



# THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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March 2026

## AST 477 & AST Language Program's Sweetheart Social/Stomp Dance

On Saturday, February 7th, the AST 477 & AST Language Program co-sponsored the "Shawnee Sweetheart Social/Stomp Dance" held at the Thunderbird Event Center. The dances were social dances that take place during stomp dances at the three ceremonial grounds during summer. This was a learning and teaching opportunity for the AST youth and adults, who may not have seen or participated in the social dances. There were also various vendors selling hard to find handmade items during the day. A stomp dance continued into the evening where raffles, a cake plate drawing, and contest for furthest distance traveled, longest married couple, and best dressed couple was held. Fun was had by all. Although we used this opportunity to teach different Shawnee social dances, we encourage our youth and adults to participate in these dances during stomp dances in our ceremonial season. All of our dances are vital to our Shawnee culture and we must not lose them. We encourage everyone to do their part in keeping our culture alive. The proceeds from the event were donated to the AST ICW Program before the February Executive Committee Meeting.

Ne yi wa! Gi ke la ko te yi qa



96th Semi-Annual General Council Meeting - April 11, 2026 - 10:00 AM  
AST Multi-Purpose Building - Shawnee, OK

**GOVERNOR'S REPORT**

John Johnson, AST Governor



**GOVERNOR**  
John Johnson

Hello All,

March is here, it's about time to get your gardens ready for spring, that way when spring does get here you will be ready to plant.

Have you been on campus lately? The new admin building is moving along as planned. Dirt is being moved and cleared out; soon the foundation will be laid. I'll say it again, we're looking forward to this new building we desperately needed it.

Ms. Kryste Carter has been working on the 5 year strategic plan for the tribe. She held a two day session for all directors to give their input. She also gathered the in-

put from tribal members. This collaboration will help the plan be successful. A rough draft should be ready for review at General Council in April. Look for this update.

I recently visited with Mr. Lincoln McCurdy with TCA. He is currently working with Hanover College to bring more scholarships programs to Native Students. He would like to partner with the Absentee Shawnee Tribe and bring these scholarships to our tribal youth. I will be sharing all information received to the Education Department. I would like to take advantage of this and let our tribal members benefit from these scholarships.

Treasurer Blanchard, Gary Pitchlynn and myself made a quick trip to Washington DC. We scheduled an in person

meeting with the newly elected Asst. Secretary of the Department of Interior, William Kirkland, III. This meeting was to give updates on the fee to trust issues we continue to face. We wanted Mr. Kirkland to see how important this matter is to us and how many challenges we face economically. I think by making these special trips to visit him and his office he sees how detrimental this is for our tribe.

Should you have any comments or concerns you may call or email myself or my assistant at the emails listed below.

Thank You

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

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

**SECRETARY'S REPORT**

Misty McGirt, AST Secretary



**Lt. GOVERNOR**  
Diane Ponkilla

Greetings Tribal Members,

I hope everyone and their family has been having a good start with these first months in this year. My office has been busy with monthly meetings, planning events, and assisting tribal members and the community with tax preparation. General council date has been set to April, 11, 2026 at the Multi-purpose facility in Shawnee at 10:00am. I hope to see everyone there it's always a great time to see everyone and visit with our tribal members we don't see all the time. Our annual AST Easter event is set to be April,

18, 2026 from 10:00am-12:00pm at the Multi-purpose facility in Shawnee. This event is always one I look forward to seeing the kids, elders and everyone having a great time. The Language and culture department had a great turn out for their sweetheart stomp dance February 7 proceeds were donated to the ICW department. I attended the Veterans meeting Saturday February 14. It was a good meeting long time commander Jason Bender has stepped down to let the younger generation take lead. He served our AST Veterans committee well over the years along with many other veterans. The next veterans meeting will be March 14 at 10:00 am at the veteran's trailer located on the AST

campus in Shawnee. Our Agriculture department had their first meat distribution for our elders February 27th it went very well this is a start to many distributions we will be looking at for the future. Our agriculture department is partnered with many other departments within the tribe such as the building blocks facilities, food pantry and many others. During our tribal ceremonies the meat rations given is from our herd as well. I hope all goes well for everyone this month that is all I have to report at this time if you have any questions or concerns please don't hesitate to contact my office 405-275-4030 Ext. 3505.

Ne yi wa!

Secretary McGirt

**TREASURER'S REPORT**

Joseph Blanchard, AST Treasurer



**SECRETARY**  
Misty McGirt

Hello AST Family and Friends,

I hope all is well. Can you believe it's March? My staff and I continue to truck along, handling whatever obstacles or problems arise. We've been so busy with the beginning of the New Year providing advice and putting our best foot forward to take care of the Tribe's business as we begin 2026. I want to give a quick "Shout Out" to the Lt. Governor's office and her multiple programs for their actions during late January's Winter Storm. While everyone else was enjoying the safety and warmth of their homes and days off, those staff members were on-site in the cold, getting the grounds cleared for when the buildings opened back up. Plus, the animals in the Ag program still needed to be watered and fed.

Since January, programs under my oversight have been working to finalize all paperwork and requirements to close out the 2025 calendar year, amongst our regular duties. I appreciate our different work groups helping to fulfill our legal obligations and delivering tax paperwork for our vendors and employees. Preparations and other functions for the Annual Health Audit, followed by the Tribe's shortly thereafter have begun as we work to complete tasks before deadlines. This will be the first year I have concerns since one of our more experienced and knowledgeable individuals has left the system. However, the Business and Finance teams at both locations are actively searching for remedies to potential problems before they arise. A common phrase I would

hear in my younger days was "adapt and overcome".

In February, I attended the NCAI Executive Winter Session in Washington, D.C. with Governor Johnson. While there, I was able to participate in several opportunities to obtain updates on Taxes, Budgets and Revenue; meet with Directors and staff of various Federal agencies; network with other Tribal leaders; and the most important activity, visit with various members of Congress on Capitol Hill. Of the 5 meetings, 3 were with members from the House of Representatives and 2 from the Senate. I appreciate Reps. Cole (OK), Davids (KS), Moore (WI) plus Senators Shumer (NY) and Sullivan (AK) for them or staff taking time out of their schedules to visit about pressing needs in Indian Country.

