



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 35, No. 11

November 2025

AST Elders Council Attends NICOA Conference

Good morning the Absentee Shawnee Tribal Elders had planned and worked together to be able to attend the National Indian Council on Aging on September 29-October 3, 2025. This was made possible by the support of the Executive Committee Members and the able assistance of the Procurement Department. Especially Rebecca Kennedy Director, Tara Battise, Braden Queen and Elizabeth Jones who was calling and emailing NICOA staff to make sure the Elders registration and that our room check in went smoothly. A big thank you to Braden Queen and Elizabeth Jones they drove to Durant, OK on the morning of September 29, 2025 they

met the Elders with our conference registration and our room keys. They also, procured the 2 scooters for two of our Elders for the week. I also, want to thank Brianna Ponkilla with the 477 Program they loaned 2 vans for our transportation to Durant, OK. I also, want to thank our two Driver's Connor Edwards from the 477 Program and Calvin Wilson from the Maintenance department at the Tribal Complex.

This was the first national conference for the Tribal Elders Council to attend in Durant, OK, it was important to attend because it's a conference about the Tribal Elders nationwide. This conference was

to bring together Native elders, caregivers, advocates and professionals of learning, connections, and celebrations.

The NICOA Conference consisted of educational presentations from Tribal, state and federal organizations. As well, as a diverse network of aging service partners who provide information and updates on aging services, healthcare, civic engagement and economic development in Indian Country.

The week long conference also had daily cultural activities such as hand games and teaching Elders members how to play. The finer points were also stressed about the songs and the guessing when

playing against the other team. The week long conference was ended with a afternoon cultural dinner shared by all the members of NICOA. This capped by different regions of the organization Tribal Elders did a Fashion Show and they provided information on their regalia. I feel that it was a enlightening conference as we met other Tribal Elders and heard their stories on what their tribes are doing to support their Elders.

President of Elders Council, Twila O Parker



AST Rising Warrior Tie Dye T-Shirt Event

The AST Rising Warrior department is bringing AWARENESS against Domestic Violence with their Tie Dye T-Shirt Events. The events were held October 8 at Little Axe Clinic and October 10 at the AST complex in Shawnee.

The shirts were dyed purple which is the nationally recognized color of domestic violence, representing courage, peace, and dedication to ending violence which often includes physical, mental, sexual, emotional and/or financial abuse.

First observed in 1981 as a national "Day of Unity", Domestic Violence Awareness Month is held each October as a way to unite advocates across the nation in their efforts to end domestic violence.

To contact the Rising Warrior Department, visit their webpage, <https://www.astribe.com/domestic-violence> , email them astintakes@gmail.com or call (405) 273-2888.

We stand with survivors – this month and every month.



Rising Warrior staff proudly display their tie dye t-shirts.



Rising Warrior staff dyeing t-shirts.



GOVERNOR
John Johnson



Lt. GOVERNOR
Diane Ponkilla



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello All,
Happy Thanksgiving everyone, hope you enjoy your time with your family and friends. The Employee Committee food drive will begin the week of November 17, 2025. This event will run for the week and the items that are donated will be distributed to the AST Food pantry participants for Thanksgiving. Thank you to all the employees who plan to donate. We truly appreciate you.
The 95th Semi-annual General Council had a 119 Tribal members in attendance. It was a very good meeting. If you didn’t get to attend you may watch the full video online at astribes.com. And just a reminder, you may keep up with all the regular monthly EC meetings, events and an-

nouncements online as well.
I attended the 2025 Oklahoma Tribal Finance Consortium in Tulsa, Oklahoma. The agenda covered several topics from Health care, workforce development, SS-BCI funds, and economic development. These topics are important for all tribes in Oklahoma.
That same week I attended the Tribal Nations summit in Norman at the Sam Noble Museum this event was hosted by the Caddo Nation. The summit brought together tribal leaders, researchers, innovators and energy professionals to explore evolving challenges and new opportunities in tribal energy development. It gave me the opportunity to learn about the Native American Energy in Transition: old problems and new challenges in Indian Country.
I also attended the G2E conference in

Las Vegas with the Thunderbird casino staff. The conference showcased a lot of the new features coming for gaming all over the world. I can honestly say the gaming industry is growing and changes are coming to brighten the future of our casinos.
The online AST podcast host different departments each month for you to watch/listen too. These podcast will give you a general idea of each department. Be on the lookout for new podcast coming.
Should you have any question you may contact my office or my assistant at the information listed below.
Thank You
John Johnson - 405-275-4030 ext. 3500
governor@astribes.com
Alvina Barnes - 405-275-4030 ext. 3501
alvinab@astribes.com

LT. GOVERNOR’S REPORT

Diane Ponkilla, AST Lt. Governor

Hello All,
My Condolences for the families who have loved ones pass on. I am glad to be back at the office after back to back travel. I attended the National Transportation in Indian Country Conference in Chandler, AZ on September 21-26, 2025 and the following week I attended the National Indian Council on Aging (NICOA) in Durant, OK on September 29- October 03, 2025. And the next day October 04, 2025 was the 95th Semi-Annual General Council Meeting at the Thunderbird Event Center in Norman, OK.
The Agriculture Department was very successful on the pumpkin crop this year. They had events for the daycare and after school programs which there was 3 stations of activities and the children got to

pick out their own pumpkin. The next project will be getting the last cut off the hay fields.
Preventive maintenance for heating/air unit: first thing you should do is maintain a clean filter. We recommend changing every three months, more often if you have pets. Secondly check batteries in thermostat annually. And lastly, clean your outside condensing unit with water hose each year so it doesn’t have to work so hard. These are just some things that you can do to help your system run more efficient. If you own your home and need assistance contact Deric Spoon in the Lt. Governor’s Department and he will get work order to the HVAC staff, Joseph Burgess and Bryce Williams. Just a reminder we do not have after hours or weekend on call maintenance.
We had a total of 24 applications for the Safe Shelters with 5 installed and 11 pend-

ing. To be eligible for the safe shelter you must own your home (1 year), be enrolled Absentee Shawnee and 60+ years of age at the time of application submission. And there are a few that could not be installed due to city ordinances, space, power lines, trees, or utility lines.
I have spent my 18 months in office doing a lot of research, reading, meetings with TM and I like to get feedback and assist other departments. I like to be involved with and learn from other entities and tribes. I listen to the Governor, Treasurer and Representative during meetings and think they know a lot of clientele outside of the tribe. And I am still trying to learn the AST Health ins and outs. I will get there some day but I want to put my focus within the Absentee Shawnee Tribe. I appreciate and I am honored to have the opportunity to serve as the Lt. Governor.
Ne yi wa

