



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

Volume 36, No. 05

May 2026

2026 Absentee Shawnee Tribe Easter Egg Hunt

The Absentee Shawnee Tribe held their 2026 Annual Easter Event on April 18 at the AST Multi-Purpose Building. The celebration featured games, prizes, balloon animals, face painting, pictures with the Easter bunny and lunch. The egg hunt was well attended from babies up to Elders. Baby chicks were also given out to attendees. Thank you to all the volunteers that helped make this event successful.



FOLLOW US ON SOCIAL MEDIA



ABSENTEE SHAWNEE TRIBE





GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello Tribal Members,
Spring is here. Hope you was able to get your gardens planted. Watch for upcoming dates from the AG department. They will be handing out starter seeds this year. If you need help tilling call them for assistance, they might be able to help.

The 96th Semi-annual General Council meeting had a big turnout with a total of 113 Tribal members in attendance. All the Executive Committee members gave their updates and reports. If you didn't get to attend you may watch the full video online at astrobe.com.

I would like to give a brief summary

on the ice machine in Little Axe. The Ice machine gets winterized every winter. We are currently working on having it cleaned with new filters added before we open it back up. I'm hoping to have it opened by May 1, 2026. The ice machine was damaged last fall by a moving vehicle, so it has been shut down for quite a while. With all new parts and new filters, it will be back up and running for the summer.

Representative and I attended a meeting with the president of Hanover College, Dr. Lake Lambert, III. He is wanting to create a monument representing all three Shawnee tribes to overlook the Ohio River. The Representative has been working with the other two Shawnee tribes on the blueprints of this project. This project will go alongside the museum that has

been dedicated to the Shawnee people with many tribal artifacts from each tribe. They did a very good job; it was amazing to see all the hard work and dedication put into once place for all three Shawnee Tribes. If you ever go that way you need to stop in and see the museum yourself. While in Ohio we also met with Mike Pence, former VP of the United States. It was a pleasure to be able to visit with him.

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

Thank You

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

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



Lt. GOVERNOR
Diane Ponkilla

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor

Hello All,
I hope everyone is in good health and good thoughts. Thanks to all who attended the 96th Semi-Annual General Council on Saturday, April 11, 2026 and the AST Easter Event on Saturday, April 18, 2026. It is always great seeing and visiting with TM, family and friends all in one place enjoying themselves.

I attended the 2026 Tribal Education Symposium on Thursday, April 02, 2026 at the Sac and Fox Nation and the ESSA Tribal Consultation on Thursday, April 09, 2026 at Gordon Cooper Vo-Tech. I would like to suggest to any parent who has a child in IEP to be very aware and active in your child academic progress. I learned the hard way that my grandson was being passed through the system on an IEP plan. I put my trust into the school system thinking they knew what was best for his learning. But the hardest thing for me is being told there is nothing wrong with him besides being academically behind and testing low due to the school systems neglect. Our native children are

the future we must advocate and protect them even in the school systems.

I mentioned during the 96th Semi-Annual General Council the need for a Foster Care Licensing Committee. 2021 was the last year Resolutions were passed appointing a board. Since the announcement we had two TM submit their Letter of Interest (LOI) and resume. Must be Absentee Shawnee, 18 years of age, pass background check, no felony conviction or other crime involving embezzlement, fraud or moral turpitude.

Agriculture:

- Plowed 15 gardens for Tm.
- Plants will be ready for distribution in the middle of May.

Maintenance:

- April 01, 2026 beginning of mowing season (9) Little Axe and (26) in Shawnee.

Self-Governance/BIA Roads:

- Completed Little Axe Thunderbird Casino Parking Lot.
- Completed Comprehensive Safety Action Plan.
- Completed 2 miles of overlay and stripping in Cleveland Co. Dist. #2 (168th and Hwy 9 to Indian Hills Rd).

- Completed an All Way Stop Conversion (36th Ave. NE at Robinson St.)
- Completed Design on Porter Bridge

Upcoming Projects:

- Working on Right of Way for Porter Bridge (Construction to begin late September/Early October)
- 3 Intersections will be become All Way stop in the City of Norman (24th Ave NE and Franklin Rd, 156th NE and Franklin Rd, and 60th Ave SE and Post Oak Rd)
- AST was awarded \$1,299,820.00 to build a Round in the City of Norman (Franklin Rd and North Porter Ave/Broadway)
- 2 mile Overlay and Stripping in Cleveland Co. Dist. #3 (Cemetery Rd from 89th to 108)
- New Entrance at the AST Agriculture in Pottawatomie Co. Dist. #3 (Benson Park Rd)
- AST was awarded \$1,273,800.00 for designs and environmental assessments of a total of 5 bridges in the City of Norman and Pottawatomie Co.

Ne yi wa



SECRETARY
Misty McGirt

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,
My apologies for last month's absent report my office has been very busy. My office and volunteers wrapped up our tax season April 9th. This year we had a total number of tax returns that were prepared of 260 that was an increase from last year. Out of the 260, 87 of the returns were AST tribal members. We helped saved a total amount 30,807.00 in tax preparation fees. We are also 1 out of 2 tribes in Oklahoma that that utilize the vita tax. With us being through vita tax we have to make it open to the community. We look forward with serving our Tribal members and community for next year's tax season. We had general council April 11th it was great to see everyone we had 113 Tribal

members sign in. On April 18th my office and volunteers held the annual AST Easter we had 157 sign in to attend the event since I have been in office we have grown each year. I will be looking for a bigger venue for this event for next year along with adding another age group to the categories. I also want to thank all who donated and helped for this event it is very much appreciated with all the help that's what makes this event fun and successful for our tribal members. April was child abuse awareness month along with sexual awareness month. Our rising warrior ladies held a motivational yoga class April 21st and Rising Warrior Butterfly release April 30th.

Here's what's going on in some of my departments.

Agriculture Department- we have upcoming events May 22nd we will be having our plant distribution from 9-3pm at

the farm 43406 Benson Park Rd. Shawnee, OK, 74873 for Absentee Shawnee tribal members only. June 12th we will be having the annual Fishing for Nutrition event stay tuned for updates of this event with times.