I was able to lead 3 of the conversations to express concerns from an Oklahoma perspective but shared the time frame with Tribal leaders from other U.S. regions. The main topics of discussion involved affirmation of Treaty rights and Self Determination; the recent ICE situations in California and Minnesota; problems with proposed changes and/or removal of language in previously approved Senate and House bills; problems with proposed changes and/or removal of language in upcoming proposed Senate and House bills; the removal of previously approved funding and cuts to existing budgets; and the lack of proper and timely consultation with Tribal Nations. The main emphasis we attempted to get across is Tribal Nations help States and Federal government across the country. As Sovereign Nations, our success, how-

ever great or small, means fewer dollars the U.S. has to spend to take care of our citizens.

As I think about the last several years as Treasurer and as a member of two EC's, we hear the comments about no growth or lack of this or that. Then I look around the AST Complex and our communities in Little Axe and Tecumseh. There are 4 completed projects with the 5th just beginning on campus; 4 projects in Tecumseh with the 5th (new Clinic) projected to be done by Fall; 3 purchases that increased the Tribe's land holdings by 370 acres; and the employee base has increased to approximately 650 staff. That number increases to almost 900 if we add the folks from the Bank, Casino, C-Store, and Housing. If projections are correct, we may surpass 1000 once the new Clinic is complete later this year.

Gone are the days of 1 account, 1 budget, and less than 50 employees. As we continue to grow and prosper, I am grateful to our former leadership and Elders for their advice, guidance, and support. A couple weeks ago, I received an unexpected "Thank You!" for handling a situation and taking charge to find solutions for our problem. Sometimes, it really is the little things that will turn your day around and make you feel good about your part in the process. Should you have any questions, please do not hesitate to ask by sending me an email, setting up a time to have an in-person visit, or call to have a phone discussion.

Next month I will report on my trip to the Annual Realty Conference.

Respectfully,

Joseph H. Blanchard



**TREASURER**  
Joseph Blanchard



**REPRESENTATIVE**  
Anthony Johnson

**REPRESENTATIVE'S REPORT**

Anthony Johnson, AST Representative

Hello Tribal Members,

I hope everyone is having a good spring. My office has been busy since the start of the New Year. In January, my Executive

Assistant, EJ Ruiz, obtained her certification in Tribal Governance from the Tribal Leadership Council. In February, our office attended the two day strategic planning meeting for the tribe. Thank you to Kryste Carter from Finance, who led us in our strategic planning. Should you have any questions or need assistance, please

contact my office:

Phone: (405) 531-3512.

Email: adjohnson@astrobe.com

Sincerely,

Anthony "Tad" Johnson,  
Tribal Representative

**MEDIA RELEASE**

February 17, 2026

**2026 PRIMARY ELECTION CANCELLED**

FROM: The AST Election Commission

There were no filings for the Open Positions on the Election Commission during the Filing Period in January 2026. The Primary Election scheduled for March 17, 2026, is hereby cancelled.

Election Commissioner James C. Spybuck, Jr., met with John Johnson, Governor of the AST Executive Committee, to inform him of the AST Election Commission's decision to cancel the Primary Election for March 17, 2026. We understand this change may raise questions, and we want to assure you that the current members will continue to serve the community's interests.

The Election Commission will continue to serve with its current elected Members and appointed Alternates per ARTICLE VI-ELECTIONS, SECTION 6 Alternates, and ARTICLE VIII – VACANCIES, SECTION 2, of the Constitution. Your ongoing support and trust are appreciated as we maintain stability and service to the community.

If you have any questions or concerns, please get in touch with the Election Commission Office at (405) 273-4030 ext. 3537 or email election.commission@astribe.com. You can also visit our Election Commission website, <https://www.astribe.com/election-commission>, for the latest updates on election matters.



## AST VETERANS ASSOCIATION NEW OFFICERS

The Absentee Shawnee Veterans Association held a meeting on Saturday January 31, 2026 at Golden Corral in Norman and elected new officers.

**Election of Officers:**  
 Commander-Taren Williams  
 Executive officer-Bill Bayliss  
 Operations Officer-Elijah Foreman  
 Admin-Fin.-Twila Parker  
 First Sergeant-Adam Trammell-Lane  
 Chaplain-Raymond Tiger



## AST VETERANS ASSOCIATION MEETING

March 14, 2026  
10 AM  
AST VETERAN TRAILER  
2025 S GORDON COOPER DRIVE  
SHAWNEE, OK




## MELOKAMI YOUTH CAMP

**OPEN TO ALL YOUTH  
6TH-12TH GRADE  
OR  
ANY YOUTH WHO ATTENDED  
SUMMER CAMP 2025**



**SPACE IS LIMITED!**

Hello Spring

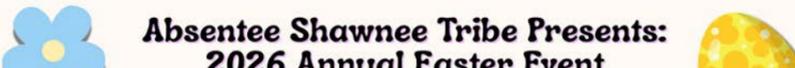
**Location:** Brendle Corner  
19200 E Robinson St, Norman, OK  
(Located off of Highway 9, just East of 192nd)

**Date/Time:** March 16<sup>th</sup>-20<sup>th</sup>, 2026 / 9:00 am to 4:00 pm

**Transportation:** Tecumseh/Shawnee area youth will be picked up at the AST Complex @ 8:30 am SHARP. We will return to the complex @ 4:30 pm.