SECRETARY’S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,
I hope all of you are doing well we had our fall general council October 4, 2025 it was a great turn out we had 119 tribal members join us and look forward to the spring meeting. It was great time to see everyone who attended and hearing our tribal member’s questions and concerns. I’m not perfect but that helps me with doing my job listening to everyone’s opinions I really appreciate everyone’s input.
We had a meeting September 30 in regards to an Elder Adult Protective Services. We never really had a plan and it was brought to our attention when there is something going on with tribal members there is no plan and we don’t have someone to call. With having this meeting we did establish a start of a plan point of contact will be Beverly Felton. We are going to plan more and have meetings to work on establishing a better plan for our staff that will be assisting and most im-

portantly for our elders or any adult going thorough issues.
October was also Domestic Violence month the past month our rising warrior department held multiple events all were great turn outs. I had the pleasure of joining the ladies for a brief time to see there help and participation with the Kickapoos elder Olympic. Just want to say Great job to the Title VI, diabetes and our rising warrior departments for going and helping with support to one of our local neighbor tribes. In the past I remember my Kokoge (grandma) participating in these events and talking and seeing some of our elders at the event we use to have these types of events at the tribe’s would like to bring that back to the tribe so stay tuned for info. It was a great event I would like to see our tribe host for our elders to get them active and have fun.
I haven’t been doing too much travel lately with the government shut down I’ve been sticking around close attending conference and meetings close to home. I had the honor to represent the tribe

October 3 Shawnee public school invites tribal leaders in honor of Jim Thorpe night. We had the honor in helping with handing out certificates for contest winners that were also honored during half time along with performance from our Native American youth who danced. October 15 thunderbird casino had their 1st inaugural AST marketing summit it was a great meeting for our departments I received a lot of great feedback. Another great note our casino had the honor along with some of our tribal elders and veterans to do interviews for the news.
Our Agriculture department had a really great turnout with their pumpkin harvest they did really with supplying pumpkins to the building blocks daycares to make it a great time for the children and providing pumpkins to tribal members and the community.
That is all I have to report at this time if you should have any questions or concerns please contact my office.
Ne yi wa!
Secretary McGirt



TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hello AST Family and Friends,
I hope all is well with you and yours. Fall is in full effect as the weather has begun to get cooler, the leaves have changed color and started to drop, and we’re almost to Holiday Season. Before you know it, we’ll be sitting down to Turkey dinners, watching football and basketball games on TV. So, as I begin this month’s edition, let me start by expressing my gratitude to all of our military Veterans and current Armed Forces members. Our Warriors are our most celebrated and respected group in the Tribe. On November 11th, make sure to say “Neyiwa!” for their sacrifice.

Another major event that Tribes will observe throughout November is “Native American Heritage Month”. There will be plenty of activities to commemorate this annual proclamation. For those unaware, there are currently 574 Federally-recognized Tribal Nations. As of this writing, the Government shutdown is still ongoing and creating impositions across the U.S. In a past consultation with Federal agencies, I made the comment to our counterparts, “If we acted like your departments, we would not be able to provide assistance to our members and communities.” As usual, it is the Tribes who are open for business and making certain services are being extended.
This past month, I attended the UINO

Quarterly Meeting in Tulsa. There was good conversation on several topics and the biggest was in response to the Federal shutdown. The one positive takeaway is the implementation of mandatory IHS funding, which allows folks to continue with appointments, Dr. visits, and other medical care. Unfortunately, this practice has not been extended across the board to other agencies like the Department of Interior and Department of Transportation. I will definitely bring up the issue and make the request at a future meeting.
At the end of September, I and several staff attended the NAFOA Annual meeting in Portland, Oregon. We were able to get the latest updates and information for Finance, (Continued on Page 3A)

TREASURER’S REPORT

(Continued from Page 2A)

visit with other Tribes about Economic Development, and talk with prospective new clients about potential opportunities to help the Tribe save money. There are always a lot of things wrapped up into the short time window for those couple days, which can make it busy and chaotic.

For me, I enjoy getting to visit with other Tribal Leaders to hear about any new growth and improvements. This gives me an opportunity to discuss our current projects, especially those recently completed. The last thing I’ll mention before concluding; we will begin Budget discussions in the next couple weeks and I have already advised the EC about the current conditions of the economy, cuts to grants

and other Federal funding, and the potential effects it could have on our environment. From a conservative viewpoint, it is important to anticipate the expected cuts from the current Presidential Administration. The biggest concerns I have are related to insurance rates and cuts to Medicaid/Medicare. These will have a major impact on 3rd Party revenue and we will not be able to reach expectations and projected income levels.

As usual, I appreciate the support, words of encouragement, and the shared wisdom/advice. Please enjoy this time of year with your family and other loved ones. Should you have any questions, do not hesitate to call my office, schedule an appointment, or send me an email.

Respectfully,
Joseph H. Blanchard

REPRESENTATIVE’S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,
The past month my office attended conferences including the Global Gam-

ing Expo to support Thunderbird Entertainment and the Great Council State Park trip in Ohio to support our Cultural Preservation department. My office also attended the 95th Semi-Annual General Council meeting at Thunderbird Casino

in October. Thank you to everyone that attended our general council meeting. I hope everyone has a good fall holiday this November. Should you have any questions or need any assistance, please contact my office by phone or email.

Phone: (405) 531-3512.
Email: adjohnson@astribe.com
Sincerely,
Anthony “Tadpole” Johnson,
Tribal Representative

Walk & Talk for Suicide Prevention Month

September was Suicide Prevention Month, and we came together to raise awareness, honor those we’ve lost, and support one another in the journey toward healing and hope. Journey to Heal and SPDI held events at the AST Complex in Shawnee and Little Axe Clinic. They provided information and t-shirts to those who participated in the Walk and Talk laps. The walk was more than just a gathering — it's a reminder that you are not alone, and help is always within reach. Every step we take is a step toward ending stigma and saving lives.



FROM THE ELECTION COMMISSION

The Filing Period for Elective Office in 2026

A tribal member may file for office, **January 1 to January 10 (excluding weekends and holidays)**. Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2026:

ELECTION COMMISSION		
Position	Filing Fees	Term
Deputy Commissioner	\$100.00	1 Year Term (Prorated)
Secretary	\$200.00	2 Year Term (Prorated)
Commission Member #2	\$300.00	3 Year Term

Fee Amount includes: Alcohol test, drug test, MVR, OSBI, FBI fee plus certified postage fee, ballot printing (twice), Absentee Ballot and correspondence postage.

QUALIFICATIONS:

A) An enrolled member of the tribe.

B) An eligible voter for purposes of voting in tribal elections.

C) Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.

D) Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln, or Okfuskee.

E) In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).

F) Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)

A) Must have a valid Oklahoma State Driver’s License

B) Must have a negative result on a drug and alcohol test

C) Must have a high school diploma or GED

506 Forms for Indian Education

A 506 form is a form that a parent or guardian submits to their student’s school district, which determines eligibility for Title VI/Indian Education. The amount of funding for Title VI is based on the Native Student Count from completed 506 forms.

506 forms are provided by the school district or found on the US Department of Education’s website. The form only asks a few questions, such as the student’s name, grade, and proof of tribal enrollment.

The form only needs to be completed once, and it is confidential. If your student transfers out of the district, they may bring the form with them! Submission of the form is necessary to receive Indian Education services.

Indian Education provides opportunities such as college visits, tutoring, cultural events, mentorship, and more! Indian Education has dedicated staff to assist with students’ needs.

Public Information Provided by
Oklahoma State Tribal Education Partnership (OK STEP) 2025

ABSENTEE SHAWNEE VETERANS
THANKSGIVING DINNER

NOVEMBER 8, 2025 AT 12PM
THUNDERBIRD CASINO WARRIOR ROOM
15700 OK-9, NORMAN, OK 73026
ALL VETERANS WELCOME

SPONSORED BY:
AST VETERANS

FOR MORE INFORMATION:
TWILA PARKER 405-229-8052

This Holiday Season, Give Yourself the Gift of Better Banking

Make every moment of the season brighter with smarter, simpler banking. Enjoy seamless digital tools, special rewards, and personalized support designed to help reach financial goals faster.

