April 2018 - CCDF Organizes Day Care for AST Employees’ children during Teacher Walkout

On Monday, April 2, an estimated 30,000 teachers, parents, students, and supporters marched on the Capitol to demand higher funds for education and education workers. The Teacher Walkout spanned 2 weeks, causing schools to close down throughout the state.

With schools closing, parents struggled to find places to keep their children where they could have safe, adult supervision while they work. In response to this, Briana Ponkilla and LaNora Buswell of the CCDF and After School Program organized childcare in Shawnee and Little Axe for the children of AST employees.

The daycares were open April 2 through April 12 and provided several activities for children of various ages. They were staffed by AST tribe member and teacher Glenda Sullivan, Shawnee teacher Tim Young, five tutors, and a driver. Supplies were provided by the Executive Committee.

For more details, see the Governor’s Report, page 2.

The Constitution Revision Meeting is scheduled for Sunday, May 20, 2018, 4 pm at the New Community Building in Little Axe, next to the C-store. Anyone interested in attending is welcome, we would like to hear your ideas, suggestions, and welcome your inputs. I hope you will make plans to attend. It is open meeting. Thank you! Kathy Deere, Chairman
**Governor’s Report**

By AST Governor Edwina Butler-Wolfe

Hello Absentee Shawnee Tribal Members

Hope that everyone is doing well and enjoying this fine weather we been having. There’s been many calls in my office of the gardens that need to be plowed. Those services fall under the Lt. Governor Office and his extension is 6289. I am sure he is working on the planning for plowing of the gardens for our tribal people.

**Gaming**

I would like to start off with what has happened in the Gaming world. House Bill 3375 was signed by Governor Fallin, April 10, 2018 that pertains to the Ball and Dice, which expands definition of “non-house-banked table games” to include gaming involving a wheel, ball or dice. The legislation was not passed with an emergency clause; so it becomes effective ninety (90) days following the Legislature’s adjournment in May 2018.

Now what that means for the Gaming Compact HB 3375 contains the language of a model Supplemental Compact as the original State-Tribal Gaming Compact. This is an offer from the State to the Tribes of Oklahoma. We will need to pass a resolution or authorization in our Executive Committee Meeting accepting the offer and submitting the Supplemental compact to the Secretary of the interior for approval. Once the notice of approval is published in the Federal Register, no further action is required by the State for the Supplemental Compact to take effect. The State is to be paid exclusivity fees of ten percent (10%) of the monthly net win of the common pool or pot from which prizes are paid for the new non-house-banked table games.

**Constitution Revision Committee**

The Resolution L-AS-2018-04 to establish the Constitution Revision Committee was passed in the April 11, 2018, Regular Executive Committee Meeting. We had nine (9) letters of intent for appointment to the Constitution Revision Committee, there will be six (6) more individuals to be added for those who want to submit a letter of interest to the Tribal Secretary Office. The announcement will be in the May Absentee Shawnee Newsletter and the deadline will be May 31, 2018 at 5:00 pm. Here is the list of the nine (9):

Shirley Adkins
Anita Chisholm
Kathy Deer
Josh Gibson
Dan Little Axe
Jerry Little Axe
Briana Ponkilla
Melpherd Switch
Betty Watson

**Teacher Walk Out**

The Teacher Walk Out was exercised by many of our area schools which did cause some concerns with the Executive Committee. Due to the Walkout, this would cause a hardship on our employees of the Tribe and Casino with their children not having a place to stay with adult supervision while they were working. Therefore, we had two sites available, one on the Absentee Shawnee Complex and at the Police Sub-Station in Little Axe for our employees to utilize for their children. The both sites started on April 2, 2018 and ran through April 12, 2018.

I would like to thank Briana Ponkilla, CCDF Coordinator, for organizing the two locations along with LaNora Buswell, CCDF Assistant/After
School Personnel. We were fortunate to have had two retired teachers to help during the two week of implementing the service.

Glenda Sullivan, Teacher, Absentee Shawnee Tribal Member
Tim Young, Teacher, Shawnee, Oklahoma
Kiana Pante, Tutor
Izabel Christy, Tutor
Madisen Hudgins, Tutor
Mike Deer, Van Driver
Bradly Dennis, Tutor
Jocelyn Davis, Tutor

Thanks to the Executive Committee for seeing that there was a need and supplying the school supplies.

**Governor’s Meetings for month of March and April**

**March**

19th  Directors Meeting:
Secretary Delodge, Lt. Governor Johnson and Myself attended.
Not Present: Treasurer Bender, Representative Johnson.

22nd  Kiwanis Meeting – Shawnee

24th  Absentee Shawnee Tribe Annual Easter Egg Hunt and Elders Meeting

25th  Sunday 12:30 pm Charter School Meeting

26th  5:30 pm TEC Meeting attend by conference call

28th  Strategic Planning Fox Valley Technical College

29th  Indian Education Legislative Day 9:00 am – 11:30 pm Oklahoma State Capitol

30th  Good Friday Tribal Office Closed
Luncheon at Gordon Cooper Vo-Tech Shawnee
Forward Legislative

31st  Moore Public School Indian Education Pow-Wow

*Continued on Page 4...*
April

2nd  Meeting with Executive Committee, Health Director, Health AG, Self-Gov. Director

4th  7:00 am – 7:00 pm Annual Kiwanis Pancake Fund Raiser
     10:00 am Meeting on campus
     3:30 pm Meeting with Election Commission, Constitution Committee, Executive Committee

6th  10:00 am Oklahoma City Area Self-Governance Meeting at the Absentee Shawnee Tribal Complex

9th  9:00 am meeting with non/tribal
     10:30 am meeting with tribal member along with Representative Johnson
     11:00 am Met with Secretary Delodge and Representative Johnson to go over a couple of resolutions for the April 11 Executive Committee Meeting.
     Lt. Governor out of town, Treasurer Bender meeting with auditors.

11th Regular Executive Committee Meeting

Expressions
For those families who lost a loved one this month, I offer my sincere condolences to you and your family on your loss.

Conclusion
I appreciate tribal member that have come by my office or has called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF). United and together!

Respectfully,

Governor Edwina Butler-Wolfe
PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, ____________________________, hereby certify that I am or will be an Eligible Voter of the Absentee Shawnee Tribe on or before June 16, 2018. I cannot physically be present to cast my Vote at the June 16, 2018 Run Off Election, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): ___________________________________________________________
(first)           (middle)           (maiden) (last)
Address:____________________________ City: _______________St: _______Zip:________
CDIB#:______________________       Date of Birth:_______________________
Signature:_________________________ Date:______________________________

All REQUESTS must be returned to the Election Commission by the deadline date of May 27, 2018

Mail to:
Absentee Shawnee Election Commission
P.O. Box 741
Tecumseh, OK  74873

Fax to:
Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 6271
Toll free number 1-800-256-3341 ext. 6271

Deliver in Person to:
Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot. This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____________________ Approved:____________________ Disapproved: _______________
If Disapproved (reason):______________________________________________________________
Denial Letter Mailed:_________________________ Ballot Mailed:__________________________

_______________________________________
Election Commission/Representative
Spring into Spring with Building Blocks II

By Elizabeth Crawford
Director, Building Blocks II

Spring!

The children here at Building Blocks II are taking full advantage of learning about spring time by growing flowers. They have quite a garden growing. They are also learning about spring weather and weather safety. It’s important to talk with your children and getting a weather safety plan in place and do a few practice runs so they are prepared when at home as well.

The kids are enjoying the nice day outside when Mother Nature allows. The kids have also been very busy preparing Mother’s Day gifts! We had a few pre-k friends attend all day when the schools were out and we were glad to accommodate their families during the walkout.

We are continuing to work toward accreditation so that we can become a three-star facility through OKDHS. If you have any questions, please feel free to contact me or my Assistant Director Rebecca Jones at the center.

Thank you!

Building Blocks III News

By Billie Thompson
BBIII Director
bthompson@astribe.com

Our Easter parties and egg hunts were a HUGE SUCCESS!! The kiddos enjoyed dying eggs in the morning. The parties were held in the afternoon, with egg hunts that followed. Thank you to all of the family members who were able to join us. Thank you to all of those who sent goodies, even though you couldn’t be here. Thank you to the AST Dental and Health Admin. for sending over Easter treats for all of our classrooms. And, of course, a big THANK YOU to the BBIII staff for always making sure these events are special for the kiddos and their families.

