



# THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 32, No. 03

March 2022

## Planting Seeds for Food Sovereignty



In 2021, due to the increased negative impact of the COVID pandemic, the AST Executive Committee recognized the need to create a program that would help tribal members in accessing fresh grown vegetables and produce. Due to the shortages affecting the supply chain in the fresh produce industry, an initiative has been created to utilize our own tribal lands to plant, grow and harvest culturally significant or modern day typical fresh produce.

The newly created Agriculture department will be creating avenues in which active participation will directly benefit individuals who take interest in wanting to learn, plant, harvest and reap the benefits of the simple art of gardening.

Spring time is almost upon us, and that means that it's nearly time

to start putting seeds in the ground. The Agriculture Dept. staff has been working since the beginning of the year to identify, improve and prepare plots of lands that could be used for planting seeds to provide a variety of produce to be utilized through the Food Sovereignty Project.

Through the Food Sovereignty Project, several avenues have been created and utilized to help promote production. A couple of avenues utilized are:

- Prescribed Fire- prescribed fire is used as a land management tool as a better low cost resource to clear overgrown vegetation on lands that have been sitting idle for several years.
- Greenhouses- a variety of starter plants will be planted and grown around March 1st,

so that distribution can be made to tribal members interested in planting them in their own garden plots. A variety of plants will be available such as: tomato, squash, cucumber, peppers, beans and any other suggestions from those interested in gardening. Distribution will begin April 18th, as this will be the time in which the threat of severe frost has passed and the soil temperatures have risen.

- Community Outreach- for those interested in planting a garden and need ground plowed, disked and tilled, contact the Ag Dept. staff to sign up.
- Growing Boxes- for those who don't have areas to plant in, an alternative is to plant in growing boxes. The Ag Dept. will

provide a box 12 inches high by whatever dimensions you desire to plant seeds or starter plants in. Soil will be provided.

- 3-Sisters Youth Project- a package containing seeds of Corn, Squash and Beans, known as the 3-Sisters will be provided to any youth interested in planting them as an introduction to gardening/agriculture.

Please contact the Ag Dept. staff if you are interested in making a garden this year. We will assist as much as possible, provide any information needed and continue to create new avenues that could be beneficial in providing fresh produce direct from field to table.

Andy Warrior (405) 432-6257 or Jennifer Howell (405) 827-6545

## Bids Submitted For Tecumseh Square Project



The bid selection panel for the Tecumseh Square renovation project reviewing bids. (L-R):Administrative Assistant for Facilities / Maintenance, Courtney Cozad; AST Health Facilities Manager John Kammerzell; ASHA Developing & Contracting Supervisor Robert Sheppard; AST Representative DeWayne Wilson; Assistant Procurement Director Brayden Queen; Procurement Director Rebecca Kennedy

The Absentee Shawnee Tribe recently issued an invitation to bid for the renovation of Tecumseh Square. The bids were taken from January 15-February 15, 2022.

The opening of the sealed bids was held February 18, 2022. In total, five companies submitted bids. The companies and their bids were (alphabetical order) –

- Blatt Architects – No Bid
- Geddes – Armstrong - \$1,701,677.48
- Goldsby Construction -

\$2,577,432.00

- Lambert - \$2,992,900.00
- Smith and Pickel – No Bid

The bid selection panel will review the bids and present their selection to the Executive Committee. The final step in the selection process will be the Executive Committee awarding the bid via resolution.

The tribe plans to use CARES funds to revitalize the property and finishing the dream the late Lt. Governor Kenneth Blanchard had in revitalizing Tecumseh Square.

## The Absentee Shawnee Tribe



### Homeowner Assistance Fund (HAF)

#### Services Offered:

1. Mortgage Payment Assistance
2. Homeowner Utility Payment Assistance (electric, gas, home energy, water, internet service, broadband internet service, solid waste disposal, sewer)
3. Property Charges (Insurance, Property taxes)
4. Accepting applications beginning **Tuesday, February 22, 2022.**

#### Eligibility:

1. Absentee Shawnee Tribal Member, 18 years or older at time of application, any registered native in Pott. Co.
2. Indian Homeowner, residential and habitable (includes manufactured housing), unpaid homes within a housing authority program do not qualify, paid off homes qualify.
3. Attest to financial hardship after January 1, 2020 due to Covid-19
4. Household income must be equal to or less than 150% of the area median income
5. Must be for Applicant's primary residence
6. One time assistance, cannot be duplicative of any other federally funded homeowner assistance
7. Information requested must be submitted with application, incomplete applications will not be accepted. Applications may be mailed, emailed or delivered in person by appointment.

#### Contact Information

Mailing Address: 2025 S. Gordon Cooper Drive, Shawnee, OK 74801

Phone: (405) 275-4030 ext.6275

Email: [HAF@astribe.com](mailto:HAF@astribe.com)

Fax: (405) 275-1922

Restrictions Limited to one AST member per household

Payments will be issued directly to mortgage lenders, utility companies, tax assessor, and/or insurance companies

\*For more information contact the HAF office\*





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,  
It is March and spring is on its way. In general the weather has been mild this winter, which I am grateful for. We did have a snow storm in early February that caused the closure of the campus for 2 days due to hazardous roads. I hope that everyone stayed safe and warm during the storm.  
The tribe has some exciting new projects that will soon be breaking ground. The after school program has moved to a new location so the old trailers that are south of the daycare can be moved to start the construction of their new build-

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,  
A few updates from departments with-in my oversight. These come directly from the Directors and if you have any questions please do not hesitate to contact my office or the Directors.

BIA Roads:

BIA Roads has assisted 26 families with installing new driveways and we have several more that are currently under construction in different phases. We are also working with Cleveland and Pottawatomie Counties on country roads projects through our Long Range Transportation Plan. The counties have been very happy with work we have been able to find so far and I am looking forward to continuing these relationships.

Nahinli Billy  
BIA Roads Manager  
(405) 827-5041

Maintenance:

The Maintenance staff has completed 21 work orders since 1/13/22 and also getting all equipment ready for the upcoming mowing season. The housekeepers are working hard disinfecting and sanitizing all buildings on the Shawnee campus.

Kevin Kaseca  
Maintenance Director  
405-275-4030 ext. 6316

Agriculture:

IT’S ALMOST TIME!  
Spring time is almost upon us, and that means that it’s nearly time to start putting seeds in the ground. The Agriculture Dept. staff has been working since the beginning of the year to identify, improve and prepare plots of lands that could be used for planting seeds to provide a variety of produce to be utilized through the Food Sovereignty Project.

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- 3-Sisters Youth Project- a package containing seeds of Corn, Squash and Beans, known as the 3-Sisters will be provided to any youth interested in planting them as an introduction to gardening/agriculture.

The Tecumseh Square project has been accepted by the City of Tecumseh. We are now working with Muhammad Khan the

beans and any other suggestions from those interested in gardening. Distribution will begin April 18th, as this will be the time in which the threat of severe frost has passed and the soil temperatures have risen.

