1st Annual American Indian Domestic Violence Awareness Day of Unity

Front row l-r: Melissa Lopez, Jackie Denny
Back row l-r: Heather Napier, Cheri Hardeman,
Governor Edwina Butler-Wolfe, Kimberly Stephens

Thursday
October 2nd, 2014
2nd Floor Rotunda
Oklahoma State Capital
Ceremony 10 am to 12 pm
Hello my Absentee Shawnee people!

The Oklahoma City Fair recently came and with it our cooler autumn weather. In my youth I thought that when the Oklahoma City fair came to town then the temperature would cool and the rains begin. I hope that each of you had the opportunity to enjoy the fair this year if you were so inclined.

Let me begin by saying that since coming into Office I have been open about my ideas, goals, and concerns on our Tribe’s operations, programs, businesses and within the elected body. We, as a people, need for progress to occur and with your help and prayers this can happen.

Our Little Axe joint venture grant, plan and health facility being built in 2010 is a wonderful illustration of what can happen when leaders work with staff to make a way for progress. Yes, there are glitches – such as the Little Axe clinic making enough third party revenue to pay their own loan payments without the assistance of the Shawnee clinic; retaining professional level staff; marketing services and getting access to care. Progress comes with a price and our Little Axe clinic may at times be a concern but it is still the architectural jewel of the Tribe. This beautiful facility was created through the laborious efforts of former leaders, staff and Indian Health Service who had a vision of a brighter future for our people. I was part of the team that made that effort and am proud of that major accomplishment. However, I didn’t (and still don’t) agree with the method used to put the facility into place or the loan term language that allows a ‘partial’ waive of our tribal sovereignty. At the time that language was put into place I was not a tribal leader as I am today. I want progress to occur and it takes planning, financial means and ethics to get actions done and done in a good way. Sometimes being both progressive and ethical means making difficult choices and that is why you elected me as you know I hold to both.

Special Note:

This month I, along with 15 other Oklahoma tribal leaders, had the opportunity to meet and speak with U.S. Supreme Court, Associate Justice, Sonia Maria Sotomayor at the Oklahoma Justice Center in Oklahoma City. I was able to voice our concerns that we currently face with the City of Shawnee on the taxation and de-annexation issues. She listened and expressed concern.
Health System

I have concerns about the Health Board(s) action and inaction on financial aspects of the clinic, its operations and its personnel. In the near future I will be assigning a staff person to provide input and get clarity at all meetings that involve financial and budgetary actions.

Finance

In the years prior to the former Governor’s administration it was expected that all funds regardless of their source (grant, BIA, IHS, etc.) would be executed through resolution by the Executive Committee. Somehow, over the past 5 years this process changed and our Finance department only requests the IHS, BIA, Indirect Cost and General Fund budgets to be approved. This is not an acceptable practice and one that must look at changing to retain stability in our budgets.

Now that our recent elections are over we have a new Treasurer in place. Our constitution gives this official a great responsibility of ensuring that those financial actions that occur within the tribe are accurately and consistently maintained based on general accounting principles and procedures. Based on constitutional requirements and the need to ensure our assets are duly protected I will be requesting the Treasurer be bonded in amount relevant to our assets.

Purchasing and Procurement

Our travel policies and procedures require either updating and/or enforcing due to recent travel abuse. Our constitution indicates that elected officials may be required to travel based on the responsibilities of their Office and the duties they are relegated. Regrettably, I learned this week that this process must not be clear to the tribe’s Secretary as she has traveled nationally over 20 times and uses funds pulled from other program budgets (and this is apparently being allowed by Finance). It is unclear, to me, as to why this official uses the Tribe’s resources to travel extensively when she appears unable to make Executive Committee meetings and must be unaware of her oversight responsibilities. We, as elected leaders, should be diligent in fiscal management and not abuse the power and privilege you, our people, have given to us. The practice of travel abuse must stop and I will seek clear direction on how best to resolve these types of concerns.

City of Shawnee

The City of Shawnee put new City Commissioners into place the first week of September. Gary Vogel, Ward I; Lesa Shaw, Ward 5; Michael Dykstra, Ward 6. Apparently this change did not correct the issues of the City as Commissioner Keith Hall continued his apparently biased efforts toward Tribes in the area. Due to City Commissioner Vogel abstaining from the vote on the detachment issue Hall was able to get passed language allowing the Pottawatomie County Election Board to put the issue of detaching to a city wide vote. This is a problem. We now have uninformed citizens making the decision on whether the Absentee Shawnee and Citizen Potawatomi Nation lands should be detached. The actions of Hall are neither forgivable nor forgettable as our tribe will be impacted regardless of the outcome of that ballot vote. On October 5th this issue will come to a vote. I ask that you and your extended families vote ‘NO’ to detach as we do not want to be forced to take action.

