



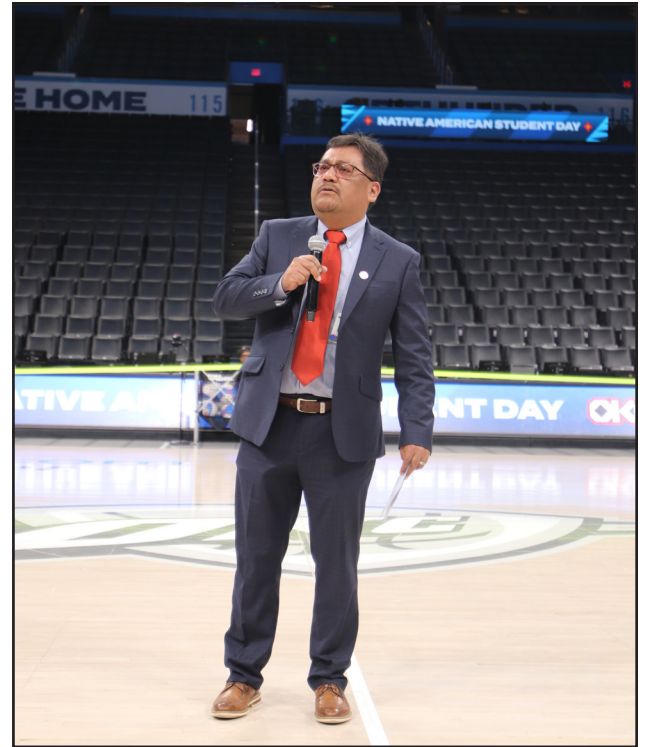
# THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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May 2022

## 2nd Annual Native American Student Day



Left Photo : (L-R) Lauren Adams, Brendan McIntyre, Linda Gouge, Angela Gonzalez, Blake Moore, Elizabeth Ruiz, and Crystal Springer with Ensuring Hope Project, Native Connections, Substance Abuse & Suicide Prevention, and Tribal Opioid Response Programs. Far Right Photo: AST Treasurer Joseph Blanchard welcomes the crowd. Bottom Left Photo: AST member Zoli Gibson, Little Miss Indian OKC greets the students.



The Absentee Shawnee Tribe and the Oklahoma City Thunder hosted the second annual Native American Student Day on April 1. The sold out event was held at the Paycom Center in Oklahoma City.

There were over 1,000 students and over 35 vendors representing tribes across Oklahoma including many Native organizations. The event kicked off at 12 pm with AST Treasurer Joseph Blanchard welcoming the crowd.

"For the last 30 years, I've

been advocating for youth, education, student athletes, getting our numbers up and increasing participation. I am very happy to see Lindy Waters here today, as a Kiowa and Cherokee representing our OKC Thunder," said Blanchard.

"You as an individual, whether you're just a regular student, you're an athlete or you're in FFA or you don't participate in any of those things - that gentleman up there, he's a prime example of what can happen if you put your mind to doing the best that

you can, overcoming whatever issues that exist in your life."

The event also featured performances by Miss, Junior Miss & Little Miss Indian Oklahoma City, Thunder Mascot Rumble the Bison and a video tribute to Lindy Waters III. Tribal member Zoli Gibson serves as Little Miss Indian OKC.

Fan favorite Lindy Waters III scored 16 points for the Thunder but the Detroit Pistons went on to win 110-101.

## Justice for Skye Jim - MMIW Awareness



May is MMIW Month – Awareness for Murdered and Missing Indigenous Women. Oklahoma is 10th in the nation for Murdered and Missing Indigenous Women. Tribal member Alecia Onzawah's daughter is part of that tragic statistic.

Sadly her daughter Skye Jim died under suspicious circumstances on January 9, 2021. She was found unresponsive prior to being ran over near Brangus road, east of Shawnee. A driver saw her lying in the road and tried to stop an oncoming vehicle but she was struck. The question remains as to why she was there and why she was in an unresponsive state prior to being hit. The mother of five children was only 30 years old. Her case was never solved and hardly received any media attention.

Skye's case is also unique in that at the age of 15 she went missing. Fortunately at that time, she was rescued and her family was able to bring her back home yet 15 years later, in an entirely different situation, she was murdered as well.

One year later, more questions than answers remain. Was she actually walking on this road at night or did someone put her there? Why was she lying unresponsive in the road? Was she injured? Was she already deceased?

It should also be noted that the last known person to see Skye alive was a boyfriend, who the family has since discovered has a documented history of domestic violence against two other women. Skye was found approximately two miles from his home.

"I've recently been told that OHP has confirmed her case was closed. It should have never been closed. I have had the hardest time getting coverage for her"

said Onzawah.

According to a 2018 report by the Urban Indian Health Institute, the murder rate for Indigenous Women is ten times higher than the national average. The murder rate for Indigenous Women is three times higher than white women yet the media chooses not to focus on them.

The Gabby Petito case is just one example. Petito was killed last August and a Google search shows thousands of results for her name. The same search for Skye Jim showed only six matches.

On September 19, 2021, Skye's mother, family and friends held a memorial walk in hopes of bringing awareness to Skye's story. Family and friends walked the last seven known miles that Skye walked before she left this earth. With blisters on her feet that evening, Onzawah watched the national news coverage of the Petito case. "The emotional and physical pain that I endured that day in trying to bring awareness to my daughter's story is something that parents like Gabby Petito's don't have to do," Onzawah explained. "They don't have to feel like they are dead too and are now ghosts, screaming to a nation or a world that can't see or hear them tell their daughter's stories because law enforcement and media is seemingly at their fingertips. Their daughter's stories are amplified by their privilege and that privilege undeniably includes the color of their skin."

The number of murdered or missing Indigenous women continues to grow yet the coverage is still lacking. One step for bringing these numbers to light was in 2017 when May 5 was designated as a National Day of Awareness for Missing and Murdered Native Women. But for Onzawah, there needs to be more than

just one day of awareness. In addition to preventing murders of Native people, there must also be change that insures that Native homicide victims are afforded the same rights as other homicide victims.

According to Onzawah, she has yet to find any legal recourse that truly prevents racial bias from affecting an investigation. "I think it's important that people become more aware of this issue and the challenges we face in seeking justice," She said, "Most people think 'Oh that happened over there. It doesn't affect me' and may not realize it happens right here. It happened to my daughter."

After one year of advocating for her daughter's case to be solved and due to the lack of resources for families of Native American homicides, Onzawah has created [www.theskyewomanproject.com](http://www.theskyewomanproject.com). The site is a web based resource tool that she hopes will help others who are facing the same devastating journey she was forced to take.

While Skye's journey has ended here on earth, Onzawah continues on for Skye. Now one year later, her journey for justice remains strong despite OHP's refusal to thoroughly investigate Skye's death.

"With all the work I've put into seeking answers for my daughter, it has made me sad, angry and frustrated all at the same time. Despite all this, love is a powerful force that has its own refusal - the refusal to give up."

To learn more about Skye's story and how you may be able to support Skye's family in seeking justice please visit [www.justiceforskyejim.com](http://www.justiceforskyejim.com).







GOVERNOR  
John Johnson

GOVERNOR’S REPORT  
John Johnson, AST Governor

Hello tribal members,  
Spring is one of my favorite times of year to work outside in the garden, play golf and to sit on the back porch and enjoying the weather. I hope that everyone had a wonderful Easter holiday in April and you are making plans for Memorial Day at the end of May. These holidays are a great time to spend with family and friends.  
On April 9th the tribe held its semi-annual General Council Meeting. We had 91 tribal members in attendance and it

was great to see all of you. The EC gave their reports along with Health, Casino, Election Commission and All Nations Bank. The EC have discussed many of the questions that tribal members had and we will have updates soon. Thank you to all that came out to our tribal meeting.  
I am excited to announce that we will have a WIA summer youth program again this year. Applications are online and it is first come first serve. The applicant must qualify for the program and meet the WIOA guidelines. This eight week on the job learning program will be from June 6th to July 29th. Applications are due no later than May 20th. If you

have any questions or have an application please contact one of my assistants:  
Alvina Barnes - 405-275-4030 x6307  
alvinab@astribc.com  
Kim Porter - 405-275-4030 x6269  
kporter@astribc.com  
  
There has been a drop in COVID 19 cases in Oklahoma, so the EC has decided to move the campus to Phase 4 of the reopening plan. We are here to help and serve you in the best and safest way possible. The CDC is reporting a new variant that we are keeping a close eye on. Please be patient with our staff as they are working hard to keep us all safe.