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Andy Warrior (405) 432-6257  
Jennifer Howell (405) 827-6545  
Craig Blanchard (405) 434-4300

OEH:

In total for 2022 OEH has assisted Tribal members with 6 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections. Also, to there was an error on the January 2022 OEH report. The total of 76 renovations and installations was the total for 2021 rather than 2022. For 2022, we have collected, processed, and recycled 4 bales of shredded office paper and cardboard equaling roughly 3 tons of recyclable waste that has been diverted from landfills. OEH is on pace to have a record year in total recyclables collected. In addition to our collection of shredded office paper and cardboard, we have also been collecting electronic waste. Later in 2022, we plan to collaborate with surrounding Tribes in an electronic waste recycling event where we plan to deliver roughly one ton of electronic waste to be recycled. Construction on the Youth Camp cabins, bathhouse, entry gate, and parking lot are scheduled for completion in February. Upon completion, all close-out documentation will be submitted to

Vice President of SMC Consulting Engineers to draw up the plans and to oversee the construction of this project. Making the thoughts and ideas of the late Kenneth Blanchard become a reality is so exciting.  
The tribal complex is still in phase 2 of the reopening plan. The complex along with most of the state has been hit hard during this last variant of COVID. The EC made the decision to go to appointment only on campus at the end of January for the safety of all tribal members and employees. We continue to work split shifts for all employees. Every department is open but is working on limited staff. With that being said, I hope that you all are still taking COVID protocols seriously and are wearing your mask.

HUD and Camp Nikoti Phase II will be complete by the end of March. The architectural design and engineering phase of the new Police Safety Center has begun. The geotechnical report process and land survey is scheduled for the first week of March. Based on the rough timeline provided by the architectural firm, we should be breaking ground for construction in June of this year. We are still awaiting results of the 2022 ICDBG application for the Youth Camp Multipurpose Building. We have reached out to HUD for a possible timeline of the results, but we were told that they could not provide any comments due to it being a competitive grant.

Jarrod Lloyd  
OEH&E Director  
jlloyd@astrobe.com (405) 214-4235

Wood Cutting Program:

Wood Cutting Program has been busy this month with assisting with tribal members with heater wood. We are currently adding to the inventory to help members and we will be helping Agricultural Department with some projects (clearing farm land for spring crops). Clayton Martinez, Project Coordinator at 405-395-8101 or email cmartinez@astrobe.com for questions and/or assistance.

BIA Tribal Housing Improvement Program:

Since our inception we have received 21 THIP Applications. (6 paper applications and 15 online applications). We have completed 7 home assessments and working to complete the third application. The first stage of our application process; verification of enrollment, proof of home ownership and home assessment occurs rather quickly but the timelines for actual work performance have been expanded due to material/supply shortage and lack of staffing. Currently, the THIP Program has only one employee handling phone calls, emails, conducting home assessment and performing repairs, still searching for two (2) Full-Time Employees to complete our team. See Employment Opportunities on the ASTRIBE.COM website. Keyword: Carpenter and Maintenance worker  
Donnie Marshall  
Project Coordinator  
Donnie@astrobe.com

If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Respectfully,  
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

*Ho wa se ke sa ke!*

Since September of 2021, I have been participating in the Indian Health Service Director’s Advisory Workgroup on Tribal Consultation as one of the two Oklahoma City Area Tribal Representatives. It is been a fruitful experience and a worthy means to gain greater knowledge of the consultation policies that are in play between a federal agency and tribes. I am honored to be part of this process to ensure the Indian Health Service is “...engaging with tribes in a regular, meaningful and robust...manner to “...strengthen the Nation-to-Nation relationship...”. The sub-workgroups within the larger workgroup are continuing dialog with one another until a final product is completed before the full 60-day Tribal Consultation takes place.

The annual tax preparation service has commenced and this is the second year Ms. Tina Ontiveros (Secretary’s Project Coordinator) has spearheaded this short-term program. She has done a wonderful job at coordinating volunteers, managing the appointments and overall making sure it is successful in its implementation. I also would like to quickly thank the volunteers for coming out and assisting our community even through this recent bout of COVID-19 and the ever changing weather. You have been steadfast, ne yi wa. If you have an income of \$58,000 or less, you are eligible to have your taxes prepared under this service. Please contact Tina at (405)275-4030 ext. 6431 for your appointment today.

Each week the Executive Committee has been participating in weekly updates on the in-depth feasibility study of the Hardesty Road property. We have been learning the possibilities, challenges and costs of the different avenues we could

take with the acreage. The study will be wrapping up soon and at that time, the EC will be in a better position to make an informed decision for the best use of the land and will be sharing with the tribal membership the findings.  
The 88th Semi- Annual General Council meeting has been set for Saturday, April 9, 2022 at 10:00 A.M. at Thunderbird Casino in Norman, Oklahoma. We will be gathering in the Event Center as we have for our recent GC meetings. This seems to be the best space for us to meet that is able to accommodate the attendance of our tribal membership. The COVID-19 numbers are much lower now (as of this article); however, I foresee the continued implementation of precautionary measures for the safety of all who will be in attendance. Looking forward to seeing you there!  
Departmental Updates: Domestic Violence has a new Director and her name is Nickie Skaggs. (Continued on Page 3A)



## SECRETARY’S REPORT

(Continued from Page 2A)

I am excited to have her aboard and look forward for the continued growth of this important service. Welcome Nickie! One area of concern I observed within our tribal government (which affects our budgetary bottom line) is employee compensation. With the support of the EC, I had Human Resources work with an independent organization (an RFP was completed) to conduct a first ever compensation study for the tribe. I would like to see consistency in pay for experience and/or education (even consider longevity possibly), I would like to see more accurate pay scales, updated policies all the while remaining competitive for employee recruitment -while saving tribal

dollars. I have always been schooled if you are paying a high percentage of your budget toward salaries; it is taking away program/service dollars (for the people). Don't get me wrong, we have to have employees to facilitate our programs but we also must insure it is our people who are getting the benefit of our tribal government programs. The study has not concluded but will soon and once the results are provided to the EC and HR, we will get to work on strategies to best meet our needs and possibly engage on budget forecasts. I think we will have interesting results, I cannot wait because this definitely will give us a baseline of knowledge on where need to go policy-wise. Lastly, the Homeowner Assistance Fund (HAF) Program began taking applications on February 22, 2022. My staff developed

a qualifier sheet to assist those in determining if they qualify before filling out a lengthy application. This program is for any Native American/Alaska Native enrolled in Federally Recognized Tribe residing in Pottawatomie County or Absentee Shawnee Tribal member living anywhere in the U.S. (must be at least 18 years of age and must be income eligible). AST preference will be applied. You must be a homeowner or have a traditional mortgage with a lender or bank. I am happy to announce I have hired 3 tribal members to help facilitate this program. They are Jordan Herrod, Ashlynn Gouge and Taylor Masquas. Welcome ladies! I am so happy you have joined us! This program will be housed in the Bldg. 1, 1st floor (former Tax Commission Office). Please remember this is a brand

new program for all of us and we will do our best to help serve you. This is not a quick turnaround program, there are more steps involved and your patience is requested when participating.

This concludes my article for this month. I give you well wishes, happiness and joy in your times of celebration this month. I also give to you my empathy, kindness and compassion for those who encounter worries, sadness, illness and/or grief this month.

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

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

## TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow AST members, family, and friends,

Before long, the flowers will be blooming, the grass will turn green, and Spring will have sprung. Though Winter is not officially over, be aware of the rapid change in the weather. We can still have freezing temperatures but also now the threat of tornadoes and severe thunderstorms can pop up without any notice. Make certain you have fresh batteries in your flashlights and to replace those in your smoke detectors.