At the September 15th meeting City Commissioner Shaw made an attempt to ‘heal’ the concern between tribes and the City, Shaw placed an item on the agenda that read ‘Discussion, consideration and possible action on a proposal to defund all legal fees and expenses associated with the City’s ongoing disagreements with our Native American neighbors.’ Hall then retaliated by placing his own agenda item on that read: ‘Discussion, consideration and possible action regarding possible conflict of interest between commission members and Tribal Nations, including the retention of outside counsel to investigate and render an opinion to the Commission.’ This expressed language led to the ‘confusion’ cited in the Shawnee News Star newspaper and to the write up in the County Wide News. The ‘defunding’ item was tabled till October 6th where the issue will come up again. It’s my understanding that the Citizen Potawatomi Nation has petitioned the City of Shawnee to de-annex their land prior to the October vote to detach.

Conclusion

I have 8 months to go. My door is always open (unless I am in a meeting) and I welcome visits.

Help me to make a difference – stand beside me and Let’s Build for the Future (BFF) - united and together!

Thank you for your support.
Greetings Tribal Members,

As I’ve mentioned previously, Economic Development is a concern due to lack of adequate revenue generated by the Tribe.

Grant funding is fine for startup purposes, but to sustain these activities requires the Tribe to supplement these programs, especially those that are not required to generate income for sustainability.

We have a number of unoccupied buildings that are not generating income by standing idle. It is my intention to bring before the full Executive Committee the issue that we should lease these structures out to business entities requiring extra space for their activities.

The Tecumseh Square area is another part of the Tribe’s holdings not generating income. This too will take a collaborative effort and commitment by the full Executive Committee to solve this issue.

I am starting to hear from interested individuals who approach me about serving on our boards. I consider this a plus for the Tribe. We need qualified individuals to serve in this capacity to support our efforts to progress the Tribe’s interests.

I want to hear from you on ideas that you feel are important and will respond to your written inquiries in the following month’s newsletter.

To contact me at the Tribal Complex, please write to:

Representative Ken Blanchard
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma 74801

Or by phone at: (405) 275-4030 Ext. 202.

Respectfully,
Ken Blanchard

RESOLUTIONS THROUGH SEPTEMBER 17, 2014

EXECUTIVE RESOLUTIONS:

E-AS-14-43 09/17/14
Establishes the 74th Semi-Annual General Council Meeting for the Absentee Shawnee Tribe of Indians of Oklahoma be set for Saturday, October 18, 2014 at 10:00 a.m. at the Resource Center in Little Axe, Oklahoma.

E-AS-14-44 09/17/14
Authorizes and approves the grant agreement with the American National Red Cross to assist qualified Absentee Shawnee Tribal members obtain a storm shelter (as attached) and designates Governor Edwina Butler-Wolfe as the Tribal official with the signature authority to execute the agreement on behalf of the Tribe, effective immediately.

E-AS-14-45 09/17/14
Recognizes, affirms, and/or ratifies the appointment of Victoria Armstrong, John E. Fryrear, Tresha D. Spoon, Twila O. Parker and Gina Gray to the Absentee Shawnee Development Corporation Board of Directors. (Community Development Financial Institute “CDFI”)

E-AS-14-46 09/17/14
Approves and accepts Ashlynn Nevaeh Panther, Mark Joseph Johndrow-Boston, Riley JaLisa Monk, Jaxon Eugene Monk, Hayden Loa Martinez and Takota Sun Larney as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-14-47 09/17/14
Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Lucas Andrew Herrod, a minor, provided he is accepted into the Muscogee (Creek) Nation of Oklahoma.

E-AS-14-48 09/17/14
Approves the appointment of Dara Thorpe to the Absentee Shawnee Foster Care Licensing Committee for a Three (3) year term effective September 17, 2014 and expiring September 17, 2017.

E-AS-14-49 09/17/14
Approves the appointment of Glenna Jones to the Absentee Shawnee Foster Care Licensing Committee for a Two (2) year term effective September 17, 2014 and expiring September 17, 2016.
No reports submitted for Finance Department, Financial Consultant, and the Cultural Preservation Department.

Police Department
October Monthly Newsletter
September Activities

This month the following activities and/or events occurred:

☒ Investigator, Jason Brinker was instructor of A1404 Driving Session 2, September 16-19, 2014 at C.L.E.E.T in ADA, Oklahoma.

☒ Absentee Shawnee Tribe behavioral health and the tribal police department will be having a Drug Take Back at the Shawnee Mall September 27, 2014, 10 a.m. to 2 p.m.

Cases/Calls
As of September 26, 2014 AST PD had a total of:

- 57 Cases logged
- 78 Incoming Calls
- 1 Community Service Client
Horse Shoe Bend After School Program

The Horse Shoe Bend after school program started on September 8, 2014. Due to the Coordinator position being vacant, my staff and I have been rotating through the after school program until someone is hired to take over the daily duties. We currently have 15 students enrolled and average 10 to 12 students per day. We do have our Oklahoma Baptist University students back: Rebecca Tyler, Haley Nickerson, Chelsea Cannedy, Meagan Bauth, and two new OBU Students, Walker Cross and Kelly Burton. We are very fortunate to have these individuals as our tutors here in the after school program, as each one shows leadership and a willingness to take on the responsibility of working with each student.