The Health Department did an immunization audit on the 45 children at our center. We scored a 95%, which is very good. We also had Jana Cornelius, with the CECPD, come out and perform a Program Administration Scale (PAS) assessment on our facility. This is used to assess aspects such as center operations, program planning, family partnerships, technology, child assessments, and staff qualifications, among many others. Jana was very impressed at what Building Blocks III offers and how the operations are conducted. She also had a few very helpful suggestions that we are in the process of implementing. She stated that we are mostly ready for accreditation, though we do have some other items that need to be in place to start that process. We will receive our official score in June 2018.

Enrollment:

- Infants: 7
- Toddlers: 7
- Two’s: 9
- Three’s: 13
- Four’s+: 10

We have 3 additional children pending a start date.

New employees:
- Angela Buckley, part-time housekeeping
- Lindsey Kennedy, part-time floater

Please check www.astribe.com for other employment opportunities.
May 2018

Local

BUILDING BLOCKS III

Absentee Shawnee Tribe of Oklahoma
Building Blocks CDC
16051 Little Axe Drive
Norman, OK 73026
P: (405) 360-2710
F: (405) 360-2726
The health system said a fond farewell to the Deputy Director and longtime employee Mrs. Marla Throckmorton, RN, this past month. She is going to be working with a new company from home allowing her more time to be with her family and travel to visit her children with her husband, as they are both recent empty nest parents. We wish them both well in their new life adventure! The intern program will be meeting to select the new 2018 Interns for the second year. Native American AST Tribal students will have the opportunity to experience the entire health system’s operations, work in a paid position throughout the summer months, and graduate the program with both work experience in the healthcare setting as well as a letter of recommendation from the health system for successful completion of the program. Graduation of the program culminates with a ceremony with parents and friends celebrating their accomplishment. The goal of the program is to attract tribal youth into health career fields and professional careers by exposing them to these various professionals and helping them decide early on what may be of interest to them and vector them into a future within the health programs.

We will be having preventative testing and other health awareness programs for Men’s Health Month in June as well as events for our Women’s Health Program this month in May. We continue to work with the Self-Governance Coalition and Shawnee Service Unit (SSU) to improve patient care and experiences for our area and our patients with best practices and innovative cooperation on community health programs. We appreciate the leadership and support of the Absentee Shawnee Tribe and other tribes in working together to better all of our programs and services in our area!

We are always thankful and very proud of our outstanding star performers, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee Awards and awardees are listed below. The AST Health System always strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!
### May 2018 - Scheduled Closings

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<th>Date:</th>
<th>Time(s) Closed:</th>
<th>Locations:</th>
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<tr>
<td>Wed., May 2nd</td>
<td>Noon to 5 PM</td>
<td>All AST Health facilities CLOSED</td>
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<td><em>(1st Wed of Month)</em></td>
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<td>- PlusCare Clinic &amp; Shawnee Clinic Ext Hours will OPEN at 5p until 9p</td>
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<td>(last patient accepted at 8:30p)</td>
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<tr>
<td>Mon., May 28th</td>
<td>All Day</td>
<td>All AST Health facilities CLOSED except PlusCare Clinic</td>
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<tr>
<td><em>(Memorial Day)</em></td>
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<td>- PlusCare is OPEN from 9a until 5p (last patient accepted at 4:30p)</td>
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* In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay: Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health”, Twitter @ASTHealth & on ASTHS website at [www.asthealth.org](http://www.asthealth.org)
CHS for a currently enrolled AST member who resides in the defined catchment area and needs emergent or urgent care.

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify CHS on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third-party resource has made the determination such services were "emergency care" or "urgent care." Such evidence may include payment from private insurance.
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center CHS office or the Shawnee Clinic CHS office.

EMERGENCY AND URGENT CARE SERVICES

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
   For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and does not have insurance.

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker’s Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
   For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.
8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays
All facilities closed the first Wednesday of the month from Noon to 5pm.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records
405.478.5850 (Primary)
405.478.4702 (Secondary)

REFERRAL MANAGEMENT
Little Axe Health Center
Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Jennifer Wells, CH Technician
Melinda Ferrell, PBA, Dental Referrals

SHAWNEE CLINIC CHS
Flo Mana, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/Medical Assistant
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)
Beyond Pain Management & Orthopedics

Dr. Zelnik explains the specialty of Physiatry

By Sanielle Zelnik, MD

One of the challenges in my job is to explain to my co-workers and patients what it means to specialize in Physical Medicine & Rehabilitation (physiatry). It is often easier for others to refer to me as “pain management” or “orthopedics.” While Physiatrists manage chronic pain and diagnose and treat many orthopedic conditions, there is more to the story…

My specialty is fairly new. It was pioneered after WWII when physicians were needed that could understand the needs of injured soldiers with disabilities in order to develop innovative treatments to restore or enhance their physical abilities. The Physiatrist combines knowledge of general medicine, physical/occupational rehabilitation, orthopedics, behavioral health, and neurology to treat medical disorders affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. A Physiatrist regularly teams up with internal medicine, orthopedic surgeons, neurologists/neurosurgeons, rehabilitation therapists, psychologists/psychiatrists/social workers, and other members of the hospital team as a medical doctor representative to aid in multidisciplinary care coordination with goal of improving physical function and health. In rehabilitation hospital setting, the Physiatrist monitors patients admitted for inpatient therapy and manages their medical conditions until discharge home. In the outpatient clinic, a Physiatrist typically diagnoses and treats nerve and musculoskeletal disorders in coordination with other medical specialties and rehabilitation therapists. In every healthcare setting most of us physiatrists prefer to work as a team with health professionals in other specialties or disciplines as we believe this is what is required in order to assist medically complex patients with functional impairments. We regularly seek advice and input from our team and are taught to be innovative and to individualize our treatment plans. Like neurologists, we perform nerve testing called electromyography (EMG) and nerve conduction studies (NCS). We are trained in the fundamentals of non-surgical Sports Medicine and Pain Management, including joint/tendon sheath injections with or without ultrasound. Physiatrists who specifically want to become subspecialists can pursue further Pain Management or Sports Medicine fellowship training to perform image-guided spine injections or to achieve renowned expert level skills in ultrasound-guided injection techniques. Other subspecialty levels of Physiatry training include Spinal Cord Injury, Brain Injury, and Hospice-Palliative Care. We are very versatile and can work in various healthcare settings and in various roles. Some of us pursue non-clinical and administrative jobs as well!

A Physiatrist assists in improving physical function and health.

For more information on Physiatry, please visit www.aapmr.org, or for social media stories and posts search #pmrismorethan

My Skills

- Diagnosis & Management of:
  - Osteoarthritis
  - Most Sports Injuries
  - Back and Neck Pain
  - Neuropathy
  - Radiculitis
  - Fibromyalgia
  - Overuse injuries

- Adaptive & Functional Needs for:
  - Spinal Cord Injury
  - Brain Injury
  - Stroke
  - Cerebral Palsy
  - Multiple Sclerosis
  - Amputees

- EMG/NCS Testing
- Joint Injections
- Prolotherapy
- Botulinum Toxin for spasticity
- Complementary & Alternative (Integrative) Medicine

Please Refer to SURGEON FIRST for: Fractures, dislocations, acute head trauma, post-surgical back pain, back pain with loss bowel/bladder function
May Is National Asthma and Allergy Awareness Month

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be “National Asthma and Allergy Awareness Month.” It’s a peak season for those with asthma and allergies, and a perfect time to educate yourself and others about these diseases. There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects more than 24.5 million Americans. More than 6 million children under the age of 18 have asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing. Please join us in raising awareness for these common diseases.

The best way to manage asthma is to know and avoid triggers, take medications prescribed by your physician to prevent symptoms & prepare to treat attacks.

Small Consulting has been contracted to do a Feasibility Study on the proposed Hardesty Travel Plaza project, an economic development project of the Tribe. There will be an open meeting on Thursday, May 3rd, from 6:00-8:00 pm at the Community Building in Little Axe.

For more information, contact the Treasurer’s and Secretary’s Special Projects office at 275-4030, xt 6306.