**Sign-Ups:** Youth must be signed up by Friday, March 13th.

**Contact Information:**  
 Blake Goodman: bgoodman@astribe.com  
 Shay Fixico: sfixico@astribe.com  
 TYP Cell: 405-617-6231



## Absentee Shawnee Tribe Presents: 2026 Annual Easter Event

# HOPPY EASTER

Tribal members of all ages are welcome!  
(Must show CDIB)

**Date: April 18TH, 2026**  
**Time: 10:00am - 12:00pm**

AST Complex - Multi-Purpose Building  
2025 S. GORDON COOPER DR

**EGG HUNT AGE GROUPS**

3 & under	4-6 years old
7-10 years old	11-15 years old
16-18 years old	SS & UP

Pictures with the Easter bunny  
DOOR PRIZES!  
Lunch will be provided



## OFFICE OF THE TRIBAL SECRETARY TAX PREPARATION SERVICES

**START DATE: TUESDAY JANUARY 27**  
**TUESDAYS & THURSDAYS**  
**5:30PM - 8:00PM**

**SATURDAY'S - FEBRUARY 21 & MARCH 14**  
**8:30AM - 12:30PM**

**FREE INCOME TAX FILING: FORMS 1040 OR 1040 SR**

*LOCATION:*  
 AST MULTI-PURPOSE BUILDING  
 2029 JAMES L EDWARDS LANE  
 SHAWNEE, OK

**ELIGIBILITY: TOTAL HOUSEHOLD INCOME OF \$69,000.00 OR BELOW**  
**OPEN TO: AST MEMBERS AND THE COMMUNITY**

**END DATE: APRIL 9, 2026**



*Misty McGurt*  
Tribal Secretary

**REQUIRED DOCUMENTS:**

- PHOTO ID
- MEDICAL/DENTAL EXPENSES, IF ANY
- W-2 FORM
- CHARITABLE DONATIONS, IF ANY
- SOCIAL SECURITY CARD
- 1099 FORM
- LAST YEAR'S TAXES
- IRS PIN LETTER

**TO MAKE AN APPOINTMENT PLEASE CALL:  
ALEXAS ROSALES AT 405-275-4030 X 3641**



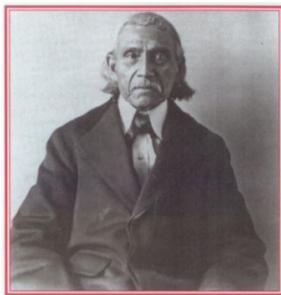
## 2026 ELDERS COUNCIL MEETING DATES

DATE	TIME	LOCATION
Saturday, January 17, 2026	10:00 a.m.- 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, February 21, 2026	10:00 a.m.- 2:00 p.m.	AST Resource Center, Norman, OK
Saturday, March 21, 2026	10:00 a.m.- 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, April 18, 2026	10:00 a.m. - 2:00 p.m.	AST Resource Center, Norman, OK
Saturday, May 16, 2026	10:00 a.m. - 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, June 20, 2026	10:00 a.m. - 2:00 p.m.	AST Resource Center, Norman, OK
Saturday, July 18, 2026	10:00 a.m. - 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, August 15, 2026	10:00 a.m. - 2:00 p.m.	AST Resource Center, Norman, OK
Saturday, September 19, 2026	10:00 a.m. - 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, October 17, 2026	10:00 a.m. - 2:00 p.m.	AST Resource Center, Norman, OK
Saturday, November 21, 2026	10:00 a.m. - 2:00 p.m.	AST Multi-Purpose Building, Shawnee, OK
Saturday, December 19, 2026	10:00 a.m. - 2:00 p.m.	AST Resource Center, Norman, OK

**ELDERS COUNCIL OFFICERS**  
Term: February 2026 to January 2029

President:	James Cody Spybuck, Jr.	Cell: (572) 268-4181	Email: jebuc68@gmail.com
Vice-President:	Audrey Dodds	Cell: (405) 593-5987	Email: scr2014@yahoo.com
Treasurer:	Charlotte Ellis	Cell: (405) 620-4091	Email: ellischarlotte63@gmail.com
Secretary:	Phyllis Johnson	Cell: (405) 827-6027	Email: Tiggrp@hotmail.com

# BIG JIM YOUTH AWARDS



Tribal Leader—Big Jim

In July 2025, the Big Jim Youth Award Selection Committee identified the tribal members who would receive the prestigious awards for their High School Academic and Athletic performance. The selection committee for these awards consisted of individuals who are either educators, coaches, or affiliated in these areas or to the area of higher education within the state of Oklahoma. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. “The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond” said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.

## Academic Achievement, \$1000.00 Scholarship Athlete of the Year, \$1000.00 Scholarship



### Erika Blanchard

Shawnee, Oklahoma

Parents: Joseph and Twyla Blanchard

Attending: Seminole State College

Accomplishments: FFA 4 years

2024 Edmond North Wrestling Tournament – 3rd Place

2024 Regional Shoot Appearance

2024 Softball Class 3A Regional Champions

2024 Basketball Area Consolation Champions

Essay: “Being an athlete in multiple sports-softball, basketball, wrestling, and shooting sports-I have experienced a unique blend of cultural heritage and athletic dedication that has shaped my character and future aspirations...Each sport requires a different set of skills, but they all share a common thread; the need for consistent practice, learning from failures and never giving up...In my tribe, community and cooperation are highly valued, and this mindset has carried over into my sport career. I understand the importance of supporting one another, whether on a sports team or in life...I hope to pursue higher education and possibly a career in sports medicine, coaching, or even working with youth sports programs in Native American communities.”

## Athlete of the Year, \$1000.00 Scholarship



### Gregorie Cruz

Ballwin, Missouri

Parents: Debra Spybuck Cruz and Marvin Cruz

Attending: University of Kansas

Accomplishments: Parkway South High School Football – 4 years

Parkway South Football Iron Man Award – 4 years

Special Olympics – Active Volunteer

Essay: “Being an Absentee Shawnee member, everything I do in the future will be done with the thought of our tribe present in mind. I plan on facing every challenge and struggle with the same attitude and mindset as those who came before us. Everything I have accomplished so far has helped shape and inspire my future plans in ways that allow me to not only continue to grow and mature as a person, but also help others as well. Being part of a team sport was very strong in allowing me to realize this. As important as it is to carry your own weight, collaborating with others and realizing the value of teamwork and learning from others is just as vital in order to ensure everyone can succeed.”



### AST Education Department: Big Jim Youth Awards

Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2025-26 academic year. The official application form is available at [www.atribe.com](http://www.atribe.com) on the Education page under the Services tab.