Rising Warrior (domestic violence) Department- June 18th from 10-3pm at the multipurpose building we will be having our 3rd annual protecting ancestral legacy elder abuse awareness event I look forward to seeing everyone at this event we will have elder Olympics games, activities and food along with elder resources available. I look forward to seeing all of our elders attend.

That is all I have to report at this time if you have any questions or concerns please don't hesitate to contact my office at (405)275-4030 EX. 3505.

Ne yi wa!
Secretary McGirt



TREASURER
Joseph Blanchard

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow AST Tribal Members, Friends, and Family:

I hope all is well with you and yours. Not sure about y'all but this weather can kick rocks. I was ready for the warmth and humidity of Spring and Summer then here comes Mother Nature with another cold snap and freeze. Hopefully your plants or crops were able to survive and didn't suffer any setbacks. As we begin the month of May, I want to send a shout-out to all the mothers, aunties, and grandmas out there...for being the providers and supporters you are. Not just for cooking and cleaning but for always being the #1

cheerleaders to our households.
This month, some of our young people will begin their newest journey of learning to Adult and being High School graduates. I want to be one of the first to congratulate you on reaching this milestone and wish you well in all your future endeavors. If there's any advice I can give, it is this: utilize all your resources to reach decisions that will provide benefit for future growth. Each door that opens is an opportunity to enhance your life and enrich your environment. Sometimes, the choices and options in front require a leap of faith.

In the last couple months, I have had the chance to travel and represent the Tribe or one of our organizations at National conferences, business meetings, and consul-

tation discussion. Actually, this is partly why I did not submit a newsletter report last month. The schedule was completely filled and not enough time to sit down long enough to write a completely separate report. However, if you have a copy of the General Council booklet, I did provide current information for Tribal folks to read there.

During March, I attended 2 conferences; one for the Casino and the other for Tribal Self-Governance. As mentioned at GC, I was the only EC to attend these National events. The National Gaming Conference was very informational. Besides gaining extra knowledge, I was able to interact with potential new vendors and hear the latest updates on technology and advancements. (Continued on Page 3A)



TREASURER’S REPORT

(Continued from Page 2A)

Likewise, at Self-Governance, the opportunity to interact directly with other Tribal leaders and lead officials of U.S. Federal agencies had paid dividends over the last several years I’ve been in office. As has been the case since my election, Governor Johnson has requested me to attend and represent our Tribe during consulta-

tion process or when there is discussion on agreements or contracts.

As I wind down this update, let me say a couple things. First, I appreciate the people who chose to attend General Council, provide input and critique, but also listen to the discussion. I give as much information as I can when people ask. I do my best to answer every question and stay after the meeting to visit with members at the conclusion or adjournment. Some have said I talk too much and should let

the other EC members respond. Ok, I can do that. But when there’s dead space or a limited reply, then we get the comment, “Nobody replied so they mustn’t know.”

My final comment is one of sincerity. Some have heard me say, “The EC is just like you and we have similar struggles.” Recently, one of my relatives passed, one of 2 sisters remaining on my mother’s side. I spent more time in Meeker the last week than the last 5 years. We hear it all

the time, “No one is immune from Death; we all will face it in our lifetime.” The question we all would like an answer for is, when will it not hurt? Unfortunately, I don’t think that hole or space is ever filled again. We each just learn to adjust and deal with it. As I close, a quick reminder. Hug your loved ones and tell ‘em you love ‘em. Have a great day!

Sincerely,
Joseph H. Blanchard

REPRESENTATIVE’S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

It was good to see everyone at our General Council meeting in April. Now that May is here, I would like to wish, “Congratulations”, to all of our tribal members that have graduations coming up, soon. Later this month, my office will welcome a youth worker from the 477 program and we are looking forward to meeting our new assistant for the summer. Thank you to our 477 staff for creating workforce opportunities for our tribal youth. Should you have any questions, comments, or need my assistance, please contact my office by phone:(405) 531-3512, or by email: adjohnson@astribe.com.

Sincerely,
Anthony “Tadpole” Johnson
Tribal Representative



ELECTION COMMISSION
PO Box 741, Tecumseh, OK 74873 | (405) 275-4030 Ext. 3537 | Fax (405) 273-1337
Election.Commission@astribe.com

**MEDIA RELEASE-
April 15, 2026**

The Election Commission will hold a community meeting on Sunday, May 17, 2026, at 2:00 p.m. at the AST Health Multi-Purpose Building in Shawnee, Oklahoma.

Topics include the Election Commission's mission statement, the Absentee Shawnee Tribe of Oklahoma Constitution, current vacancies, and term staggering.

Mission Statement
To ensure that the democratic process is protected, secure, and strong. We strive to ensure that the voices of the Absentee Shawnee members are not only heard but also valued by their elected representatives.

NOTICE

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

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

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.

ABSENTEE SHAWNEE TRIBE



**5TH ANNUAL
STARTER PLANT
DISTRIBUTION**

AST Tribal Members Only


May 22nd 2026

FRIDAY 9AM-3PM
WHILE SUPPLIES LAST




**Chelsi Peacock 43406 BENSON PARK RD
405-827-6545 SHAWNEE, OK 74873**

**3rd Annual
Protecting Ancestral Legacy
Elder Abuse Awareness**




Elder Olympics
Games, Activities
Food
Elder Resources
Elders 55+
friends and family welcome to come and support
Must wear athletic shoes to participate and sign liability waiver



**June 18th, 2026
10am-3pm**


**Bringing The Community
Together For Our Elders**

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



**Please RSVP By Phone Call
First come, First Serve**

Contact: 405-273-2888



This project was produced by Victim Service Providers under ISPOVC-22-SG-01319-1VAG, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this project are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

The AST Veterans Association will be upgrading the Tribal Veterans board of plaques located in the Little Axe Clinic. They are asking families to submit the tribal veterans name, birthdate, branch and years of service so that they can honor them on the board.