Lt. GOVERNOR  
Ezra DeLodge

LT. GOVERNOR’S REPORT  
Ezra DeLodge, AST Lt. Governor

Tribal Members,  
A few updates from departments within my oversight. These come directly from the Directors and if you have any questions please do not hesitate to contact my office or the Directors themselves.  
**Maintenance:**  
Maintenance staff has completed 30 work orders since 3/14/22 on the complex and also getting ready for the upcoming mowing season.  
I want to thank the Maintenance and housekeeping crew for all their hard work.  
**OEH:**  
In total for 2022 OEH has assisted Tribal members with 27 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.  
For 2022, we have collected, processed, and recycled 14 bales of shredded office paper and cardboard equaling roughly 10 tons of recyclable waste that has been diverted from landfills. OEH is currently in the process of having roughly five years of electronic waste picked up and delivered to be recycled by Oklahoma Electronic Salvage. Once the process is complete,

Oklahoma Electronic Salvage will process the electronics and deliver a certificate of tonnage and proof of responsible processing of all recyclables.  
Construction on the Youth Camp cabins, and bathhouse have been complete. We are currently awaiting approval of the loop road to complete the entry gate..  
We met with Starr Design Group on April 14th to begin finalizing plans and to complete certified construction documents. The architects and engineers with Starr Design Group are on schedule for completion of all construction documents by May 11th. We plan begin the bidding process for General Contractors by May 25th. Construction is set to begin around June 2022.  
Jarrod Lloyd  
OEH&E Director  
jlloyd@astribc.com (405) 214-4235  
**Self-Governance Department:**  
**BIA Roads Program**  
The Roads Programs is currently being assessed. At this time the Driveway Assistance has been put on hold. Due to the amount of funding, we will longer be accepting applications. We are currently reviewing applicants and interviewing for the Roads Manager position. We continue to have an agreement with Cleveland County and have three routes that are in

the process of being worked on.  
**Housing Improvement Program**  
Since our inception, our Department has processed 53 THIP Applications and conducted 49 home assessments. We have several projects in the process of completion but continue to experience challenges with material shortages. Staffing update: Reviewing candidates and plan to conduct Interviews soon. We should have a complete THIP team by May. If you have any questions about the application please contact Donnie Marshall at (405)827-4311.  
**Land Management Program**  
Land management has been busy this month. We been helping Agricultural with tilling gardens and making garden boxes. And we have been in the process of clearing cedar trees at the farm to improve grazing for cattle. We will be doing some clearing projects in the near months. You can contract by phone (405)395-8101 or by Email cmartinez@astribc.com  
If you have any questions or concerns please contact me by email ezrad@astribc.com , call my office 405-275-4030 x 6253 or cell 405-432-0733.  
  
Respectfully,  
Lt. Governor DeLodge



SECRETARY  
Alicia Miller

SECRETARY’S REPORT  
Alicia Miller, AST Secretary

*Ho wa se ke sa ke!*  
It was good to see folks at the 88th Semi-Annual General Council in April. There was active dialog and much to consider. The Executive Committee is continuing that same discussion with one another on the ARPA spend down. Just a gentle reminder, the general welfare funds issued to tribal members last summer significantly reduced the amount received. We followed with providing funds for the tribal member vaccine incentive program, children’s clothing allowance supplement for CY2022 (and plan to budget for CY2023, and CY 2024),

tribal member winter general assistance, workforce development, education incentive and support, and food pantry. As I discuss with tribal folks, I do mention in all honesty, the “tribal check book” is getting smaller and we are trying to make funds last so we can provide for other winter assistance and utility assistance programs for the next 2 years. I just want to communicate to you through this article when tribes received these one-time monies, when it is spent – it is gone. If there is one last payment, there will be no more funds remaining to disseminate directly or indirectly to our AST people. The economic signs are pointing to a recession for all – citizens, businesses, tribal governments, cities and municipalities, I hope not, but these are things we have to

consider for the near future. Difficulties lie ahead for all and as for me; I want to make the best monetary decision(s) for the benefit of the AST people.  
I would like say CONGRATULATIONS to all of our spring graduates! These past 2 COVID years have not been easy on you (the student), your family and your support system(s) but yet here you are and you managed to keep going and persevere. Applause to you for achieving this great accomplishment and I hope you and your family enjoy your day of celebration.  
  
Si li no ke ka no la. Ne yi wa.  
  
Alicia Miller  
Tribal Secretary



TREASURER  
Joseph Blanchard

TREASURER’S REPORT  
Joseph Blanchard, AST Treasurer

Hello fellow Tribal members and friends:  
I hope all is well with you and your family. As we start the beginning of May, let me start off by saying “**Happy Mother’s Day!**” to all the special ladies in our lives. For many of us, they are the reason we are who we are and definitely had a direct influence upon us individually. Continue to be the dedicated and supportive people you are. Take time out to celebrate who she is.  
On the other spectrum, let me express condolences to those who have lost someone close. This past month we lost a couple of elders, specifically Robert White and Henry Longman. Over the years, I have had the chance to interact with and get to know these men through our ceremonies. This is a tremendous loss of cultural knowledge and we will miss their leadership out at the grounds.  
Recently, I had the opportunity to represent our Tribe and the Executive Committee at a couple of special events. The first was an activity co-sponsored by the Tribe and our Health System, in conjunction with the Oklahoma City Thun-

der, “Native American Student’s Day” at the Paycom Center. I won’t say a whole lot on the topic since there is another story in this month’s newsletter to provide details. The other was “Indigenous People’s Day” at Rogers State University in Claremore. This was coordinated with the Native American Student program, the Lady Hillcats Softball team, and our very own tribal member, Jaylan Gibson. I want to assure our membership that COVID-19 protocols were followed and adhered to, contrary to public opinion. The only time masks were removed was during the pictures or speaking portions.  
If you missed out on attending General Council, it is not too late to request a copy of the GC Booklet. As mentioned during the meeting, the sections related to the Treasurer’s office and my direct oversight are listed on pages 56-68. There you will find information related to our CARES and ARPA funds, how much has been dispersed, and how much monies remain. I appreciate the folks who stayed after the meeting to discuss their concerns. Again, I reminded members if they have questions, to ask myself or the other EC, instead of following the misinformation published on Social Media.

Also, you may have missed my interpretation of the recent AST Supreme Court decision. Opposing argument suggests that the Executive Committee took the ability away from the People to have an election to fulfill the remaining term of deceased Lt. Governor Ken Blanchard. My response was that the Court confirmed the Executive Committee is upholding the approved process as allowed by the Constitution. Further, I pointed out that the Temporary Restraining Order prevented the Election Commission from publicizing, posting, or collecting money from potential candidates, until a decision was determined. It is my opinion; the Commission now has to hold a filing period to determine the candidates for the upcoming June election, as requested by General Council last year.  
That is all I have for this month. As always, I appreciate the comments and voices of support. I will continue to do my best in providing service and advisement to our People. Should you have any questions, do not hesitate to call, send me an email, or schedule an appointment.  
  
Neyiwa!  
*Joseph H. Blanchard*



REPRESENTATIVE  
DeWayne Wilson





REPRESENTATIVE’S REPORT  
DeWayne Wilson, AST Representative

Hello Tribal Members,

I just wanted to say it was good to see family and other tribal members who attended the 88TH General Council on April 9th, 2022. I hope your family is in good health. The good news is the Executive Committee decided to move the Tribe back to Phase 4 on May 2, 2022, due to the decline of COVID 19 numbers. Appointments are still highly recommended. I want to welcome Ms. Monique Harris as the new Administrative Assistant to the Office of Tribal Representative Office. Ms. Harris is highly-motivated and has many positive attributes.

**Education Department;**

We have created a Workforce Development Committee consisting of the Lt. Gov., Education Director, Representative of Human Resource, and my office. This committee is in the process of completing this development and hiring a HVAC mechanic. We are also working on and hoping to finalize application for the Workforce Development and Career Initiative in the near future. The Workforce Development and Career Initiative will allow funding to tribal members to acquire a skill set to further their careers. It also allows the Tribe to hire a HVAC mechanic to repair/replace heating/air conditioners on the Tribal Complex and Tribal members' homes. This will allow the Tribe to save monies that we would normally contract out for the repairs. Again, the American Rescue Plan Act (ARPA) funding has to be allocated by the end of December, 2024.

**Cultural Preservation Department;**

The Cultural Preservation Department is busy. Since the Tribe went back into Phase 3 of our COVID 19 Phases, we have seen an increase in activities, visitors, and Gift Shop sales. Cultural Preservation Dept. has also seen increases in projects in the THPO and FCC/TCNS programs.

**Gaming Commission;**

The Gaming Commission is moving along. We are looking for training for the Executive Director, Gaming Commissioners, and staff. The Executive Director is networking with other tribal Gaming Commissioners.

**Youth Camp;**

Due to some extenuating circumstances, there has not been much construction going on at the Youth Camp during this reporting period. We hope to be getting good news from the BIA/Albuquerque/and Anadarko offices pertaining to the Youth Camp road.

I would like to acknowledge that I attended the 40TH Annual NAFOA Conference in Seattle, Wash. during April 4 and 5, 2022. During this quick trip, I attended sessions that involved programs/opportunities in the energy market, more importantly Clean Energy. Also the barriers and benefits of converting lease land

into Trust land. I also attended a session involving the four (4) court cases that are to be heard in the U.S. Supreme Court that affects Indian tribes and Alaskan Natives. Finally, we were able to network with other tribes and companies that are dealing with some of the same issues we are such as; ARPA compliance/reporting to Treasury Office and concerns how materials and construction has slowed down due to materials are anywhere 3-6 months backed-up.

In closing, I like to send out my heartfelt condolences to all the families that have lost loved ones. Our Tribe has lost few great men and Tribal leaders in this reporting period. If you have any questions or concerns feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@astribes.com

Love Y'all, Respectfully,  
DeWayne Wilson  
Tribal Representative

Tribal Member Serves as a Page  
for Representative Danny Sterling



Brody Miller with Representative Danny Sterling

Tribal member and Tecumseh High School junior Brody Miller served as a page for Representative Danny Sterling, R-Tecumseh. Miller served at the Oklahoma State Capitol March 21-24 during the second session of the 58th Legislature. He is active in Link Crew, Leadership, National Honor Society, Beta Club, Family Career & Community Leaders of America, and is a manager for the Tecumseh High School volleyball team. He is in the top 10% of his class, he takes concurrent college classes and he recently received the Super Savage award, 2 months in a row, for demonstrating outstanding service to THS. He was also previously named to the Oklahoma Indian Student Honor Society. Miller plans to pursue his bachelor's degree in nursing, with a minor in political science, with plans to become a pediatric nurse. His proud parents are former AST Governor Scott Miller and Secretary Alicia (Aly) Edwards Miller.