Recently, the EC met and passed a handful of resolutions. The few that came from my oversight were related to our Grants Department. As usual, programs must request or receive approval from the EC by resolution prior to their submission. I have made suggestions to Directors to get with Grants early in the process and not wait until the last minute. This allows time for staff to review the material and make certain if the criterion has been met or not, before forwarding the application.

As the Liaison to the C-Store, I am happy to report they have made significant strides in the last half year. For the C-Store, last month a new interim man-

ager, Karla Baptiste, has been put in place to coordinate any future changes. A meeting is forthcoming with the EC to discuss the Business Plan and measures for how to improve C-Store functions and daily operations. I look forward to their input and suggestions to/from the Executive Committee.

In other news, the Procurement Department conducted a sealed bid opening for the future remodeling effort at Tecumseh Square. I expect construction to begin very soon as we have a deadline for work to be completed by September 30, 2022. Besides new offices, the building will be utilized for additional storage space, workforce development, and edu-

cation training. There is still ongoing discussion for other future use.

Before closing, I wanted to share the EC has chosen the date and location for the Spring General Council meeting. It will be held at 10 AM in the Thunderbird Casino Event Center, on Saturday, **April 9, 2022**. I look forward to seeing and speaking with many of you then.

Should you have any questions or would like to discuss something more specific, do not hesitate in calling my office or sending an email.

Neyiwa!

*Joseph H. Blanchard*

## REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

Hope everyone had a “HAPPY NEW YEAR”

For February, 2022, The Tribal Complex is still in Phase 2, appointment only. This Pandemic has created many obstacles (split- shifts, limited personnel) and combined with the cold weather conditions, this month was productively slow. The Executive Committee (EC) asks everyone to be patient for we will get through this pandemic and the winter, 2022. My prayers continue to go out all Tribal members who have lost loved ones during this difficult time. STAY HEALTHY, STAY STRONG, STAY SHAWNEE!!!

In the Education Department: Educa-

tion Director and I have discussed what educational programs will receive the increase in ARPA funding, we have also discussed other ways how this funding can be used to assist our tribal members who are pursuing their educational endeavors. As for the Workforce Development and Career Initiative, we are in the design/ implementation stages such as; creating a Mission/ Vision Statement, participant's requirements, and creating a budget. Our emphasis is to EMPOWER, EDUCATE/ TRAIN, and EMPLOY our tribal members.

In the Cultural Preservation Department: Cultural Preservation Director has been working with ANA Grant representatives to approve a budget modification. As of the 2nd week of February, 2022, Cultural Preservation Director received notice the ANA/ Language Grant, Budget Modification is approved. Now we can

“Moving Forward” with the ANA/ Language Grant. I feel that we all agree the Absentee Shawnee language needs to be preserved and this grant allows us that opportunity to start that process.

As for the Gaming Commission: I continue to attend Gaming Commission meetings. We are hoping to approve a resolution for a third Gaming Commissioner to be added to the Gaming Commission Ordinance. We had several discussions about situations of several people being ban from our casinos. We continue to have meetings with certain departments of the Casinos concerning issues of an internal audit that was conducted in June of 2021.

Finally the Youth Camp: I had a productive meeting with the Executive Director of the Absentee Shawnee Housing Authority (ASHA) during this reporting period. Our main topic was the possibil-

ity of a contribution from the ASHA and how ASHA could utilize the Youth Camp and it's projects. I will continue to look for resources that may contribute to the Youth Camp projects. We (EC), have not received any word as of yet if we have been approved for an ICDBG grant. We (EC) did approve to use OEH funding to enlarge the present lagoon system for these future development.

As always, I am HONORED to be here representing our tribe and our tribal membership. If anyone has any questions/ concerns or if we can help you, feel free to contact me at office phone #405-275-4030, Ext. 6239 or by email: dewayne.wilson@astribe.com

Respectfully,  
DeWayne Wilson

ABSENTEE SHAWNEE TRIBE

BOARD  
VACANCIES

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

ASHA HOUSING  
FOSTER CARE LICENSING COMMITTEE  
GAMING COMMISSION  
HEALTH  
TAX COMMISSION  
TEC

PLEASE SUBMIT YOUR LETTERS OF INTEREST WITH  
RESUME ATTACHED TO:



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

ABSENTEE SHAWNEE TRIBE

TAX  
PREPARATION  
SERVICES

TO MAKE AN APPOINTMENT,  
PLEASE CALL (405) 275-4030 X 6431

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

Start date: Tuesday, February 1, 2022  
5:30 PM - 8:00 PM

Tuesday's: 5:30 PM - 8:00 PM  
Thursday's: 5:30 PM - 8:00 PM  
Saturday's: 9:00 AM - 12:00 PM

Free Income Tax Filing: FORMS 1040 or 1040SR


ELIGIBILITY:  
Total household income of \$58,000 or below  
AST members & the community

REQUIRED DOCUMENTS:


- Photo ID
- Medical/Dental Expenses, if any
- W-2 Form
- Charitable Donations Receipts, if any
- Social Security Card
- 1099 Form
- Last Year's Taxes
- IRS Letter 6419



# THANK YOU!



*Pictured: Jr. Miss Indian OKC Madison Switch-Fixico & AST Secretary Alicia Miller. Switch-Fixico presented Secretary Miller with a pendleton.*



*Pictured: Jr. Miss Indian OKC Madison Switch-Fixico & AST Representative DeWayne Wilson. Switch-Fixico presented Representative Wilson with a pendleton.*

Jr. Miss Indian OKC Madison Switch-Fixico would like to thank the following for their support and/or donations for her Honor Powwow:

Secretary Alicia Miller  
Representative DeWayne Wilson  
Diane Ponkilla- Lt.Gov office  
AST Maintenance  
Lisa Frazier-Thunderbird Casino

## Absentee Shawnee Tribe's Domestic Violence Department



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

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

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

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

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

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

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

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

This project was supported by grant No. 2015-TN-A04014 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.