You may submit the information via email:
williamstaren3@gmail.com or (572) 239-6694.

We understand that a service member can become a veteran at any time so they will do another upgrade at a later date as well!



BOOMER TREE SERVICE LLC



★ FAMILY & VETERAN OWNED ★

(572) 219-6241

Looking for reliable tree care you can trust? We’ve got you covered! Let us help keep your property safe, clean, and looking great!

- Tree Trimming & Pruning
- Storm Cleanup
- Tree Removal
- Affordable & Professional Service

Call today for a **FREE** estimate



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



We strive to keep our staff certified and trained in Child Development related topics and ready to care for and teach our precious children. On March 28th, 7 of our staff attended CPN's Professional Development Training. Also, Building Blocks Staff attended Child Abuse Training on April 10th. 4 of our staff needing recertification in First Aid/CPR attended training in April.

Teacher Appreciation Week is May 4th-May 8th. We appreciate the hard work and dedication of our awesome teachers and staff!



Building Blocks will be celebrating our children's Mothers on Friday, May 8th at 3:00p.m. with 'Muffins with Mom's.' Happy Mother's Day on Sunday, May 11th!

Building Blocks will be closed in observance of Memorial Day on Monday, May 25th.

Have a Magnificent May!



After School Program News Me ni ke s'fwa (May)

This month at our ASP Shawnee and Horse Shoe Bend locations, we will be focusing on the end of the school year and the beginning of summer. Each week the 477 Cultural Department interacts with our program providing hands on activities integrated into the curriculum teaching the AST language.

The Afterschool Program students were also invited to recite the Creed in AST at this last Graduation Banquet that took place on April 25th, 2026.

"ConGraduations", to all who have graduated.



Contact Information:

After School Program
 2025 Gordon Cooper Drive
 Shawnee, OK 74801
 (405) 395-9888

Email: ASTAfterSchool@atribe.com

Horse Shoe Bend
 46309 Garrett's Lake Road
 Shawnee, OK 74804
 (405) 759-4851

Email: ASTAfterSchool@atribe.com



Dates to remember/Past or Upcoming Events:

The ASP and HSB Summer Program starts up June 1st through August 7th. We are looking forward to a great summer with the children, staff and the community.

May 4th Star Wars Day (Dress up as Favorite Character)

May 5th Cinco de Mayo (Build own taco/burrito bowls at ASP sites during snack)

May 21st Last Day of After School Program.

June 1st First day of Summer Program for ASP/HSB.

June 5th Fishing for Nutrition Field Trip.

June 18th Science Museum Field Trip.

BIII MAY 2026 NEWSLETTER

What We Learned

This month, our **infants** will be exploring the exciting world of animals! Teachers will introduce simple animal sounds, textures, and movements using songs, sensory play, and visual aids.

Our **toddlers, 2's, and 3-year-old** classes will be learning all about the zoo! Children will explore different animals such as lions, elephants, monkeys, and more through themed stories, songs, sensory bins, and art projects. These activities will help build vocabulary, imagination, and curiosity as they learn about how animals live and move.

Our **4 and 5 year olds** will be diving deeper into animal habitats and care! Children will learn about different zoo environments, what animals eat, and how zookeepers care for them. Through dramatic play, group discussions, and hands-on projects, they will explore why animals are important and how we can help protect them.

Important Dates

CLOSED: May 25th Memorial Day
EVENTS: Mothers Day Event: May 8th

Contact Info

16051 Little Axe Drive
 Norman, Ok 73026
 Hours: 7am-6pm
 Director: Renee Richardson
 Asst. Director: Sara Garcia

BIII MAY 2026 NEWSLETTER



LEGAL NOTICE

IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA SHAWNEE, OKLAHOMA 74801

FILED in the Office of the Court Clerk APR 10 2026 Absentee Shawnee Tribal Court Court Clerk

In the matter of)
 K.G.) Case No. PG-2026-03

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS)
 SHAWNEE, OKLAHOMA) §.

Lisa Sober
 being duly sworn upon oath states:

That she/he is the Plaintiff Stephen Cortez above-named, and that on the 10th day of April, 2026, said Plaintiff filed in this Court a Petition for Appointment of a Guardian and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Lisa Sober, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Lisa Sober
 PLAINTIFF

Subscribed and sworn to before me this 10th day of April, 2026.

A. Hudson
 NOTARY PUBLIC

My Commission Expires:

June 23, 2028



All Nations Bank

WILL BE CLOSED
MEMORIAL DAY
 MONDAY, MAY 25TH

TODAY WE PAUSE TO REMEMBER THOSE WHO MADE THE ULTIMATE SACRIFICE. WISHING OUR COMMUNITY A MEANINGFUL MEMORIAL DAY.

Remember And Honor

WWW.ALLNATIONS.BANK





Happy Birthday Joel!!

Love, Mama, Gramps
and Grams



Happy Birthday Joanna!

Love,
Mommy, Daddy, and Eli



MISSING AND MURDERED INDIGENOUS WOMEN/GIRLS
May 5th - National Day of Awareness for MMIWG

- Murder is the 3rd leading cause of death for Indigenous women.
- The murder rate for Indigenous women is 10 times higher than all other ethnicities.
- From 2021-2023, law enforcement reported 25,817 incidents of violent crime and 8,575 incidents of sexual crimes against American Indian or Alaska Native women.
- In 2022, there were 5,487 MMIWG cases reported. (4,089 were 0-17 years old, 1,398 were 18+ years old.)
- In 2023, there were 5,801 MMIWG cases reported. (4,295 were 0-17 years old, 1,503 were 18+ years old. There were 3 that the age was unknown.)
- 84.3% Indigenous women have experienced violence.
- 55.5% have been physically abused by their intimate partners.
- 56.1% have experienced sexual violence.
- 48.8% have been stalked in their lifetime.
- Oklahoma is in the top 10 in the U.S. for the number of reported cases for missing Indigenous women and girls.