- Applications will be accepted from **January 1, 2026 8 am CST to March 31, 2026, 5 pm CST.**
  - o All applications and supporting documents must be postmarked (mail) or received (in person or email) by March 31<sup>st</sup> at 5:00 pm CST. Our network may quarantine emails from Gmail accounts so please call or email to make sure applications and documents have been received well in advance of deadline to make sure the deadline is met.
  - o Documents received after the deadline will not be reviewed by judges.
  - o Official transcripts will be accepted via email, from school personnel, or as a hard copy. Faxed copies will not be accepted.

Applications are for the following awards:

- Big Jim Academic Achievement Award (Male and Female)
- Big Jim Athlete of the Year (Male and Female)

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced at a date to be determined after April 2026.**

Award recipients will be recognized as the 2025-26 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the **\$1,000.00** scholarship to be used towards their education and the advancement of their career. The \$1,000.00 award is in the form of a scholarship to the school where the award recipient will attend for the fall 2026 semester. The scholarship **must be used for the fall 2026** semester.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe  
Education Department  
c/o Tresha Spoon  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
405.275.4030 Ext 3533  
youthaward@atribe.com



### Big Jim Youth Award

2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
(405) 275-4030 Ext. 3533  
[youthaward@atribe.com](mailto:youthaward@atribe.com)

Applications accepted:  
Jan. 1 - March 31 @ 5 pm CST

Check one:

- \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- \$1,000 Scholarship Big Jim Athlete of the Year (Female)

#### STUDENT INFORMATION

Name: \_\_\_\_\_  
(LAST) (FIRST) (MI)

Tribal Enrollment #: \_\_\_\_\_

Address: \_\_\_\_\_  
(STREET) (CITY) (STATE) (ZIP)

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

College/university/vocational institution you plan to attend and course of study/major? \_\_\_\_\_

#### HIGH SCHOOL INFORMATION

High School Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Advisor/Counselor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Sport, if applicable: \_\_\_\_\_ Position: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone #: \_\_\_\_\_

Indian Education Director: \_\_\_\_\_ Phone #: \_\_\_\_\_

All Absentee Shawnee High School Seniors are eligible and encouraged to apply. If applying for both Academic Achievement and Athlete of the year, applicant must provide two (2) separate applications and sets of supporting documents.

Documents to be included with application:

- Official High School Transcript (emailed copies sent directly from school personnel will be accepted)
- Tribal Enrollment Card (copy)
- Résumé of all relevant **Academic or Athletic** accomplishments, activities, work experience, etc. (if applying for both Academic Achievement and Athlete of the Year, you will need **two distinctly different résumés**)
- Letter(s) of Recommendation (Educator/Coach/Tribal/Church)
- 500-word Essay: How do you feel your accomplishments (culture/knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?
- Video (optional): no more than 10 minutes in length



## Education Attends Every Student Succeeds Act (ESSA) Tribal Consultation

On February 6th, Tresha Spoon, Director of Education, attended the OKC Metro Area schools Every Student Succeeds Act (ESSA) Tribal Consultation at Putnam City Schools. Seven school districts and 13 tribes/nations were represented. These seven school districts serve 160 Absentee Shawnee tribal members. ESSA requires Local Education Agencies (LEAs) to engage in timely and meaningful consultation with Indian tribes or tribal organizations before submitting plans for covered programs, particularly if they receive over \$40,000 in Title VI funds or have high American Indian enrollment.





2026

### Graduation Stole Request Form AST High School Seniors

This application is for 2026 high school graduates only. Student must graduate in 2026 calendar year.

Stoles will be available on a first come, first served basis and contingent on available funds.

- Eligible tribal members will only receive one (1) graduation stole during their lifetime.
- The information you provide below will be used to contact you regarding your form, where your stole will be sent to, or scheduling a time for you to pick up a stole.
- Information must be current and clearly written.
- If your contact information changes after you submit your form, notify the Education Department immediately.
- We will not be responsible for lost stoles, stoles being sent to incorrect addresses, or the inability to schedule a pick up time.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How would you like to receive your stole?  Pick up  Mail  
\*If picking up a stole, you will be called to schedule a pick up time.

Required documents:

- Verification – Copy of class schedule: 12<sup>th</sup> grade enrollment
- Tribal Enrollment Card - Copy (must be the updated card)

Education Department  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
405.275.4030 Ext. 3533  
405.273.7938 (fax)  
[tresham@astribe.com](mailto:tresham@astribe.com)



2026

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\_\_\_\_\_

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- Tribal Enrollment Card - Copy (must be the updated card)

Education Department  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
405.275.4030 Ext. 3533  
405.273.7938 (fax)  
[tresham@astribe.com](mailto:tresham@astribe.com)

## Ysleta del Sur Pueblo Native Pathways

### Employment & Training Program

**Qualifications**

Must be 18 years or older  
Low-income, underemployed, unemployed, or seeking training.  
Must reside in West Texas.

Must be a Native American, Native Alaskan, or Native Hawaiian.  
Must be an enrolled member of a Federally Recognized Tribe.

**Services Provided**

Academic & Career Advising  
Direct Job Placement  
Paid Work Experience  
Tuition Assistance  
Incentives  
Transportation Assistance  
and other Supportive Services

Do you have any questions?  
Contact: Elizabeth Arceo  
915-497-7693  
[earceo@ydsp-nsn.gov](mailto:earceo@ydsp-nsn.gov)

## Native Pathways

### Ysleta Del Sur Pueblo Employment & Training Program

**Services Provided**

- Academic and Career Advising
- Direct job placement assistance
- Paid work experience internships
- Higher Education Tuition Assistance
- Incentives for successful completion of Trainings/Certifications
- Transportation Assistance, and many other Supportive Services

*Scan here for us to contact you!*



[www.ysletadelsurpueblo.org/native-pathways](http://www.ysletadelsurpueblo.org/native-pathways)

**Do You Qualify?**

- Applicants must be 18 years of age or older.
- Unemployed, low-income, or underemployed.
- Must reside in West Texas and must be Native American, Alaskan Native, or Native Hawaiian and an enrolled member of a Federally recognized Tribe.

# MARCH 8 INTERNATIONAL WOMEN'S DAY



**BEHIND EVERY STRONG WOMAN  
IS HER SACRED BLOOD LINE**

# Po s'qe ke s'fwa (po s'qee kee s'thweh)

## MARCH HALFWAY MONTH





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 is an OkDHS licensed 5 Star Facility as well as being NECPA Accredited. We are accepting job applications, to apply go to <https://www.astrobe.com/employment> and look for Building Blocks, Shawnee.