## Agriculture Department

### Garden Planning Guide

Vegetable	Time to Plant*	Feet of Row Per Person	Days to Harvest	Method of Planting	Spacing Between Rows	Spacing Within Rows	Depth to Cover Seed	Quantity Needed Per Person	Frost Tolerance
<b>Cool Season</b>									
Asparagus	Fall or Spring	10 to 20	—	Crowns	4 ft.	2 ft.	6 in.	3 to 5	Hardy
Beet	March	10 to 20	50 to 70	Seed	1 1/2 ft.	4 in.	1 in.	1/8 oz.	Semi-Hardy
Broccoli	March	10	80 to 90	Plants	3 ft.	1 1/2 ft.		6 to 7 plants	Hardy
Cabbage	Feb. 15 to March 10	10 to 20	60 to 90	Plants	3 ft.	1 to 1 1/2 ft.		6 to 15 plants	Hardy
Carrot	Feb. 15 to March 10	20	70 to 90	Seed	1 1/2 ft.	3 in.	1/2 in.	1/8 oz.	Semi-Hardy
Cauliflower	Feb. 15 to March 10	15	70 to 90	Plants	3 ft.	1 1/2 ft.		6 to 8 plants	Semi-Hardy
Chard, Swiss	Feb. 15 to March 10	10	40 to 60	Seed	1 1/2 ft	3 in.	1/2 in.	1/2 oz.	Semi-Tender
Kohlrabi	Feb. 15 to March 10	10	50 to 70	Seed	2 ft.	6 in.	1/2 in.	1/8 oz.	Hardy
Lettuce, Head	Feb. 15 to March 10	20	60 to 90	Seed or Plant	1 to 1 1/2 ft.	1 ft.	1/4 in.	1/8 oz. or 20 plants	Semi Hardy
Lettuce, Leaf	Feb. 15 to March 10	20	40 to 70	Seed or Plant	1 to 1 1/2 ft.	3 in.	1/4 in.	1/8 oz or 40 plants	Semi-Hardy
Onion	Feb. 15 to March 10	25	60 to 120	Sets	1 to 1 1/2 ft.	4 in.	1 in.	1/4 qt. sets	Hardy
Onion	Feb. 15 to March 10	25	60 to 120	Plants	1 to 1 1/2 ft.	4 in.	1 in	1/8 oz. or 75 plants	Hardy
Peas, Green	Feb. 15 to March 10	30	60 to 90	Seed	3 ft.	2 in.	2 in.	1/4 lb.	Hardy
Potato, Irish	Feb. 15 to March 10	50	90 to 120	Tuber pieces 2-3 oz.	3 ft.	1 ft.	4 in.	6 to 8 lbs.	Semi-Hardy
Radish	March 1 to April 15	15	25 to 40	Seed	1 ft.	2 in.	1/2 in.	1/8 oz.	Hardy
Rhubarb	Fall or Spring	12	—	Crowns	4 ft.	2 ft.	3 in.	3 to 4 crowns	Hardy
Spinach	Feb. 15 to March 10	35	50 to 70	Seed	1 1/2 ft.	2 in.	1/2 in.	1/4 oz.	Hardy
Turnip	Feb. 15 to March 10	20	50 to 60	Seed	1 1/2 ft.	3 in.	1/2 in.	1/8 oz.	Hardy
<b>Warm Season</b>									
Bean, Lima	April 15-30	20	90 to 120	Seed	2-3 ft.	6 in.	1 in.	1/8 lb.	Tender
Beans, Green or Wax	April 10-30	40	50 to 60	Seed	1 1/2 ft.	4 in.	1 in.	1/8 lb.	Tender
Beans, Pole	April 10-30	20	60 to 90	Seed	3 ft.	8 to 12 in.	1 in.	1/8 lb.	Tender
Cantaloupe	May 1-20	20	80 to 100	Seed or Plants	3 to 5 ft.	2 to 3 ft.	1/2 in.	1/8 oz.	Very Tender
Cucumber	April 10-30 or later	5 to 10	50 to 70	Seed or Plants	3 to 5 ft.	2 to 3 ft.	1/2 in.	1/8 oz.	Very Tender
Eggplant	April 10-30	5 to 10	80 to 90	Plants	3 ft.	1 1/2 ft.		3 to 5 plants	Very Tender
Okra	April 10-30 or later	20	60 to 70	Seed	2 to 3 ft.	1 1/2 ft.	1 in.	1/4 oz.	Very Tender
Pepper	April 10-30 or later	10	90 to 110	Plants	3 ft.	2 ft.		5 plants	Tender
Pumpkin	April 10-30 or later	30	90 to 120	Seed	5 ft.	3 to 4 ft.	1 in.	1/8 oz.	Tender
Southern Pea	May 1- June 10	20	85 to 100	Seed	3 ft.	4 in.	1 in.	1/8 lb.	Tender
Squash, Summer	April 10-30 or later	10 to 20	40 to 60	Seed or Plants	4 ft.	3 ft.	1 in.	1/8 oz.	Very Tender
Squash, Winter	May 15-June 15	30	110 to 125	Seed or Plants	5 ft.	4 ft.	1 in.	1/8 oz.	Very Tender
Sweet Corn	Mar. 25-April 30	50	80 to 100	Seed	3 ft.	1 to 1 1/2 ft.	1 in.	1/8 lb.	Tender
Sweet Potato	May 1- June 10	25	100 to 120	Plants	3 ft.	1 ft.		25 plants	Very Tender
Tomato	April 10-30	10-20	70 to 90	Plants	4ft.	2 to 3 ft.		4 to 5 plants	Tender
Watermelon	May 1-20	10-20	90 to 120	Seed	5-8 ft.	5 to 8 ft.	1 in.	1/8 oz.	Very Tender

\* These dates indicate planting times from southeast to northwest Oklahoma. Specific climate and weather may influence planting dates. For cool season vegetables, the soil temperature at the depth where the seeds are planted should be at least 40 F. Specific climate and weather may influence planting dates. For warm season vegetables, the soil temperature at the depth where the seeds are planted should be at least 50 F.

HLA-6004-2



**The Deadline will not be extended.**

**Apply today!**

**AST Education Department: Big Jim Youth Awards**

We will begin taking applications for the 2021-22 Big Jim Youth Awards on January 1, 2022. Absentee Shawnee High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2021-22 academic year. **Applications will be accepted from January 1 to March 31, 2022 by US mail or email. Official transcripts will be accepted via email or as a hard copy. Faxed copies will not be accepted.**

The official application form will be available in December 2021 at [www.astribc.com](http://www.astribc.com) on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2022 semester. The scholarship must be used for the fall 2022 semester.

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 March 2022.**

**We encourage ALL Absentee Shawnee High School Seniors to apply.**

Award recipients will be recognized as the 2021-22 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.

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 6242  
[youthaward@astribc.com](mailto:youthaward@astribc.com)

## Big Jim Youth Award

2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
(405) 275-4030 Ext. 6242  
[youthaward@astribc.com](mailto:youthaward@astribc.com)

☐ \$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)

Applications accepted:  
Jan. 1<sup>st</sup> –March 31<sup>st</sup>  
Finalists announced:  
May/June 2022

### STUDENT INFORMATION

Name: \_\_\_\_\_ (LAST) (FIRST) (MI)  
Tribal Enrollment #: \_\_\_\_\_  
Address: \_\_\_\_\_ (STREET) (CITY) (STATE) (ZIP)  
Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_  
Which college/university/vocational institution do plan to attend after high school? \_\_\_\_\_

### HIGH SCHOOL INFORMATION

High School Name: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Advisor/Counselor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Sport: \_\_\_\_\_ 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)
- ☐ Resume of Accomplishments and Activities
- ☐ 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



## Cultural Preservation Department

The Cultural Preservation Department has continued to carry out essential day to day operations to ensure the department continues to function properly. On January 13th, we moved to a split shift schedule in which three staff members are available in the office every day from 8 a.m. to 5 p.m.

**Gift Shop**

In accordance with the change in operations, the gift shop is now only open to **TRIBAL MEMBERS** for shopping. If possible, we do encourage curbside and porch shopping. We ask if you are wanting to shop **PLEASE MAKE AN APPOINTMENT** with the Gift Shop Manager, Mrs. Merry Rodriguez, **24 HOURS IN ADVANCE**. Also, upon arrival please check in at the checkpoint. Mrs. Rodriguez can be reached at (405) 275-4030 ext. 6310.

The Shawnee Gift Shop will be the only shop open until further notice. The shop is located at the complex in the Cultural Preservation building. We are open Monday – Friday 8 a.m. to 5 p.m.