Switch today and experience:

Effortless mobile banking anytime, anywhere

Secure transactions with advanced protection

Friendly service that puts people first

Celebrate the holidays with confidence—because better banking is the gift that keeps giving.

All Nations Bank
2023 Gordon Cooper Dr
Shawnee, OK 74801
405-273-0202
www.anbok.bank

From Montana to Milan

Tribal member Courtney Little Axe grew up far from Milan, Italy. She was raised on the Northern Cheyenne reservation in Montana over 5000 miles away. Yet this small town girl and granddaughter of the late Dan Little Axe Sr. and Georgia Little Axe recently returned from Milan Fashion Week. Her fashion line ALTRN8V was featured along with international designers such as Gucci and Prada.

Her style is not the typical Native American Fashion. She describes it as contemporary, alternative and eclectic. The style may be not be traditional but her designs still showcase her Shawnee, Cheyenne and Seminole tribal elements.

Growing up on the reservation, most kids didn't dress in Goth clothing. She got into metal music in middle school and liked that style of clothing. Unable to find clothes that would allow her to express her eclectic style, Little Axe decided to create her own brand, ALTRN8V (Alter-Native).

"When you look at Native fashion you don't typically think of this alternative style. So when I didn't see things that other Native designers were making that would fit my aesthetic, that's when I started making things," said Little Axe.

"I really like to represent those Native kids that weren't comfortable or didn't feel comfortable representing this style or got made fun of for their taste in music or style. I'm trying to create more visibility for alternative indigenous people."

She took matters into her own hands and launched her brand ALTRN8V in 2021. Her first show was in 2023 at Indigenous Peoples' Day in Phoenix, AZ. She continues to showcase her work across the US even showing in Indigenous New York Fashion Week. After only a few years, her designs have made it all across the globe.

Despite having made it internationally, she also holds down a full time job as the NAGPRA Repatriation Coordinator and Collections Manager for the University of Montana and is an assistant for an actor/music composer. And she doesn't plan on slowing down. Her future plans include doing more international shows including Japan and Paris and make a return appearance in New York.



Runway Photos by Andre Franco Milan. Duomo Cathedral Photos by Mark Jarvey Jr.

Agriculture Department

The Agriculture Department has had a busy and productive month! We are currently managing 150 head of cattle and continuing to focus on herd health and nutrition as we prepare for the colder months ahead.

This October, we proudly provided pumpkins for the Health Fair and hosted a pumpkin patch event for all Absentee child care facilities — a fun and educational experience for the kids that tied together agriculture and community engagement.

Our team has also grown! We now have five dedicated employees working hard across all areas of our operation. In addition to daily livestock care, our staff is focused on finishing hay production and winterizing the farm to ensure our facilities and animals are well-prepared for the upcoming season.

We're proud of the teamwork and progress made this month and look forward to a strong finish to the year!



Absentee Shawnee Tribe

477

PROGRAM

Are you Native American and need assistance?

CALL FOR DETAILS

405-878-4545

Visit Our Website

WWW.ASTRIBE.COM/477-PROGRAM

EMPOWERING TRIBAL COMMUNITIES

EMPLOYEE ASSISTANCE

CHILD CARE ASSISTANCE

EDUCATION ASSISTANCE

AND MORE

AST 102-477 PROGRAM

AST-SI-WI-N-NEE

ABSENTEE SHAWNEE

Si wi n'wi ke Ni ti mo wi ke



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
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE

November News

Building Blocks II is a 5 Star Accredited, OkDHS Licensed Center. Our hours are 7a.m. to 6p.m. Monday-Thursday. We take children ages 6 weeks through Pre-K (4-5Yr Olds). If you are interested in getting your child on our Wait List you may call and get it emailed to you or come by and pick one up.

We are currently hiring staff, if you are interested in applying visit <https://www.astribc.com/employment> for applications and to see what positions are available.

Dates to Remember:

November 11th-Building Blocks is closed for Veteran's Day.

November 27th & 28th-Building Blocks is closed for Thanksgiving.



Building Blocks Teachers and Children enjoy preparing and doing activities for the holiday season. This month they are doing activities celebrating Thanksgiving. We wish everyone a safe and Happy Thanksgiving Holiday.

Have a Happy November!!



We would like to Thank the AST Police and Tecumseh Fire Department for coming on Monday, October 6th and visiting with the children during our Community Involvement Day for Fire Prevention Week.





Adult Services

Need Job Training?

Need help with reinstatement fees?

Need Behavioral Health Services?

Unemployed or Underemployed?

Need education assistance?

Homeless?

Need small business assistance?

Need Childcare?

Need assistance with clothes for new job?

Help with GED/HS Diploma?

AST 477

NOT INCOME BASED
OPEN TO ALL NATIVE AMERICANS

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

QUESTIONS? CONTACT US!
421 N. Beard St. Shawnee, OK 74801
(405) 878-4545 | 477program@astribc.com
ONLINE APP: <https://www.astribc.com/477-program>

*Must reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties

Scan for Application!



Youth Services

Child need school supplies? (JOM)

Extracurricular Expenses

Tutoring

Assistance with Drivers Ed?

Need education assistance?

Career Development

Need help finding a job?

Graduation Expenses

Need assistance for clothes with new job?

Help with GED/HS Diploma?

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214 N. Oklahoma St. Shawnee, OK 74801
(405) 878-4545 | 477program@astribc.com
ONLINE APP: <https://www.astribc.com/477-program>

*Must reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties

Scan for Application!



Building Blocks II Newsletter

November 2025

Thank you to all the families who participated in our annual field trip to the Orr Family Farm Pumpkin Patch. The children had a lot of fun and we look forward to going every year.

Upcoming Events

Mad Scientist - Nov. 6th at 10am

Thanksgiving Break starts Nov. 26th at 11:45

Veterans Day Closure - Nov. 11th

Reminders

Building Blocks will be closing at 11:45am on Wednesday, November 5th for an Employee Lunch Event.



P'sa k'fe we Ke s'fwa
(p'seh k'thee wee kee s'thweh)

Deer Month (November)

November is the time of year when deer become active and are in abundance. Many of our tribal members are deer hunters and enjoy hunting. This month is also the time when family and friends come together for a meal and give thanks.

Happy Turkey Day!

Ma n'we Wi pe pa la wi Ke sa ke
(happy) (turkey) (day)

All my family came to eat.

Gi yi ke ne ta la ni wa mi ke pe ya ke hi se we fa ne wi ge
(all) (my family) (come) (to) (eat)

Grandma roasted a turkey and dressing all night.

Ko ko ge na ki ta p'qa hi p'wi li le wi pe pa la wi la ki ke
(grandma) (all night) (roasted) (turkey) (dressing)

Mom cooked dried corn and fry bread.

Ne k'yi wa s'ko pa me la fa lo no ke fi fe ki ta ke ti k'qi
(mom) (dried corn) (cooked) (and) (fry) (bread)

Pumpkin pie is my favorite.

Wi pe ko ti k'qi ko ge ne we k'ti
(pumpkin) (pie) (really) (I like)

The grandchildren played in the yard.