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For more information about asthma and allergies visit The Asthma & Allergy Foundation of America at http://www.aafa.org/page/welcome.aspx
Care on your schedule, that’s the Plus.

HOURS OF OPERATION:
9 a.m. – 9 p.m. Monday – Friday
9 a.m. – 5 p.m. Saturday – Sunday
9 a.m. – 5 p.m. Holidays
(except Thanksgiving & Christmas)
PlusCare will be closed the first Wednesday of the month from noon – 5 p.m.
First appointment 9 a.m.
Last appointment 8:30 a.m., Monday – Friday
Last appointment 4:30 p.m., Saturday, Sunday & Holidays

Minor illnesses and injuries—an earache, a sprain, the flu—can sneak up on you. That’s why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

At PlusCare, we’re dedicated to providing high-quality, clinic-based health care to members of our community. On evenings. On weekends. This is all for you.

10% OFF ALL SERVICES
FOR TRIBAL EMPLOYEES & MEMBERS
Must present CDIB card or tribal employee ID. Not valid with any other offers.

Isn’t it time you got more from your repair shop? Experience the Arrowhead way of doing things.

TIRES | MAINTENANCE | REPAIR

Arrowhead Automotive Center
1100 North Broadway Street
Tecumseh, OK 74873
(405) 598-6920
www.arrowheadautomotivecenter.com

Kenneth Blanchard for Lt. Governor:

As former Governor, Lt. Governor, and recently as Tribal Representative, I feel our leaders should know how to provide professional leadership that impacts our tribe. I am prepared to lead our tribe into a better future.

We need to plan for our future with sound economic development. Without a plan, one cannot prepare for the future. We cannot continue to subsidize our grants and enterprises to be successful. How do we expect to generate revenue?

My experience with planning is currently serving on the Strategic Planning Board to increase revenue and improve current services.

I have no promises other than to serve you with professional leadership and, with my experience in Tribal Government, I am not a learn-as-you-go leader.

I am asking for your vote on June 16, 2018!
Title VI Menu

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td></td>
<td></td>
<td>1  Spaghetti W/ meat sauce Veggies Garlic Bread Salad Bar*</td>
<td>2  Smoked Sausage Cabbage Carrots Bread/Pudding</td>
<td>3  Hot Ham n Chez Sandwich Chips Applesauce</td>
<td>4  Breakfast Burrito Scrambled Eggs Sausage Fruit/Salsa</td>
<td>5  Cinco De Mayo</td>
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<td>6  Kraut N Wieners Mac n chez Cauliflower Prunes</td>
<td>7  Baked Chicken Wild Rice Veggies Mandarin Oranges</td>
<td>8  Hoagie Sandwich Mac Salad Fluff</td>
<td>9  Meatloaf Mashed Pot/Gravy Green Beans Mixed Fruit</td>
<td>10  Biscuit Scrambled Eggs Sausage Gravy</td>
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<td>13  Mother’s Day</td>
<td>14  Chef Salad Chez, Eggs, Ham Cottage Chez Peaches</td>
<td>15  Manwich Waffle Fries Cookie Orange</td>
<td>16  Oven Fried Chicken Mashed pot/Gravy Peas n Carrots Peach Cobbler</td>
<td>17  Soft Taco LTCO Spanish Rice Pears</td>
<td>18  Oatmeal Sausage Patty Fruit</td>
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<td>20</td>
<td>21</td>
<td>22  Chicken Fajitas Onions n Bell Peppers Tortilla Cinnamon Roll</td>
<td>23  Tamale Mexi-corn Chips/Salsa Jell-O</td>
<td>24  Northern Beans Steakfries Cornbread Cookie</td>
<td>25  Biscuit Sausage Gravy Scrambled Eggs</td>
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<td>27</td>
<td>28</td>
<td>29  Frito Chili Pie w/ranch beans Chez, onions Mandarin Oranges</td>
<td>30  Beef Fingers Mashed Pot/Gravy Veggies Mixed Fruit</td>
<td>31  Pork N Hominy Spinach Cake</td>
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NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

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

Title VI News

By Thomasine Owings
Title VI Director

A few changes have occurred in The Title VI Staff, we have a new driver, Cindy Carpenter, and we say goodbye to Guy Kowena (moved to AST Housing Maintenance).
The Grass mowing applications will be handled by the Title VI Department with a few guideline changes:

The gas that is provided for cutting Elders grass is purchased by the Title VI Grant, supportive services and with all grants we have to have accurate account of each Elder who is getting their grass cut so this means we will need a current intake form and current utility bill in the applicants name and the grass mowing application, more details on the application.

With the warm days ahead (maybe) us, if you are homebound- your driver WILL NOT leave your meal if you don’t have an ice chest with some form way to keep it cold – and if you are not home for three days we
New Guidelines Set for Lawn Cutting Services

By Thomasine Owings
Title VI Director

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-2018)
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.

May 13th, MOTHER’S DAY
May 28th Memorial Day AST Complex will be closed- No meals will be delivered or served this day.

Any questions or concerns please feel free to call us at 405-275-4030 ext 6227
Greetings!!

The Elders Council members participated in the Tribal Easter Egg Event on March 24 and donated eggs, candy and prizes. The event was well attended and enjoyed by all.

By the time you read this article, the Elders Council will have hosted a speaking event for the 2018 election candidates on April 21, 2018. We appreciate the candidate’s participation and anticipate that this will be an informative event.

On April 7, 2018, some of the Elders Council member attended the Operation Eagle Pow-Wow in Dewey, Oklahoma. Gifts were sent to the pow-wow for the organization and Troy and Jodi Little Axe. Troy and Jodi Little Axe were honored for their long standing contribution to the growth and education of Native American Youth. The Elders Council members sent honor gifts for Troy and Jodi and a grocery basket and shawl for the organization hosting this event.

As of this writing, the Elders Council members’ plans to travel to the Azalea Festival in Muskogee on April 28 changed slightly. The Muskogee Chamber of Commerce announced that their azalea flowers were severely impacted due to several freezes this spring. Plans are now to attend the Five Civilized Tribes Museum in Muskogee in lieu of the flowers. Lunch will still be enjoyed at the Miller’s Eating Place in Chouteau.

We invite all AST elders to come join our meetings each month. The schedule is posted on the AST website.

This month’s article is short, but as always, I like to end my articles with a quote. This one is humorous!

Quote: Vegetarian—that’s an old Indian word meaning lousy hunter!
May 2018

Phillip S. Ellis for Tribal Treasurer - 2018

In last month’s addition of The Absentee Shawnee News, I wrote about what I felt was the current state of our economic development and possible future options. In this month’s edition, I would like to write about what I believe the role of the treasurer is and what I believe being an elected official on the Executive Committee is.

First, in my opinion, the primary role of the treasurer for our Tribe is to account for the monies and assets received, expended, and/or invested. He or she should be responsible for ensuring that all the monies and assets owned or received are used in an appropriate manner and is the “go-to” person when any financial related matters must be explained or interpreted to any outside entity or organization (e.g., federal funding agencies, a bank, etc.) or inside user (e.g., Executive Committee, a tribal member, etc.). Even according to the Constitution of the Absentee Shawnee Tribe of Indians of Oklahoma the treasurer has six “The Treasurer shall ...” obligations. In order to fulfill those duties and obligations, the treasurer’s position is unique among the Executive Committee members. No only must the treasurer have good judgement but must also have a solid educational and work background.

Next, being an elected official for our Tribe, the treasurer is a voting member sitting among others carrying out the official responsibilities of our Tribe. Deciding and voting on the best interests of the Tribe and its members overall should be the aim; not for personal gain.

Again, regardless of how one views the Tribe, we are a multi-million dollar organization. We must survive and flourish in the future, and to do so we must have a treasurer who understands the role of the treasurer, its demands and requirement, and have the best interest of the Tribe and its members at heart. Again, in the upcoming election, you will have a choice between two candidates for treasurer. Just two. The current treasurer, Leah Bender, and myself. We can have two more years of what we’ve had for the past four. Or we can take a different path. Between the current treasurer and myself, I believe I’m that right choice.

Again, my vision is with the right person and people, our success is unlimited.