Further, to ensure the safety and protect the health of all, the Gift Shop has implemented the following 5 safety protocols that we ask visitors to follow:



1. All are required to cover their mouth and nose with PPE (masks) when shopping in the Gift Shop.
2. Occupancy Control – for your safety and the safety of our employees, we are limiting the number of customers in the gift shop.
  - a. Only **2 customers** will be allowed in at a time
3. Avoid close contact (Social Distance)
  - a. Please keep 6 feet between you and other customers
4. Use hand sanitizer as often as possible
5. Sorry...**NO** public restroom is available. Temporarily closed due to COVID-19.

We continue to make progress in new inventory, but please be patient with us if we are unable to get what you are looking for in-stock. As I have stated in previous articles, we are still experiencing shortages and delays with our vendors.

In addition to current orders, we continue to look and reach out to new businesses especially Native American owned businesses in hopes of bringing in new inventory. Some inventory that the gift shop recently received can be seen in the picture to the left.

If you haven't been in the store lately, please make an appointment and stop by to shop.

**Library**

Like the Gift Shop, the Library is open to **Tribal members only**. We ask that you follow all the protocols mentioned above, and that you call Ms. Casey Wilson, the Librarian, to make an appointment 24 hours in advance. She can be reached at (405) 275-4030 ext. 6416.

Further, for your safety, individuals are asked to use gloves while viewing books in the library, and to ensure that checked out books are properly sanitized, books are placed in a Ziploc bag and quarantined for four days upon return to the library.

On January 5th the library launched OverDrive, the online access to the library holdings and much more. Also, the Libby App for smart devices was launched at the same time. For more information or to receive your login information, please contact Ms. Wilson.

**THPO**

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 233 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 144 projects. These projects were completed in 23 of our 25 areas of interest/states. The THPO has also taken part in 14 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

**FCC/TCNS**

In lieu of the shutdowns from the novel coronavirus (COVID-19) pandemic, the incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The THPO Specialist, Ms. Ashley Brokeshoulder, has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, she has received 76 new telecommunications facility projects for review. These 76 individual projects will be completed in conjunction with 10 consulting firms in 8 of our 25 areas of interest/states.

In conjunction with receiving projects, she has reviewed, researched and gave recommendation for the clearance of 64 telecommunications projects. These 64 individual projects were completed in conjunction with 14 consulting firms in 9 of our 25 areas of interest/states. Also, 12 projects are awaiting clearance because their packages are lacking some information such as full archaeological reports, SHPO responses, or clear pictures.

**EVENTS**

With the change in the operations and out of concern for the safety of all, we have canceled all in person workshops at this time. Please be on the look-out for announcements on the website and Facebook for any virtual events.

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

## SPRING BREAK READING CHALLENGE

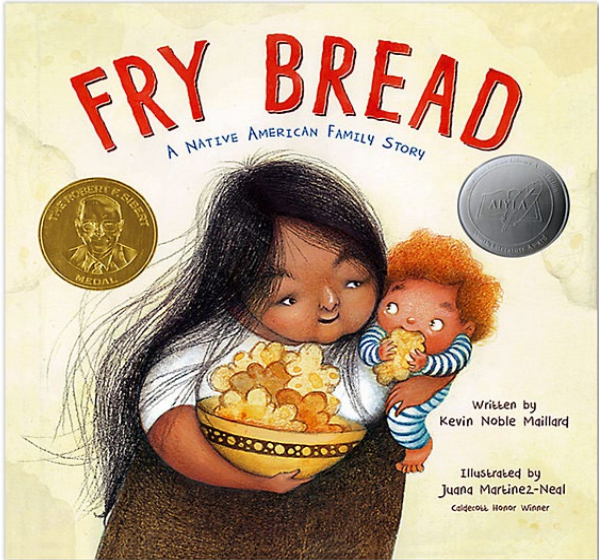
HOSTED BY THE ABSENTEE TRIBAL LIBRARY

Read under the stars	Read a digital book	Listen to an audio book	Read under a tree
Read your favorite book	Read with your family	Read to a friend	Read a nonfiction book
Read in the car	Read on a blanket	Read with a flashlight	Read a poem
Read a fiction book	Read in a bed	Read using a silly voice	Read with a snack

Clip this!

When you have completed a square for at least 15 minutes, put your name in the box! The challenge starts March 14, 2022 and ends March 18, 2022. Winners will be announced on March 22, 2022. Entries may be dropped off at the Absentee Shawnee Tribe or you may take a picture with you smart phone and email it to [cwilson@astribes.com](mailto:cwilson@astribes.com). Call 405-275-4030 ext.6416 for questions.

## Book of the month



The Absentee Shawnee Tribal Library will once again be participating in National Frybread week. This book will be read and samples of frybread will be passed out to students at participating schools the week of March 7-11. 2022.

## Word Search

B T Y O G N S Z F S  
B E M O N J E V U E  
X M N J C S K N A K  
G E W O M I I E X E  
Z S K K F W L K D W  
Q O O N G I E E Q A  
B M K B C N F Y R F  
B E O K I E E I A E  
S F G Z X W F C U F  
M I E Y S I A H L A

sekewafefa      sekilefefa      mesomefi      nofi  
siwinewi      kokoge      nekeyi

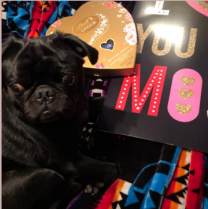
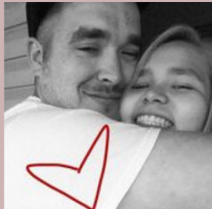


Build your own custom worksheet at [education.com/worksheets-generator](https://www.education.com/worksheets-generator)  
© 2007 - 2021 Education.com

Answer Key on Page 6A

## VIRTUAL VALENTINE'S DAY SCAVENGER HUNT.

LOVE - LOVE - LOVE



PRESENTED BY CULTURAL PRESERVATION

THANKS TO ALL WHO ENTERED



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

Building Blocks II

Building Blocks serves children 6 weeks through Pre-K. We are accepting waiting list applications for enrolling in our classrooms. Please call to inquire about what openings we have in our classrooms and to get a waiting list application emailed to you.

We were closed for a few days in February for Snow Days. Our parents took pictures of the children having fun in the snow and shared them with us.



Building Blocks month of March will be busy fun. We are celebrating Read Across America and celebrating Dr. Seuss' Birthday during the week of February 28-March 4th. We are having dress-up week and encouraging our parents to read with their child(ren).

March 4th is Employee Appreciation Day; we appreciate our staff very much! Daylight Savings Time is March 13th, remember to Spring Forward your clocks. Also, remember to wear green on March 17th for St. Patrick's Day. The children love playing outside and look forward to spring beginning on March 20th and the beautiful spring weather ahead.  
Have a wonderful March and Happy Spring!

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

Building Blocks III

We are now open & accepting waiting list applications for children 6 months through 12 years of age. If you're interested in your child attending Building Blocks Child Development Center in Norman, OK please call (405)360-2710.



