNOR**  
Diane Ponkilla

## SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,

I hope everyone has been doing well, staying weather aware and getting your spring cleaning done for this year. The first part of May we had our Tribal Ceremonies, it was great being at our grounds seeing all the relatives. This was the first Ceremony setting up our camp and doing everything without my Kokoge by my side, but I know she would be really proud that we are continuing our traditions and everything she has taught us. I've been very busy with weekly and monthly meetings. On May 13 I assisted our Agriculture Department with our calves, 21 were castrated and we worked 40 other calves.



We do have a bottle calf that our staff is tending to along with their other duties. The month of May was MMIP (Missing Murdered Indigenous People) awareness month I attended a walk at the Citizen Potawatomi Nation on May 14th. Our Rising Warrior Department (D.V.) had their MMIR (Missing Murdered Indigenous Relatives) walk May 27th it was a great turn out. We partnered with Seminole Nation for this event. I hope to always try to have a great relationship with other Tribes especially our surrounding Tribes. As the great Chief Tecumseh said "A single twig breaks, but the bundle of twigs is strong." I believe having unity and working together with other Tribes is great moving forward for everyone. On May 16th the Veterans were donated some eagle feathers and they presented them to some of our Veterans that attend the meeting. May 22nd our Agriculture Department had their starter plant distribution for our Tribal Members it's always good to see everyone and help them in their gardens the best we can.

May was also Foster Care Appreciation month our ICW Department. They had an event for the foster families to show appreciation for all they do in helping with our children. We are always in desperate

need for foster families. As mentioned at General Council by other Executive Committee Members about our Foster Care Board since the announcement of needing board members we have had two Letter of Interest that were submitted but have yet to be approved by the Executive Committee. I hope to get this board formed very soon. Since there is no board in place at the moment per Juvenile Code; Chapter 4; Section 404; The Indian Child Welfare Department pursuant to rules not inconsistent with this Chapter which it shall develop and file, shall have the authority to approve Foster Care and other alternative care homes for children. On May 28th I attended a POGO meeting. The guest speaker was a 3-time National Champion Charles Clark. It was very inspirational to hear him speak. We have a lot of events coming up in June such as the 5th Annual Day of Champions Football and Fastpitch camp June 3rd and 4th, the 5th Annual Fishing for Nutrition on June 12th, and the 3rd Annual Protecting Ancestral Legacy Elder Abuse Awareness event on June 18th. If you should have any questions or concerns please contact my office (405)275-4030 Ex. 3505.

Ne yi wa!  
Secretary McGirt



**SECRETARY**  
Misty McGirt

## TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello Family, Friends, and Tribal Members:

As I begin this month's edition, June is officially upon us; which means our Spring ceremonies have been completed and Indian football season is ongoing. I was extremely happy to see new faces and the multiple groups represented. In Chief White's comments Sunday morning, he mentioned, "It made his heart happy to see so many cars parked over the hill." At our camp, there was small talk about the number of young folks viewing but not participating. It is our job and responsibility to encourage, guide, and mentor the next generation to carry these ways into the future. On a personal note, I enjoy seeing both our men and women express their creativity, share their knowledge and skills, view the beautiful display of colors and pageantry, and hear the melodies. It is a reminder we are all AST.

Normally in May, I hardly ever schedule travel outside the State due to our cultural activities. As it happened, the Annual Spring NAFOA Conference occurred right at the end of April. 6 staff (1 EC, 1 Health, and 4 Tribal) attended to gather the latest information regarding Finance and business operations and represent our Tribe and Health System. This

ensures we maintain compliance with all applicable AST laws, policies, and guidelines but also with our counterpart U.S. Treasury and I.R.S. requirements since we receive Federal funding. I also met with current and new clients, to hear or receive proposals for potential job growth, expansion and investment, and other financial opportunities. The best part is I get to maintain my network and communicate with Tribal and Business Leaders from across the U.S. There is always good conversation about the success and failure of the respective regions.