Dr. Seuss' Birthday & Read Across America Week is March 2<sup>nd</sup> -March 6<sup>th</sup>. We will be doing dress up week and inviting volunteers to read Dr. Seuss' books to the children.



SPRING FORWARD  
 SET YOUR CLOCKS AHEAD AN HOUR

Remember to Spring Forward and set your clocks ahead on Sunday, March 8<sup>th</sup>.

St. Patrick's Day is Tuesday, March 17<sup>th</sup>: remember to wear GREEN.

Friday, March 20<sup>th</sup> is the First Day of Spring.



March will be a Month full of exciting new things for the children to do as they play and learn. We are excited for the arrival of Spring as it brings Warmer Weather for more outside exploration. Have a Sunshiny March!!

## BBIII March 2026 Newsletter

### Important Info:

This month, our infants will be exploring shapes through sensory play and hands-on discovery. Our toddlers and 2-year-old classes will be celebrating Dr. Seuss, exploring St. Patrick's Day, and learning all about weather! Through themed stories, sensory activities, and hands-on crafts, children will build early literacy skills, practice color recognition, and explore concepts like rain, sunshine, wind, and rainbows. These activities will also support vocabulary development and encourage curiosity about the world around them.

Our 3, 4, and 5 year olds will be diving into the exciting world of animals and pets! Children will learn about different types of animals, their habitats, sounds, and basic needs. Through books, dramatic play, art projects, and group discussions, they will practice classification skills, build descriptive language, and strengthen social skills as they share what they learn with friends.

### Program Info:

Building Blocks III CDC  
 16051 Little Axe Drive  
 Norman, Ok 73026  
 Hours of Operation: 7am-6pm  
 Director: Renee Richardson  
 Asst. Director: Sara Garcia



## BBIII March 2026 Newsletter



## Winter Weather Snow Day Fun 2026



## HSB AFTER SCHOOL NEWSLETTER

March 2026

### Learning Objectives

- Exploring traditions, stories, and community values to develop an appreciation for heritage, fostering a sense of identity, belonging, and respect.
- Strengthening fine and gross motor skill through movement games, outdoor play, and hands on activities to support balance, coordination, strength, and physical confidence.
- Encourage self expression through art, music, and storytelling. Allowing the exploration of ideas, emotions, and creativity.
- Practicing patience, emotional awareness, and problem solving skills during daily routines and group activities
- Building cooperation and teamwork skills by working together in small groups to complete shared tasks and practice respectful communication

### "Ma lo ki me ke" Springtime

#### Reminders

- We will be open ALL WEEK for Spring Break! 7:45AM - 5:15PM

#### Upcoming Events

- Spring Break field trip is in the works. More info coming VERY soon. (only one trip during Spring Break)

#### Contact Information

Email: [bmiller@astrobe.com](mailto:bmiller@astrobe.com)  
 Phone: (405) 827-7019



ABSENTEE SHAWNEE AGRICULTURE DEPARTMENT  
**GIVE US FEEDBACK**

### SCAN ME



Your feedback helps us grow.

If you attended any agriculture events, please take a few minutes to complete our short survey. Your feedback helps us improve future programs and bring more resources back to our community.

Anonymous option available



Way back! Maybe from 1999!  
Happy Birthday Taylor Carter!  
Love,  
Your family!



Happy Birthday Makiyah K. (Bug) my beautiful daughter! Keep shining, you're an amazing and caring person! I'm so proud of you and everything you do!



### Spaghetti Dinner Fundraiser and 50/50 Raffle \$1.00 Donation Per Ticket

Friday, 6 March 2026  
10:00 A.M. to 6:30 P.M.  
AST Community Center  
(Next to AST Tribal Store/Brown House)

**COST: \$15 PER PERSON**  
Includes Spaghetti, Sauce **without** meat or  
Sauce with meat, Garden salad with  
Dressing, Garlic Bread, Dessert & Drink

Dine-in or Take Out Orders Available  
Place Orders by Calling or Text  
Cell: 405-778-9353 to pay with Square  
Cell: 405-620-4091 to pay with Cash or Cash App



2/17/2026

ALL PROCEEDS BENEFIT THE AST ELDERS COUNCIL

1

AllNations Bank  
2023 GORDON COOPER DR  
SHAWNEE, OK 74801

**LUCK DOESN'T PAY INTEREST—BUT WE DO!**  
OPEN AN INTEREST ACCOUNT TODAY

**HAPPY ST. PATRICK'S DAY**

YOUR POT OF GOLD AWAITS!

FDIC FDIC-Insured - Backed by the full faith and credit of the U.S. Government

THE AST ICW STAFF WILL BE RECORDING A SPECIAL **AMONG THE SHAWNEE** PODCAST AND THEY WANT TO HEAR FROM YOU!

SEND IN ANY QUESTIONS YOU HAVE ABOUT ICW AND WE MAY ANSWER THEM ON THE SHOW.



SUBMIT YOUR QUESTIONS TO:  
MEDIA@ASTRIBE.COM

ALL QUESTIONS MUST BE RECEIVED BY  
MARCH 13, 2026

# NOTICE

## IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

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

All articles for the next month's issue are **DUE** by the **15th** of the current month.

Unfortunately we can only accept **ONE PICTURE PER BIRTHDAY PERSON**, not per birthday wish.

Happy St Patrick's Day



**S'ke pi k'yi  
(s'kee pah k'yah)  
Green**



# PHONE DIRECTORY - DIRECT NUMBERS

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

## PAID AD

**COMMUNITY HEALTH**  
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Family Health & Dental Clinics  
"A Mary Mahoney Grassroots Expansion"

**PEDIATRICS** **FAMILY PRACTICE**

***YOU** are why **WE** are here...make an appointment today!*

**405.395.0399**

**Shawnee Family Medical Center**  
130 N. Broadway, Suite #300  
Shawnee, OK 74801

**HEALTHY START** **BEHAVIORAL HEALTH** **& MORE**



## ASTHS March 2026 Monthly Update

### March Health Awareness: Teen Mental Health

World Teen Mental Wellness Day is observed annually on March 2 to raise awareness about mental health issues affecting teenagers and promote positive mental health practices. Teen mental wellness day aims to highlight the importance of mental health for teenagers, a demographic that faces significant mental health challenges. Established in 2020 by the non-profit organization, Teen Mental Health, this day serves as a platform to educate young people about mental wellness, reduce stigma, and encourage them to seek help when needed.