No s'ta fa ni ke fi ke ge se pi wi ne ta fe ke
(grandchildren) (outside) (they played)

We are thankful for our family and health.

Ne yi wa gi ke we ya fi ya se ho wa se li si mo ge
(thankful) (family or everyone) (for) (good) (feelings or health)



LEGAL NOTICE

FILED in the Office of the Court Clerk

OCT 03 2025

Absentee Shawnee Tribal Court Clerk

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

In the matter of)
A.J.)
Case No. PG-2025-08

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

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

Diana Alford
being duly sworn upon oath states:

That she/he is the Plaintiff Diana Alford above-named, and that on the 3 day of October, 2025, said Plaintiff filed in this Court a Petition for a Guardianship over minor child A.J.; 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, Diana Alford, 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)

Diana Alford
PLAINTIFF

Subscribed and sworn to before me this 3rd day of October, 2025.

Ashley Hudson
NOTARY PUBLIC

My Commission Expires:
June 23, 2028



Veterans Day Photo Submissions

To honor our AST Veterans, the AST Media Department asked for photo submissions. Thank you for submitting your photos and most importantly thank you to these tribal members and ALL AST Veterans.

Ne yi wa gi yi ke ki ma ke ya pi m’fa ti - Thank you to all of our Veterans!



David Little Jr.

Ben Little

SSG Lyndell Shawnee



Burtis Robison

Dr. John Daniel Johnson

Isaac Gibson Sr.

Gilbert Day



Jason Michael Harjo

Shawnee Tapia

Marvin Smith

Sam Tyner



Herbert Switch

Esteline Schulenberg

Tike Danson Alford Chapman





**Happy 17th Birthday
Kaydence!**
Love,
Mom & Jax





**Happy 24th Birthday
Legus!**





Kamyrah Little Axe represented our Absentee Shawnee Tribe performing in the halftime show during the Shawnee High School Football Game for Jim Thorpe Day on October 3, 2025.



Congratulations to Absentee Shawnee tribal member Kamyrah (KK) Little Axe, sophomore at Shawnee High School for receiving the 2025-2026 Fastpitch Defensive Player of the Year Award. She is the great granddaughter of the late Danny Little Axe, Sr.

WILLS CLINIC
PRESENTED BY:

**ABSENTEE SHAWNEE TRIBE
REALTY/PROBATE
DEPARTMENT**

**THURSDAY
DECEMBER 4, 2025**
9AM TO 2PM
**MULTIPURPOSE
BUILDING**

PLEASE CALL (405) 943-6457
TO SET UP AN APPOINTMENT
OR CALL AST REALTY
DEPARTMENT FOR ANY
QUESTIONS YOU MAY HAVE

AST TRIBAL MEMBERS ONLY

**OKLAHOMA
INDIAN
LEGAL
SERVICES**

PLEASE BRING THE FOLLOWING:

-  DRIVERS LICENSE, TRIBAL OR STATE ID
-  FULL NAMES & DATES OF BIRTH OF YOUR CHILDREN & GRANDCHILDREN
-  ANY PAPERWORK REGARDING YOUR INDIAN LAND

**NATIONAL
RUNAWAY
PREVENTION
MONTH**



Warning Signs:

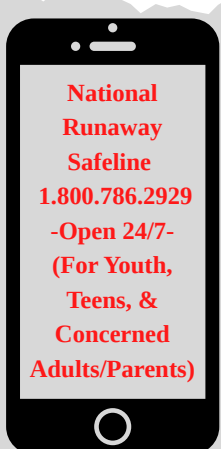
- Sudden and extreme changes in mood, or increased anger outbursts.
- Social withdrawal, isolation, and secrecy.
- Extreme changes in sleep or eating habits.
- Disappearance of personal items like clothes or money.
- Declining grades, truancy, or behavior issues at school.
- Family conflict, tension, or a feeling of lack of support.
- Rule-breaking at home.

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

The National Runaway Safeline and Department of Justice’s Office of Justice Programs report that between 1.6 and 2.8 million youth run away from home each year.

- 1 in 7 kids between the ages of 10-18 will runaway.
- Youth most often run away from home and become homeless due to family conflicts, abuse and/or neglect.
- Youth on the streets are at higher risk of violence, exploitation, addiction, and mental health challenges.



**National
Runaway
Safeline
1.800.786.2929
-Open 24/7-
(For Youth,
Teens, &
Concerned
Adults/Parents)**

Communication to Prevent Runaway:

- Do not interrupt when your child is explaining something, even if you disagree, wait until they are done.
- Never dare your child to runaway thinking that they may not.
- Stay calm and quiet, make eye contact, and don’t respond when your child is angry, wait until they are calm.

**\$70,000
CRIMSON
CASH**



**SEVEN
GAMES
EVERY
WEEK**

PLAY LIKE A CHAMPION!
**SATURDAYS
7PM TO 10PM**

DRAWINGS EVERY 30 MINUTES
ONE ENTRY FOR EVERY 100 POINTS EARNED SUNDAY – SATURDAY



**THUNDERBIRD
CASINO
NORMAN**

**GRAND
FINALE**



Win a
**2025 JEEP
GRAND WAGONEER**
**Saturday, December 27
10:30pm**



**THUNDERBIRD
CASINO**

NORMAN

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
ICW.....	(405) 395-4490
OEH/OEP.....	(405) 214-4235
Police.....	(405) 275-3200/275-3432
Social Services.....	(405) 878-4723
Tax Commission.....	(405) 481-8600

The Absentee Shawnee Tribe will be closed
Wednesday, November 5th - at 12 pm
Tuesday, November 11th - Veterans Day
Thursday & Friday, November 27th & 28th - Thanksgiving

PAID AD



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ASTHS November 2025 Monthly Update

Native American Heritage Month

Native American Heritage Month is celebrated every November to recognize the culture, traditions, and significant contributions of Native people, including American Indian, Alaska Native, Native Hawaiian, and American Samoan communities. Officially designated by a 1990 congressional resolution signed by President George H.W. Bush, it is an opportunity to celebrate diverse histories, raise awareness about tribal sovereignty, and educate the public about contemporary challenges and successes. But along with honoring our tradition during the month, we also must remember to take care of our health so that we can be here to teach our children and grandchildren. We need to be here for our future generations.

The month serves to educate people about the history of Native communities, their challenges, and their ongoing resilience and achievements. At the same time, we must educate our people on health issues affecting the Native American population.

Leading Health Issues:

Diabetes: Type 2 diabetes is a major epidemic in Native American communities, with prevalence rates up to 10 times higher than in the general population.

Cardiovascular diseases: Heart disease and stroke are leading causes of death among Native Americans, with rates significantly higher than the national average.

Cancer: Certain types of cancer, such as lung, liver, and colorectal cancer, have higher incidence rates among Native Americans.

Unintentional injuries: Accidents, such as motor vehicle crashes and falls, are a significant cause of death and disability.

Mental health issues: Suicide rates are elevated among Native American youth, and depression, anxiety, and post-traumatic stress disorder are common.

Infectious diseases: Tuberculosis, hepatitis B, and HIV/AIDS are more prevalent in Native American populations than in the general population.

The American Indian and Alaska Native people have long experienced lower health status when compared with other Americans. Lower life expectancy and the disproportionate disease burden exist perhaps because of inadequate education, disproportionate poverty, discrimination in the delivery of health services, and cultural differences. These are broad quality of life issues rooted in economic adversity and poor social conditions.