The last part of my report will be associated to our Elders and the Title VI programs. Last week, I finalized negotiations with the ownership of the former Arrow Café and presented the information back to the Executive Committee. Upon receipt of the paperwork, I forwarded it to the Governor's office for signature. As of this writing, we should officially take possession of the property by the end of May. Once we have received the title and deed, we can turn on utilities to make the final assessment and determine the costs and timeframe before the facility can be opened. I am hopeful they can begin serving meals in July.

I received an invitation from the Elder's Council to attend their May monthly meeting. Though it was my birthday weekend, I rescheduled some things to

fulfill the request. I was able to provide an update for their upcoming trip to Tama, Iowa later this summer. I shared thoughts on the function and responsibility of their group and why they receive funds from the Tribe. But, there was one question about funding that really stuck with me; let me share some data.

There are approximately 900 Elders, aged 55 and over. Over the last several years, there are an estimated 50-60 enrolled in the program and 25-30 that actively participate. If we do the math, the percentages are 6.7% and 3.3% respectively. I do what I can to support their actions but like a lot of other groups in the Tribe, numbers are low. Someone will make a ton of money if they can figure out the age old question of defeating apathy and how to secure greater inclusiveness.

As I wrap up this month's update, I want to again say "Congratulations!" to all the graduates. Many of you have made your relatives proud for your accomplishment. Many don't see the sacrifice or struggles one goes through to get to this point. Stand up and be seen because you have become a part of something greater than you thought possible...an Educated Indian. After all the criticism, isolation, and maltreatment; Native People are still here and you persevered through all obstacles.

Respectfully,  
Joseph H. Blanchard



**TREASURER**  
Joseph Blanchard



**REPRESENTATIVE**  
Anthony Johnson

## REPRESENTATIVE'S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

I hope everyone is enjoying their summer. The Fifth Annual Day of Champions Camp is scheduled June 3rd-June 4th, at Little Axe Stadium. Thank you to our AST TERO Director, Sarah Lawrance, for organizing this free sports camp for our tribal and community members. June 6th, I will travel with our AST Historic Preservation department to attend the Great Council State Park Heritage Celebration

in Columbus, Ohio. During our site visit, we will tour the park's interpretive center, living history demonstrations, and historical presentations. June 15th-June 16th, my office will attend the Sovereignty Symposium XXXVIII in Oklahoma City. The symposium is a legal conference held annually and hosted by the Oklahoma City University Law School. Tribal representatives and leaders from all thirty-nine tribal nations in Oklahoma are invited to attend the symposium to participate in presentations and discussions focused on tribal sovereignty, law, history, and culture. My office looks forward to the pre-

sentation of all the tribal nation flags at the opening reception of the symposium each year. June 25th-June 26th, the AST 477 program will host a Culture Camp for tribal youth at the Camp property. Thank you to the AST 477 program for hosting this camp for our tribal youth. Should you have any questions, comments, or need my assistance, please contact my office by phone:(405) 531-3512, or by email: ad-johnson@atribe.com.

Sincerely,  
Anthony "Tadpole" Johnson  
Tribal Representative



**Important Notice for Applicants Receiving Property Tax or Homeowner's Insurance Assistance Through the HAF Program – General Program Updates**

To: HAF Applicants (Past, Present, and Future),  
 We are writing to inform you of an important update regarding the Homeowner Assistance Fund (HAF) Program. Per guidance from the U.S. Department of the Treasury, the Period of Performance for HAF awards ends on September 30, 2026. As a result, assistance provided through the HAF Program cannot extend beyond September 30, 2026.

While eligible applicants may still receive assistance for expenses incurred prior to that date, HAF funds cannot be used to cover any charges, premiums, installments, or obligations that occur after September 30, 2026.

We understand this change may create hardship and frustration for some applicants. We sincerely apologize for any inconvenience this may cause. At the time of award issuance, some applicants may have received award letters indicating approval for payment of property taxes, insurance, or other homeowner assistance expenses extending beyond September 30, 2026.