AST Education Department is an Office of Juvenile Justice and Delinquency Prevention – Tribal Youth Program Grantee. We promote public safety and seek to prevent risk factors impacting our youth. TYP Staff: Coordinator – Blake Goodman, Tribal Youth Resource Specialist- Shayanne Fixico
Contact Information: sfixico@astribe.com
bgoodman@astribe.com

Absentee Shawnee Tribe Agriculture Department
Join us for the 5th Annual

FISHIN' FOR NUTRITION

June 12th 2026
10AM-2PM
Fishing Contest 11AM-12PM

OPEN TO YOUTH- 18 & UNDER
13 & UNDER MUST BE ACCOMPANIED BY AN ADULT

AST FARM-SW CORNER OF I-40 @ EARLSBORO EXIT

- LUNCH WILL BE PROVIDED
- BRING YOUR OWN CHAIR
- LIMITED POLES AVAILABLE

\$100,000
IN CASH AND PRIZES!

WEEKLY DRAWINGS | 10PM
Friday, May 1, 8, 15, 22 & 29
ONE WINNER EACH WEEK WILL RECEIVE \$7,000 CASH!

\$15,000
SPECIAL DRAWING | 10PM
Saturday, May 30
ONE WINNER WILL RECEIVE \$15,000 CASH!

\$50,000
GRAND PRIZE DRAWING | 10PM
Sunday, May 31
ONE WINNER WILL RECEIVE \$50,000 CASH!

PICK UP YOUR SURVIVE THUNDERBIRD PUNCH CARD AT THE PLAYER'S CLUB STARTING MAY 1. COMPLETE ALL 5 TASKS ON YOUR PUNCH CARD TO EARN 1 ENTRY INTO THE PROMOTIONAL DRAWINGS. MORE PUNCH CARDS = MORE ENTRIES!

\$50,000
IN CASH AND PRIZES!

WEEKLY DRAWINGS | 10PM
Friday, May 1, 8, 15, 22 & 29
ONE WINNER EACH WEEK WILL RECEIVE \$3,000 CASH!

\$10,000
SPECIAL DRAWING | 10PM
Saturday, May 30
ONE WINNER WILL RECEIVE \$10,000 CASH!

\$25,000
GRAND PRIZE DRAWING | 10PM
Sunday, May 31
ONE WINNER WILL RECEIVE \$25,000 CASH!

PICK UP YOUR SURVIVE THUNDERBIRD PUNCH CARD AT THE PLAYER'S CLUB STARTING MAY 1. COMPLETE ALL 4 TASKS ON YOUR PUNCH CARD TO EARN 1 ENTRY INTO THE PROMOTIONAL DRAWINGS. MORE PUNCH CARDS = MORE ENTRIES!

NORMAN

MAY \$6

- TERRY CHICKN^c - \$12**
SERVED WITH PINEAPPLE ON A BED OF FRIED BASIL RICE
- JERK CHICKN^c - \$12**
SERVED WITH PINEAPPLE ON A BED OF FRIED BASIL RICE
- COCO SHRIMP - \$13**
SERVED WITH PINEAPPLE ON A BED OF FRIED BASIL RICE

THE GET-AWAY
CASTAWAY-RITA

SHAWNEE

MAY \$4

PHILLY CHEESESTEAK \$9
WITH CHOICE OF SIDE

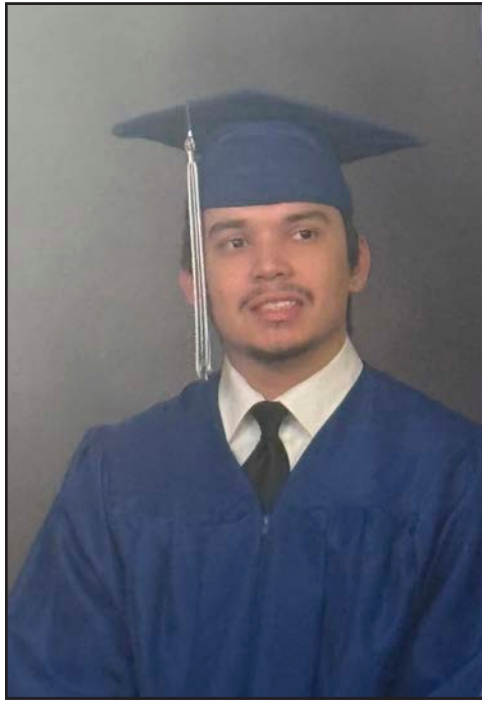
BUD LIGHT CANS



Congrats
Graduates!
Class of 2026



Kyler Blackbear
Yukon High School



Aiden Felton
Little Axe High School



Kai Felton
Little Axe High School



Wyatt Felton
Little Axe High School



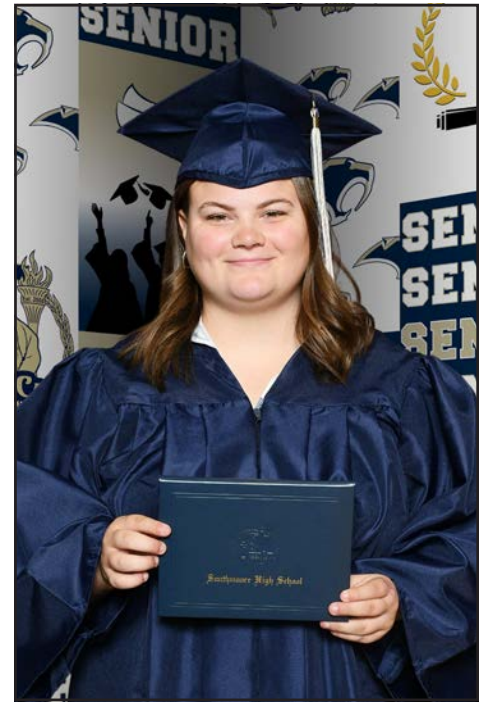
Jocelyn Cynthia Lorene Hayes
Shawnee High School