Sincerely,
Phillip S. Ellis
phillie2829@gmail.com
918-703-7528

Local

You’re getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You’re getting a new Medicare card! Between April 2018 and April 2019, we’ll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You’ll get a new Medicare Number that’s unique to you, and it will only be used for your Medicare coverage. The new card won’t change your coverage or benefits. You’ll get more information from Medicare when your new card is mailed.

Here’s how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We’ll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend’s or neighbor’s.

Absentee Shawnee Tribe
Behavioral Health Services

Wellbriety Group Meetings

Facilitators John Soaps, LPC

Every Thursday 5:30pm-6:30pm

Shawnee Multipurpose Building
(east of the Shawnee Clinic, 8th, 16)

For further information, contact:
Shawnee Behavioral Health Services: John 405-873-4716
Little Axe Behavioral Health Services: Dara 405-701-7987

White Bison, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here: the people are kind. If you need us, please call us, 8 a.m. to 5 p.m. Monday through Friday.

May 2018

Local

Phillip S. Ellis for Tribal Treasurer - 2018

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Atheda Fletcher for Tribal Representative

Dear Absentee Shawnee Tribal Members:

The Tribal Representative has the responsibility and oversight of the Human Resources Department (HR Dept.). This organizational area is a key component for the overall function of our tribal government. An effectively run HR Dept. should be providing structure and the ability to meet business needs through managing one of the most valuable asset of the Tribe—its employees.

I have a B.A. Degree in Human Resource Management from the University of Central Oklahoma. My desire is to bring my experience gained with a Fortune 500 Company to the table in order to ensure that the Tribe’s Human Resources Management team is maximizing their contribution to the overall success of our tribal government.

If I am elected, I will be working alongside the current HR staff in the assessment of these areas:

- Strategic Management – Current staffing assessments, projections for future workforce needs based on business needs.
- Wages and Salaries – Is the HR Dept. developing realistic compensation structures that set wages to be competitive, but keeping costs in line with our current financial status and projected revenue. Are we managing costs associated with turnover, attrition and hiring replacement workers?
- Analyzing Benefits – Benefit costs are soaring! Is our HR Dept. performing ongoing analysis to ensure we are maximizing the usage of our funds for employee benefits; are we negotiating benefit packages for employees that are within budget and consistent with our current economic condition; and are the benefits in alignment with current trends?
- Employee Relations – The HR Dept. manages virtually every aspect of the employer-employee relationship. Are the relationships between employer and employee being managed appropriately? Do the employees have full access to the HR Dept. when they have issues?
- Safety and Risk Management – Are we providing sufficient safety and awareness programs to ensure that the Tribe is providing safe working conditions.
- Liability Issues - Is the HR Dept. working to minimize exposure and liability related to allegations of unfair employment practices? Are the policies up-to-date and meeting current needs?
- Training & Development – Is the HR Dept. effectively managing the budget for this area to prepare leaders for supervisors and management roles?
- Recruitment and Onboarding – Is the HR Department managing this area using the most effective methods. Is this Department equipped with the best systems to aid in many of their day-to-day tasks?
- Hiring Process – Is HR ensuring that the organization extends offers to suitable candidates? Is the staff guiding and helping managers make good hiring decision.
- Compliance – Is the HR Department maintaining paperwork to document compliance? Are internal audits being performed?

The Tribal Representative has the overall strategic leadership to the Tribe’s HR Dept. The Tribal Representative should be overseeing contracts, policies, monitoring compliance and working closely with the HR Director.

I ask these questions:

- Is the current Tribal Representative meeting the requirements to effectively oversee the HR Dept.? Is he providing the guidance and direction necessary to help build HR.
- Is the current Tribal Representative able to make necessary decisions independently? I ask each tribal member to view the April 11, 2018 Executive Committee meeting video. Who is really making the decisions over the Tribal Representative’s programs?

Oversight for a HR Dept. requires years of experience. Ensuring that the HR Dept. operates at a high level is critical especially in smaller organizations. I will bring a higher level of knowledge and a higher standard of work to help the current staff. I will provide reports and/or information to tribal members on the activities and projects undertaken by the HR Dept.

There are consequences for not getting it right in the Human Resources arena. I will “make a difference”, but I can only do this if I am elected to the position of Tribal Representative. I ask that you assess the candidates and vote for the person with the best qualifications for the position.

I am the person who is willing to go the extra mile to help make our tribe successful. I possess the qualifications and I am committed to hard work for our tribe.

Until next time,

Atheda Fletcher
athedafl@gmail.com

Iowa Tribe of Oklahoma Vocational Rehabilitation

Transitional Services

The Iowa Tribe of Oklahoma Vocational Rehabilitation (ITOVR) Program has provided vocational services to Native Americans consumers since 1994, and transition services to students since 2006. For years, our goal has been to empower Native American with disabilities, consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choices, to prepare for the transition from school to work or post-secondary school.

Program Transitional Services help Native American high school junior and senior with disabilities continue their education, train for a job and find a job after completing education.

You design your own customized Individualized Plan of Employment (IPE) with our help.

Qualifications

- Are you an enrolled member of a federally recognized tribe?
- Are you a junior/senior in high school?
- Do you reside in our service area?
- Disability documentation from a Doctor, Physician or Mental Health Provider noting disability and impediments?
- An IEP or 504 Plan may be accepted as proof.

Services

- Counseling and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Resume Building, Interview Etiquette, etc.
- Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Counseling and Guidance about Training and Education after H.S.
- Work Clothing for New Jobs

For more information contact:
Tayler McClellan, Counselor
405-847-3402
405-847-3402

Iowa Tribe of Oklahoma
33558 E. 750 Rd.
Perrins, OK 74059
405-847-3402
BANKHOJEO.COM

Atheda Fletcher for Tribal Representative

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Perrins, OK 74059
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BANKHOJEO.COM
The Elders Council hosted the 2018 Tribal Election speaking event prior to its regular monthly Elders Council meeting. All candidates were present and were given 10 minutes to talk about their individual platforms and cover any topic of their choosing.

Leah Bender, incumbent for Tribal Treasurer, spoke first and provided an overview of the past years’ challenges she faced and her achievements since she took the Treasurer position four years ago.

Phillip Ellis, candidate for Tribal Treasurer, spoke first and provided an overview of the past years’ challenges she faced and her achievements since she took the Treasurer position four years ago.

Ken Blanchard, candidate for Lt. Governor, spoke on his past experience wherein he held various offices with the Absentee Shawnee tribal government that give him a sound background in tribal business and a depth of knowledge that will help the tribe. He stated his desire is to bring cooperation and guidance to help the Absentee Shawnee Tribe achieve greater success.

Andy Warrior, candidate for Lt. Governor, gave the audience the details of his experience gained throughout his career serving in various positions within the Absentee Shawnee Tribe.

Anthony “Tadpole” Johnson, incumbent Tribal Representative, spoke to his current activities he was working on for the tribe. He explained that he utilized a lot of his time visiting tribal members and working on various cultural issues.

Atheda Fletcher, candidate for Tribal Representative, presented two planks of her platform—that being Cultural Preservation and Human Resources. She presented statistics on the current decline of native languages and that the tribe should not waste any time working to protect and preserve our tribal language. She further stated it is her desire to bring more growth to the CP area. She addressed HR and stated it takes years of experience in order to successfully oversee an HR Dept.

All candidates delivered good messages and information. There were approximately 40 tribal members in attendance.

The next upcoming event will be a Candidate Debate on Saturday, May 5, 2018, 6:00 P.M. to 8:00 P.M., at the Sac & Fox Nation Community Services, Multi-Purpose Building. We encourage all tribal members to come and listen to the candidates. PLEASE remember to vote on Saturday, June 16, 2018. Your vote matters!!
### Celebrations

#### May Birthdays

There is a welcoming place for women.

Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don’t take care of you? Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations are beyond important. They make you healthier. Better. More able to do the hard work that women do.

Let your voice be heard.

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. Contact 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.
Coaching duo lead team to two consecutive State Championship victories.

CONGRATULATIONS for a back-to-back class 2A State Championship to 2017-2018 Christian Heritage Academy’s girls basketball team coached by Clint and Lisa Little Jim (head coach).

The Lady Crusaders of Midwest City, Okla, had a perfect record of 30-0 with three regular season tournament wins.