American Indians and Alaska Natives born today have a life expectancy that is 5.5 years less than the U.S. all races population (73.0 years to 78.5 years, respectively). American Indians and Alaska Natives continue to die at higher rates than other Americans in many categories, including chronic liver disease and cirrhosis, diabetes mellitus, unintentional injuries, assault/homicide, intentional self-harm/suicide, and chronic lower respiratory diseases.

Given the higher health status enjoyed by most Americans, the lingering health disparities of American Indians and Alaska Natives are troubling. In trying to account for the disparities, health care experts, policymakers, and tribal leaders are looking at many factors that impact upon the health of Indian people, including the adequacy of funding for the Indian health care delivery system.

Contributing Factors:

Historical trauma: Forced relocation, cultural assimilation, and genocide have left a lasting legacy of trauma and health disparities.

Socioeconomic disparities: Poverty, lack of access to quality education and health-care, and limited employment opportunities contribute to health risks.

Dietary factors: Traditional diets have been disrupted, leading to increased consumption of processed foods, sugary drinks, and unhealthy fats.

Substance abuse: Alcohol and drug use are more prevalent among Native American populations, which can exacerbate health problems.

Access to healthcare: Geographic isolation, lack of health insurance, and cultural barriers to healthcare can prevent Native Americans from receiving timely medical attention.

Efforts to address Native American health disparities include:

- **Improving access to healthcare:** Expanding healthcare infrastructure, providing culturally appropriate services, and reducing health insurance disparities.
- **Promoting healthy lifestyles:** Investing in nutrition programs, physical activity initiatives, and substance abuse prevention efforts.
- **Addressing historical trauma:** Supporting mental health services, cultural preservation programs.

Native Americans used to eat healthier, living off the land, hunting, and fishing. Then federal mandates affected the land and water resources of tribal nations, disrupting indigenous food systems and reducing access to traditional foods, the researchers say. In the 1970s, the federal government began buying up surplus foods to support prices for farmers, then providing them to Native communities. The food was needed—the problem was that it consisted largely of high-salt, high-fat, high-sugar canned foods. One consequence of the calorie-dense commodities-based diet was “commod bod,” a phrase coined in Native communities.

Recently some traditional foods, like hand-harvested wild rice, grass-fed bison, and wild-caught Pacific salmon, have been added to the food assistance programs; the US Department of Agriculture cites high rates of participant satisfaction. About one-third of 103 tribal organizations also now have “grocery-store-like models” where aid recipients can select their own foods, including fresh fruits and vegetables.

One way to help AI/AN communities reclaim their health, is to bring back the old ways. The Indian Health Service (IHS) Tribal Leaders Diabetes Committee has supported programs in which AI/AN communities integrate their own cultures and history, to encourage healthier lifestyles. The concept of a “food sovereignty

movement” evolved into programs like the Traditional Foods Project (TFP).

The TFP has provided “modest” funding to AI/AN communities to design their own interventions promoting access to traditional foods, physical activity, and social support. The project began in 2008 with 11 tribes and tribal organizations, and expanded to 17 in 2009.

Resources for our people:

Within the Absentee Shawnee Tribal Health System, there are many different departments and resources available to the tribal members, and in some cases, to members of other tribes.

Here is a list of just a few programs available:

Primary Medical Care: Primary care at the health clinics include the nurses, physicians, physician assistants, nurse practitioners, and medical assistants. The staff are focused on care coordination and are able to handle a variety of medical problems. This included preventative care, treatment of health ailments, management of chronic illnesses and conditions, and additional care defined by the practitioner’s specialty. In the clinics, we provide family medicine, internal medicine, pediatrics, and women’s health.

Specialty services: Our health system acknowledges that our people and our community have many health issues we need to address. At ASTHS, we offer a comprehensive selection of services with over 22 different specialty providers. The health systems provide care in neurology, nephrology, pain management, pulmonology, endocrinology, and podiatry services, just to name a few. If you need specialty care, your primary care provider can do an in-house referral to the specialty clinic.

Dental care: The dental clinic providers care of AST members, established patients who are American Indian/Alaska Natives, and insured established non-native patients from infants to adults. They offer a full range of dental screenings and procedures in diagnosing, maintaining and restoring your overall oral health care needs.

Behavioral Health Clinic: ASTHS Behavioral Health provides appropriate, professional, and quality mental health and substance abuse services to AST members, established patients who are American Indian/Alaska Natives, and insured established non-native patients. Based on assessment and needs, a recommendation of a treatment plan is discussed to work toward a healthier, higher quality of life. The Behavioral Health Clinic offers a wide variety of services which include, but not limited to, child/adult/family counseling, marriage and family therapy, addiction treatment, crisis services, and support group. Other services are available. Contact the Little Axe Behavioral Health Clinic at 405-701-7987 or the Shawnee Clinic at 405-878-4716 for more information.

Radiology: The goal of the radiology department is to provide the highest quality of care and imaging services to our patients. The department conducts diagnostic x-rays, mammography, bone density testing, and ultrasound exams ordered by ASTHS providers. For more information, contact the Little Axe clinic at 405-701-7610 or Shawnee clinic, 405-878-5850.

Laboratory: The lab staff provides a large number of services designed to meet the needs of our patients. Diagnostic and therapeutic lab services include routine clinical chemistry, hematology, serology, and urinalysis, as well as thyroid testing, vitamin testing, anemia testing, PCR testing, and immunology. Contact the Little Axe Clinic at 405-701-7619 or the Shawnee Clinic at 405-878-5850 for more information from the laboratory departments.

Optometry: The optometry clinic is equipped with a full optical shop, providing complete eye exam as well as various testing and examinations for all AST members, established patients who are American Indian/Alaska Natives, and insured established non-native patients, 5 years and older. The optometry clinic is located at 15702 E. State Highway 9 in Norman. The phone number for more information is 405-701-7606.

Physical Therapy: The PT department is composed of physical therapists, physical therapy assistants, and physical therapy technicians/aides. These professionals provide services to patients referred by their health care provider. The PT department is primarily concerned with the remediation of impairments/disabilities and the promotion of mobility, functional ability, quality of life, and movement potential. The PT department also offers chiropractic services to help treat many different spinal disorders due to musculoskeletal or nerve pain.

Pharmacy Services: Prescriptions from our providers can be filled at either of our locations as long as the medications are on our formulary. Upon request, prescriptions can be sent to outside pharmacies, but the cost will be the financial responsibility of the patient. When picking up prescriptions, please be prepared to provide your date of birth, address, and if necessary, the identification of the prescription you are picking up. All pickups require a signature. For more information about pharmacy services, contact the Little Axe pharmacy at 405-292-9530 or the Shawnee pharmacy at 405-878-5859 or toll free at 866-742-4977.

As we think about the past and all that the Native Americans faced, let’s not forget about our future. We need to continue to make a difference by taking care of ourselves so that we can be here to help our future generations. We need to remember the past, take action in the present, and prepare our families for the future. If we don’t take care of our health now, we will not be here to teach our children, grandchildren, and even our great-grandchildren, the culture, beliefs, and the ways of our tribe.