Ephraim Littlecreek
Watonga High School



Tommy Dean Miller
Marlow High School



Ananda Marie Mondragon
Southmoore High School



Hunter Eli Nice
Earlsboro High School



Addison Marie Puckkit
Woodville High School



Joplin Dupre Spoon
North Rock Creek High School



Marques Spoon
North Rock Creek High School



Dakota Paul Spriggs
Tecumseh High School



Nathan Wayne Taylor
Little Axe High School



Isabella White
Memorial High School



Norman Neal Blanchard II
Street School



Connor S. Edwards
University of Oklahoma
Master's in Organizational Leadership



Elysabeth L. Foreman
University of New Mexico
Bachelor of Science in Emergency
Medical Services



Camille Lena
Cameron University
Bachelor of Science in Sociology



Dominique Anastasia-Marie Hunt
Oklahoma State University
Bachelor of Science in Biological Sciences
and Natural Resources



Nicholas Shaffer
Drew University
Major Economics/Minor Finance
Attending OU Law fall 2026



Kaylee Williams
Oklahoma State University - OKC
Registered Nurse Program



**AST High School Seniors
College Scholarship Entry Form**



AllNations Bank is providing three (\$500) scholarships to AST high school seniors. The information you provide below will be used to contact you regarding your entry. You will be notified if your name has been selected and we will schedule a time for you to take a photo to be placed in the AST Newsletter and on the Tribe's media outlets. The scholarship check will be issued directly to the school the student attends.

Student Name: _____

Parent(s) Name: _____

Address: _____

Student Phone: _____

Parent(s) Phone: _____

Email: _____

High School Name: _____

Graduation Date: _____

Required documents:

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

Submit forms via fax, email, mail, or at the Education drop box on the AST Shawnee Complex.

DEADLINE: RECEIVED BY MAY 15, 2026 AT 5:00 PM CDT

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





GETAWAY GIVEAWAY

Every Sunday in May

EARN ENTIRES
May 1 - May 31
50 POINTS =
1 Entry

2X ENTRIES
Every Saturday and Sunday


HOT SEATS
EVERY 20 MINUTES FROM 4PM-7PM
Winners will receive \$100 cash and 100 Bonus Drawing Entries

GRAND PRIZE DRAWING
EVERY SUNDAY AT 8PM

1 Winner will receive a \$7,500 TRAVEL VOUCHER



Management reserves all rights.



SURVIVOR BINGO!

WEDNESDAYS AT 6PM

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

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

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

9 BINGO games will be played. 8 games will be played for straight line BINGO and winners will receive \$25 in Free Slot Play. The final game each Wednesday will be a "blackout" game for \$250 CASH. Progressive jackpot is awarded when blackout is earned in 55 balls or less.
Management reserves all rights.



MEMORIAL DAY

REMEMBER AND HONOR

The Absentee Shawnee Tribe
will be closed
Monday, May 25th - Memorial Day

PAID AD



COMMUNITY HEALTH
Centers of Oklahoma
Family Health & Dental Clinics
"A Mary Mahoney Grassroots Expansion"




PEDIATRICS **FAMILY PRACTICE**

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

405.395.0399

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



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



HEALTH SYSTEM

Prevention. Progress. Pride.

NEW LEADERSHIP, STRONGER CARE

MEET OUR NEW CLINIC ADMINISTRATORS

The Absentee Shawnee Tribal Health System (ASTHS) is pleased to announce the appointment of Deana Aissaoui as Clinic Administrator for our Shawnee Clinic, and Sandra Vaughn as Clinic Administrator for our Little Axe Health Center. Together, they bring a wealth of experience, leadership, and dedication to patient care.

Deana steps into her new role after serving as Director of Nursing (DoN) for ASTHS. In this position, she oversaw nursing operations to ensure safe, efficient, and high-quality patient care. Her leadership included staffing oversight, managing operational workflows, ensuring regulatory compliance, and supporting staff development. Through close collaboration with providers and leadership, Deana has consistently advanced patient-centered care and continuous improvement. Her transition to Clinic Administrator reflects her strong commitment to excellence and her deep understanding of clinic operations.

“I am deeply passionate about my role and truly enjoy the work I do; however, I am looking forward to a new opportunity within the health system where I can continue supporting clinic staff and operations at a broader, system-wide level,” shared Deana.



Sandra Vaughn brings 38 years of nursing experience to her new role, including 25 years as Executive Director of the Physicians Surgical Center in the Norman/Moore area. She has served the Absentee Shawnee Tribe in key leadership roles, including 13 years as co-chair of the AST Foster Care Licensing Committee and 8 years as Chairwoman of the ASTHS Board of Directors. Most recently serving as Risk Management Director, Ms. Vaughn continues her commitment to quality care and organizational leadership as she leads the Norman Clinic at Little Axe Health Center. “Having been part of our health system for many years, I have witnessed the dedication and compassion of our team as we provide exceptional care to our patients and community. I am honored to step into the Site Administrator role for Little Axe and look forward to collaborating to enhance care delivery while incorporating culture and heritage into our work. Ne-yi-wah,” shared Sandra.

With their combined expertise and leadership, Deana and Sandra are well-positioned to strengthen operations and enhance patient-centered care across ASTHS clinics.



HEALTH SYSTEM
Prevention. Progress. Pride.

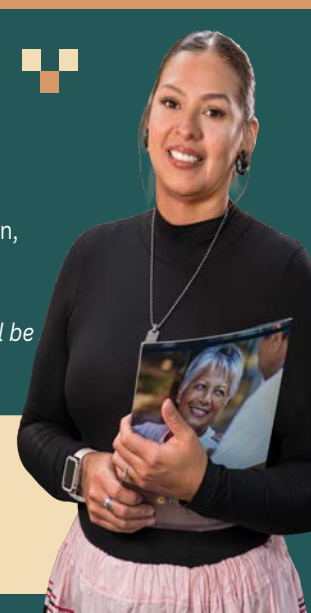
SoonerSelect Know Your Native Options

2026 Medical & Dental Open Enrollment
May 1st-June 12th 2026

► Opt Out
Enrollment in SoonerSelect is optional for AI/AN members. If you take no action, you'll stay on SoonerCare with no changes to your coverage.