AST members Clint and Gracey are the son and granddaughter of Charles and Lorene Little Jim of Little Axe, Oklahoma. We are thankful for and proud of the dedication displayed in these educators to serve young people in the field of academics and athletics.

- The Little Jim Family
May 2018

Celebrations

The Tiger Reunion

will be held May 27, 2018 at Little Axe Pavilion at Lake Thunderbird from 10AM to 10PM. All family and friends of Nellie Tiger Maxwell are welcome. Nellie is the last remaining child of Jim Tiger and Annie Mann Tiger. Everyone come out to eat and visit with her.

Please bring a covered dish, drinks, ice, eating tools, plates, any games, and your chairs!

Remember, there will be a $5 fee at the gate (sorry it can’t be helped).

If you have any old pictures of the Tiger/Mann Family, please bring them.

Please notify other family members and friends to come out, especially Jim Tiger Sr. Family!

Call Jan if you have any questions at 405-415-5520.

Happy 15th Birthday
KANTYNN KASECA
on May 30th!

You are getting close to driving! Lol. Lord Help us. We love you,
Grandpa & Granny

Happy Birthday Son
(and Brother).
We love you!
Mom, Dad, & Sisters

Happy Birthday
JOPLIN SPOON!

Joplin –
Happy 10th Birthday to my precious lil man!! Hope you have an awesome, wonderful day!! I love you!!
Love, Mom

Lil Brother –
Have a terrific, fun-filled day!! Wish the best for you!!
Always XOXO, Jili & Justin

Happy Happy Birthday to my grandson. You are an awesome soccer player and getting better with each practice and game. I’m so very proud of you. Keep up the good work. I love you much.
O’s and X’s, Granny Low

Joplin –
Wish you a Happy Happy 10th Birthday! Auntie loves you a lot!!
Love, Auntie It
XOXO

Share your Celebrations!!!

Call AST Media at 405-598-1279 or email your request to stiger@astribe.com by the 15th of the previous month.
Only 1 picture can be used per celebration.

If you choose to visit our office and we are not present, please leave your requests in the mailbox.
Why NOT to Seek Shelter Under an Overpass During Tornadoes

By Linda Day
Emergency Management Coordinator
Tribal Police Dept 405-275-3200
Cell 405-740-1562
lday@astribe.com

Many people mistakenly think that a highway overpass provides a safe haven from a tornado. The reality is that an overpass may be one of the worst places to seek shelter from a tornado. Using an overpass for your shelter can put you at a much greater risk of being killed or seriously injured by a tornado.

Tornado wind speeds can sometimes exceed 200 mph. These destructive winds produce airborne debris that are blown into and channeled under the overpass where people might be seeking shelter. Varying debris, including dirt, sand and rocks that are moving at incredible speeds can easily penetrate clothing and skin, causing serious injuries or even death.

Let’s take a look at the facts:
• If an overpass is directly in the path of a tornado, the wind could change direction by nearly 180 degrees as the vortex passes.
• By climbing up higher to get under the overpass, you will be exposed to higher wind speeds and more flying debris.
• Flying debris become dangerous missiles in the tornado airflow.
• Most overpasses don’t have girders or support beams for handholds.
• The narrow passage underneath an overpass could cause an increase in the wind speed under the bridge.

Where You Should Shelter Instead
If you are on the road, try to drive to the closest sturdy shelter. If that is not an option, pull over and park. You now have two choices:

• Stay in your car with the seat belt on. Put your head down below the windows, covering your head with your hands and a blanket if possible.
• If you can get lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands.

Your choice should be driven by your specific circumstances.

Things You Should Never Do During a Tornado
We’ve said it before and we’ll say it again – tornadoes can happen at any time and at any place! The keys to survival are preparedness and action. If you are prepared ahead of time, the odds of surviving a tornado as well as the aftermath goes up tremendously.

When it comes to taking a direct hit, surviving is simply a numbers game. You want to put the odds in your favor by doing what you can to maximize your chances of survival. We have compiled a list of five things you should NOT do when a tornado hits in order to increase your odds for survival.

Happy reading!
• Not taking tornado warnings seriously. There are tornado warning false alarms all of the time. We’ve all been under warnings when nothing happened. However; when you hear those sirens go off, the time to take action is now! Hop in your storm shelter, or get home immediately if you are out and about. This advanced warning is key to your survival. You do not want to roll the dice on your life!
• Look out the window. We all know that windows are dangerous during tornadoes, but what do most people do when they hear a tornado warning? They run right to the window to see if they can see it! That is a big mistake. Windows can be easily broken, and will send glass and other debris from the outside right toward you! Did you know that being hit by debris is the number one way people are injured or killed in tornado? Don’t be a statistic and get away from your windows!
• Open the windows of your house. Speaking of windows, we want to set the record straight about opening them during a tornado. Some people do this because they believe that the pressure will equalize and the windows will not shatter. This is a myth! According to the experts, opening the windows will only succeed in letting the winds into the house so that internal supports can be shaken apart which will weaken the house even more. The bottom line is – don’t open your windows. It’s a waste of time!
• Try to outrun a tornado. A tornado average speed is 10-20 mph across the ground, but can reach speeds up to 60 mph! If you think you are a fast driver and can outrun the tornado, think again. Your chances are slim to none when it comes to outrunning a tornado.

As soon as you hear that tornado warning siren, seek shelter immediately and stay indoors. If you are nowhere near a shelter, you should stay in your car and buckle up or if possible, get below the level of the road like a ditch.

What to do When a Tornado Watch is Issued
It is super important to be prepared when a storm hits, including taking certain actions when a tornado watch is issued. Take a look at the tips below:
• Listen to Local Radio & TV Stations for Updates
• Be Alert to Changing Weather Conditions
• Blowing Debris or the Sound of Approaching Tornadoes May Alert You (many people say it sounds like a freight train)

When a Tornado Warning is Issued
It’s go time once a tornado warning is issued and there is no time to waste. Follow the following tips when it comes to tornado warnings:
• If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects. The tornado may be approaching your area.
• If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
• If you are in car or mobile home, get out immediately and head for safety (above).

Going Inside Your Home after a Natural Disaster
When you go inside your home after a natural disaster, there are certain things you should and should not do. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors. The following items are other things to check inside your home:
Emergency Management

- Natural Gas - If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor’s residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

- Roof, Foundation & Chimney Cracks - If it looks like the building may collapse, leave immediately.

- Clean Up Household Chemical Spills - Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

- Appliances - If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

- Basement - If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

- Water & Sewage Systems - If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

- Food & Other Supplies - Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

- Sparks, Broken or Frayed Wires - Check the electrical system unless you are wet, standing in water or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they’re safe to use. You may want to have an electrician inspect your wiring.

- Open Cabinets - Be alert for objects that may fall.

- Call Your Insurance Agent - Take pictures of damages. Keep good records of repair and cleaning costs.

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EMERGENCY NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY ASSISTANCE</td>
<td>911</td>
<td>Police, Fire, Ambulance</td>
</tr>
<tr>
<td>HEARTLINE EMERGENCY</td>
<td>211</td>
<td>State of Oklahoma</td>
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<tr>
<td>TRIBAL POLICE</td>
<td>405-275-3200</td>
<td>Absentee Shawnee</td>
</tr>
<tr>
<td>TRIBAL EMERGENCY MANAGER</td>
<td>405-740-1562 (Cell)</td>
<td>Absentee Shawnee</td>
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<tr>
<td>SHERIFF</td>
<td>405-273-1727</td>
<td>Pottawatomie County</td>
</tr>
<tr>
<td>CITY POLICE</td>
<td>405-273-2121</td>
<td>Shawnee</td>
</tr>
<tr>
<td>CITY EMERGENCY MANAGEMENT</td>
<td>405-273-5272</td>
<td>Shawnee</td>
</tr>
<tr>
<td>COUNTY HEALTH DEPT.</td>
<td>405-273-2157</td>
<td>Pottawatomie County</td>
</tr>
<tr>
<td>SHERIFF</td>
<td>405-701-8888</td>
<td>Cleveland County</td>
</tr>
<tr>
<td>CITY POLICE</td>
<td>405-321-1600</td>
<td>Norman</td>
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<tr>
<td>HEALTH DEPT.</td>
<td>405-749-1591</td>
<td>Cleveland County</td>
</tr>
<tr>
<td>OG&amp;E</td>
<td>405-272-9595</td>
<td>Report Power Outage</td>
</tr>
<tr>
<td>CANADIAN VALLEY</td>
<td>405-382-3680</td>
<td>Power Outage</td>
</tr>
<tr>
<td>DEPT. OF ENVIRONMENTAL QUALITY</td>
<td>1-800-522-0206</td>
<td>State of Oklahoma</td>
</tr>
<tr>
<td>HIGHWAY PATROL</td>
<td>405-425-4385</td>
<td>Road Conditions</td>
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</tbody>
</table>
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