Pictured: Local Basketball Team including AST tribal members: Coach Bart Tahah, Isaac Gibson, Bryson Blanchard, Olkson Tahah, Gabriel Billie, Jaden Gouge, Aiden Bruner, and Coach Everett Tahah. All are members and/or descendants of the Absentee Shawnee Tribe.

**WE ARE HIRING!**

The AST After School Program in Shawnee, OK is looking for part-time Tutors to help school age children with homework and after school activities.

**OPEN POSITIONS**

- ASP Driver (2)
- ASP Tutor (3)

**APPLY NOW!**

[WWW.ASTRIBES.COM](http://WWW.ASTRIBES.COM)

**QUESTIONS?**

Phone: 405-445-6000  
Fax: 405-878-0156  
Email: [ASTChildCare@astribes.com](mailto:ASTChildCare@astribes.com)

*Join Your Team*

**CULTURAL PRESERVATION DEPARTMENT**

**TRIBAL HISTORIC PRESERVATION BOARD (THPB)**

FIVE (5) KNOWLEDGEABLE TRIBAL MEMBERS WHOSE INSIGHT & EDUCATION WILL CONTRIBUTE TO THE WORK OF THPO STAFF ON SECTION 106-RELATED TOPICS, AS OUTLINED IN THE NATIONAL HISTORIC PRESERVATION ACT, THROUGH MEANINGFUL DIALOGUE AT BOARD MEETINGS. HONORARIUMS ISSUED TO ACTIVE THPB MEMBERS.

Send your Letter of Interest & Resume to:

**Tribal Secretary**  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
[secretary@astribes.com](mailto:secretary@astribes.com)

**ABSENTEE SHAWNEE TRIBE**

**BOARD VACANCIES**

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

**ASEDA**  
**CULTURAL ADVISORY BOARD**  
**FOSTER CARE LICENSING COMMITTEE**  
**GAMING COMMISSION**  
**HEALTH TAX COMMISSION**  
**TEC**

PLEASE SUBMIT YOUR LETTERS OF INTEREST WITH RESUME ATTACHED TO:

**Tribal Secretary**  
2025 S. Gordon Cooper Dr.  
Shawnee, OK 74801  
[secretary@astribes.com](mailto:secretary@astribes.com)

**AllNations Bank**

AST High School Seniors  
College Scholarship Entry Form

AllNations Bank is providing one (1) \$500 scholarship to an AST high school senior. The bank's president, Steve Smith, is providing one (1) \$500 scholarship to an AST high school senior. These scholarships are to assist in furthering their education after high school. 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.

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

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

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

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

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 16, 2022 AT 5:00 PM CDT**

Education Department  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801  
405.275.4030 Ext. 6242  
405.273.7938 (fax)  
[tfresham@astribes.com](mailto:tfresham@astribes.com)





Treasurer Blanchard & AST tribal member Jaylan Gibson.

# Treasurer Attends "Indigenous People's" Event at Rogers State University

On April 2, 2022, members of the Executive Committee were requested to attend the first ever, “Indigenous People’s” at Rogers State University in Claremore. Previously scheduled for Spring 2020, the event had been delayed multiple times due to the COVID-19 Pandemic. Behind the scenes one of our own, AST tribal member Jaylan Gibson, was the catalyst for the creation and recognition of tribal students and their contribution to the institution and local community.

With the last minute request, Treasurer Blanchard was able to drive up and show support on behalf of our EC and extend well wishes to the team and their current success. At the time of this printing, RSU was currently ranked 2nd in the Nation amongst NCAA Division II schools. At the conclusion of the activities, the team and sponsors were fed Indian Tacos.

Originally from Verdigris, Oklahoma, Ms. Gibson is a Junior student athlete playing fast pitch softball and majoring in Sports Management. Her long term goals are to complete her degree and then eventually qualify to hold a position with the Tulsa Fire Department. She is the daughter of Jeremy and Jackie Gibson.

Treasurer Blanchard again wants to express his appreciation for the invitation and hopes the softball team can make a deep run into the playoffs towards a National Championship. Good Luck Lady Hillcats!

## Obituary



### Robert White, Sr.

December 16, 1930 - April 13, 2022

Robert White, Sr., age 91, was a lifelong resident of Little Axe, Oklahoma. He passed away Wednesday, April 13, 2022 at his home surrounded by family and friends. He was born on December 16, 1930 in Little Axe, Oklahoma to Willie White and Tennie Little Jim. Robert was raised in Little Axe and attended High School and Post Graduate at Haskell Institute in Lawrence, Kansas. He married Dorothy Jean (Marshall) White. Robert proudly served his country for 4 years in the U.S. Air Force as Staff Sergeant and was

honorably discharged. He worked most of his life in the Construction field. Robert was a proud member of the Absentee Shawnee Tribe, Cornerstone Indian Baptist Church, Little Axe Alumni, Metal Lathers Local 26 and Carpenters Union Local 329. He loved being with church members, family, and friends and playing his harmonica. He was preceded in death by his parents, Willie White and Tennie Little Jim; his wife, Dorothy Jean White; and step-son, Allen George Bowman. Survivors include his son, Robert White, Jr.; sister, Barbara and Jerry Little Axe; granddaughters, Kim and Erica; and numerous nieces and nephews and other extended family and friends. Pallbearers were Jimmy Little Jim, Jason Little Jim, Clint Little Jim, Chuck Little Jim, CJ Ciulla, and David Johnson, Jr. Honorary Pallbearers were Jerry Little Axe, Webb Little Jim, Beau Pederson, and Calvin White. Services were held at 10:00am, Saturday, April 16, 2022 at Cornerstone Baptist Church in Little Axe with Pastor Bryce Scott officiating and George Blanchard conducted the Tribal Rights at the burial which followed at the Little Jim Family Cemetery under the direction of Cooper Funeral Home of Tecumseh. There was a family meal provided by The Seeker Church of Norman with some family and friends contributing. The family would like to thank everyone who came and paid their condolences as well as everyone who contributed to the food for the luncheon. A special thanks goes to Pastor Bryce Scott and his church as well as George Blanchard for conducting the funeral. Robert loved his tribal people and would do anything for anyone who needed help.

## Tax Preparation Service Ends



Back row L-R – Gregory Reading, Jan Ranft. Front row L-R – Stella Little, Tina Ontiveros. Not pictured – Donna Woodfork & Bobby Stone.

Volunteer tax season at the Tribe has ended as of Thursday, April 14, 2022. We served 133 taxpayers, consisting of tribal members and the community. We saved the taxpayers a total of \$25,712 dollars to file their taxes for free.



### Career Opportunity Notice

Tribal members that are interested in an HVAC career or change of career, the Workforce Development & Career Initiative will be conducting vocational assessment for tribal members to see if they meet the qualifications. This assessment will be provided at Moore Norman Technology Center.

Opening Date: May 1st 2022      Closing Date: May 25th 2022

#### Contact the Representatives Office

DeWayne Wilson

Email: dewayne.wilson@atribe.com

Phone: 405-275-4030 ext. 6239

Monique Harris

Email: mharris@atribe.com

Phone 405-275-4030 ext. 6240

# camp Nikoti 2022

**Open to youth ages 11-14 years old**

**Sign-Ups:**  
Youth must be signed up by Friday, May 27<sup>th</sup>, at 5:00 p.m.  
(Call or email to sign your child up. Signups are limited)

**Where:** Brendle Corner Little Axe, OK  
**When:** June 14<sup>th</sup> – July 15<sup>th</sup>  
**Camp Days:** Tues – Thurs & Friday Evenings  
**Times:** Tues – Thurs 9:00am – 4:00pm  
&  
Friday Evenings (Optional) 6:30pm – 10:30pm

**Transportation:** Tecumseh/Shawnee area youth will be picked up at the AST Complex (Parking Lot south of the Police Station) @ 8:30 am SHARP Tues – Thurs and 6:00 pm on Fridays. We will return to the Complex at 4:30 pm Tues – Thurs and 11:00 pm on Fridays.

**Contact Information:**  
**Email:** Blake Goodman at [bgoodman@atribe.com](mailto:bgoodman@atribe.com)  
Shay Fixico at [sfixico@atribe.com](mailto:sfixico@atribe.com)  
**Phone:** 405-617-6231 or 405-275-4030 ext.6432

# WIA Summer Youth

Applications are available online. This program is first come first serve and applicant must qualify and meet the WIOA guidelines.