► Opt In
AI/AN members can choose to enroll in a SoonerSelect health plan, dental plan, or both (separately). Plans may offer additional benefits not covered by SoonerCare.
Note: Non-Native SoonerCare family members must enroll or will be auto-assigned a plan.

Scan the QR code to enroll or call: 1-800-987-7767 (Option 5) Need Help?
Patient Benefit Advocates can guide you (but cannot enroll you).
Little Axe: 405-447-0300
Shawnee: 405-878-5850



Elder Fitness Classes
55 years and older but all are welcome

6 Week Classes Starting March 2026

Located at the Resource Center
1970 156th Ave NE, Norman OK 73026

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


May - Aerobics and Yoga
June - Strength Training
July - SAIL

Scan QR Code to Register

Call 405-561-7874 with questions

Diabetes & Wellness

Personal Training Cooking/Demos
Program design Diabetes Self-Management Training Diabetes Day
Hosts Sk Events Lifestyle Management Program Nutrition Education Fitness Classes



AST Diabetes & Wellness Presents:

100 MILES IN 100 DAYS CHALLENGE

May 1st-August 9th

Scan QR code to sign-up.
Team of 5 or less or Individual.
Prize for completion.
Open to employees & community members.

Contact Diabetes & Wellness for more information (405)701-7977

ASTHS Diabetes & Wellness

May Ki-Ke-Ki-Ka-Mi-Ge "Keep Moving" Monthly Challenge

May - Mindful Movement

"March Toward Health, Protect Our Future" Challenge: Focus on walking, activity, and mindful living for long-term wellness.

Goal: Walk at least 30 minutes a day, seven days a week.

Invite a maternal figure to enjoy some one on one time as you get your walk in.

Scan to Register

IF YOU REGISTERED IN APRIL THERE IS NO NEED TO REGISTER AGAIN. YOU WILL AUTOMATICALLY RECEIVE THE MAY CHALLENGE INVITE VIA THE WELLBEING+ APP. Questions? We're here to help you achieve a healthier YOU! Contact us at 405-701-7977

AST Public Health Presents

CAR SEAT EVENT

SCAN THE QR CODE OR GO TO THE LINK TO BOOK YOUR APPOINTMENT!

- BOOK APPOINTMENT
- CHILD MUST BE PRESENT
- CAR SEAT SAFETY CHECK
- INSTALLATION EDUCATION
- EXPECTING PARENTS WELCOME

THURSDAY MAY 14TH, 2026 5:00 - 7:00 PM

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

<https://ast-lf-forms.dm-ast.local/Forms/CarSeat>

Pottawatomie County Health Department

Contact: Jayden Watson at 405.827.7704 or jwaston@astribe.com

ELDER'S FUN DAY

Summer Event Schedule

MAY 7	LA Resource Center 11:00 AM - 1:00 PM
MAY 21	Shawnee Title VI 11:00 AM - 1:00 PM
JUNE 11	LA Resource Center 11:00 AM - 1:00 PM
JUNE 25	Shawnee Title VI 11:00 AM - 1:00 PM
JULY 9	LA Resource Center 11:00 AM - 1:00 PM
JULY 23	Shawnee Title VI 11:00 AM - 1:00 PM

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

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

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

Ki Ke Ki Ka Mi Ge "Keep Moving"

Absentee Shawnee Tribe Diabetes and Wellness Dept. Presents

WELLNESS WARRIORS

ONE YEAR GROUP-BASED PROGRAM FOCUSED ON HEALTHY PHYSICAL ACTIVITY, NUTRITION AND EVERYTHING THAT AFFECTS THEM

STARTING THIS MONTH!

Meeting topics include: ways to get more active and burn more calories, shopping and cooking, stress management, social triggers, holidays, enjoying healthy food and more!

JOIN US IN-PERSON & VIRTUAL

MARK **JARED**

For more on the Wellness Warriors Program Contact Mark 405-561-7874 or email mark.scott@astribe.com

WORLD HAND HYGIENE DAY

MAY 5, 2026

Hand Hygiene for Healthcare Workers Per CDC Guidelines

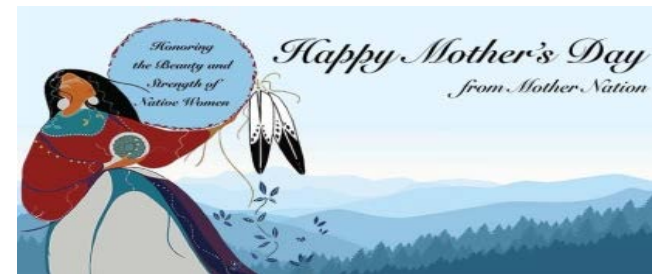
- Wet your hands with warm water. Use liquid soap if possible. Apply a nickel- or quarter-sized amount of soap to your hands.
- Rub your hands together until the soap forms a lather and then rub all over the top of your hands, in between your fingers and the area around and under the fingernails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the 'Happy Birthday' song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a paper towel if possible. Then use your paper towel to turn off the faucet and to open the door if needed.

Since implementing our patient survey, we have acquired 78 responses! Thank you for all of your support, and please continue to be part of our team and take our Hand Hygiene Survey!

Scan the QR at your next appointment!