AST Diabetes and Wellness Program

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:

- Monday-Friday: 6:00am - 9:00pm
- Saturday: 9:00am - 3:00pm
- Sunday: CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)
## May 2018

### Diabetes & Wellness

**Fitness sessions will be available every Wednesday and Friday at the Little Axe Health Center**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>CLASSES</strong></td>
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<td><strong>CLASSES</strong></td>
</tr>
</tbody>
</table>
| **Zumba Fitness** 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | **Strength Circuit** 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | **Cardio Kickboxing** 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | **Strength Circuit** 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | **Zumba Fitness** 6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center |
| **Core-N-More Wednesday** 12:00 p.m.-12:45 p.m.  
Chrissy Wiens  
LITTLE AXE HEALTH FACILITY | | | | |
| **Strength Circuit** 5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | **Aerobic Circuit** 5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | | | |
| **De-Stress Friday** 2:30 p.m.-3:15 p.m.  
Buster Bread  
LITTLE AXE HEALTH FACILITY | | | | |

**“Core-N-More”**: This session will target all regions of the core and will provide a balanced workout for muscle groups that assist in movement and balance.

**“Circuit Training”**: A time efficient training system aimed at developing strength through pre-determined training stations.

**“Cardio Kickboxing”**: Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.

**“De-Stress”**: This session aims to assist participants in utilizing flexibility training to improve muscular flexibility and to induce relaxation for stress relief.

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**May is Older Americans Month 2018: Engage at Every Age**

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. Led by the Administration for Community Living’s Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme, “Engage at Every Age,” emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Absentee Shawnee Tribal Health System will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. Throughout the month, ASTHS will conduct activities and share information designed to highlight nutrition, physical activity, and caring for the caregiver.

And, join ACL and AoA in celebrating by participating in the Selfie Challenge! They want to see how you’re engaging. Simply take a selfie (or have someone take your photo) and tweet it with the hashtag #OAM18.

Visit the Official OAM Website  
Follow ACL on Twitter and Facebook www.facebook.com/aclgov  
Follow AoA on Twitter and Facebook www.facebook.com/aoa.gov/  
Connect with us: ASTHS Public Health Nursing  
405-701-7190

Contact your Area Agency on Aging: Visit http://www.eldercare.gov/ or call 1-800- 677-1116
The weather is getting warmer, so that can only mean one thing... It’s grilling season!

By Morgan Blackstock, MS, RD, LD
Diabetes and Wellness Program

Different cooking methods have an impact on the quality and nutrition of the food you consume. When foods are breaded, fried, or cooked with excessive fat (Ex. butter, lard, or oil), extra calories are added, which can contribute to weight gain. Foods absorb a lot of unhealthy fat when fried, even if the food was low in fat to begin with. Consuming these types of foods regularly, can increase the blood cholesterol level. This can pose a greater health risk, increasing the risk for cardiovascular disease, type 2 diabetes, and stroke.

However, grilling offers a healthier alternative without having to sacrifice flavor. When grilling, fat drips off the food as it cooks. This results in a lower fat and calorie content, which can help with weight loss and weight maintenance. In addition, meats and vegetables retain more of their vitamins, minerals, and water when grilled, as opposed to frying or even boiling.

Not only can grilling be a healthy way to eat, cooking and eating outdoors encourages more activity. Try to find ways to incorporate physical movement while grilling out, such as playing Frisbee or kicking a ball around with your kids, playing fetch with your dog, or taking a walk around the yard. Remember, grilling can be fun for the whole family!

Try grilling these yummy and healthy recipes this month!

Grilled Cinnamon-sugar Banana Boats

Ingredients:
• 1 teaspoon packed brown sugar
• 1/4 teaspoon ground cinnamon
• 4 ripe, yet firm, bananas
• 1/4 cup finely chopped dark chocolate (60% cocoa)
• 1/4 cup chopped pecans, toasted

Directions:
1. In a small bowl stir together brown sugar and cinnamon; set aside. Cut bananas in half lengthwise, leaving peels intact.
2. For a gas or charcoal grill, grill bananas, cut sides down, on oiled rack of a covered grill directly over medium heat 2 to 3 minutes or until golden grill marks form. Turn and sprinkle cut sides with cinnamon-sugar mixture. Cover and grill about 5 minutes or until the peels begin to pull away from the bananas. Transfer to plates and sprinkle with chocolate and pecans. Let stand 1 to 2 minutes before serving.

Tip: To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350 degrees F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Nutrition Facts Per Serving:
Servings Per Recipe: 6 PER SERVING: 116 cal., 5 g total fat (2 g sat. fat), 1 mg sodium, 18 g carb. (2 g fiber, 10 g sugars), 1 g pro.

Grilled Lemon-herb Chicken

Ingredients
• 6 skinless, boneless chicken breast halves (about 1-1/2 pounds total)
• 1/4 cup olive oil
• 6 cloves garlic, minced
• 1 tablespoon lemon zest
• 2 teaspoons snipped fresh thyme
• 1 teaspoon snipped fresh rosemary
• 1/4-1/2 teaspoon crushed red pepper
• 1/4 teaspoon salt
• 1/8-1/4 teaspoon ground black pepper
• 1/4 teaspoon dried sage, crushed
• 1 teaspoon snipped fresh sage or 1/4 teaspoon dried sage, crushed
• 1/8-1/4 teaspoon salt
• 1/2 teaspoon crushed red pepper
• 1/2 teaspoon salt
• 1/2 teaspoon black pepper

Directions
1. Place chicken in a resealable plastic bag set in a shallow bowl. For marinade, in a small bowl, combine oil, garlic, lemon peel, the snipped thyme, rosemary, crushed red pepper, salt, and black pepper. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.
2. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once halfway through grilling. If desired, garnish with fresh thyme sprigs and lemon wedges. Makes 6 servings.

Nutrition Facts Per Serving:
Servings Per Recipe: 4 PER SERVING: 65 cal., 4 g total fat (1 g sat. fat), 93 mg sodium, 7 g carb. (2 g fiber), 3 g pro.

Grilled Herb Zucchini

Ingredients
• 4 small zucchini and/or yellow summer squash, halved lengthwise
• 1 tablespoon olive oil
• 2 tablespoons snipped fresh oregano or 2 teaspoons dried oregano, crushed
• 1 teaspoon snipped fresh sage or 1/4 teaspoon dried sage, crushed
• 2 cloves garlic, minced
• 1/8 teaspoon salt
• 1/8 teaspoon black pepper

Directions
1. Brush all sides of squash with oil. In a small bowl, combine oregano, sage, garlic, salt, and pepper; sprinkle onto cut sides of squash.
2. Place squash pieces, cut sides down, on the rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until crisp tender, turning once halfway through grilling. Cut squash in half to serve. Makes 4 servings.

** If you do not have a grill, these can also be baked or cooked in a skillet.

Nutrition Facts Per Serving:
Servings Per Recipe: 6 PER SERVING: 188 cal., 8 g total fat (1 g sat. fat), 66 mg chol., 132 mg sodium, 26 g pro.
AST Diabetes and Wellness
Junior Olympics

Youth Olympics

The Absentee Shawnee Diabetes and Wellness Program encourages daily physical activity for all youth. The 2018 AST Diabetes and Wellness Junior Olympics provides an opportunity for youth to engage in fun and healthy physical activity. Please complete the registration form to enroll your kid(s) in this year’s olympics!

Youth events include

- 50 Yard Dash
- Softball Throw
- Running Long Jump
- Standing Broad Jump
- Free Throw Shooting

Absentee Shawnee Resource Center
SATURDAY, MAY 19th 2018
For ages 5-6, 7-9, 10-12, and 13-14 years.