BUILDING BLOCKS VALENTINE'S DAY PARTY



Answer Key From Page 5A

Word Search

B	T	Y	O	G	N	S	Z	F	S
B	E	M	O	N	J	E	V	U	E
X	M	N	J	C	S	K	N	A	K
G	E	W	O	M	I	I	E	X	E
Z	S	K	K	F	W	L	K	D	W
Q	O	O	N	G	I	E	E	Q	A
B	M	K	B	C	N	F	Y	R	F
B	E	O	K	I	E	E	I	A	E
S	F	G	Z	X	W	F	C	U	F
M	I	E	Y	S	I	A	H	L	A

sekewafefa

siwinewi

sekilefefa

kokoge

mesomefi

nekeyi

nofi

Education.com

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Happy Birthday

**Happy Belated Birthday to my  
FAVORITE Uncle Garland. Wishing you a  
happy day! We love you lots!  
Sherrie & kids**

**Mom, We hope your birthday is a very beautiful one. We love you very much!**

**Love, Jop & Jil & Justin**

happy  
BIRTHDAY

**Greg – Happy Birthday Cousin. The  
big 5-0 looks GOOD on you.  
Love you, Sherrie**

The family of Linda and the late Bucky Little Charley would like to say THANK YOU to everyone who helped with the Taco fundraiser and for all the donations to the Go fund-me, food, clothing, encouraging word, and/or prayers. We greatly appreciate every single one of you for all you have done to help our Mother out in this time of need. Our family, work family, and community came together to show support to us and we can't thank you enough for all the help.



## 15-year lease term

- Must be enrolled member of the Absentee Shawnee Tribe
- Must meet HUD income guidelines
- Must own property located in Oklahoma County, Cleveland County, Pottawatomie County or Lincoln County
- Home site must pass environmental inspection
- Home site must be cleared with a level location for the home
- Must intend to use the home as your primary residence
- Must be responsible for all utility connections, such as water, sewer, electrical, heating
- All other requirements set by ASHA once application is reviewed

[www.ashousingauthority.com](http://www.ashousingauthority.com)

**Deadline to apply is  
March 31, 2022**



## 2022 Housing Programs

## Tiny Home Purchase Program

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

Case No. CIV-2022-01

SHELSEA LEA COPE  
Notary Public - State of Oklahoma  
Commission Number 20007225  
My Commission Expires Jun 17, 2024

**Idaly Gonzales**

Case No. JFD-2021-43

SEAL  
CHELSEA LEA COPE  
Notary Public - State of Oklahoma  
Commission Number 20007225  
My Commission Expires Jun 17, 2024





ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

88TH SEMI-ANNUAL GENERAL COUNCIL MEETING OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA WILL BE HELD ON SATURDAY, APRIL 9th, 2022 AT 10:00A.M. AT THE THUNDERBIRD EVENT CENTER IN NORMAN, OKLAHOMA.

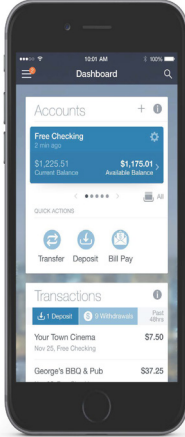
AllNations Bank

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

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

WHAT YOU CAN DO with the app:

- View transactions anytime.** Check on your cash flow and finances.
- Make transfers anyplace.** Securely move money between your accounts so funds are where you need it, when you need it.
- Deposit checks.** Deposit checks securely from anywhere, at any time, using mobile deposit capture.



WHERE TO DOWNLOAD the app:

Download the AllNations app, by searching "AllNations Access" on the App StoreSM or Google PlayTM.

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

Member FDIC



Office of Environmental Health  
Brownfield Response Program



**What is a Brownfield?**

The term brownfield typically refers to land that is abandoned or underused, in part, because of concerns about contamination.

The EPA defines a brownfield site as "...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land."

Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

- Abandoned Factories/Buildings/Homes
- Burned Homes
- Buried Dump Sites
- Open Dump Sites
- A Large Amount of Tires
- Former Cattle Dip Pit Sites
- Barrels of Unknown Substances
- Old Service Stations
- Oil Storage Facilities
- Oil/Gas Well Sites
- Old Dry Cleaning Businesses



**If it's possible you have a Brownfield site on your property, or if you know of a possible Brownfield Site, please contact:**

Absentee Shawnee Tribe  
Brownfield Response Program  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
(405) 214-4235





## ASTHS March 2022 Monthly Update

### Recognizing World Kidney Day and National Kidney Month

The AST Health System supports health living and health life-styles for our community and our patients. With the ravages of diabetes ever present in our Native American communities, it is important to reflect on what good kidney health means for a long, healthy, and productive life. The World Kidney Day is a joint initiative venture of several committed individuals and/or members of kidney foundations, societies of nephrology and patients associations that support the campaign in the effort of raising awareness of kidney disease across the globe. Chronic kidney disease (CKD) is common and harmful: 1 out of 10 adult people worldwide have it, and if left untreated it can be deadly. While early detection allows for disease care and management to help prevent morbidity and mortality, and improve cost effectiveness and sustainability, kidney disease related mortality continues to increase yearly and is projected to be the 5th leading cause of death by 2040. A persistent and ongoing CKD knowledge gap exists; one that is demonstrable at all levels of healthcare.

In the United States, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) encourage everyone to “Build your path to better kidney care.” Managing kidney disease is very important for a healthy, long life. Through managing chronic kidney disease, and high blood pressure, and eating right with chronic kidney disease, you can extend your life and health and mitigate the health impacts upon the body. The three ways you can build your personalized path to better kidney care are:

- Be an active participant in your care. Work with your health care team to create a treatment plan that fits your lifestyle, mobility, health status, and dietary needs.
- Follow your care plan. Take medicine as prescribed and stay up to date on vaccines. The COVID-19 and flu vaccines are especially important for people with kidney disease, who may be more likely to get very sick from COVID-19 or the flu.
- Build a kidney healthy lifestyle. Try to incorporate healthy habits into your daily schedule. This can include healthy foods and beverages you enjoy; physical activity like walking or taking the stairs to help you stay active and manage your weight, or a sleep routine that helps you get enough rest.

The AST Health System has many programs that can assist you and your family in achieving a health “kidney” friendly life-style today! Discuss with your primary care provider and your health care team what strategies work best for you. Help us work together to recognize kidney health month and world kidney day by taking action now to have a healthier tomorrow.

The employees of the health system make a difference everyday! Thank you all for making an important difference in the lives and health of all of our health system’s patients!

### March Health Employees Awards of the Month

Employee of the Month: Dr. Marty Lofgren, AST Health System Medical Director

Team of the Month: AST Health System Credentialing/Privileging Office

Special Leadership Award: Mrs. Alyssa Campbell, AST Health Legal Council

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

## March is National Disabilities Awareness Month

### Duchenne Muscular Dystrophy

March is National Disabilities Awareness Month. One of these rare diseases that can house developmental disabilities is Duchenne muscular dystrophy. Muscular dystrophy can affect developmental milestones physically, as well as mentally. There are two types of muscular dystrophy: Duchenne muscular dystrophy (DMD) and Becker muscular dystrophy. Becker is the milder form of the two diseases. Duchenne is a terminal disease and considered to be the more aggressive and progressive disease. It occurs more commonly in boys, but can rarely occur in girls. It is estimated that 1 in 3500 males will inherit this disorder. DMD is usually diagnosed in early childhood. It is often diagnosed through genetic testing or a muscle biopsy.