#### Importance of mental wellness

Mental health issues are prevalent among teenagers, with studies indicating that up to 20% of adolescents experience mental health problems. The day serves as a reminder that mental wellness is essential for overall health and that support is available for those who need it. By participating in World Teen Mental Wellness Day, individuals and communities can contribute to a broader conversation about mental health, helping to create a supportive environment for teenagers to thrive.

#### Native American Teens and the Mental Health Crisis

Native American teens are facing a mental health crisis that is not being fully acknowledged. They are more than twice as likely to receive mental health treatment compared to their peers, yet they are at a greater risk for suicide, which is a leading cause of death for Native children aged 10 to 19. The crisis is exacerbated by systemic harm, historical trauma, and ongoing discrimination. Native American and Alaska Native teens are also disproportionately affected by health disparities, including high rates of depression, substance abuse, and violence. These issues are often rooted in generations of purposeful and systemic disenfranchisement.

#### Mental Health Issues That Affect Teens and Their Health

Being a teenager can be a challenging time. Between school, friendships, and the changes that come with growing up, it's normal to feel overwhelmed. However, sometimes these feelings can become more serious and lead to mental health issues. In this blog post, we'll explore the common mental health issues that affect teens, how they impact health, and what can be done to help.

#### Understanding Mental Health Issues In Teens

Mental health issues in teens can range from mild to severe and can affect every aspect of a young person's life. According to recent studies, about one in five teenagers experience a mental health issue at some point during their adolescence. This means that a significant number of teens are struggling with issues that can affect their well-being and daily life.

#### Common Teen Health Issues

Teens face a variety of mental health problems, both physical and mental. Some of the most common teen health issues include:

- **Anxiety and Depression:** Anxiety disorders and depression are among the most common mental health issues in teens. These conditions can lead to persistent feelings of sadness, hopelessness, and worry. Teens with anxiety may experience panic attacks, while those with depression may lose interest in activities they once enjoyed.
- **Anger Issues:** Anger issues in teens can manifest as frequent outbursts, irritability, and aggression. These issues can result from stress, frustration, or underlying mental health conditions. It's essential to recognize these signs and address them early.
- **Sleep Issues:** Many teens struggle with sleep issues, which can significantly impact their mental and physical health. Lack of sleep can lead to mood swings, difficulty concentrating, and even exacerbate existing mental health issues.
- **Sensory Issues:** Some teens may experience sensory issues, which can include being overly sensitive to lights, sounds, or textures. These issues can be associated with conditions like autism spectrum disorder (ASD) or sensory processing disorder (SPD).

#### Identifying Health Issues That Affect Teens

Identifying and understanding the issues that teens face is crucial for providing the right support. Here are some signs to watch for that may indicate a teen is struggling with mental health issues:

- **Changes in Behavior:** Sudden changes in behavior, such as withdrawing from friends and family, losing interest in activities, or declining academic performance, can be warning signs.
- **Mood Swings:** While it's normal for teens to experience mood swings due to hormonal changes, extreme or persistent mood changes can be a sign of an underlying issue.
- **Physical Symptoms:** Unexplained physical symptoms like headaches, stomachaches, or fatigue can sometimes be linked to mental health issues.
- **Substance Abuse:** Some teens may turn to drugs or alcohol as a way to cope with their feelings, which can lead to further health problems.
- **Risky Behavior:** Engaging in risky behaviors, such as reckless driving, self-harm, or unsafe sexual practices, can be a sign of underlying mental health struggles.

#### How Many Teens Have Mental Health Issues?

The prevalence of mental health issues among teens is a growing concern. Studies show that in the United States approximately 20% of teens have experienced a diagnosable mental health disorder. However, the actual number may be higher, as many cases go undiagnosed, or they do not attempt to reach out for a treatment plan. This highlights the importance of awareness and early intervention.

#### Addressing Types of Mental Health Issues in Teens

Addressing mental health issues in teens requires a multi-faceted approach. Here are some strategies that can help:

- **Open Communication:** Encouraging open and honest communication can help teens feel supported and understood. Parents, teachers, and peers should create a safe space for teens to express their feelings without judgment.
- **Seeking Professional Help:** Mental health professionals, such as counselors, psychologists, and psychiatrists, can provide valuable support. Primary care providers are an excellent place to begin for help as many medical conditions interplay with mental health problems. Therapy can help teens develop coping strategies and address the root causes of their issues.
- **Healthy Lifestyle Choices:** Encouraging a healthy lifestyle, including regular exercise, a balanced diet, and adequate sleep, can have a positive impact on mental health. Physical activity, in particular, is known to reduce symptoms of anxiety and depression.
- **Mindfulness and Relaxation Techniques:** Techniques like mindfulness, meditation, and deep breathing exercises can help teens manage stress and anxiety.
- **Building a Support Network:** Having a strong support network of family, friends, and mentors can provide teens with the encouragement and guidance they need.
- **Educating About Mental Health:** Educating teens about mental health and the importance of seeking help can reduce stigma and encourage them to reach out when needed.

#### Special Considerations: Sensory Issues in Teens

Sensory issues in teens can present unique risk factors and long term challenges. Teens with sensory processing disorder, ADHD, or on the autism spectrum may experience heightened sensitivity to sensory input, leading to discomfort or distress. It's essential to recognize these issues and provide appropriate support, such as sensory-friendly environments and tailored therapies.

#### The Impact of Untreated Mental Health Issues

Untreated mental health issues can have severe consequences for teens. They can lead to poor academic performance, strained relationships, and an increased risk of substance use disorders. In some cases, untreated mental health issues can contribute to more severe outcomes, such as suicidal thoughts or actions. It's crucial to take any signs of distress seriously and seek professional help for mental health treatment when needed.