2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE* LUNCH IS SERVED FROM 11 AM TO 1PM SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER				1 SMOKED SAUSAGE CABBAGE CARROTS FRUIT
4 RIBLET BAKED BEANS SPINACH SALAD W/ GRAPES	5 TACO SALAD LTOC SALSA PUDDING	6 PORK LOIN ROASTED BROCCOLI BREAD PEARS	7 CHICKEN ALFREDO TOSSED SALAD* GARLIC BREAD APRICOTS	8 BREAKFAST FOR LUNCH SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS/APPLE
11 CHICKEN LO MEIN PINEAPPLES FORTUNE COOKIE	12 HAM BLACKED EYE PEAS CORNBREAD	13 ZUCHINI NOODLES w/TOMATOES & CORN FLUFF	14 OVEN FRIED CHICKEN MASHED POT/GRAVY GREEN BEANS/ROLL CUTIE	15 FRITO CHILI PIE CHEZ ONIONS PEACHES
18 TURKEY DRESSING/GRAVY PEAS N CARROTS ROLL	19 CHICKEN SALAD SANDWICH LTOP/BAKED CHIPS JELL-O	20 BEEF TIPS & NOODLES VEGGIES CRISP	21 ENCHILDIA CASSEROLE SALAD BAR* COOKIE	22 LEMON PEPPER CHICKEN SCALLOPED POT VEGGIES/LEMON BAR
25 	26 CHEF SALAD CHICKEN CRACKERS MANDRAIN ORANGES	27 BBQ PULLED PORK SANDWICH ONIONS PICKLES COLESLAW/	28 SHERPHERD PIE JELLO W/FRUIT	29 HAM WRAP LTOP FRESH FRUIT



Addressing Emergency Preparedness
For Needs of Individuals Living
With Cognitive Impairment and Their Caregiver

Hatito and Happy May, AST family! I hope this finds you all well and relaxed. We have been busy as bees lately in the Dementia Care arena. We recently attended the annual Indian Health Service (IHS) Clinical and Community Workforce Summit for Alzheimer's and Elder Care in Denver, Colorado early-March. The gathering included nationally recognized speakers like American Lacanian Psychoanalyst, Dr. Bruce Fink, like-minded Native healthcare providers, tribal leaders, and officials. The theme this year was centered on addressing challenges and opportunities around elder care and brain health in tribal and urban communities. We learned a lot and look forward to exploring these approaches here at our clinic in Little Axe to better serve our community of elders. Now, to our topic! It's that time of year in Oklahoma when April showers bring May flowers... AND severe weather. And, as we all know, it's important to have a plan in place. It's even more critical to be proactive in planning for the safety of loved ones and elders living with dementia. It's vital for caregivers to plan ahead for emergency events in order to better manage the slower pace that comes with dementia care, and to reduce frustration by creating a safer and calmer environment for everyone. Below are some tips to help calm the storm.



Weather-Related Emergency Preparedness For Caregivers of Individuals With
Cognitive Impairment

Shelter & Evacuation:

- **Find a Safe Zone:** Pick the lowest level of the home, stay away from windows.
- **Plan Ahead:** Identify dementia-friendly shelters before the storm hits.
- **Prevent Wandering:** High anxiety can trigger pacing or exiting in persons with dementia, so use door locks or alarms to keep them secure.

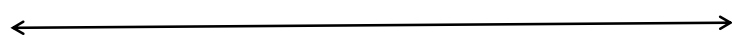
The 'Go-Bag' Essentials:

- **Health:** At least one week of medications, eye glasses, extra change of clothes, and hearing aid batteries.
- **Records:** Pack copies of IDs, insurance, and medical files.
- **ID:** Keep a recent photo of your loved one on hand in case you are separated.
- **Comfort:** Pack a favorite pillow, blanket, or fidget toy to provide a sense of security.

Emotional Support:

- **Stay Present:** Never leave them alone; your presence is their primary reassurance.
- **Control the Environment:** Turn off loud or repetitive news coverage. Play soothing music instead.
- **Safe Lighting:** Use battery-powered lanterns. Avoid candles, as they are fire hazards and can cause confusing shadows

Your safety is in your hands, and staying prepared and informed is the first step. Let's make sure we all get through the severe weather season safely. Stay safe, stay connected, and stay aware!

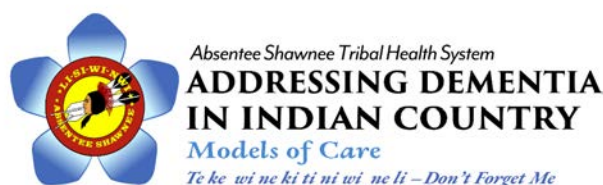


If you or someone you know would benefit from the **Savvy Caregiver in Indian Country** or **Music & Memory** programs, contact adpi@astrobe.com, or call 405-701-7906.

Check out our web-page on the **Absentee Shawnee Tribal Health System's** website:
<https://www.asthealth.org>

Click on: **"Programs and Preventions"** and then click on **"Seeking Hope"**. You can sign up on line also!

Best regards,
Lacy Gillean, Dementia Care Specialist
Enhancing Sustainable Dementia Models of Care



**Stay Safe This Ceremonial Season:
What to Know About Tick-Borne Illnesses**



As ceremonial season approaches in May, many families will spend more time outdoors gathering, hunting, and participating in cultural activities. With this increase in outdoor exposure comes a higher risk of tick bites and tick-borne illnesses, which are already common in our region and among our patient population.

One condition drawing growing attention is Alpha-gal Syndrome (AGS), a serious and sometimes confusing illness linked to bites from the Lone Star tick. Unlike typical food allergies, AGS causes a delayed reaction to red meat and other mammal-derived products. Symptoms can appear several hours after eating, making it difficult for individuals to connect what they ate with how they feel later.

It is important to understand that the reaction is not caused by the meat itself, and cooking does not prevent it. Instead, the tick bite triggers the body to develop an allergy to certain substances found in mammals. Once this allergy develops, eating red meat can lead to symptoms such as rash, swelling, stomach issues, or even trouble breathing.

As ceremonial season begins, health officials are already seeing concern about AGS within the community. "AGS is already present in the community, and if a person is bitten, it can disrupt their diet," said Scott Miller, AST Language Culture Director. "This past winter had little to no impact on the tick population, and with more people spending time outdoors, it's important to check for ticks regularly and remove them carefully if found."

Those most at risk include hunters, families participating in ceremonial activities, and anyone spending extended time in grassy, wooded, or outdoor areas. Ticks are often found in tall grass and brush, and they can easily attach to clothing or skin without being noticed.