DMD is a genetic disorder that affects protein in muscles called dystrophin. This disruption in the dystrophin affects heart and skeletal muscles. Early signs of DMD include delayed walking, standing, sitting, and delayed/inability to speak. Toe walking is also common in these kids and causes enlarged calf muscles called pseudohypertrophy. By the teenage years, most DMD boys are using a wheelchair due to muscle weakness and difficulty walking. Breathing problems and enlargement of the heart cause issues in later development of the disease.

Because of issues involving many different body systems, these kids have more doctors than most grown adults. These specialists include a neurologist, orthopedist, cardiologist, pulmonologist, physical therapist, pediatrician, and an occupational therapist. There is no cure for Duchenne muscular dystrophy. Treatments for DMD include managing the symptoms and other complications of muscle loss. Medications like steroids are often used to help improve the strength and function of the muscles. Steroids are tricky because they can cause weight gain, bone density loss, and behavioral problems. Some children need an assistive device to help with breathing, especially at night. Gene therapy and drug trials are available and constantly evolving in the scientific community.

Although this disease and its progression are aggressive and overwhelming, these kids are some of the strongest humans you will ever meet. I can personally speak to this because I am raising a DMD boy. We adopted my son in 2014. We knew there was a chance he could have Duchenne when he was born, but did not care either way. My DMD son is a tough kid. He needs frequent breaks in activities because his muscles get tired, but he is funny, strong, stubborn, smart, and artistic. Children with special needs and a terminal illness allow you to enjoy the little things in life and appreciate small victories this crazy world has to offer. DMD is a disease that will break your heart, but it will also give you hope in people and humanity. The road ahead for my son and other boys with Duchenne is uncertain, but there is always hope of a cure.



### ASTHS PHARMACY IS HERE TO SERVE YOU WITH NEW UPDATES



As of October 11, 2021, Pharmacy is no longer utilizing the RXtoGo Application for medication refills. Patients are now able to request refills with the RefillQuick Application available on Apple and Android devices. In the RefillQuick app you are able to select and save your default pharmacy by adding the phone number when you first open the app (LAHC- 405.292.9530 or Shawnee Clinic- 405.878.5859).

It is anticipated that wait times for the next few weeks may be longer than usual while staff gets familiar with the new refill system. We appreciate your anticipated patience during this transition. Thank you in advance.

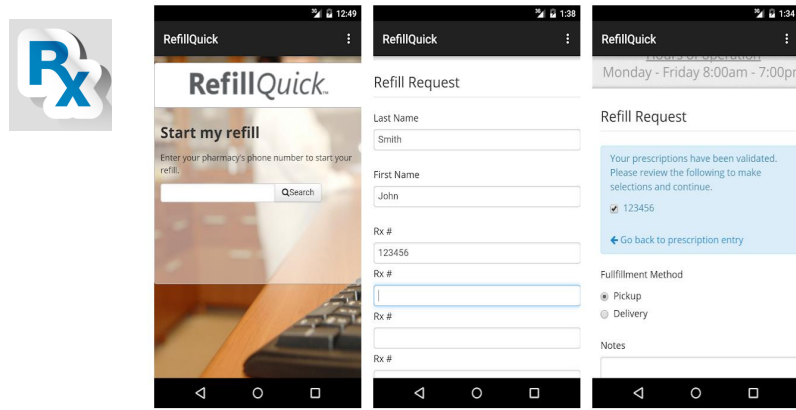
**Refill Requests can be made the following ways:**

1. Calling via phone: LAHC 405.292.9530 & Shawnee Clinic 405.878.5859
2. Go to <https://www.asthealth.org/services/pharmacy>
3. Downloading the RefillQuick app on your Apple or Android device



### REFILLQUICK APP STEP BY STEP INSTRUCTIONS

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



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

## Working Together to Serve Our Veteran Warriors

### VA Healthcare Services at ASTHS

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

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

### Did You Know?

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

### VA Benefits

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

**OKC VA Native American Nurse Navigator:**  
405.456.3808  
Apply for VA Health Benefits: 800.827.1000  
Apply for VA Benefits: 855.488.8441  
[www.va.gov](http://www.va.gov)

**Little Axe Health Center**  
405.447.0300

**Shawnee Clinic**  
405.878.5850



## Let your voice be heard.



Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. **Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623.** Complete a Patient Questionnaire in one of our clinics or online.

*Together, we will fulfill our mission.*



W W W . A S T H E A L T H . O R G

## Why Pack Your Lunch?

- Save money by not stopping at fast food restaurants or the convenience store
- Make more nutritious choices by controlling your portion size, amount of fat and calories, and ingredients

### Easy Lunch Ideas

- ▶ Change up your bread and assemble your favorite sandwich using pita bread, a sandwich wrap, or tortilla.
- ▶ Take your favorite sandwich fillings and add them to chopped lettuce for a salad.
- ▶ Make a pasta salad with leftover pasta, chopped vegetables, canned tuna or cooked chicken or ham, and a drizzle of low-fat salad dressing.
- ▶ Fill a storage container with raw vegetables and include low-fat dip or hummus.
- ▶ Eat breakfast for lunch by layering sliced fruit, yogurt, and granola in a storage container.
- ▶ Enjoy leftovers from last night's evening meal reheated in the microwave.

### Consider Convenience

- Choose convenience foods like soups, frozen dinners, and microwaveable pastas carefully by selecting options with lower sodium and calories.
- Plan ahead and make extra food at dinnertime to be eaten as leftovers at lunchtime. Store in individual microwaveable containers for convenience.
- Put together your lunch the night before so it is ready to grab and go in the morning.


### Think About Your Drink

- Save calories and money by choosing to drink water with your lunch. Sodas, fruit drinks, sweetened iced teas, and coffee drinks are filled with empty calories. Water is a good choice because it's calorie-free, inexpensive, and readily available.



## Keep Your Lunch Safe To Eat

- Lunches that include perishable items such as meat, fish, poultry, or dairy need to be kept cold. Stick your lunch in the refrigerator or use an insulated lunch bag or cooler. Place a reusable gel ice pack in with your food to keep your lunch at the proper temperature.
- If a refrigerator or an insulated bag isn't available, pack foods that can be stored safely at room temperature such as crackers, peanut butter, or a single serving fruit cup.



## Build a BALANCED bag lunch:

$\frac{1}{2}$  Vegetables & Fruits +  $\frac{1}{4}$  Whole Grains +  $\frac{1}{4}$  Lean Protein + 1 Serving of Low-fat Dairy = 1 BALANCED BAG

Vegetables	Fruits	Whole Grains	Lean Protein	Low-fat Dairy
■ Bell pepper slices	■ Orange segments	■ Whole wheat bread, pita, bagel, or wrap	■ Lean luncheon meats: turkey or chicken breast, lean roast beef, or lean ham	■ Part-skim string cheese
■ Cherry tomatoes	■ Apple	■ Whole wheat or corn tortilla		■ Low-fat cottage cheese
■ Salsa or tomato sauce	■ Grape clusters	■ Whole wheat pasta or noodles	■ Peanut butter	■ Beans
■ Sugar snap peas	■ Diced melon	■ Brown rice	■ Hummus or bean dip	■ Low-fat yogurt
■ Celery sticks	■ Dried fruits: raisins, apricots, apples, or cranberries	■ Popcorn	■ Canned water-packed tuna	■ Handful of nuts
■ Vegetable soup	■ Strawberry, raspberry, or blueberries	■ Baked tortilla chips or whole grain pita chips	■ Whole grain crackers	■ Slice low-fat cheese
■ Baby carrots	■ Banana	■ Granola bar	■ Whole grain cereal	■ Hardboiled eggs
■ Green garden salad	■ Single serving fruit or applesauce cup			■ Low-fat or fat-free milk
■ Cucumber slices				
■ Broccoli or cauliflower florets				