**Program begins on June 6<sup>th</sup> and ends July 29<sup>th</sup>**  
**Deadline for applications is May 20, 2022**

For more information contact:  
Alvina Barnes at 405-275-4030 x 6307 [alvinab@atribe.com](mailto:alvinab@atribe.com)  
Kim Porter at 405-275-4030 x 6269 [kporter@atribe.com](mailto:kporter@atribe.com)





For Immediate Release  
April 4, 2022  
Press Contact: media@shawnee-tribe.com

### Shawnee Youth Place in 2022 Virtual Oklahoma Native American Youth Language Fair

MIAMI, OK – The Sam Noble Museum announced the Shawnee youth winners of the 2022 Virtual Oklahoma Native American Youth Language Fair (ONAYLF). The Shawnee Tribe’s Language Immersion Program had three winning entries to the ONAYLF this spring, including two taking first place in the Spoken Language category and a third-place winner in the Film and Video category. “We cannot express how proud we are of our students who participated in the Sam Noble Language Fair,” said Joel Barnes, Director of the Shawnee Tribe Language Immersion Program. “Their success only encourages us to do more and continue to build on the success of our participants.”

The ONAYLF videos were published on the group’s Youtube page.

- Pre-K-2nd Grade Division –**
- First Place, Cecily Blanchard (Absentee Shawnee Tribe) & Kaya Stand (Shawnee Tribe)**  
“[Far Away Friends](#)”
- Cecily is in kindergarten, and she is the daughter of Eric and Jessica Blanchard of Norman, OK and great-niece of George Blanchard. Kaya is a first grader and the daughter of Trenton and Kaci Stand of Quapaw, OK.
- 6th-8th Grade Division –**
- First Place, Mya Blanchard (Absentee Shawnee Tribe) & Gage Stand (Shawnee Tribe)**  
“[Two Shawnee Kids](#)”

shawnee-tribe.com • 29 S Hwy 69A, Miami, OK 74354 • (918) 542-2441

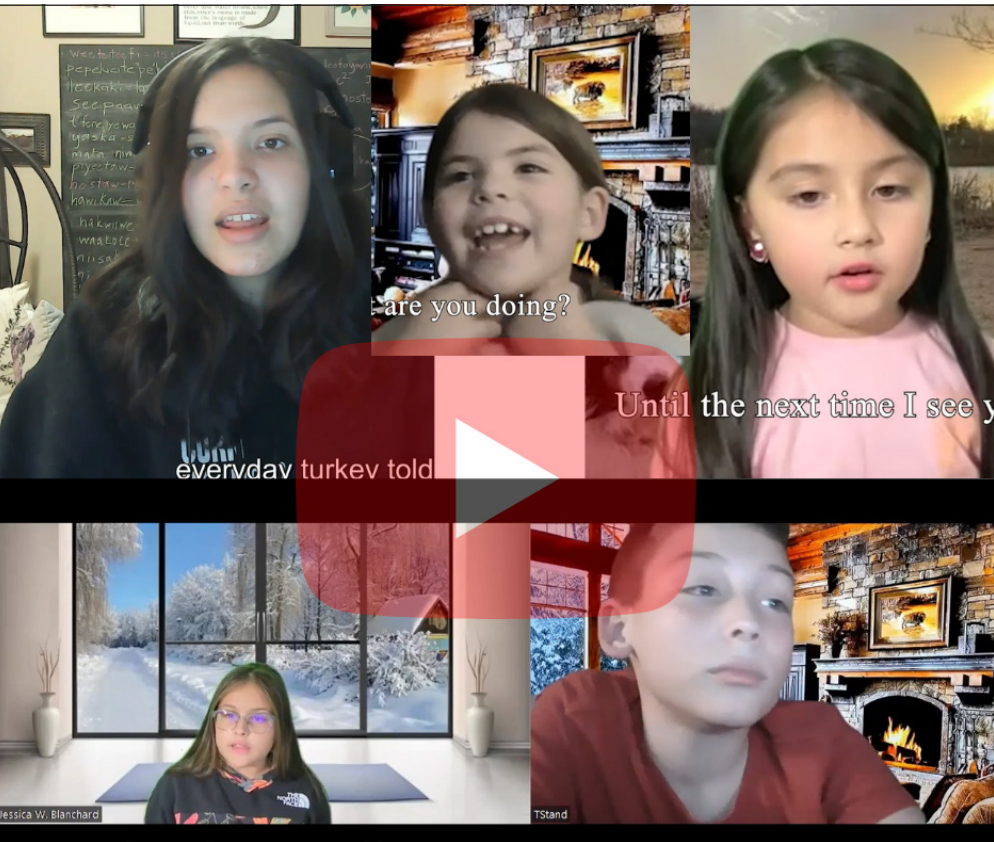
Although only in fourth grade, Mya competed alongside Gage Stand (sixth grade) in the 6th– 8th Grade Division. Mya is also the daughter of Eric and Jessica Blanchard and the great-niece of George Blanchard. Gage is son to Trenton and Kaci Stand and Jacque Cabrera of Quapaw, OK

- 9th-12th Grade Division –**
- Third Place, Eloisa Roach (Shawnee Tribe)**  
“[The Turkey and the Fox Tale](#)”
- Eloisa is a 10<sup>th</sup> grader from Iowa City, IA and the daughter of Steve and Silvia Roach. Steve Roach is a Community Language Program instructor with the Shawnee Tribe Language Immersion Program. “The team at the Shawnee Language Immersion Department in piloting this brand-new program has been doing amazing work,” said Chief Ben Barnes. “Work that has been reflected within these children.”

WATCH the [2022 Oklahoma Native American Youth Language Fair](#).  
EXPLORE the [ONAYLF Information & results](#).

**About the Shawnee Tribe**

The Shawnee Tribe is a sovereign nation of more than 3,700 citizens living across North America and abroad. Tribal headquarters are located in Miami, Oklahoma, and Shawnee Chief Benjamin J. Barnes was elected in 2019. In January 2020, Chief Barnes issued an executive order declaring a state of emergency for the Shawnee language. The Shawnee Tribe Business Council adopted resolution R-01-06-20-K, which officially declared the years 2021-2030 as the Decade of the Shawnee Language and pledged tribal resources flow toward a comprehensive plan to create fluent speakers from the youngest Shawnees and deploy language curriculum to all Shawnee people. For more information, visit [shawnee-nsn.gov](#).



## Cultural Preservation Department

Spring is in full bloom and the land is busy awakening around us! The Cultural Preservation Department too has been very busy this past month. Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program’s most recent activities.

### Gift Shop

We are happy to announce the gift shop is open to all customers for in-store shopping! However, individuals wanting to shop need to make an appointment with the Gift Shop Manager, Mrs. Merry Rodriguez, 24 hours in advance. Also, upon arrival please check in at the checkpoint. Mrs. Rodriguez can be reached at (405) 275-4030 ext. 6310.

We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building, and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m.



As many of you may know, the supply chain for many products has been greatly affected by the COVID pandemic. Many businesses are experiencing delays and shortages which are leaving shelves empty in many stores. The gift shop has not been immune to this disruption. Many products that we normally carry, we have seen in recent weeks, have been sold out with no date of restock. However, the gift shop manager is working hard on making sure that the shelves stay full.

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

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

### Library

We are happy to announce that we have opened the library to the public! However, like the Gift Shop, we ask that you call the Library to make an appointment 24 hours in advance. The Library can be reached at (405) 275-4030 ext. 6416.

March was a very busy month for the Library. The library took part in several outreach events including reading to Shawnee preschools for Dr. Seuss week, reading to Shawnee public schools and building blocks for National Fry bread month, and accompanying building blocks on their spring break activities.

Besides these outreach events, four new people signed up for library cards, 12 books were checked out, and 22 hours were logged as patron usage of the online library.

### THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 273 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 239 projects. These projects were completed in 18 of our 25 areas of interest/states. The THPO has also taken part in 16 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases. These calls were with such Federal Agencies as Tennessee Valley Authority, the National Park Service, and the Department of Transportation for Oklahoma, Texas, Tennessee, New Jersey, Pennsylvania, and Wisconsin.

From March 7th through the 10th, Mrs. Frazier-Smith took part in the 2022 Bridge the Gap Conference. This year the conference was held virtually and was co-hosted by the USDA Forest Service and the Choctaw Nation. The purpose of the conference is to open the government to government dialogue between tribes and federal agencies as it concerns topics that are important to Indian Country.

**FCC/TCNS**

The incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The THPO Specialist, Ms. Ashley Brokeshoulder, has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, she has received 79 new telecommunications facility projects for review. These 79 individual projects will be completed in conjunction with 11 consulting firms in 9 of our 25 areas of interest/states.

In conjunction with receiving projects, she has reviewed, researched and gave recommendation for the clearance of 75 telecommunications projects and 1 emergency tower project. These 75 individual projects were completed in conjunction with 11 consulting firms in 9 of our 25 areas of interest/states. Also, 4 projects are awaiting clearance because their packages are lacking some information such as full archaeological reports, SHPO responses, or clear pictures.

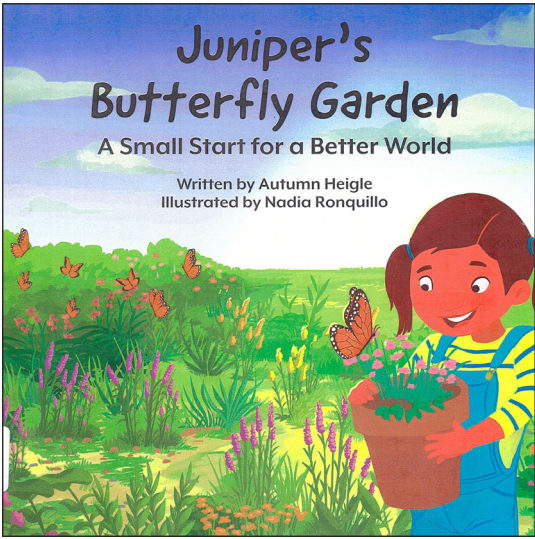
**EVENTS**

On March 23rd and 28th, the Library hosted a traditional pucker-toe moccasins workshop. These workshops were make-up workshops since we had to cancel the event last November. Everyone finished their moccasins, and the results were great!