Name: _______________________
Age: ___ Male or Female
Contact #: ___________________
Parent: ____________________

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

For more information, please call 405-364-7298
Child Care Development Fund (CCDF) Programs - May 2018

By Briana Ponkilla
CCDF Coordinator

The CCDF Subsidy program allows Native American parents the opportunity to seek quality child care while they are employed full-time or attending school up to a bachelor’s degree in a full-time program with the goal to obtain full-time employment. As of 4/1/18, we have 20 children from 12 families who receive child care assistance through the subsidy portion of the CCDF grant. Of those, 9 are AST Children and 3 families have a family member who is employed with the AST or one of its enterprises. The purpose of this program is to maintain compliance with the CCDF guidelines and ensure the proper use of funds. We are currently in our subsidy renewal period and hope to assist just as many families and children as our last fiscal year.

Building Blocks CDC II & III continue to operate according to the CCDF guidelines as well as the Oklahoma DHS licensing standards. BBII has begun the process of becoming accredited so they can become a 3 Star facility. Once they receive the increase in stars they will receive the higher reimbursement rate from OKDHS. Hopefully by the end of the year we can have this completed.

The Horse Shoe Bend After School Program (ASP) is currently operating for the spring semester. The HSB ASP is still taking students who attend NRC schools. If you would like to enroll your child you can contact me or Governor Edwina Butler-Wolfe. The tutors at HSB ASP are there to assist with after school care as well as tutoring for students who may need a little more instruction.

The AST Shawnee After School Program still operates on the Tribal Complex for the 2017-2018 school year. The program is located in the modular buildings across from Building Blocks II. We are open after school only and provide tutoring and supervision throughout the school year. Currently there are 21 children in our ASP Shawnee program who are transported from Shawnee and Tecumseh Schools. There is limited number we can transport on our two vehicles. If you would like to enroll your child please contact us and we can let you know if we can accommodate your child and if not we can add them to our waiting list.

The CCDF Programs will be offering a Summer School Age Program this year. It will be similar to the program last year but will remain on the AST Complex instead of HSB. We will be taking waiting list application and notify parents if they have a spot by the middle of May. The program will run June 4 through July 27.

Our goals through the CCDF grant, Building Blocks enterprise and the After School Programs is to provide quality child care to Native and non-native children in our communities. We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best every day.

If you are interested in any of these programs or have any questions please feel free to contact me at (405) 432.8411 or by email, briana.ponkilla@astribe.com.

Ni yi wa! (Thank you)
ABSOLUTE SHANTEE TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy
The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

Transitional Housing
The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

Court Advocacy
Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

Shelter Placement Assistance
The Absentee Shawnee Tribe’s Domestic Violence Program works with other shelters within Oklahoma in order to help victims obtain safe housing. Emergency transportation for the victim and children may also be available.

Housing and Utility Assistance
Assists victims of domestic violence, sexual assault, stalking, and/or dating violence in emergency situations. This assistance may allow for a victim to either receive housing or utility assistance.

Referral Assistance
Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe’s Domestic Violence Program.

Community Outreach
The Absentee Shawnee Tribe’s Domestic Violence Program offers educational trainings, informational displays, and community events in order to provide more awareness to both Tribal and Non-Tribal communities.

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe’s Domestic Violence staff at (405) 273-2888.

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Absentee Shawnee Tribe of Oklahoma

Summer School Age Program (SSAP)

If you are interested in signing up your child contact Briana Ponkilla or LaNora Buswell at the information below. Or pick up an application at Building Blocks II on the AST Complex.

- SSAP for school age children ages 5 years (Kinder) thru 12 years
- Begins 6/4/18 thru 7/27/18
- M-F, 7:30A-5:30P
- SSAP is not DHS Licensed
- Snacks will be provided for Morning and Afternoon
- Staffed by ASP Tutors
- Native Preference in Enrollment... limited number of spots available
- Tuition is free at the beginning of the program.

AST CCDF program will be offering a summer program for school age children who have completed Kindergarten and up to age 12. This will only be an 8 week program. The program will be held at the Shawnee Absentee Complex, ASP building. Parents can drop off kids as early as 7:30a and will have to picked up by 5:30pm. The cost is $200.00 a month or 300.00 for the full 8 weeks. A 25% discount will be given to AST members and AST employees. Children will need to bring a sack lunch every day and wear appropriate activity wear. We will be going on field trips at least twice a week. The trips that may include but not limited to:
- Zoo
- Red Earth Parade
- Local parks
- Library
- Splash pads

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Sexual Assault Statistics for Native American Women

According to the National Violence Against Women Survey, 37.5% of Native American women are victimized by intimate partner violence in their lifetime.

American Indian victims of intimate and family violence are more likely than victims of all other races to be injured and need hospital care.

1 in 3 Native women reports rape, compared to 1 in 5 nationally, and are 2.5 times more likely to experience sexual assault than any other ethnic group.

A national survey found 15.5% of Native American couples reported violence within their marriage, 7.2% of that was severe violence.
ABSNETEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)
(A ONE TIME YEARLY PAYMENT OF $150.00, PER RESIDENCE)

ELIGIBILITY

- ENROLLED ABSNETEE SHAWNEE TRIBE
- 18 YEARS OF AGE OR OLDER
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE’S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF $2,800.00)

REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE SUBMITTING TO SOCIAL SERVICES

ATTENTION TRIBAL MEMBERS!!!

When mailing in your application for any assistance through the Social Services Department, Please DO NOT send original CDIB, Drivers License and Social Security cards. Please attach copies of your ID’s only; if you are in the office copies will be made. Absentee Shawnee Tribe is not responsible for lost ID’s in the mail. If you have any questions, please call (405) 275-4030, ext. 6225 or 6255.

THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

The principal role of OEH&E is to raise the health status of our tribal members to the highest possible level by providing services in the area of water and wastewater. To qualify for a water well and/or septic system, the applicant must be an enrolled Absentee Shawnee Tribal member and reside within one of these six counties: Pottawatomie, Cleveland, Oklahoma, Payne, Lincoln, or Logan, provide land ownership by verification such as a Warranty Deed or Notarized Lease Agreement through the Absentee Shawnee Tribe Reality Department. Proof of income is not required.

The services we provide are: new water wells, renovation of a water wells, new city or rural water connections, replacement of city or rural water service lines, new wastewater septic systems, renovation of septic systems, new city sewer lines/renovation of city sewer lines and water treatment systems as needed. We are not funded to perform annual pumping of septic tanks. That service is considered part of home maintenance.

If you are having water or wastewater issues or building a new home and need services please come by our office and fill out an OEH&E application for assistance.

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.
<table>
<thead>
<tr>
<th>TAX CATEGORY</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
<th>YEAR-TO-DATE TOTAL</th>
<th>% OF TAXES COLLECTED</th>
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<td>Sales (6%)</td>
<td>$6,955.22</td>
<td>$128.33</td>
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<td>Gaming % of free cash</td>
<td>$150,000.00</td>
<td>$300,000.00</td>
<td>$200,000.00</td>
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<td>$0.00</td>
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<td>$650,000.00</td>
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<td>Employee (1%)</td>
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<td>$11,506.02</td>
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<td>Severance (8%)</td>
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<td>$0.00</td>
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<td>Motor Vehicle</td>
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<td>$51,206.21</td>
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<td>Motor Fuel Taxes (Qtrly.)</td>
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<td>$35,256.38</td>
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<td>Tobacco Refund</td>
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<td>Miscellaneous</td>
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<td>TOTAL COLLECTIONS</td>
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<td>$821,715.04</td>
<td>100%</td>
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**Absentee Shawnee Tribe Tax Commission**

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 • Fax: (405) 214-4225

**New Registrations**

- VALID OKLAHOMA DRIVER’S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- NOTARIZED TITLE
- NOTARIZED BILL OF SALE or PURCHASE AGREEMENT
- LIEN ENTRY FORM (if you are making payments)
- LIEN RELEASE FORM (if previous owner had lien)

*TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS*

**Note:** You may be asked to provide supporting documentation for verification purposes.

**Renewals**

- VALID OKLAHOMA DRIVER’S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- PREVIOUS YEARS REGISTRATION

*ANYONE MAY COME RENEW THE VEHICLE AS LONG AS THEY HAVE THE ABOVE LISTED DOCUMENTS FOR THE TRIBAL MEMBER*

**Tag Prices**

1-4 YEARS: $85
5-8 YEARS: $75
9-12 YEARS: $55
13-16 YEARS: $35
17+ OVER YEARS: $15

**Penalty**

$0.25 A DAY

**Absentee Shawnee Behavioral Health**

**STRENGTH OF TRADITION PROJECT**

Funded through SAHMSA Native Connections Grant in providing support by:

- Extending an out outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- Supporting youth as they transition into adulthood.