References: Absentee Shawnee Tribal Health System. 2025. Patient Resource Guide. www.asthealth.org
Indian Health Services. 2019. Indian Health Disparities. IHS Indian Health Disparities The Hospitalist. 2022. Program Helps Native Americans Get Back to the Roots of Good Health. Program Helps Native Americans Get Back to the Roots of Good Health | MDedge

Beverly Felton, Public Health Director



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Scheduled Closures

Wednesday, Nov. 5th :
Close at **NOON**. PlusCare and Pharmacy will re-open at 5pm.

Closed Nov. 11, 26 & 27th in observance of Veterans Day & Thanksgiving.

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





ABSENTEE SHAWNEE TRIBAL
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Get Ready for 2026! Benefits Event

Sponsored by Patient Benefits & Purchased Referred Care

Tuesday, November 18, 2025 - 9 am - 12 Noon
AST Resource Center
1970 156th Ave NE • Norman OK

Thursday, November 20, 2025 - 1-4 pm
AST Multipurpose Building
2029 James L. Edwards Lane • Shawnee OK
OKDHS Mobile Unit Onsite Assistance!

Giveaways
Spin-To-Win Prizes and Snacks!

2026 HEALTH INSURANCE OPEN ENROLLMENT
Medicare and Marketplace Plan Comparisons by Legacy Tribal Services

2026 AST ELDER MEDICARE PART B PREMIUM REIMBURSEMENT REFERRALS
AST Elders 65+ Get Renewal Assistance
Get application assistance for SoonerCare, DHS, Medicare Savings Program, and SSA Extra Help

PURCHASED REFERRED CARE UPDATES
Get PRC Compliant for a Hassle-Free Referral Process
Speak to a PRC Rep. Bring your Photo ID, CDIB Card, Insurance Cards, and Proof of Residency



Legacy Tribal Services
Simple Solutions. Uncommon Service.



Medicare
Oct 15 - Dec 7, 2025



Health Insurance Marketplace
Nov 1, 2025 - Jan 15, 2026

Little Axe Health Center (405) 447-0300 Shawnee Clinic: (405)878-5850 www.asthealth.org



DIABETES & WELLNESS

Contact: (405)561-7874
(405)701-7975

Zain



Mark



ASK THE TRAINER!

WE ARE HERE TO HELP!

Feeling stuck in your fitness journey? Looking for a way to start? Ask the trainer! Ask **ANY** question you have and be answered by a AST Resource Center trainer!

Have questions about

- Aerobic fitness?
- Strength training?
- Yoga?
- Balance training?
- Flexibility?

Ask Zain and Mark a health or fitness question or leave a question or concern about the gym.

AST Diabetes & Wellness Department

SCAN THE QR CODE AND ASK US TODAY!





WHAT SHOULD YOU WEAR WHILE DOING PHYSICAL ACTIVITY THIS FALL/WINTER?



THE MAIN GOALS

1. Protect your skin
2. Stay dry
3. Stay just warm enough for the intensity of the activity

WHAT SHOULD YOU DO? USE LAYERS!

Base Layer: thin and quick drying to keep sweat off your skin
Don't use cotton, it loses its ability to insulate when wet.

Mid Layer insulation: fleece or polyester
Add or take away as needed to avoid excessive sweating or being cold. This changes with the intensity of the activity.

Outer Layer: windbreaker or a rain jacket
Protects from wind or light precipitation

Finish the outfit with light gloves and ear coverings

GOT QUESTIONS? SCAN THE QR CODE AND ASK A TRAINER!



Diabetes & Wellness



Program design Nutrition Fitness Classes
Hosts Sk Events Education Diabetes Day
Diabetes self management training
Lifestyle Management Program
Personal Training Coaching Demos



November

Health observances of the month:

NATIONAL DIABETES MONTH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<i>Note</i> *We will close at 12:00pm (noon) on Town Hall Day* *We will close Nov 27th & 28th in observance of Thanksgiving Day* *We will close Nov 11 in observance of Veterans Day*						1	2  Daylight Savings
	3	4	5 TOWNHALL DAY Closed at NOON Pharmacy and PlusCare re-opens at 5pm	6	7	8	9
	10	11 CLOSED Veterans Day	12	13	14	15	16
	17	18 Patient Benefits Event AST Resource Center 9am-12pm	19	20 Patient Benefits Event Shawnee Multipurpose Building 1-4pm	21	22	23
	24	25	26	27 CLOSED Happy Thanksgiving	28 CLOSED	29	30

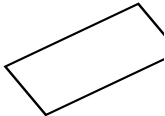


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CHILI HOT DOG MIXED VEGGIES CUTIE	4 SOFT TACO LTOP REFRIED BEANS MANDARIN ORANGES	5 CHICKEN FETTUCCINE BROCCOLI FRUIT	6 HAM PEAS CORNBREAD MANDARIN ORANGES	7 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
10 CHICKEN FAJITAS TORTILLA REFRIED BEANS PINEAPPLES	11 VETERAN’S DAY	12 BEEF TIPS NOODLES BEETS/FLUFF	13 PINTO BEANS CORNBREAD ZUCC N TOM	14 GRITS TOAST FRUIT BAR
17 CRISPY ITALIAN CHICKEN PEAS N CARROTS PEARS	18 BAKED ZITA GREENBEANS MIXED FRUIT	19 OPEN FACE TURKEY MASHED POT/GRAVY VEGGIES /JELL-O	20 TACO SOUP TORTILLA CHIPS CAKE	21 SMOKED SAUSAGE SCRAMBLED EGGS FRUIT
24 CHICKEN FRIED STEAK SANDWICH LTOP FRUIT	25 TAMALE REFRIED BEANS SPANISH RICE APPLE	26 TITLE VI NO MEALS SERVED OR DELIVERED	27 	28 CLOSED FOR THANKSGIVING

MENU SUBJECT TO CHANGE*

LUNCH IS SERVED FROM 11 AM TO 1PM
BREAKFAST IS SERVED FROM 9AM TO 11AM

SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER



HEALTH BUZZzz!!



Don’t Get Your Tinsel In a Tangle

Hatito (Hello) and Happy November, AST Fam! I hope this finds you all well and relaxed. Can you believe it’s already Novemeber? Where has the time gone? Seems like just yesterday it was summertime, and now we’re gearing up for the holidays. With the holiday season rapidly approaching, many folks find this time of year to be a joyful one, while for others, it can be a arduous time. AND, if you’re anything like me, it’s a little bit of both. Regardless of what part of the holiday festivity spectrum you land on, it will be vital in the coming weeks to not let the seasonal hussle and bussle take a toll on your mind. Studies have revealed that sudden change and elevated stress can cause the brain’s prefrontal cortex to get stuck on a overstimulated loop that causes a decrease in brain cell production and memory loss. Like the saying goes, “Ain’t nobody got time for that”! It has been suggested by experts to adopt a brain-healthy way of living to help prevent memory loss and changes in the brain. A couple ways to do that is to take some time to shift your mindset by setting realistic expectations for yourself, and to come up with a mindful strategy on how you’d like to spend your time from Thanksgiving to New Year’s Day. By applying these strategies, your brain will thank you for it!

Six Brain-Health Tips To Help Manage Holiday Stress:

- **Don’t Overspend- Only** spend what you can afford. Remember, it’s the thought that counts!
- **Practice Everything In Moderation-** Avoiding overindulgence will help keep your energy up.
- **Quality Time-** Spend time with people you enjoy.
- **Exercise-** Build in movement/exercise each day.
- **Let Go of Perfectionism** – Find joy in imperfection.
- **Stick To Routine-** Prioritze yourself by getting 7-8 Hours of restful sleep daily.
- **Don’t Isolate-** Look for opportunities to be around others, such as volunteering at a local food bank.
- **Know Your Triggers-** Knowing your triggers helps us to make healthier decisions and ease burdens.