Health experts emphasize that prevention is the best protection. Using EPA-registered insect repellents like DEET or picaridin can help keep ticks away, with picaridin often providing longer-lasting protection. Clothing and gear can also be treated with permethrin for added defense.

Wearing long sleeves and pants when possible, along with checking for ticks frequently throughout the day, can greatly reduce the chance of a bite. Additional precautions are encouraged for those camping or sleeping outdoors. Avoiding direct contact with the ground, such as using a cot, can help limit exposure. If sleeping on the ground is necessary, treating clothing and gear and shaking out bedding before use can help prevent ticks from attaching.

Bringing a basic outdoor kit is another simple but important step. Items like insect repellent, fine-tipped tweezers, alcohol or hand sanitizer, and antihistamines can be especially helpful, particularly for younger or first-time participants.

If a tick is found, it should be removed promptly using fine-tipped tweezers, pulling upward with steady pressure from the head. The area should then be cleaned thoroughly. After a bite, individuals should monitor for symptoms and seek medical care if concerns arise, making sure to report any recent tick exposure.

For those who develop Alpha-gal Syndrome, managing the condition typically involves avoiding red meat and other mammal-derived products. Depending on the severity of reactions, some patients may also need antihistamines or an epinephrine auto-injector. As the community prepares for a meaningful ceremonial season, a few simple precautions can go a long way in reducing the risk of tick bites and protecting overall health. Staying aware and prepared allows families to focus on tradition, connection, and time spent together outdoors.

For more information Visit: cdc.gov/ticks/prevention



COMPLETECARE

HOME HEALTH



HEALTH. HEALING. HOME.



NOW ACCEPTING PATIENTS

HOME HEALTH

THE HELP YOU NEED - WHEN AND WHERE YOU NEED IT.

A recent hospitalization or an acute or chronic illness that requires professional monitoring can be difficult for families to manage on their own. Our team of experienced caregivers works closely with your physician to help you regain the independence and quality of life that you deserve.

SERVICES PROVIDED

- Skilled Nursing
- Physical Therapy
- Speech Therapy
- Medical Social Worker
- Home Health Aide

60 mile radius of Shawnee, OK (Pottawatomie, Cleveland, Oklahoma, Lincoln, and Seminole Counties)



Referrals and information
 405.701.7085
 Fax: 405.233.0563
 sruby@okhcn.com



Home Health Quality of Patient Care Star Rating Provider Preview Report

This report is based on end-of-care OASIS assessments for 10/1/2024-9/30/2025 and Medicare fee-for-service claims data for 1/1/2024-12/31/2024

Rating for Completecare Home Health, LLC (377286) Norman, Oklahoma
Quality of Patient Care Star Rating
★★★★½ (4.5 stars)

The Quality of Patient Care Star Rating ("Star Ratings") will be available on the Medicare.gov Compare Tool for home health services in July 2026. The OASIS-based measures report data from October 1, 2024 to September 30, 2025. The Home Health Within-Stay Potentially Preventable Hospitalization (PPH) claims-based measure reports data from January 1, 2024 to December 31, 2024.

About the Quality of Patient Care Star Ratings

The Quality of Patient Care Star Ratings reflect how Home Health Agencies' (HHA) scores compare with one another on measurements of their quality of patient care performance. Across the country, most agencies fall "in the middle" with 3 stars - delivering good quality of care. A Star Rating higher than 3 means that an HHA performed better than average on the measured care practices and outcomes compared to other HHAs. A Star Rating below 3 means that an HHA's performance was below average compared to other HHAs.

The Quality of Patient Care Star Ratings do not provide information on the absolute quality of care being provided. In addition, these Star Ratings are different from the consumer ratings that you see on websites or apps for products like books, restaurants, or hotels that reflect averages of consumer opinions.

CMS also publishes Patient Experience of Care Star Ratings, based on responses to the Home Health Consumer Assessment of Healthcare Providers & Systems (HHCAHPS) survey. These ratings summarize patient feedback on their experience; more information is available at <https://www.medicare.gov/care-compare/resources/home-health/patient-survey-rating>

How Quality of Patient Care Star Ratings Are Calculated

Effective May 2024, CMS replaced the Acute Care Hospitalization measure with the Home Health Within-Stay Potentially Preventable Hospitalization measure. The Home Health Quality of Patient Care Star Ratings are determined using seven measures of quality that are reported on the Medicare.gov Compare Tool¹, listed below. To have a Star Rating, HHAs must have submitted data to calculate at least 5 of 7 measures, which are:

1. Timely Initiation of Care
2. Improvement in Management of Oral Medications
3. Improvement in Ambulation
4. Improvement in Bed Transferring
5. Improvement in Bathing
6. Improvement in Dyspnea
7. Home Health Within-Stay Potentially Preventable Hospitalization (PPH)



Quality Improvement Directives for May 2026

Where we are Strong

- Women's Health Wins**
- Blood Pressure Control: Goal Met
 - Cervical Cancer Screening: Goal Met
 - Statin Therapy Compliance: Goal Met
 - Diabetes BP Control: Goal Met

Help us close the gap

May's Priority Focus:

Breast Cancer Screenings

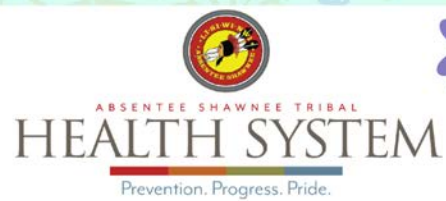


Focus Areas for Improvement

- Breast Cancer Screening:
- Colorectal Screening:
- Diabetic Eye Exams:
- Kidney Health (Diabetes):
 - A1C
 - Urine Albumin/ Creatinine Ratio
 - eGFR (CMP/BMP)

Action Steps:

- Place orders during the visit
- Schedule before the patient leaves
- Encourage the patient to get screened
- Ask about and document any outside results
- Follow up on referrals



Scheduled Closures

May 6th - Closed at NOON for Townhall Day.
PlusCare & Pharmacy will re-open at 5pm

May 25th - Closed in observance of Memorial Day

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