We are planning to have follow-up workshops for the ribbon skirt and yarn belt sometime in May. This will ensure everyone who wanted to take the workshop has the opportunity, and participants that still need help or have questions have the opportunity to ask the instructors.

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

## Book Of The Month



*The Library still has Free Tickets for the Zoo available, these tickets expire June 300, 2022. Just check out this book and read it with your family to receive zoo passes for 4 guests! Stop by the library today to catch this butterfly of a deal!*

Absentee Shawnee Library Presents  
**Mother's day Mix up!**  
Please unscramble the Shawnee words below

Answers on Page 6A

1. fmiwniasik	May
2. oHinalwte	Protect
3. lwWiai ikelho	mother in law
4. kNyilia	Mother
5. oH'mko'af	grandmother
6. tNai'lkemaew	love
7. weanakFki	hug
8. eWik	comfort
9. eleWif	pretty
10. N'waahif	family
11. eaOosliammiaelswwwa	joy
12. esiNtk'eamffe	sweetheart
13. eeihitsP	patient
14. wFeki'af	aunt



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

Building Blocks II

Building Blocks is at 47 children enrolled in our center at this time. We are accepting waiting list applications for all of our classrooms. If you are interested in putting your child on our waiting list please call and we can email you a waiting list application.

Building Blocks is accepting employee applications. Please visit <https://www.atribe.com/employment> for available job positions and to fill out an employment application.

The children are excited that we are having nice weather most of the time. They love to play outside on the playgrounds. All of our classrooms hunted Easter eggs on Thursday, April 14th. They enjoyed hunting the eggs. Also, Thank You to all the parents who came to watch their children hunt the eggs.



Building Blocks will be closed Monday,  
May 30th for Memorial Day.  
Have a wonderful May!



Answer Key to Page 5A

Absentee Shawnee Library Presents  
**Mother's day Mix up!**  
Please unscramble the Shawnee words below

1. fmiwniasik	minikisfwa	May
2. oHinalwte	Hotwenali	Protect
3. lwWiai ikelho	Wiwali hokeli	mother in law
4. kNylia	Nikiya	Mother
5. oH'mko'af	Ho'kom'fa	grandmother
6. tNai'lkemaew	Nita'kwelema	love
7. weanakFki	Fakikwena	hug
8. eWik	Wike	comfort
9. eleWif	Wefefi	pretty
10. N'lwahif	N'halwafi	family
11. eaOosliammiaelswwwa	Osilawewilasamowe	joy
12. esiNtk'eamffe	Nitske'fefema	sweetheart
13. eeihtsP	Pisitehe	patient
14. wFeki'af	Fekwi'fa	aunt

LIHEAP CARES ASSISTANCE



Southwest Throw, Heater, Box Fan or Air Purifier

The following items are eligible for LIHEAP participants that are enrolled with a federally recognized tribe and live in Cleveland & Pottawatomie counties. For more questions or application, please call Social Service at (405) 878-4723.

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

In the matter of name change  
Of Carol Velez

Case No. CIV-2022-02

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION FOR A NAME CHANGE

THE ABSENTEE SHAWNEE TRIBE OF INDIANS )  
SHAWNEE, OKLAHOMA ) \$.

Carol Velez  
being duly sworn upon oath states:

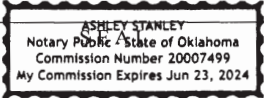
That she/he is the Plaintiff Carol Velez above-named, and that on the 14 day of April, 2022, said Plaintiff filed in this Court a Petition for a name change :and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Carol Velez, 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)

Carol Ann Velez  
PLAINTIFF

Subscribed and sworn to before me this 14 day of April, 2022.

Ashley Stanley  
NOTARY PUBLIC

My Commission Expires: June 23, 2024



FILED  
MARIE HIRST COURT CLERK  
CANADIAN COUNTY, OKLAHOMA

DISTRICT COURT OF  
STATE OF OKLAHOMA

MAR 09 2022  
COUNTY  
DEPUTY

IN RE: The name of: )  
KESKY HOBBS ) CV-2022-57

NOTICE OF HEARING ON CHANGE ON PETITION TO CHANGE NAME

TO: All interested parties.  
Take notice that KESKY HOBBS has petitioned to change his/her name to KESKY JO WATSON.  
A Hearing on said petition is set for 1:30 o'clock A.M. on the 11 day of APRIL, 2022, before Judge HESSE at 9:30 o'clock in his/her courtroom in the CANADIAN County Courthouse. Should you know of some reason why this change of name should not be allowed you must file a written protest in the above styled and numbered cause prior to the above date with the Clerk of this Court . Should you fail to do so, the petition for change of name will be granted as prayed.

**Marie Hirst**  
COURT CLERK

By: DEPUTY

APPROVED:

Signature [Signature]  
Printed KESKY HOBBS  
Street Add. 1108 SW 37th Ct  
City, St. Zip Muskogee OK 73664  
Phone (405) 985-0232

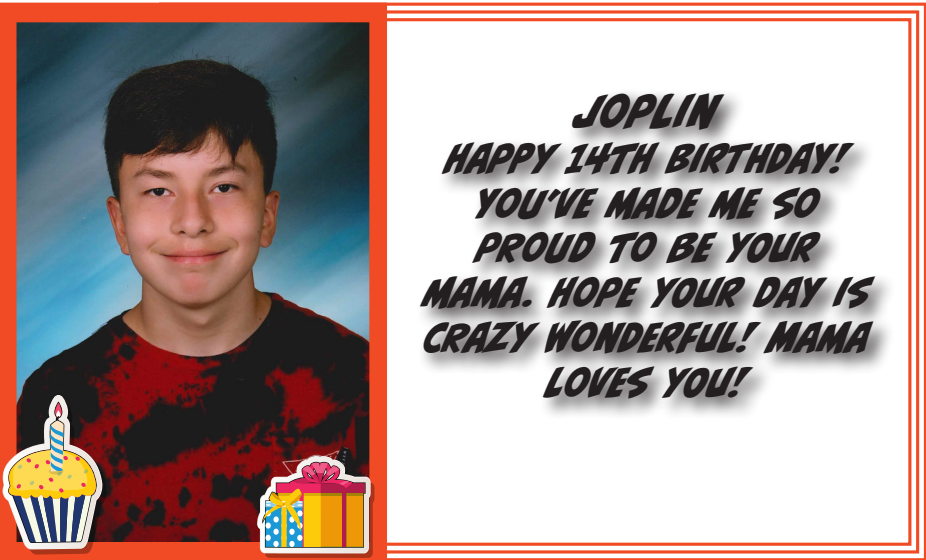
{Notice to Publisher, Publish once at least 10 days prior to the date set for the hearing}

This form is provided by the Oklahoma County Bar Association Legal Aid Committee. This form is not intended as legal advice or to take the place of legal counsel. There are no guarantees made by any party involved in producing this form that you will be successful in resolving your legal problems when using it. If you have any questions or concerns about your legal problem or this form, you should contact an attorney licensed to practice in Oklahoma.





Happy Sweet 15 Honeybun!  
We love you and may God bless you  
with many more with us.



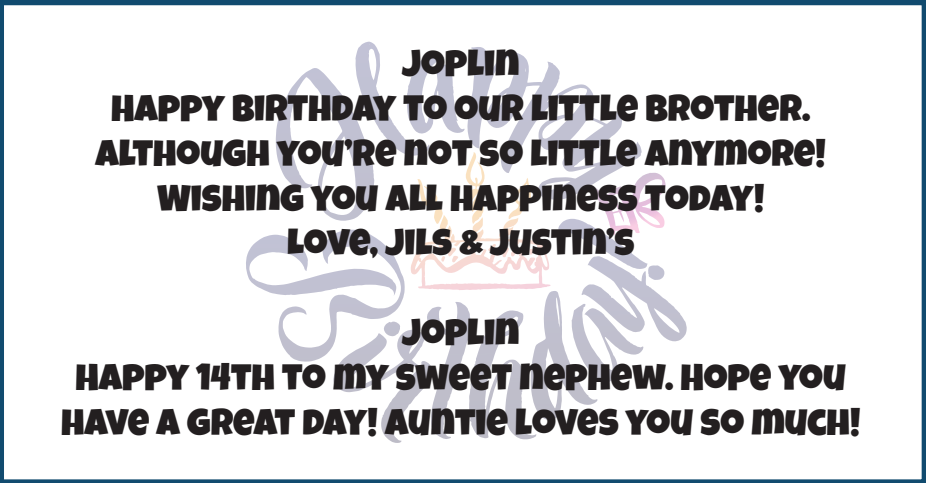
**JOPLIN**  
**HAPPY 14TH BIRTHDAY!**  
**YOU'VE MADE ME SO**  
**PROUD TO BE YOUR**  
**MAMA. HOPE YOUR DAY IS**  
**CRAZY WONDERFUL! MAMA**  
**LOVES YOU!**