If you would like to know more about this program, please contact us!

Linda Gouge  Victoria Andrews
Grant Coordinator  Grant Assistant
(405)701-7988  (405)701-7995

Little Axe Health Center
Li-Si-Wi-Nwi Health, Inc.
15951 Little Axe Drive
Norman, OK 73026

*This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.*
A Little Note from The Tag Office

Did You Know.....

Any name changes that may occur (i.e. marriage, divorce, etc.) need to be updated through enrollment, BEFORE any new registrations or renewals can be processed.

Enrollment

Please keep all addresses, phone numbers, and name changes current with the enrollment office. This will ensure our records are correct.

Enrollment CDIB Printing is from 8:00AM - 4:30PM

All walk-ins or appointments will need to check in before 4:30pm each day. This change is to provide the staff the appropriate time for daily closing procedures.

We appreciate your understanding during this transition and if you have any questions please contact Ezra DeLodge, Tribal Secretary or Carly Dyer, Enrollment Director.

Thank you,

Enrollment Staff

Enrollment is now offering

DNA Testing!

Open to the public!!

Appointment required.

Must pay to hold appointment.

-Parentage testing-

Tribal Member: $45

Non Tribal Member: $65

Note: for all other tests please contact enrollment
IT’S TIME FOR NEW LEADERSHIP IN ABSENTEE SHAWNEE COUNTRY!

Don’t you think, it’s time!

• To sell the cows!

• To VOTE for leadership who is behind the wishes of the General Council and follow the Constitution.

• That all tribal members share in services and benefits of the tribe.

Don’t you think it’s time, we ask!

• What assets the Executive Committee bought or sold in the past two years?

• What happened to the General Council vote on the Cannabis project to have a dispensary?

We need to VOTE for a NEW Treasurer and Representative!

Paid for by AST Watchdog!
IT’S TIME FOR
NEW LEADERSHIP
IN ABSENTEE SHAWNEE COUNTRY!

WE NEED ECONOMIC DEVELOPMENT TO MAKE MONEY FOR OUR TRIBE, THE ONLY PROFIT INCOME WE RECEIVE COMES FROM THUNDERBIRD CASINO AND THIRD PARTY BILLING REVENUES FROM OUR HEALTH CLINICS.

VOTE for a NEW LEADERSHIP, who will bring economic development for our tribe.

Treasurer Bender will not provide true financial reports and results of audits to the General Council. And failed the shift positions in power, the Treasurer moves to Secretary and Representative moves to Treasurer. Our Constitution states that, vacancies in any elective office shall be promptly filled by the remaining members of the Executive Committee. This procedure was not followed and is a violation of our Constitution.

Representative Johnson and Treasurer Bender had asked for and recently voted to buy the Moose Lodge in Norman for $350,000.00 and 31 acres of land on Hardesty Road & Tecumseh Bypass for $638,000.00 which is located in flood plain area, both of which we will have to pay property taxes. This is in violation of our Constitution, which states that they must have the General Council approve before the purchase of land or property with Tribal Trust Assets (Money).

It’s time we VOTE for NEW LEADERSHIP who will follow our Constitution and the wishes of the General Council.
Letter to the Editor: Get Out and Vote for Leadership Changes

By Loretta J. Schwarz
Senior Tribal Member

Greetings To All Absentee Tribal Members,

PLEASE GET OUT AND VOTE, ESPECIALLY ABSENTEE VOTERS!

VOTE FOR MR. PHILLIP ELLIS, MRS. ATHEDA EDWARDS-FLETCHER and KENNETH BLANCHARD.

VOTE FOR REAL CHANGE TO ENHANCE THE STATUS OF THE ABSENTEE SHAWNEE TRIBE.

Governor Edwina Butler-Wolfe appeals to tribal members and the Executive Committee for help to make a great difference for the Absentee Shawnee Tribe. She needs and wants a great Executive Team to help her enhance the status of our Tribe.

Who can assist the Governor greater in this effort? There are three highly qualified candidates for the office of Treasurer, Representative and Lt. Governor. They are as follows:

Mr. Phillip S. Ellis, candidate for Tribal Treasurer impressed me with his sincere desire to enhance the functions of THE TREASURER OFFICE. Phillip states, “The treasurer should be the top financial person who should understand finance, accounting, economics and how each of these areas affect the Tribe”. From his background, he understands other financial associated areas such as grants & contracts, real estate, management information systems, and budgeting. I believe Mr. Ellis can assume the Treasurer’s duties based on his extensive solid fundamental education, and meaningful professional work experience.

Please vote for Phillip Ellis as Treasurer who has the leadership skills to assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Mrs. Atheda Edwards-Fletcher, candidate for Office of Tribal Representative, impressed me with her 10-year Human Resources background. With a Bachelor of Arts Degree in Human Resource Management and became a Certified Human Resources Professional reveals she is highly qualified to serve as Tribal Representative.

Also, I was happy to read about her desire to “diligently work to preserve our tribal language; to ensure that our distinct traditions and culture are kept alive and thriving; and strive to bring all tribal members together to preserve our history”.

Please vote for Mrs. Atheda Edwards-Fletcher as Tribal Representative who has the leadership skills to assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Mr. Kenneth Blanchard has served as Governor, Tribal Representative and Gaming Commissioner. Being a very knowledgeable member of the Absentee Shawnee Tribe, he has the leadership skills to serve as Lt. Governor. While serving as Tribal Representative, he assisted and supported Governor Wolfe’s policies and Executive Committee’s considerations.

Please vote for Mr. Kenneth Blanchard who has the leadership skills to assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Please Absentee Voters copy and send in your request for an Absentee Ballot now and before May 27, 2018. Complete and FAX, number is (405) 273-1337.

When you get your Absentee Ballot in June, vote and complete on the same day you get the ballot. We have very short turn around time to get our ballots in by June 16, 2018.

VOTE FOR MR. PHILLIP ELLIS, MRS. ATHEDA EDWARDS-FLETCHER and MR. KENNETH BLANCHARD.

VOTE FOR REAL CHANGE TO ENHANCE THE STATUS OF THE ABSENTEE SHAWNEE TRIBE.

IF YOU’D LIKE TO SUBMIT AN AD OR ARTICLE:

Give us a call at (405) 598-1279 or (405) 481-0558
or send us an e-mail to
stiger@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.
May
me ni ke fe wa
(mee-NAH-kee-sthway)

AST KIDZ ZONE

NE KE YI WE SI LI SI MI MO
(neek-yah wee-shah-lah-shah-mah-moh)

HAPPY MOTHER’S DAY

Love, ________________________

SPEAK SHAWNEE!
MOTHER
ne ke yi
(neek-yah)

GRANDMA
ko ko ge
(koh-koh-jee)

Learn more Shawnee words
and how to say them at
www.learnshawnee.com

OK CHILD ABUSE HOTLINE
405-878-4702
<table>
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<th>Role</th>
<th>Name</th>
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<td>Governor</td>
<td>Twila Parker</td>
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<tr>
<td>Lt Governor</td>
<td>Andy Warrior</td>
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<tr>
<td>Treasurer</td>
<td>Holly Davis</td>
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<tr>
<td>Secretary</td>
<td>Mary Billy</td>
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<td>Lt Gov</td>
<td>Scott Miller</td>
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<tr>
<td>Rep</td>
<td>Rep Anthony</td>
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<td>Attorney</td>
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<td>ashley Brokeshoulder</td>
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<td>CULT PRES/GIFT SHOP</td>
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<td>Exon Frazer (Library)</td>
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<td>ASADA</td>
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Corrections? E-Mail to phonelist@astribe.com