#### Conclusion

Mental health issues among teens are a significant concern that requires attention and action. By understanding the common issues that teens face, recognizing the signs, and providing the necessary support, we can help them navigate this challenging period and build a healthier, more resilient future by reaching out to behavioral health providers for support and guidance. Remember, it's never too early or too late to seek help. If you or someone you know is struggling, reach out to a trusted adult, mental health professional, or helpline for support.

If you or another family member or friend is dealing with a mental health issue, do not hesitate to contact your primary care provider for assistance. The Absentee Shawnee Tribal Health System has access to pediatric/adolescent behavioral health professionals. Do not wait if you or someone you know is experiencing a mental health crisis. Call **911** for immediate care or if you need to talk to someone, there is the national Suicide & Crisis Lifeline that you can call as an immediate resource. Contact the lifeline at **988**. The 988 is a network of more than 200 local crisis contact centers that can handle thousands of contacts each day. The 988 number is to be used for mental health and substance use support, suicide prevention & crisis de-escalation, and connection to local care & treatment resources. In an emergency, call 911 for medical emergencies, fire, crimes in process, or life-threatening situations.

Don't wait, now is the time to seek help. Protect yourself and your loved ones. You are the future of our tribe, your family, and this nation.

NO JUDGMENT.  
JUST HELP.

TEXT, CALL, CHAT

988

## Scheduled Closures

**March 4<sup>th</sup> - Closed at NOON for Townhall Day. PlusCare & Pharmacy will re-open at 5pm**

Follow us on Facebook or visit [asthealth.org](http://asthealth.org) for closure information and updates!

## PHARMACY UPDATE

The AST Health System has transitioned to a single pharmacy formulary for all patients. This means that some medications may have new restrictions, and certain ones may require additional steps before they can be filled. Pharmacy is working diligently with providers to find suitable, formulary options as necessary. We understand these changes may affect some patients more than others, and we want you to know that they were made thoughtfully and with careful consideration by our health system. You may call the pharmacy to schedule a private consultation to review your medications and get answered any questions regarding your medications.

Shawnee Pharmacy: 405-878-5859  
Little Axe Pharmacy: 405-292-9530

Caregiver Grant 7HS Grant Management

# Caregiver and Elder Event

CALLING ALL CAREGIVERS, ELDERS, AND GRANDPARENTS RAISING GRANDCHILDREN

Fun games and activities for all!

AST Caregiver Program Information

State, Local, and Tribal Resources

**MARCH 28TH FROM 10AM-12PM**  
**AST MULTI-PURPOSE BUILDING**

**MUST RSVP BY MARCH 14TH**

RSVP to Sianna Morgheim 405.827.7704 or 405.701.7190  
[smorgheim@astribe.com](mailto:smorgheim@astribe.com) or [bfelton@astribe.com](mailto:bfelton@astribe.com)

## AST DIABETES & WELLNESS

# MARCH KI-KE-KI-KA-MI-GE "KEEP MOVING" MONTHLY CHALLENGE

March - Spring Renewal & Growth

"Move Together, Grow Stronger"

Emphasizes coming together as the seasons change, renewing energy.

**Challenge:** Cardio for the heart. Strength for the journey.  
**Goal:** 30 minute walk four days of the week PLUS two days of strength building.

Scan to Register

If you registered in February there is no need to register again. You will automatically receive the February challenge invite via the Wellbeing+ app.

Questions? We're here to help you achieve a healthier YOU!  
Contact us at 405-701-7977

AST Public Health Presents

# CAR SEAT EVENT

DRIVE THRU EVENT

CHILD MUST BE PRESENT

CAR SEAT SAFETY CHECK

INSTALLATION EDUCATION

EXPECTING PARENTS WELCOME

**THURSDAY MAY 14<sup>TH</sup>, 2026**  
**5:00 - 7:00 PM**

2025 S GORDON COOPER DR, SHAWNEE, OK 74801  
**TITLE VI PARKING LOT**

Pottawatomie County Health Department

Contact: Rita Hunnicutt at 405.561.7868 or [rhunnicutt@astribe.com](mailto:rhunnicutt@astribe.com)

## Our services

- Skilled nursing
- Occupational, speech & physical therapy
- Home health aide
- Serving Native & Non-native patients

### HEAL BETTER AT HOME WITH self-care SUPPORT

15951 Little Axe Dr. Norman, OK 73026

405-701-7085  
405-233-0563

# MARCH

# 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN ENCHILADAS SPANISH RICE REFREID BEANS FRUIT SALAD	3 COLD CUT SANDWICH LTOP CHIPS YOGURT	4 MEATLOAF GREEN BEANS MASHED POT/GRAVY ROLL/PEARS	5 BBQ BRISKET ONION, PICKLES COLESLAW FLUFF	6/ BOILED EGG COTTAGE CHEZ PEACHES
9 PORK CHOP MAC & TOM BREAD/PEACHES	10 BAKED ZITA VEGGIES MIXED FRUIT	11 BEEF TIPS & NOODLES PEAS & CARROTS COOKIE	12 CHICKEN RICE & BROCCOLI CASSEROLE APRICOTS	13 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
16 BAKED CHICKEN STUFFING BLACK EYED PEAS ROLL/PUDDING	17 CORNBEEF KRAUT BREAD MARDARIN ORANGES	18 SLOPPY JOE PICKLE ONIONS COLESLAW PEACHES	19 MINISTRONE SOUP CRACKERS COBBLER	20/ HAM ROASTED BROCCOLI TOSSED SALAD* ROLL/GRAPES
23 TAMALE SPANISH RICE REFRIED BEANS APPLESAUCE	24 TURKEY SANDWICH LTOP BAKED CHIPS CUTIE	25 BAKED SWEET POTATO SALAD BAR*	26 BEEF & VEGGIE MAC ROLL JELL-O	27 CHICKEN POT PIE BEETS CAKE
30 BBQ CHICKEN SCALLOPED POT MIXED VEGGIES PEARS	31 CHEF SALAD TURKEY, CHEZ, EGGS CRACKERS PINEAPPLES	<p><b>MENU SUBJECT TO CHANGE*</b></p> <p>LUNCH IS SERVED FROM 11 AM TO 1PM BREAKFAST IS SERVED FROM 9AM TO 11AM</p> <p>SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</p>		

## Ensuring Hope Staff Attend CADCA’s 36th Annual National Leadership Forum

From February 2–5, 2026, Ensuring Hope staff attended CADCA’s 36th Annual National Leadership Forum at the Gaylord National Resort and Convention Center in National Harbor, Maryland. This national conference brought together prevention professionals, coalition leaders, researchers, and community advocates from across the country to strengthen substance use prevention efforts at the local, state, tribal, and national levels.