## SCAN THE QR CODE TO STAY UP TO DATE WITH THE ABSENTEE SHAWNEE TRIBE'S BEHAVIORAL HEALTH GRANTS TEAM!

**SIGN UP NOW**



[linktr.ee/astbehavioralhealthgrants](https://linktr.ee/astbehavioralhealthgrants)

## Text @ASTBHG to 81010



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 \_\_\_\_\_ DEMINTIA \_\_\_\_\_

DIABETES \_\_\_\_\_ CHRONIC PAIN \_\_\_\_\_ HEARING AID \_\_\_\_\_ CHOLESTEROL \_\_\_\_\_ BLOOD PRESSURE \_\_\_\_\_

PRIMARY TRANSPORTATION \_\_\_\_\_ Own Car \_\_\_\_\_ Friend \_\_\_\_\_ Public Trans. \_\_\_\_\_ Senior Tran's \_\_\_\_\_ 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 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_  
BOOSTER \_\_\_\_\_  
Johnson & Johnson \_\_\_\_\_ FLU \_\_\_\_\_




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham Wrap LTOP Chips Yogurt	2 White Chicken Chili Roasted Cauliflower Cornbread Square Blueberries	3 Baked Chicken Wild Rice Veggies Pears	4 Scrambled Eggs Sausage Gravy Biscuit
7 Salisbury Steak Mashed Pot/Gravy Veggies Mandarin Oranges	8 Stew Cornbread Cheese Sticks Cake	9 Chicken Stir Fry Ginger Rice Sweet n' Sour Broccoli Salad Pears	10 Beef Tips & Noodles Beets Fluff	11 Boiled Egg Bacon Toast Fruit
14 Cold Cut Sandwiches LTOP Pot Salad Cookie	15 Frito Chili Pie Onions, Cheese Apricots	16 Herb Pork Loin Sweet Cinn Squash Fruit Salad WW Dinner Roll	17 Smoked Sausage Cabbage Pudding	18 Scrambled Eggs Sausage Gravy Biscuit
21 Beef Fingers Mashed Pot/Gravy Cauliflower Bread	22 Manwich Pot. Salad Carrot Sticks Orange	23 Crunchy Hawaii Chicken Wrap Super Salad Baked Chips	24 Roast Red Pot/Carrots Bread Crisp	25 Grits Sausage Patties Fruit
28 Chicken Salad Sandwich LTOP Baked Chips Apple	29 Ham Black-eyed Peas Cornbread Mandarin Oranges	30 Goulash Supreme Rainbow Carrot Crunch Oatmeal Cran Cookie		

MENU SUBJECT TO CHANGE


SPRING IS AMONG US!!!

Time to  
Spring Ahead  
MARCH 13



Tasty new menu items every Wednesday, courtesy of our Diabetes and Wellness program, honoring our Elders for National Nutrition Month. We want to hear from you! Complete satisfaction surveys weekly FOR FUN PRIZES!

We are going to have our March Madness Basketball Bracket for you to fill out so when it comes available then we will hand them out, if you want to participate.



ABSENTEE SHAWNEE TRIBE BEHAVIORAL  
HEALTH/SASP GRANT PRESENTS



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

WELLBRIETY  
WORKING LUNCH

Facilitated by: John Soap, LPC

EVERY THURSDAY VIA GOTOMEETING  
HTTPS://GLOBAL.GOTOMEETING.COM/JOIN/801887957

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

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

Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive  
Shawnee, Oklahoma 74801-0381

Title VI  
Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members

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

Guidelines:  

1. Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member, have a current intake form on file (FY-2022)

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

5. Handicap/Disabled

6. NO RENTAL PROPERTY WILL BE MOWED

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

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

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

Thomasine Owings  
Title VI Director

Absentee Shawnee Tribe of Oklahoma  
Title VI Department  
2025 S Gordon Cooper Dr  
Shawnee OK 74801  
405-275-4030

CDIB # \_\_\_\_\_

Grass Mowing Application

D.O.B. \_\_\_\_\_

The Following are the requirements for this program:  

1. Must be an Absentee Shawnee Member

2. Must be 55 years and older

3. Must be an Title VI Member (have an current intake form for the current year 2022)

4. Handicap/Disabled

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

6. NO RENTAL PROPERTY will be mowed

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

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ MESSAGE PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

FINDING DIRECTIONS TO HOME: \_\_\_\_\_

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

MEDICINE WHEEL & 12 STEPS



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

HOW THE PROCESS WORKS

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

FOCUS

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

Step 1: Honesty  
Step 2: Hope  
Step 3: Faith  
Step 4: Courage

Step 5: Integrity  
Step 6: Willingness  
Step 7: Humility  
Step 8: Forgiveness

Step 9: Justice  
Step 10: Perseverance  
Step 11: Spiritual Awakening  
Step 12: Service

TEACHINGS OF THE MEDICINE WHEEL

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

1.) 4 seasons of change  
2.) 4 laws of change  
3.) 4 directions of growth  
4.) 12 principles for healthy living  
5.) Reclaiming Our Power

6.) Nature's Way: Principles, laws, and Values  
7.) Cycle of Life  
8.) 8 feelings for healthy development

9.) Comfort Zones  
10.) The Two Thought System: Love and Fear  
11.) The medicine wheel  
12.) The laws of the unseen world.



# 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

### 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



### WHO IS ELIGIBLE FOR A 3RD DOSE OF A COVID-19 VACCINE?

**MODERNA:**  
The Center for Disease Control (CDC) is recommending that moderately to severely immunocompromised people receive an additional dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood.
- Received an organ transplant and are taking medicine to suppress the immune system.
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system.
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome).
- Advanced or untreated HIV infection.
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response.

**PFIZER-BioNTech:**  
The CDC is recommending that only certain populations initially vaccinated with the Pfizer-BioNTech vaccine can get a booster shot at this time:

- Older adults and 50-64 year old people with medical conditions.
- Long-term care setting residents aged 18 years and older.
- People with medical conditions aged 18-49 years.
- Employees and residents at increased risk for COVID-19 exposure and transmission.

People should talk to their healthcare provider about their medical condition and if they meet the above criteria for getting an additional dose.

For more information, please visit [www.asthealth.org](http://www.asthealth.org)

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

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

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



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

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

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

**TO APPLY:**  
Health Insurance Marketplace  
[www.healthcare.gov](http://www.healthcare.gov)  
1.800.318.2596

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
Little Axe Health Center Shawnee Clinic  
405.447.0300 405.878.5850  
[www.asthealth.org](http://www.asthealth.org)



### Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$17,796 per year for an individual; under \$36,588 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits at no cost to you or your tribe.

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

**TO APPLY:**  
SoonerCare  
[www.mysoonercare.org](http://www.mysoonercare.org)

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
Little Axe Health Center Shawnee Clinic  
405.447.0300 405.878.5850  
[www.asthealth.org](http://www.asthealth.org)