In other news, here is a picture of our participate, Sue Sanchez, cuddling up to her new fidget pet that we delivered to her back in October. The fidget pet is a sensory tool that we provide to our participants suffering from dementia related illnesses. It helps to keep the person living with dementia “contentedly involved” throughout the day. This is an evidence based technique that is included in our culturally specific Savvy Caregiver in Indian Country training that we provide to caregivers. As you can see, Sue’s fidget cat that she calls Sam, brightens her day!

If you or someone you know would benefit from the **Savvy Caregiver in Indian Country** or **Music & Memory** programs, contact **adpi@astribe.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!

Lacy Gillean
Dementia Care Specialist



(Pictured is Sue Sanchez enjoying her fidget cat, Sam)

SPF-PFS Ensuring Hope September Activity Highlights

Over the past several weeks, the Ensuring Hope Grant team has been active in community outreach across central Oklahoma. On September 6th, Ensuring Hope, represented by Grant Director, Jack Hartgrave, and TOR set up a table at the DCCCA Prevention and Recovery in the Park at Scissortail Park. This was the 6th year of the event and the 2nd year that Ensuring Hope and TOR attended. Many other local organizations tabled to share resources, especially those related to substance use prevention and recovery. There were lawn games, a drum circle performance, and dance performances, among other activities for families to enjoy. More than 100 attendees visited our booth, where we provided information about our programs and educational materials. We are looking forward to next year’s event so we can continue spreading awareness about AST programs and promoting drug-free lifestyles!

On September 9th, 2025, the Shawnee Indian Education Program hosted a back-to-school event at Shawnee Middle School open to students of all grade levels. The Ensuring Hope Grant was represented by Grant Epidemiologist, Bailey Harris, who hosted an informational booth where 57 surveys were completed and large and small giveaway bags filled with promotional and educational materials were distributed to attendees. This event provided an excellent opportunity to connect directly with the grant’s target audience of youth and families, helping to raise awareness of prevention efforts and available resources. The grant team looks forward to continued participation in future school-based events and activities that promote wellness, education, and community engagement.



Pictured above is Bailey Harris tabling at the Shawnee Indian Education back to school bash.



Pictured above is a photo capturing part of the Indian Education Program Back to School Bash.

The Ensuring Hope Grant participated in the 2025 AST Fall Health Fair on October 3rd, setting up a booth in front of the Behavioral Health Department to engage with community members and share valuable prevention resources. The team prepared 100 bags filled with promotional and educational materials, all of which were distributed to attendees throughout the event. The health fair saw strong participation, with 186 individuals signing in and 48 vendors in attendance, including several organizations from outside the Absentee Shawnee Tribe Health System. This event provided a meaningful opportunity to connect with community members, promote substance misuse awareness, and strengthen partnerships across the region.



Pictured above are Jack Hartgrave, left, and Bailey Harris, right, at their booth during the 2025 Fall AST Health Fair held at the Little Axe clinic.

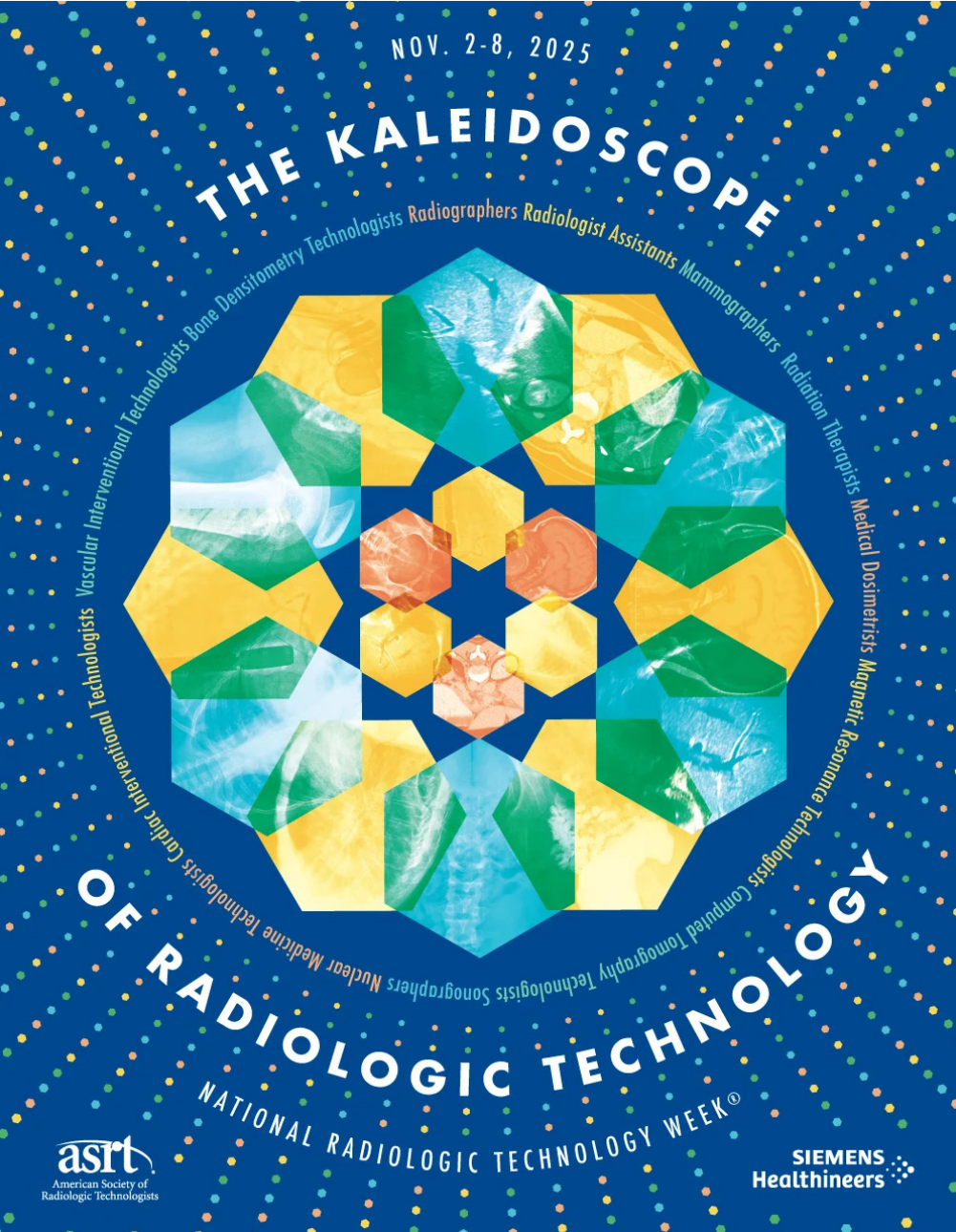
National Radiologic Technology Week®
Kicks Off Nov. 3rd

Providing patients with safe medical imaging examinations and radiation therapy treatments is the prime goal for the nation’s radiologic technologists. To recognize the vital work of its R.T.s, Absentee Tribal Health Authority is celebrating National Radiologic Technology Week®, Nov. 3 -7.