Throughout the forum, staff participated in sessions focused on youth substance use prevention, coalition building, data-driven decision making, and evidence-based strategies to reduce alcohol and drug misuse. The conference also emphasized culturally responsive and community-centered approaches: values that closely align with Ensuring Hope’s mission to support the wellbeing of Native youth and families.

Attending CADCA’s National Leadership Forum provided an opportunity for staff to learn from national experts, engage with peer organizations, and bring back innovative ideas and best practices that can be applied within the communities we serve. The knowledge gained will help strengthen prevention programming, enhance evaluation efforts, and support ongoing work to promote resilience, protective factors, and healthy futures for youth.



Jack Hartgrave and Bailey Harris in front of the welcoming area at the conference.



Grant staff visited the National Museum of the American Indian in Washington, D.C. Along with exploring the various exhibits; they were able to find the Absentee Shawnee Tribe flag.



Pictured above is the closing plenary and luncheon where grant staff attended and wrapped up a great conference.

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# HEALTH BUZZZ!!

## March Herb of the Month: SAGE



March 1 is National Sage Day! And, knowing the connection between Native Americans and Sage are deeply rooted in tradition, I thought it might be a good topic.

Native American communities have long used sage for spiritual and medicinal purposes. Native Americans consider “white sage” a sacred relative, using it for centuries in ceremonies, healing, and purification to clear negative energy and connect with the spiritual realm. Different tribes and nations have their own specific traditions and relationships with various types of sage, but the theme of it being a powerful, sacred medicine is consistent across many cultures.

During the writing of this article, it brought back some great memories! It was routine for my mom to add sage to her stuffing, but I was unaware of the many additional benefits this herb provides. I fondly recall her sitting at the table, critiquing her own cooking with a smile—“it could have used a bit more sage, she’d say! But, of course, we all loved it!!

Now we know! Sage (*Salvia officinalis*) is considered a brain-boosting herb that can enhance cognitive function, improve memory, and increase alertness, according to several studies. Compounds in sage, act as antioxidants that protect brain cells and modulate neurotransmitters, potentially aiding in treating cognitive decline, Alzheimer’s, and improving focus in healthy adults.

Sage can be consumed as tea, in food, or through capsules (supplements). Some studies indicate that a dosage of 300 mg to 600 mg of sage extract is effective for cognitive benefits. ***As always, we advise that you consult your healthcare provider before using sage or other supplements for therapeutic purposes, especially for conditions like Alzheimers or other dementias.***

But, for cooking, SAGE is an excellent, highly aromatic ingredient renowned for its strong, earthy, and slightly peppery flavor. It is best with savory dishes, but my favorite is in stuffing that is made during those wonderful holidays!

Here are just a few ways to celebrate, according to traditional and seasonal practices:

- Cleanse Your Space: Use a sage bundle to clear stagnant energy. Open windows and doors to allow the energy to escape, moving in a clockwise direction.
- Set Intentions: Before lighting the sage, reflect on what you want to release from the past and what you hope to attract (wisdom, strength, abundance).
- Alternative Cleaning: If you prefer not to use smoke, create a “cleansing spray” with water, witch hazel, and sage/rosemary herbs to mist your home.
- Cook with Fresh Sage: Sage is in season during the fall, but don’t limit it to just fall!



In closing—this brings us to the broader topic of modern dementia care, where the pursuit of effective treatments, whether from nature-inspired compounds like those in sage or synthetic drugs, is a pressing global health priority.

Our Native Americans are at a higher risk of developing Alzheimer’s disease and other forms of dementia compared to other ethnic groups, and our AST Health System is providing services that will help. The AST Health System recognizes the importance of person-centered care, support for caregivers, and lifestyle interventions (diet, exercise, cognitive engagement) that target overall brain health, which are the cornerstones of comprehensive dementia management today. Let us be the cornerstone in your health care!

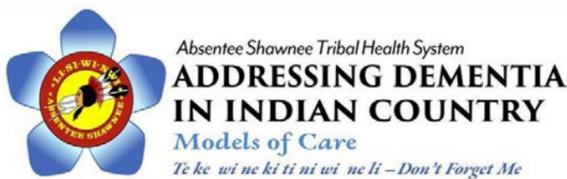


If you or someone you know would benefit from the [Savvy Caregiver in Indian Country](#) or [Music & Memory](#) programs, contact [adpi@atribe.com](mailto:adpi@atribe.com), or call 405-701-7906.

Check out our web-page on the [Absentee Shawnee Tribal Health System’s](https://www.asthealth.org) website: <https://www.asthealth.org>

Click on: “[Programs and Preventions](#)” and then click on “[Seeking Hope](#)”. You can sign up on line also!

Best regards,  
Atheda Fletcher, Project Director  
Enhancing Sustainable Dementia Models of Care





## Elder Fitness Classes

6 Week Classes Starting March 2026

Located at the Resource Center  
1970 156<sup>th</sup> Ave NE, Norman OK 73026

March - Yoga
April - Aerobics
June - Strength Training
July - SAIL

Days and Time  
Tues. Wed. Thurs. 10:30 am



Scan QR Code to Register



Call 405-561-7874 with questions

Diabetes & Wellness
Personal Training
Cooking Demos

Program design
Diabetes Self-Management Training
Diabetes Day

Hosts 5k Events
Lifestyle Management Program
Nutrition Education

Fitness Classes

# WORLD ORAL HEALTH DAY

## MARCH 20



INVEST IN YOUR SMILE  
INVEST IN YOUR HEALTH

CALL (405) 447-0300 TO SCHEDULE  
YOUR DENTAL EXAM.