However, based on new guidance from the U.S. Department of the Treasury, we are required to update our program requirements and can no longer honor payments for any obligations that become due after September 30, 2026, regardless of prior award communications. We regret this change and understand the impact it may have, but we must comply with current federal guidance governing HAF funding.

We want to clarify that assistance for mortgage payments, property taxes, insurance and utility bills may still be available; however, all such assistance will be prorated and limited strictly to eligible costs incurred on or before September 30, 2026.

Please be advised that all approved assistance must comply with these federal program requirements and timelines.

If you have questions regarding your eligibility or outstanding expenses, please contact our office for additional guidance.

Sincerely,  
 AST HAF Program Coordinator, Keesha Mason



**ELECTION COMMISSION  
 MEDIA RELEASE  
 5/15/2026**

Recently, Commissioner James Cody Spybuck, Jr. of the Election Commission filmed a podcast with Mindy Longhorn of the Absentee Shawnee Media Department. Some of the topics covered include the following:

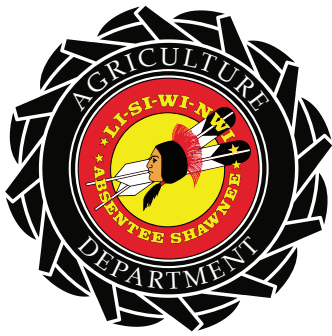
- Who can vote in tribal elections
- How to vote in person and how to vote by absentee ballot
- Where to vote
- Requirements to run for office and the fees
- What constitutes a spoiled ballot
- Who prints the ballots
- Campaigning

Further details will be available in the June 2026 podcast release. Stay tuned!

**Agriculture Department Report**

The Agriculture Department continues making progress through spring operations and herd management activities. This calving season, 58 exposed cows produced 46 calves, resulting in a 79.3% calving rate. Cow groups were recently separated and bulls have been turned out with their breeding groups in preparation for next spring's calf crop. The department also currently has a bottle calf at the farm that staff are caring for daily.

The Starter Plant Distribution on May 22nd will have over 15 varieties of fruits and vegetables available to help support home gardening and food production efforts throughout the community.



**AllNations Bank**  
**125 YEAR ANNIVERSARY CELEBRATION**  
 with BBQ, games, prizes, and community fun

**CELEBRATING AT BOTH LOCATIONS**

<b>FRIDAY, JUNE 5, 2026</b> 11AM - 3PM 114 E MAIN ST CALUMET, OK	<b>FRIDAY, JUNE 12, 2026</b> 11AM - 2PM 2023 GORDON COOPER DR SHAWNEE, OK
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*Save the Date*

**SATURDAYS**

**Spin the Wheel to Win Cash!**

Drawings Every 30 Minutes | 7PM-9PM  
**5 WINNERS EACH SATURDAY**

Receive one free entry per week by checking in at the Player's Club

One entry for every 50 same-day points earned on Saturdays.  
 Progressive prize is seeded at \$1,500 and will grow \$100 per attempt until won.

**BACK TO THE DECADES TRIVIA NIGHT**

**EVERY SUNDAY IN JUNE!**  
 JUNE 1 | JUNE 8 | JUNE 15 | JUNE 22 | JUNE 29  
 7PM-9PM  
 • HOSTED IN THE BAR AREA •

**WINNING TEAM TAKES HOME \$1,000 CASH**  
 (\$500 PER TEAM MEMBER)

**5 ROUNDS OF TRIVIA FEATURING:**  
 60's • 70's • 80's • 90's • 2000's

CHOOSE YOUR OWN TEAMMATE OR WE'LL PAIR YOU UP BEFORE THE GAME STARTS!