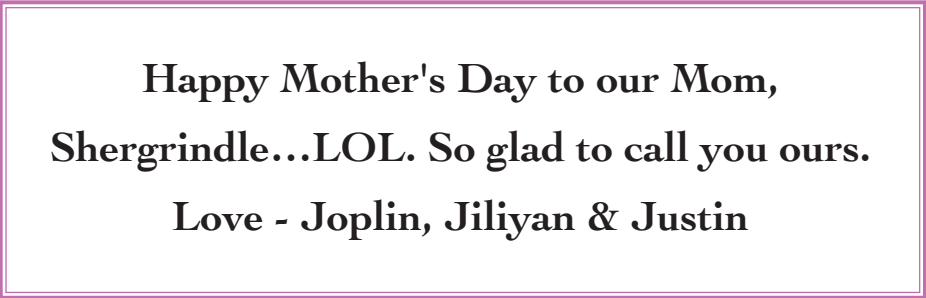
*Happy Heavenly*  
*Mother's Day to our*  
*Granny!! We miss you so*  
*very much.*  
*Love - Joplin, Jiliyan*  
*and Justin*



*Happy Heavenly Mother's Day to our Mom. Miss*  
*you like crazy, but you already know that.*  
*Love Always, BJ & Sherrie*



**JOPLIN**  
**HAPPY BIRTHDAY TO OUR LITTLE BROTHER.**  
**ALTHOUGH YOU'RE NOT SO LITTLE ANYMORE!**  
**WISHING YOU ALL HAPPINESS TODAY!**  
**Love, JILS & JUSTIN'S**  
  
**JOPLIN**  
**HAPPY 14TH TO MY SWEET NEPHEW. HOPE YOU**  
**HAVE A GREAT DAY! AUNTIE LOVES YOU SO MUCH!**



Happy Mother's Day to our Mom,  
Shergrindle...LOL. So glad to call you ours.  
Love - Joplin, Jiliyan & Justin



☆ *Congratulations!* ☆  
  
Congrats to Hunter Nice graduating as  
Salutatorian from the 8th Grade. We are  
very proud of your accomplishment.

Agriculture Department Plant Distribution Event





### Gardening in Shawnee

Yellow corn	Sprouting	Tomato	Soil
			
Teko'siyawitami	faki	m'skwatewalwi	A'ki
Weeding	Watermelon	Strawberry	potato
			
Pi'tawe	skitameki	hotehimi	Miyasi'fa
Rain	Bean	Dig up by hand	Garden
			
kekimowaki	M'skoci'fa	Wal'kena	Mekin'sika

\*Shawnee words as translated by the Shawnee Dictionary

Brought to you by the Absentee Shawnee Tribal Library





# Tribal Health System Honors Employees



The Absentee Shawnee Tribal Health System honored several recently retired employees. They were recognized for their dedicated years of service to the health system and Tribal community.

Jennifer Sloan, Behavioral Health, 13 years  
Johnnie Mae Bettelyoun , Title VI, 15 years  
Nelda Jayne Werst, Purchased Referred Care, 14 3/4 years  
Debi Sloat, Purchased Referred Care, 25 years

## AST Veterans Association



L-R - AST Veterans Commander Jason Bender; former AST Veterans Commander Frank Tiger; Vice Commander Walter Larney.

The AST Veterans Association presented Frank Tiger with a jacket at the 88th Semi-Annual General Council.

## Elders Council



The Elders Council held a raffle at General Council. Esteline Schulenberg (far left) won the 50/50 pot and Betty Watson (far right) won the \$139 Omaha Steak gift card. Also pictured are AST Elders Council President Twila Parker & Treasurer Rita Robertson.



# Class of 2022



**Natalie Cadence Barbosa**  
Stillwater High School



**Savanna Collett**  
Shawnee High School



**Karsyn Bradshaw**  
Stillwater High School



**Kale Donovan Miller**  
Blanchard High School



**Jayden Thomas McMahan**  
Norman High School



**Jack Bellin**  
Chickasha High School



**Alena Rose Deer**  
Sequoyah High School



**Madison Little**  
Edmond Santa Fe High School



**Maecie R. Bender**  
Westmoore High School



# Class of 2022



Dakota M. Little Charley  
Little Axe High School



Jackson Elias Hayes  
Little Axe High School



Haley Ann Marie Carnes  
Crescent High School



Trinity Lynn Tiger Medina  
Norman High School



John Duane Goombi II  
Cyril High School



Dylan Cole Molenhour  
Little Axe High School



Baryn Wallis  
Cache High School



Cheyenne Panther  
Shawnee High School



# Class of 2022



**Michaela Switch**  
Capella University  
Masters Healthcare Administration



**Andee Ellis**  
Bacone College  
Bachelor of Science-Business Administration



**Chelsea Wade**  
Northcentral Technical College  
Technical Diploma for Medical Coding Specialist &  
Associate in Healthcare Business Administration



**Sadie Rachelle Littlecreek**  
University of Oklahoma - Price Business School  
Bachelor in Global Management  
& Minor in Non-profit



**Owen Cruz**  
University of Missouri - Columbia  
Bachelor in Romance Languages & Minor in  
Native American and Indigenous Studies



**Mitchell Bradshaw**  
Oklahoma State University  
Bachelor in Communication Sciences  
and Disorders



**Jarett Paul Geissler**  
Oklahoma State University  
Bachelor of Science in Business Administration & Double  
Minor in Sports Management and Nonprofit Management



**Jordan Moore**  
University of Oklahoma  
Bachelor in Elementary Education  
Graduated with Special Distinction



**Ashley Sevenson**  
Waukesha County Technical College  
Associate of Applied Science in  
Human Resources Management





ABSENTEE SHAWNEE TRIBE

OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

The Absentee Shawnee Complex will be Closed  
Memorial Day  
Monday, May 30, 2022



AllNations Bank

Ask about “AST Preferred Checking” and our debit card that honors the Absentee Shawnee Tribe!



You can either be an Absentee Shawnee Tribe Member or an Employee of the Tribe or one of the Absentee Shawnee Tribe’s businesses. Account features include:

- ❖ Free Value Checks
- ❖ .25% rate reduction with auto debit on consumer loan rates
- ❖ Interest bearing account
- ❖ \$25.00 minimum to open the account
- ❖ No minimum to earn interest
- ❖ No monthly maintenance fee
- ❖ Free direct deposit option
- ❖ Free ATM/Debit Card
- ❖ Free Online Banking & Bill Pay
- ❖ Free Online Electronic Banking Statement
- ❖ Free check images with statement
- ❖ Free 1 year rental of a 3x5 safe deposit box or 6 months free rental of a 5x10 safe deposit box (based on availability)
- ❖ Free Notary Service
- ❖ FDIC Insured

Contact bank staff for more information  
2023 S. Gordon Cooper Dr., Shawnee, OK 74801, PH (405) 273-0202  
114 E. Main St., Calumet, OK 73014, PH (405) 893-2240

Member  
FDIC



107 North Kimberly  
Shawnee, OK 74801  
Phone (405) 273-1050  
Website [www.ashousingauthority.com](http://www.ashousingauthority.com)

2022 Housing Programs



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





## ASTHS May 2022 Monthly Update

**Understanding the Pharmacy Program:** Whether you are a patient at an I.H.S. Facility (direct services) or with a Tribal Health Facility (compacted services), such as the AST Tribal Health System, or an Urban Indian Clinic, Pharmacy price calculations are a complicated subject with many factors to be considered. However, some basics are consistent with the majority of businesses. Inventory cost + direct cost + indirect cost + profit margin = retail price with Pharmacies in general. Pharmacies purchase medications from wholesalers and receive volume discounts. The IHS pharmacies, who are on a group purchase agreement (GPA), regardless of what type of health entity as an ITU, receive additional discounts. **Wholesale cost is *substantially* lower than the *retail* price displayed.**

Pharmacies have direct and indirect costs like all businesses, and these must be accounted for in order to succeed long term as an organization. A profit margin is factored in as well, something the vast majority of businesses do. This benefits the owners of the business, in this case, the Absentee Shawnee Tribe. Pharmacies use software that will take all of these variables into consideration, and calculate a retail price for display on the receipt ticket.

IHS (or ITU) pharmacies, however, are unique in a few key ways.

### Items Provided:

- Non-IHS pharmacies do not process over the counter (OTC) medications and vitamins as prescriptions (RX).
- The Absentee Shawnee Tribal Health System provides these items as an additional benefit to its members, and their families we serve. Additionally, it does so to a larger degree than the vast majority of other Tribes in Oklahoma or elsewhere.
- These items are processed as prescriptions in our software programs. This is largely for inventory tracking purposes as well as patient medication profiles and pharmacy software loads these retail prices in for each medication.
- This can result in retail prices *substantially* higher than what one could purchase these items for in the non-IHS world (i.e., the private sector for non-Natives and non-Veterans). However, this is largely pointless due to how I.H.S. pharmacies are paid.

### Payments Received and How I.H.S. Pharmacies are paid:

- Commercial Pharmacies (or Non-I.H.S. Pharmacies) collect payment for service in 3 ways. Insurance reimbursement, patient copays (at time of service), and cash paying patients (non-insured).
- **I.H.S. pharmacies do not collect direct payment from any Native patient.** So no Native patient pays the retail price displayed on the receipt tag. Additionally, the retail price shown is not the price the pharmacy pays for the medications.
- I.H.S. pharmacies only receive compensation from insurance companies. This compensation varies between insurance companies, but is always determined contractually. This means the calculated retail price plays no role whatsoever in what an insurance company pays; they have a volume discount at the negotiated price for their beneficiaries for each insurer via their contracts with the facility – and any other facility they do business with, Native or otherwise).