NRTW was created by the American Society of Radiologic Technologists in 1979. The event is celebrated each year during the week of Nov. 8, the day that German physicist Wilhelm Conrad Roentgen discovered the x-ray in 1895.

Medical imaging and radiation therapy professionals work with some of the most innovative equipment in the medical field to help identify pathologies, plan and administer treatment and restore patient health. R.T.s specialize in breast imaging, computed tomography, cardiac-interventional procedures, magnetic resonance imaging, nuclear medicine, ultrasound, radiation therapy and general diagnostic radiology.

About ASRT
The ASRT represents more than 157,000 members who perform medical imaging procedures or plan and deliver radiation therapy. The Society is the largest radiologic science association in the world. Its mission is to advance and elevate the medical imaging and radiation therapy profession and to enhance the quality and safety of patient care



NOVEMBER

NATIONAL

DIABETES

AWARENESS

MONTH

PLAY YOUR

PART

IN RAISING

AWARENESS



PUBLIC HEALTH DEPARTMENT PRESENTS

Elders Thursday's Fun Day!

NOVEMBER 20th | 11 AM - 1 PM
Little Axe Resource Center

Lunch provided by Title VI if you are signed up with the program. \$5 a meal if you are not signed up with Title VI

Elders 55 years and older, come and join the Public Health Department for fun games and activities with health education topics.

For more information contact:
Terra Little Jim 405.447.0300 or 405.827.7704
or tlittlejim@astribes.com



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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Medicare Medicaid Marketplace

Help Yourself Help Your Tribe

Al Triggs
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Legacy Tribal Services
(918) 853-1211

Bringing More to You

We are always innovating and looking for new ways to bring value to our members. AST contracts exclusively with Legacy Tribal Services to help educate, empower and inform you on how you can maximize your health benefits. This service is of no cost to you and helps us enhance everyone's experience within the tribal health system.



Olivia Wilson

"Customer service was excellent- In 15 minutes I learned how Medicare will work with my tribal benefits and Mr. Triggs even got me a plan that costs me absolutely nothing extra!"

Dedicated Agent

Al Triggs has over ten years of experience working with the native population in Oklahoma. His extensive knowledge in Medicare, Medicaid and health insurance plans is unmatched. You will feel confident in his recommendations and ongoing follow up.

Proactive Approach

Our pledge is to be comprehensive as we assess your needs and we strive to find all benefits and programs you're entitled to.

Guaranteed Satisfaction

Discovering how to get everything you're eligible for is your goal and delivering on this promise is ours.

BOOK A CONSULTATION TODAY

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 www.asthealth.org



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WHY CHOOSE HOME HEALTH?

Our nurses come to your home to check your vitals, discuss your medications and check for signs of infection. They help you better manage chronic diseases like heart disease, diabetes or COPD. Therapist can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

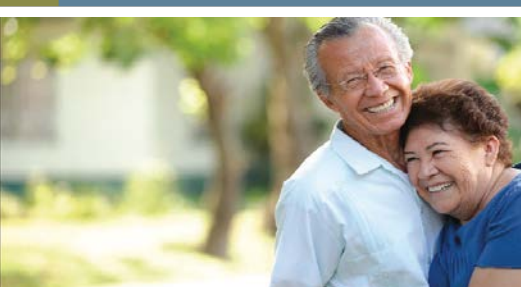
CONTACT US :

 405-701-7085

 15951 LITTLE AXE DR. NORMAN, OK

PART OF THE AST HEALTH SYSTEM

YOU HEAL BETTER AT HOME



Help Yourself → Help Your Tribe

SEE IF YOU QUALIFY FOR A PLAN AT NO COST TO YOU OR THE TRIBE

2026 Open Enrollment

Medicare: Oct 16 - Dec 7
Marketplace: Nov 1 - Jan 15

Did You Know?

- 60% of the cost to render care to tribal members comes from other payment sources outside of tribal funding?
- If you qualify for and enroll in a zero-cost plan, it helps PRC apply funding and deliver care to more people?
- When you participate in enrolling in insurance plans, it provides you with immediate access to specialized health care services?





ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850

WWW.ASTHEALTH.ORG



TOR Wi Si Ka To Wi Project

In the historical native sphere, helping was a value ingrained in every community member from infancy to adulthood. Since everyone pitched in to help, everyone in the community benefitted from it. The result was individuals, families and communities that were mutually supportive with strong social connections and a higher quality of life. Because helping one another strengthens each and every one of us, “Help One Another” is the rallying phrase centered in the current anti-stigma campaign organized by the TOR Wi Si Ka To Wi project. How can you help? Join our anti-stigma campaign to decrease misinformation about substance use disorders and increase understanding.

One of the highlights of September was working with the Norman Public Schools American Indian Education program. Thanks to Lucyann Harjo and her staff, we had the opportunity to engage with 6th, 7th and 8th graders at each of the four middle schools in Norman. We enlisted Absentee Shawnee tribal member Lorrie Thorpe to instruct students on how to make corn husk dolls. This introduction to making corn husk dolls was a way to give young people a glimpse of historical cultural lifeways. Corn husk dolls were commonly made for and by children by many eastern tribes. We hope that by sharing this type of cultural activity with young people, they will be inspired and take pride and interest in their own respective cultures. We all truly enjoyed working with these young individuals! To promote substance use prevention, we look forward to working with more native youth throughout our grant cycle.

As part of our holistic approach to wellness, at the end of September we welcomed Dr. Carmen Jones, a Choctaw citizen and a naturopathic doctor to the Little Axe Resource Center. Dr. Jones presented on Traditional Foods, Traditional Medicine and talked about how gut health can impact your overall health. Some of the traditional fermented foods she provided to balance gut health was sour corn bread and sour hominy and pork. It seems our native ancestors were cognizant of gut health too.

Stop by to visit at the Little Axe Resource Center and take a book from our Little Library – no check outs or returns necessary.

Red Ribbon Week is October 23rd to October 31st. Red Ribbon Week is a time to promote substance use awareness, prevention, and resources. Keep an eye out for us out in the field!



ASTHS Health Fair - October 3, 2025



NOTICE OF CHANGE!

At the Absentee Shawnee Tribal Health System, we are committed to making your healthcare experience as easy and convenient as possible. That's why **STARTING NOV. 1, 2025**, we're moving all patient communication and tools to the powerful Healow app! We've said goodbye to our old reminder system and hello to a better way to manage your health.

With the Healow app, you can:

- ✓ View Lab Results Online
- ✓ Request Medication Refills
- ✓ Send/ Receive Secure Messages
- ✓ Request Online Appointments
- ✓ Access Your Family's Health Information

It's everything you need, all in one place. Download the Healow app today from your app store and get connected!

**Absentee Shawnee Health System
Little Axe Clinic**
15951 Little Axe Dr. Norman
OK 73026

**Absentee Shawnee Health System
Shawnee Clinic**
2029 S. Gordon Cooper Dr. Shawnee,
OK 74801

**Absentee Shawnee Health System
PlusCare**
15951 Little Axe Dr. Norman

Phone Number
405-447-0300

Web Address
www.asthealth.org

To access your account from the address above, click the Patient Portal link and enter your username and password.

Practice Code
JEDEBD

To access your account from the healow app, use the practice code above and enter your username and password.



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