**DECADES BINGO!**

**WEDNESDAYS AT 6PM**

**PROGRESSIVE BLACKOUT BONUS**  
 \$1,000 Minimum & \$100 Added Each Week

Players must earn 25 points on their Thundercard to receive a Bonus Bingo card. Earn 100 points and receive one additional card.

**PLUS, YOU DOUBLE THE PRIZE WHEN YOU EARN A SECOND CARD!**

9 BINGO games will be played. 8 games will be played for straight line BINGO and winners will receive \$25 in Free Slot Play. The final game each Wednesday will be a "blackout" game for \$250 CASH. Progressive Jackpot is awarded when blackout is earned in 85 balls or less.

**DECADES of DOLLARS**

**SATURDAYS IN JUNE**  
 HOT SEATS EVERY 20 MINUTES 6PM - 9PM  
 Grand Prize Drawings 9:30PM

As each week goes by, the decades move up—and so does the cash!

<b>JUNE 6</b>	10 Hot Seat Winners for \$70 Dollars & 70 Free Drawing Entries <b>GRAND PRIZE WINNER   \$7,000 CASH</b>
<b>JUNE 13</b>	10 Hot Seat Winners for \$80 Dollars & 80 Free Drawing Entries <b>GRAND PRIZE WINNER   \$8,000 CASH</b>
<b>JUNE 20</b>	10 Hot Seat Winners for \$90 Dollars & 90 Free Drawing Entries <b>GRAND PRIZE WINNER   \$9,000 CASH</b>
<b>JUNE 27</b>	10 Hot Seat Winners for \$100 Dollars & 100 Free Drawing Entries <b>GRAND PRIZE WINNER   \$10,000 CASH</b>

EARN 1 ENTRY FOR EVERY 100 SAME-DAY POINTS BONUS ENTRIES FOR HOT SEAT WINNERS

**SUNDAYS**

**DECADES CRAZE**

**\$500 CASH!**

FREE PLAY & CASH DRAWINGS  
 3PM-6PM | Drawings Every 30 minutes

**HUNDREDS OF WINNERS EVERY SUNDAY!**

Players must earn 25 same-day points to select one of six decades at Player's Club.

**SUNDAYS**

**DECADES CRAZE**

**\$500 CASH!**

FREE PLAY & CASH DRAWINGS  
 3PM-6PM | Drawings Every 30 minutes

**HUNDREDS OF WINNERS EVERY SUNDAY!**

Players must earn 25 same-day points to select one of six decades at Player's Club.



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 had a wonderful Mother's Day Celebration. Thank You to all the Moms who joined us for 'Muffins with Moms'.

Building Blocks has a busy June planned ahead!

Thursday, June 18<sup>th</sup>  
 Building Blocks will have 'Donuts with Dads' in celebration of our Fantastic Fathers!



Building Blocks will be closed Friday, June 19<sup>th</sup> in observance of Juneteenth.

Sunday, June 21st is Father's Day.



Summer is officially here; Sunday, June 21<sup>st</sup>. Remember to drink lots of water and wear sunscreen when doing outside activities. Enjoy the summer sunshine.

Building Blocks Summer Olympics with the children is Monday, June 22<sup>nd</sup>. Come see your child perform in an Olympic Event.

We are currently hiring staff, if you are interested in applying visit <https://www.astrobe.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. Have a Fantastic June!

# BBIII JUNE 2026 NEWSLETTER

We've had such a fun and busy time in our classrooms, and we're excited to share what your children have been learning!

**Infants, Toddlers & 2's** are diving into the colorful world around them! They will work on identifying basic colors like red, blue, yellow, and green, Participating in hands-on activities like finger painting and color sorting Singing songs and reading books all about colors This helps build early language skills, recognition, and creativity.

Our **Three & Four/Five year old** classes are becoming little scientists as they explore the fascinating world of insects! They will be learning about different insects like butterflies, ants, bees, and ladybugs, Talking about insect body parts and habitats, and Observing bugs outdoors and discussing what they see This unit encourages curiosity, observation skills, and a love for nature!