With the exception of OTC and vitamin items, the price you see calculated is an accurate representation of the value the Tribe is providing to the community. However, no one is actually paying this price in an I.H.S. setting. Recent reprogramming of software should remove this concern for the visual pricing displayed upon the pharmacy paperwork receipt that is stapled to your medication bag.

Help us in congratulating our May Monthly Employee Award Winners this month! We are proud of all of our professionals and team players, for all they do daily to make our programs succeed and take care of our patients! This month Purchase Referred Care (PRC) are being recognized for providing sustained services for our AST Tribal members as well as their “all hands on deck” huge donation drive in support of the Indian Child Welfare (ICW) Office. Thank you again for all you do!

### May 2022 Health Employee Awards of the Month

Employee of the Month: Glendine Blanchard, PRC Director

Team of the Month: AST Health System's PRC Team

Special Leadership Award: Melinda Ferrell, PRC Patient Resource Specialist

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

## World Hypertension Day

By Emily Earnest

Every year, on May 17, World Hypertension Day is observed. Hypertension, also known as high blood pressure, affects more than 30% of the adult population worldwide. This percent accounts for more than one billion people around the world. It is a major cause of premature death worldwide.

Hypertension is defined as blood pressure above 140/90. It is considered severe if the pressure is above 180/120. Normal blood pressure is considered to be less than 120/80. High blood pressure often has no symptoms, making people unaware that there is something wrong. If symptoms are present they can present in the form of severe headaches, vision problems, chest pain, and difficulty breathing. If high blood pressure is untreated, it can lead to other health conditions like heart disease and stroke. It is also a risk factor for chronic kidney disease, heart failure, irregular heartbeat, and dementia.

There are many ways to control high blood pressure. Many medications exist to help combat hypertension. Some people do not like the side effects of medication and choose to try to manage their high blood pressure by changing their lifestyle. Examples of these lifestyle changes include: weight loss, exercising regularly, maintaining a healthy diet of fresh foods, especially fruits and vegetables, reducing sodium in your diet, limiting the amount of alcohol consumed, quitting smoking, cutting back on caffeine, reducing your stress, monitoring your blood pressure at home and following up with your doctor regularly, and getting support from family and friends.

High blood pressure is easy to diagnose and painless using a monitor. It is a condition that needs to be managed for the rest of your life. It is important to follow-up regularly with a healthcare professional, take medication as prescribed, manage stress, and adopt healthy eating habits to help keep blood pressure to a safe level. These changes can help protect you against complications from high blood pressure and live the healthiest life possible.

## ABSENTEE SHAWNEE ENSURING HOPE PROJECT

### MEDICINE WHEEL & 12 STEP PROGRAM FOR WOMEN



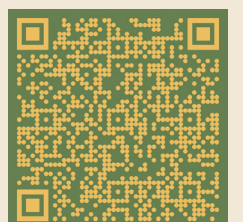
#### OUTCOMES

- Individuals return to natural order
- Help rebuild families and assume roles as warriors
- Achieve sobriety and grow
- Bring a person's life from despair to happiness & service
- Making the Medicine Wheel & 12 steps a part of everyday life is a warrior's journey

**Every Wednesday  
April 27, 2022  
6:00pm-8:00pm CST  
Virtual classes**

To register for this class use QR code or follow link:  
[https://docs.google.com/forms/d/e/1FAIpQLScmE9e6X9-eatj2SnzsUPI5LKWZjNY4iI3yX\\_B0RnAtc6kETA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScmE9e6X9-eatj2SnzsUPI5LKWZjNY4iI3yX_B0RnAtc6kETA/viewform?usp=pp_url)

For more information email  
Crystal Springer  
[cspringer@astribe.com](mailto:cspringer@astribe.com)  
405-878-4716





## UPDATED PHARMACY MAIL POLICIES



Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.


*Thank you!*

## REFILLQUICK APP STEP BY STEP INSTRUCTIONS

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



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



## Working Together to Serve Our Veteran Warriors

### VA Healthcare Services at ASTHS

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

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

### Did You Know?


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

### VA Benefits


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

**OKC VA Native American Nurse Navigator:**  
405.456.3808  
Apply for VA Health Benefits:  
800.827.1000  
Apply for VA Benefits:  
855.488.8441  
www.va.gov

**Little Axe Health Center**  
405.447.0300



**Shawnee Clinic**  
405.878.5850





ABSENTEE SHAWNEE TRIBAL

## HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org




## Let your voice be heard.

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

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

*Together, we will fulfill our mission.*




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WWW.ASTHEALTH.ORG



## Fitness Bites

### STRAWBERRY AVOCADO SPINACH SALAD WITH POPPYSEED DRESSING

This month is National Strawberry Month. It is also National Salad Month. Here is a tasty salad to try.

**SALAD INGREDIENTS:**

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced
- 4 ounces crumbled blue cheese (or goat cheese or feta)
- 1/3 cup sliced almonds, toasted
- half a small red onion, thinly sliced

**POPPYSEED DRESSING:**

- 1/3 cup avocado oil (or olive oil)
- 3 tablespoons red wine vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- 1 teaspoon Dijon mustard
- fine sea salt and freshly-ground black pepper

1. Make the dressing. Whisk all ingredients together vigorously in a small bowl (or shake in a covered jar) until emulsified. Taste and season with a pinch of salt and a few twists of pepper, as needed.
2. Toss the salad. Combine all of the salad ingredients in a large bowl. Drizzle evenly with the dressing then gently toss until combined.
3. Serve. Serve immediately and enjoy!

Calories: 436.54 calories

Total Fat 35.55g

Carbs 23.01g

Sugars 14.26g

Protein 10.63g

Sodium 537.78mg


Fiber 6.04g

Diabetes and Wellness Center 15951 Little Axe Drive Norman, OK 73026

## 5 Tips to Spring Back Into Fitness

The “no pain, no gain” approach to fitness doesn’t work. Instead, try these five strategies to shape up this spring.

1. Underestimate your abilities. Most people regress during the winter months, even if they’ve stuck to a regular fitness routine. If you don’t underestimate your ability and ease back into your activities, you’re setting yourself up for muscle soreness and injury, and that can sideline you for weeks. You might not feel the pain the day after a tough workout, but two days later the soreness may be so intense you can’t lift your arm above your head.
2. Start small. If you’ve been sedentary for weeks, check in with your doctor before amping up your activity. Once you get the all-clear, start with an easy walking schedule or stretching regimen. The slow, gentle movements will help prep your body for more intense activities like tennis, gardening and golf. Start with 10 minutes every day or every other day for a week. Then increase to 15 minutes the following week. Add five minutes to your workout each week until you’re walking for 30 to 45 minutes at a stretch. You can even break up sessions throughout the day. And don’t forget to stretch before and after your workouts.
3. Go slow. Even though sunny days may be calling your name, make sure to start slow. A good rule of thumb: Never increase your weight, time, speed or intensity more than 10 percent per week. So, 10 percent of 10–pound weight is 1 pound. Similarly, if you’re running 5 miles per hour, boost it up to 5.5 miles per hour. Also, keep in mind that running on the ground is different – and usually more taxing – than running on a treadmill. The best approach may be to vary the intensity throughout your workout. Sprint for 1 minute, jog for 10 and then walk for 5. Repeat the process until you feel your workout is complete. Called high intensity interval training, this type of training offers more gains than maintaining a steady pace.
4. Stretch it out. No matter what your sport or activity, incorporating stretching into your routine can help you stay at the top of your game. Competing in a tennis match? Focus on your arms and shoulders and prep your body to pivot. Playing a round of golf? Stretch out your trunk and lower back, bending side to side and twisting from left to right.
5. Keep your expectations in check. The longer your break the more time you’ll need to get back to on track. So, if you worked out three to four times per week prior to your fitness vacation, it will take about four to eight weeks for you to get back up to speed. Remember, too, that you didn’t become inactive overnight, so you won’t become fit overnight. Patience is key.





ABSENTEE SHAWNEE TRIBAL

## HEALTH SYSTEM

Prevention. Progress. Pride.



OLDER AMERICANS MONTH

AGE MY WAY, MAY 2022

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BEEF FINGERS MASHED POT/GRAVY BEETS PEARS	3 HOT HAM & CHEZ BAKED CHIPS PICKLES-ONIONS MIXED FRUIT	4 CHICKEN STIR FRY BELL PEPPER & ONIONS FLUFF	5 Oven Fried Chicken WILD RICE GREEN BEANS PINEAPPLES	6 GRITS BOILED EGG MUFFIN
9 EGG ROLL STIR FRY VEGGIES RICE FORTUNE COOKIE	10 GOULASH ROLL TOSSED SALAD*	11 SMOKED SAUSAGE CABBAGE BREAD JELL-O	12 COLD CUT SANDWICH LTOP PASTA SALAD COOKIE	13 SCRAMBLED EGGS BACON TOAST
16 HOT DOG PORK N BEANS CHIPS GRAPES	17 BAKED CHICKEN VEGGIES ROLL PEAR	18 NORTHERN BEANS W/HAM ZUCCHINI & TOM CORNBREAD	19 Tamale Refried Beans *Tossed Salad Peaches	20 WAFFLES SAUSAGE PATTIES FRUIT
23 HAMBURGER LTOP WAFFLE FRIES ICE CREAM	24 CHEF SALAD ONION CHEZ HAM COTTAGE CHEZ PEACHES	25 FISH COLESLAW PEAS n CARROTS CRISP	26 BEEF TIP & NOODLES CARROTS MIXED FRUIT	27 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
30 AST COMPLEX CLOSED MEMORIAL DAY	31 PORK CUTLET VEGGIES ROLL FRUIT			

MENU SUBJECT TO CHANGE

MAY 8, MOTHER'S DAY

"If I had a flower for every time I thought of you... I could walk in my own garden forever." — Alfred, Lord Tennyson

MAY 21,



MAY 30



Our winners for March Madness, Robert Burns and Mary Birdtail!! Not perfect brackets but they pick Kansas to win!!!

Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive  
Shawnee, Oklahoma 74801-0381

Title VI  
Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members

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

Guidelines:

- Absentee Shawnee Member
- Must be 55 years and older
- Must be an Title VI Member, have a current intake form on file (FY-2022)
- Must provide Proof of Residency (utility bill – in the applicants name)
- Handicap/Disabled
- NO RENTAL PROPERTY WILL BE MOWED

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

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

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at [dowings@astribes.com](mailto:dowings@astribes.com)

Thomasine Owings

Thomasine Owings  
Title VI Director

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

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

Grass Mowing Application

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

The Following are the requirements for this program:

- Must be an Absentee Shawnee Member
- Must be 55 years and older
- Must be an Title VI Member (have an current intake form for the current year 2022)
- Handicap/Disabled
- Must provide Proof of Residency (utility bill must be in applicant's name)
- 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.

AST TITLE VI  
ELDER INTAKE FORM

TODAY'S DATE \_\_\_\_\_ REFERRAL SOURCE \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ VETERAN \_\_\_\_\_ YES \_\_\_\_\_ NO

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

SINGLE \_\_\_\_\_ MARRIED \_\_\_\_\_ DIVORCED/SEPARATED \_\_\_\_\_ WIDOWED \_\_\_\_\_ WIDOWER \_\_\_\_\_

SPOUSE'S NAME \_\_\_\_\_ SPOUSE'S DATE OF BIRTH \_\_\_\_\_

NAME OF EMERGENCY CONTACT (1) \_\_\_\_\_ PHONE \_\_\_\_\_

NAME OF EMERGENCY CONTACT (2) \_\_\_\_\_ PHONE \_\_\_\_\_

PRIMARY LANGUAGE \_\_\_\_\_ ENGLISH \_\_\_\_\_ TRIBAL \_\_\_\_\_ OTHER \_\_\_\_\_

HOUSING \_\_\_\_\_ HOUSE \_\_\_\_\_ APARTMENT \_\_\_\_\_ COMMUNITY HOUSING \_\_\_\_\_ OTHER EXPLAIN \_\_\_\_\_

COMPOSITION \_\_\_\_\_ LIVES ALONE \_\_\_\_\_ LIVES WITH SPOUSE \_\_\_\_\_ LIVES WITH FAMILY/FRIENDS

NUMBER IN HOUSEHOLD \_\_\_\_\_ WHO HELPS \_\_\_\_\_

HEALTH HISTORY \_\_\_\_\_ ASTHMA \_\_\_\_\_ ALZHEIMER'S \_\_\_\_\_ ARTHRITIS \_\_\_\_\_ CANCER \_\_\_\_\_ DEMINTIA

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

PRIMARY TRANSPORTATION \_\_\_\_\_ Own Car \_\_\_\_\_ Friend \_\_\_\_\_ Public Trans. \_\_\_\_\_ Senior Tran's \_\_\_\_\_ Family

PROSTHETIC DEVICES \_\_\_\_\_ Walker/Cane \_\_\_\_\_ Wheelchair \_\_\_\_\_ Hearing Aid \_\_\_\_\_ Glasses \_\_\_\_\_ Dentures \_\_\_\_\_ None

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM? \_\_\_\_\_ YES \_\_\_\_\_ NO

IF YES, NAME OF PROGRAM & WHERE LOCATED: \_\_\_\_\_

HEALTH CONCERNS \_\_\_\_\_

SERVICES CURRENTLY BEING RECEIVED \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

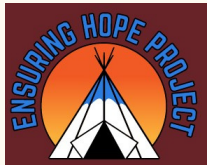
PROVIDE THE DATE OF YOUR VACCINATION COVID

19 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_

BOOSTER \_\_\_\_\_

Johnson & Johnson \_\_\_\_\_ FLU \_\_\_\_\_

HOSTED BY NATIVE CONNECTIONS, ENSURING HOPE, & FINDING HOPE GRANTS



FATHERHOOD IS SACRED;  
MOTHERHOOD IS SACRED  
VIRTUAL PARENTING CLASS

PURPOSE

The fatherhood is Sacred & Motherhood is Sacred Parenting Enrichment Program was created by the Native American Fatherhood & Families Association (NAFFA) for fathers and mothers using a Native American approach. The purpose is to create positive change & to build a safe & happy family.

OUTCOMES

- Increase families and individuals ability to face life's challenges
- Build Person character & Integrity
- Become a more confident individual/parent
- Understand the importance of vision and how powerful it is
- Use critical thinking skills to explore ideas and solve problems within the family and communities.

COURSE CONTENT

SESSION ONE: INTRODUCTION TO THE PROGRAM

SESSION TWO: LAYING THE FOUNDATION

SESSION THREE: THE CREATOR

SESSION FOUR: CHOICE

SESSION FIVE: ESSENTIAL PART OF CHOICE

SESSION SIX: TEACHABLE

SESSION SEVEN: BARRIERS TO BEING TEACHABLE

SESSION EIGHT: WISDOM

SESSION NINE: SERVICE

SESSION TEN: SELF-IDENTITY

SESSION ELEVEN: RELATIONSHIPS

SESSION TWELVE: NURTURING



HOSTED BY NATIVE CONNECTIONS, ENSURING HOPE, & FINDING HOPE GRANTS



FATHERHOOD IS SACRED;  
MOTHERHOOD IS SACRED  
VIRTUAL PARENTING CLASS

Classes begin **May 17, 2022**

Ends **August 2, 2022**

Held **virtually** via GoToMeeting  
every **Tuesday** from **6:00 PM - 8:00 PM**

- You must pre-enroll,
- You must have access to camera and mic
- This is a participation and discussion class
- Must complete all 12 sessions to graduate/ receive certification

Facilitators:

Angela Gonzalez, Native Connections Coordinator  
Brendan McIntyre, Finding Hope Coordinator  
Crystal Springer, Ensuring Hope Director



For more information, please contact:

Angela Gonzalez  
[agonzalez@astribes.com](mailto:agonzalez@astribes.com)  
405-561-7811

Crystal Springer  
[cspringer@astribes.com](mailto:cspringer@astribes.com)  
405-878-4716

To pre-enroll scan the  
QR Code or visit:

<https://rb.gy/r6lckt>





# AST HEALTH SYSTEM DIRECTORY

## LITTLE AXE HEALTH CENTER..... 405-447-0300

Administration	
Business Office	
Little Axe Dental	
Health Information Management	
Lab/X-Ray	
Optometry	
Patient Benefit Advocates	
Primary Care	
Public Health	
Security	
Electronic Health Record	
Physical Therapy	
Behavioral Health.....	405-701-7987
Little Axe Purchased Referred Care .....	405-701-7951
Diabetes & Wellness .....	405-701-7977
Pharmacy .....	405-292-9530
CompleteCare Home Health.....	405-701-7085
Transportation.....	405-701-7603

## SHAWNEE CLINIC .....405-878-5850 OR 877-878-4702 TOLL FREE

Administration	
Business Office	
Health Information Management	
Lab/X-Ray	
Patient Benefit Advocates	
Contract Health	
Physical Therapy	
Primary Care	
Public Health	
Behavioral Health.....	405-878-4716
Diabetes & Wellness .....	405-701-7977
Pharmacy .....	405-878-5859 OR 866-742-4977 TOLL FREE
Transportation.....	405-701-7603

## PLUSCARE ..... 405-447-0477

### GENERAL

AST Resource Center.....	405-364-7298
Corporate Compliance Hotline.....	405-701-7135
Patient Advocate .....	405-701-7623
AST Tribal Complex .....	405-275-4030
AST Tribal Police .....	405-275-3200
AST Housing .....	405-273-1050

## How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



Go online to **SSA.gov**. Our website is the best way for most people to get help.



If you cannot use our website call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an appointment for you, if necessary, to serve you by phone or in person.

### What to Know if You Must Visit an Office:

- You must have an appointment to visit an office.
- Masks are required for all office visitors and employees, regardless of vaccination status.
- Visitor capacity is limited to follow physical distancing requirements. This means you may need to wait outside, so plan for cold or bad weather.
- We ask that you come alone unless you require help with your visit. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.

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

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



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

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

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

**TO APPLY:**  
Health Insurance Marketplace  
www.healthcare.gov  
1.800.318.2596

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
Little Axe Health Center 405.447.0300  
Shawnee Clinic 405.878.5850  
www.asthealth.org



## Under 65? Apply for SoonerCare Medicaid Expansion

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

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

**TO APPLY:**  
SoonerCare  
www.mysoonercare.org

**WE CAN HELP**  
Contact a Patient Benefit Advocate  
Little Axe Health Center 405.447.0300  
Shawnee Clinic 405.878.5850  
www.asthealth.org





Securing today and tomorrow

SSA.gov

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