## CENTER INFO

Building Blocks III CDC  
 16051 Little Axe Dr. Norman,  
 Ok 73026  
 Hours: 7AM-6PM  
 Director: Renee Richardson  
 Asst. Director: Sara Garcia

## REMINDERS

Donuts with Dads - June 17<sup>th</sup>  
 @ 3PM

CLOSED: June 19<sup>th</sup>- Juneteenth

## HSB AFTER SCHOOL NEWSLETTER

June 2026

### Learning Objectives

- Exploring ocean animals, sea life, and underwater habitats through fun, hands-on activities and projects.
- Building friendship skills such as sharing, cooperation, kindness, and teamwork through group games and activities.
- Learning ocean-themed Shawnee words and phrases through hands-on cultural activities with language and cultural specialists coming in weekly.
- Practicing early literacy, science, and math skills through ocean-themed, play-based learning activities.
- Building creativity and critical thinking skills through arts, crafts, sensory play, STEM projects, and underwater challenges.

### "Po ki mi we ke s'fwa" June

#### Reminders

- Summer Program begins Monday, June 1st.
- CLOSED on Friday, June 19th in observance of Juneteenth.

#### Field Trips

- Tai Chi at Tecumseh Park: June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>
- Lego Brick Club: June 4<sup>th</sup>
- Fishing for Nutrition at AST Farm: June 12<sup>th</sup>
- Science Museum: June 18<sup>th</sup>
- Nomads Animal Encounter: June 25<sup>th</sup>
- Hooplahoma: June 30<sup>th</sup>

## ASP SHAWNEE NEWSLETTER

June 2026

### Learning Objectives

- Exploring ocean animals, sea life, and underwater habitats through fun, hands-on activities and projects.
- Building friendship skills such as sharing, cooperation, kindness, and teamwork through group games and activities.
- Learning ocean-themed Shawnee words and phrases through hands-on cultural activities with language and cultural specialists coming in weekly.
- Practicing early literacy, science, and math skills through ocean-themed, play-based learning activities.
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- Fishing for Nutrition at AST Farm: June 12<sup>th</sup>
- Science Museum: June 18<sup>th</sup>
- Hooplahoma: June 25<sup>th</sup>



## 3<sup>rd</sup> Annual Protecting Ancestral Legacy Elder Abuse Awareness



**Elder Olympics**  
 Games, Activities  
 Food  
 Elder Resources



Elders 55+ friends and family welcome to come and support Must wear athletic shoes to participate and sign liability waiver

June 18<sup>th</sup>, 2026  
 10am-3pm

Bringing The Community Together For Our Elders

Location:  
 Absentee Shawnee Tribe  
 2025 Gordon Cooper Drive  
 Shawnee, OK 74804  
 multipurpose building

Please RSVP By Phone Call First come, First Serve

Contact: 405-273-2888



\*This project was produced by Victim Service Providers under ISPOVG-22-SG-0319-1VAG, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this project are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.\*





**ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM SUPPORTS ELDERS THROUGH MEDICARE PART B REIMBURSEMENT PROGRAM**



My name is Brody Miller, and I am an enrolled member of the Absentee Shawnee Tribe. I'm the Son of Scott Miller and Alicia Edwards-Miller, and my grandparents are Nancy and Glen Edwards, and Glenn and Redena Miller. My great-grandparents are Lewis and Cynthia Blanchard, and John and Martha Ellis Edwards.

I was born and raised in Shawnee, Oklahoma, and grew up around the culture and traditions of the Absentee Shawnee Tribe. I currently attend the University of Oklahoma and I work with the Absentee Shawnee Tribal Health System as a Patient Benefits Advocate.

The Absentee Shawnee Tribal Health System continues to support tribal elders through its Medicare Part B reimbursement program, helping reduce out-of-pocket healthcare costs for eligible tribal citizens.

Managed through the Patient Benefits Advocacy department, Patient Benefits Advocate Brody Miller works directly with elders to assist with eligibility, applications, and reimbursements. The program is available to enrolled Absentee Shawnee tribal members who are:

- 65 or older
- enrolled in Medicare Part B
- live within the Tribe's five-county service area
- not eligible for the CMS Medicare Savings Program

Because Medicare Part B premiums are typically deducted from Social Security payments, eligible elders are reimbursed by the Tribal Health System after payment is made. Staff work to process reimbursements quickly, recognizing many elders rely on those funds each month.

The program reflects the Tribe's ongoing commitment to supporting elders and improving access to healthcare. The Absentee Shawnee Tribe is currently the only tribe known to fully reimburse the standard Medicare Part B premium for eligible elders.



**Advanced Laser Treatment Service Added at Little Axe Health Center**

A new laser therapy service using the XTRAC Excimer 308nm laser is now being offered at the LA location. This advanced treatment is designed to help patients with psoriasis, atopic dermatitis (eczema), vitiligo, and leukoderma, especially in cases that have been resistant to other therapies. Currently in its second month of service, appointments are available on Tuesdays and Thursdays from 1:00-4:00 p.m. At this time, the service is only being offered at the LA clinic. This treatment works alongside existing therapies to provide additional support for managing chronic skin conditions. Patients interested in the service should be prepared to commit to a treatment schedule of twice weekly visits for an initial 10 sessions (approximately five weeks), after which they will be re-evaluated by their provider. For more information or to determine if this treatment is right for you, please contact your provider.



It is important to offer this type of advance treatment in our clinic because of its proven safety and results profile for the indicated diagnoses. This service is in addition to any current treatment plans and patients usually see fairly quick results from the treatment.

-Scott Turner, PA-C, SDPA



**Title VI Lunch Menu**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PHILLY STEAK SANDWICH TOSSED SALAD* ICE CREAM	2 TAMALE SPANISH RICE SALSA/PEACHES	3 CHICKEN, BROCCOLI & RICE CASSEROLE SALAD BAR*	4 BEEF STROGANOFF CUCUMBER, TOM ONION SALAD	5 SLOPPY JOE PICKLES/ONIONS VEGGIES/COOKIE
8 CHICKEN NACHOS REFRIED BEANS SPANISH RICE APRICOTS	9 HAM BAKED SWEET POTATO TOSSED SALAD* PEARS	10 PORK LOIN SPINACH ROLL PUDDING	11 SPAGHETTI W/MEATSAUCE BREAD STICK VEGGIES/FRUIT	12 COLD CUT SANDWICH LTOP MAC SALAD MANDARIN ORANGES
15 SALISBURY STEAK MASHED POT/GRAVY VEGGIES FRUIT	16 ORANGE CHICKEN FRIED RICE W VEGGIES JELL-O W FRUIT	17 CHEF SALAD HAM, CHEZ, ONIONS PINEAPPLES COTTAGE CHEZ	18 AST ELDER DAY TITLE VI WILL BE CLOSED	19 JUNETEENTH FREEDOM DAY
22 KRAUT & WEINERS BRUSSEL SPROUTS ROLL/PEAR	23 CHICKEN FAJITAS BELL PEPPERS & ONIONS TORTILLA/SALSA	24 PORK CHOP BROCCOLI SALAD PEACHES	25 TUNA SALAD LTOP BAKED CHIPS FRUIT	26 BEANS W HAM SPINACH CORNBREAD FRUIT
29 SMOKED SAUSAGE MAC & CHEZ VEGGIES/FRUIT	30 BAKED CHICKEN GARDEN ORCHARD SALAD BREAD / FRUIT	<p><b>MENU SUBJECT TO CHANGE*</b></p> <p>LUNCH IS SERVED FROM 11 AM TO 1PM SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</p>		

**DECADES COSTUME BONUS**

Dress the decade and receive **\$10 FREE PLAY!**

June 1 – June 6: 70's  
June 7 – June 13: 80's  
June 14 – June 20: 90's  
June 21 – June 30: 00's

Come dressed to impress – the later the decade, THE BIGGER THE VIBE!

**LET'S SUMMER THUNDERBIRD COSTUME**

With a side and a 20oz. Soda \$11.50  
2xMeat 2xCheese Burger

With a side and a 20oz. Soda \$12.50  
Coconut shrimp

With a 20oz. Soda \$7.00  
Corndog & Chips

\$6.00 Disco-Bird  
\$6.00 Purple Rain

**NORMAN**

**LET'S SUMMER THUNDERBIRD COSTUME**

With a side and a 20oz. Soda \$11.50  
2xMeat 2xCheese Burger

With a 20oz. Soda \$7.00  
Corndog & Chips

\$4.00 Red Light Cars

**SHAWNEE**



**ABSENTEE SHAWNEE TRIBAL  
HEALTH SYSTEM**  
Prevention. Progress. Pride.

**Scheduled Closures**

**June 3<sup>rd</sup> - Closed at NOON for  
Townhall Day.  
PlusCare & Pharmacy will  
re-open at 5pm**

**June 19<sup>th</sup> - Closed in  
observance of Juneteenth**

*Follow us on Facebook or visit  
asthealth.org for closure information and  
updates!*

**DIABETES & PUBLIC HEALTH  
PRESENTS:**

**ELDER CHAIR  
VOLLEYBALL**

Come have fun and learn to play chair volleyball!  
All skill levels and elders 55+ welcome!



**JUNE 24, 2026 - 11 AM TO 2 PM  
AST MULTIPURPOSE BUILDING  
2029 JAMES L. EDWARDS LN, SHAWNEE, OK**

For More Information Contact: Jayden Watson,  
405-701-2108 or jwatson@atribe.com




★ ★ ★ **ASTHS DIABETES & WELLNESS  
AND THUNDERBIRD CASINO** ★ ★ ★

**3<sup>RD</sup>  
OF JULY**

**Stars & Stride  
5K & 1 Mile Fun Run/Walk**

**FREE  
ENTRY**




SCAN TO REGISTER

**EVENT LOCATION:  
FOOTBALL FIELD AT  
LITTLE AXE PUBLIC SCHOOL  
2000 168<sup>TH</sup> AVE NE  
NORMAN, OK  
EVENT CHECK IN 8:00 AM - 8:30 AM**

CONTACT:  
405-701-7977  
khancock@atribe.com

Lunch is provided for those enrolled in the Title VI  
Program. Meals are \$5 for those not enrolled.

**Elder's  
Fun Day**

Elders ages 55 & older are invited to join  
the Public Health Department for fun  
games, activities, & helpful health  
education topics.

**June 11 | THURSDAY | June 25**  
LA Resource Center Shawnee Title VI

**FUN. GAMES. LEARNING.**

For more information, contact  
Sianna Morgheim or Terra Little Jim:  
405-447-0300 or 405-827-7704  
TLITTLEJIM@ASTRIBE.COM

Ki Ke Ki Ka Mi Ge - "Keep Moving"

**WELLNESS  
WARRIORS**

ABSENTEE SHAWNEE TRIBE  
DIABETES AND WELLNESS DEPT.



**Group-Based Program Focused  
on Physical Activity & Nutrition**

Join us to learn how to become more  
active, burn more calories, shop smarter,  
manage stress and more!

**IN-PERSON OR VIRTUAL**

Contact us for more info:  
405-561-7874 or Mark.Scott.atribe.com

AST DIABETES & WELLNESS

**KEEP  
MOVING**

**FREE  
TO JOIN** **MONTHLY  
CHALLENGE**



KI - KE - KI - KA - MI - GE

GET READY TO MOVE!  
"KI KE KI KA MI GE" IS A MONTHLY  
PHYSICAL CHALLENGE ON OUR APP THAT  
HELPS KEEP YOU MOVING DURING YOUR  
DAY-TO-DAY.

QUESTIONS ABOUT OUR  
WELLNESS PROGRAMS?  
WE'RE HERE TO HELP

405-701-7977





## Addressing Dementia in Indian Country

### MANAGING THE NEED

1 in 6 natives over the age of 45 report memory difficulties, while having less access to health systems. Natives are also at an increased risk of developing any sort of dementia.

### The Power of Early Diagnosis

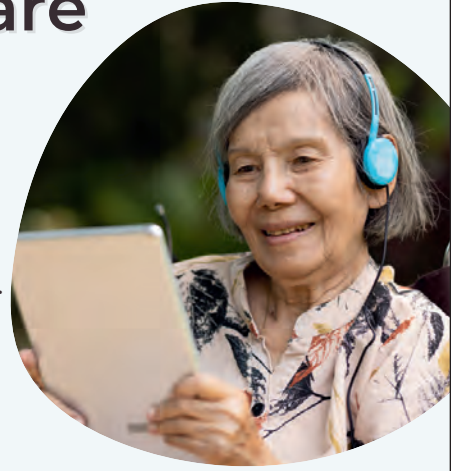
- Slows its progression
- Plan for future care
- Help family understand symptoms
- Rule out other conditions

For more information, visit [www.asthealth.org](http://www.asthealth.org), or call Little Axe Clinic at (405) 447-0300

## A Comprehensive Approach to Dementia Care

### MUSIC & MEMORY

This program, grounded in extensive research, helps people living with cognitive challenges find renewed joy in life through musical favorites by tapping into deep memories. Relating to music can increase socialization, restore identity, and help patients feel less alone. **There is no cost for participation.**



### SAVVY CAREGIVER IN INDIAN COUNTRY

An evidence-based dementia caregiver training program built to provide relevant dementia knowledge for family members as they provide care for relatives or friends living with dementia.

For more information, contact:

- ☎ (405) 561-7893 Atheda Fletcher
- ☎ (405) 447-0300 Little Axe Clinic



LITTLE AXE HEALTH CENTER  
15951 LITTLE AXE DR.  
NORMAN, OK 73026  
405.447.0300

SHAWNEE CLINIC  
2029 S. GORDON COOPER DR.  
SHAWNEE, OK 74801  
877.878.4702 (TOLL FREE)

*Develop Healthy Habits*

## DIABETES AND WELLNESS

For those diagnosed with diabetes, or at risk, we're here to offer guidance on lifestyle changes to improve your health. Better eating, stress management, and exercise tips are some supportive resources on offer.

# HOME HEALTH NOW ACCEPTING PATIENTS

Our team of experienced caregivers works closely with your physician to help you regain the independence and quality of life that you deserve.

- ✓ Home Health Aide
- ✓ Physical & Speech Therapy
- ✓ Skilled Nursing

### CONTACT US

☎ 405.701.7085



### Choose Water

**Water is essential to keep our health in balance and it is the #1 drink to keep us hydrated. Drinking water helps give us more energy by keeping our blood, muscles and organs hydrated.**

**Choose drinks with less added sugar. A good rule of thumb is to check the total sugars on the food label and make sure it has 3g or less.**

**It is recommended to drink about 6-10 cups of water per day which is about 48-80 ounces.**

**Make it a habit to drink a cup of water before each meal. It can also help you feel full and eat less.**

**Get creative- try different flavors by making water infusions or herbal teas. Add flavor with fruit slices. Let it sit in the fridge for at least an hour for the best flavor.**

**Very Berry - Add a handful of sliced strawberries and a handful of blueberries to a pitcher of water and let it infuse in the fridge. Fresh or frozen fruit works great!**

**Refresh your drink - Add slices of lemon, lime or cucumber OR add a few chopped cubes of watermelon and honeydew.**



Questions? Contact Diabetes and Wellness at 405-701-7977