Our hours of operation for this program are 2:00 p.m. until 6:00 p.m., Monday through Thursday.

North Rock Creek School will start their own after school program under a 21st Century Grant and it will be open to all students, Monday thru Friday, from the time school ends until 5:30 p.m. or 6:00 p.m. This program will take place sometime in October. I have discussed this opportunity with Mr. Blake Moody, Superintendent of North Rock Creek School, and how we could work together to offer both programs to our students. This will give students the opportunity to utilize one or the other after school program. I am very excited to see that schools are looking for better ways to give students opportunities to seek extra help in their studies.

If you should have any questions or concerns, I may be reached at 405-275-4030, Ext. 188 or at 405-481-0397.

Thank you,
Governor Butler-Wolfe
### Title VI Menu

**October 2014**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>BBQ Sandwich, Pot. Salad, Cake</strong></td>
<td><strong>Goulash, Squash, Garlic Bread, Cookie</strong></td>
<td><strong>Title VI Closed for Food Show Homebound Sack lunch on Sept. 30th</strong></td>
<td><strong>Chicken Breast, Wild Rice, Veggies, Roll/Crisp</strong></td>
<td><strong>Grits, Ham, Toast, Fruit</strong></td>
<td><strong>Pancakes, Sausage Patty, Tropical Fruit</strong></td>
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<tr>
<td><strong>Not going to be home!!!</strong></td>
<td><strong>Smoked Sausage, Cabbage, Veggies, Bread/Fruit</strong></td>
<td><strong>Hamburger, Eggs, Cheese, Crackers, Mandarin Oranges</strong></td>
<td><strong>Northern Beans/Ham, Spinach, Cornbread, Plums</strong></td>
<td><strong>Meatloaf, Mashed Pot/Gravy, Black-eyed Peas, Pears</strong></td>
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<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>BBQ Chicken, Baked Beans, Veggies, Bread/Peaches</strong></td>
<td><strong>Spaghetti w/meat sauce, Green Beans, Breadstick, Salad Bar</strong></td>
<td><strong>Chicken Strips, Mashed Pot/Gravy, Veggies, Jell-O</strong></td>
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<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>Pancakes, Sausage Patty, Scrambled Eggs</strong></td>
<td><strong>Cheese, Biscuit, Cereal, Toast, Grits, Ham</strong></td>
<td><strong>Tamales, Spanish Rice, Chips/Salsa, Apple</strong></td>
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<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>Scrambled Eggs, Sausage Gravy, Ham</strong></td>
<td><strong>Sausage Patty, Biscuit, Cereal, Toast, Grits, Ham</strong></td>
<td><strong>Cheese, Biscuit, Cereal, Toast, Grits, Ham</strong></td>
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<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>Pancakes, Sausage Patty, Scrambled Eggs</strong></td>
<td><strong>Cheese, Biscuit, Cereal, Toast, Grits, Ham</strong></td>
<td><strong>Pancakes, Sausage Patty, Scrambled Eggs</strong></td>
<td><strong>English Muffins, Sausage Patty, Toast, Fresh Fruit</strong></td>
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<tr>
<td><strong>Closed for Food Show</strong></td>
<td><strong>Fish, Mac &amp; Cheese, Hushpuppies, Tossed Salad, Pudding</strong></td>
<td><strong>Pancakes, Sausage Patty, Scrambled Eggs</strong></td>
<td><strong>Fish, Mac &amp; Cheese, Hushpuppies, Tossed Salad, Pudding</strong></td>
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<td><strong>English Muffins, Sausage Patty, Toast, Fresh Fruit</strong></td>
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<td><strong>Closed for Food Show</strong></td>
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*2% Milk Served Daily*

*Menu Subject to Change*

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**NOT GOING TO BE HOME!!!**

**CALL AND LET US KNOW AT 405-275-4030**

**EXT 169 OR NOTIFY YOUR DRIVER**

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**Title VI Pictures from the Sac & Fox Tribal Conference**

**AND OLYMPICS**

Just a little bit of information!!!

October 3, World Smile Day
October 15, Global Hand Washing Day
October 25, World Pasta Day
October 28, National Chocolate Day
October 31, **HALLOWEEN**

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Pictures continue on pages 8-9
Stretching before the big game!

Bean Bag Toss

Reta Harjo
Sgt. Scott Wilson was raised in Pauls Valley, Oklahoma. After high school he went on to attend the University of Oklahoma. Scott started his law enforcement career in 1992 with the Oklahoma Capitol Patrol. Prior to joining the Absentee Shawnee Tribal Police Department in 2008, he was employed at the FAA.

Thank you Sgt. Wilson, for your dedication and the professionalism you offer.

Let's Build For the Future (BFF)!

Governor Edwina Butler-Wolfe will be working with the six program department that she has oversight over and will monthly select an employee that is deemed to have contributed to their program and to the Absentee Shawnee tribe. The attributes to be considered are Contributions to the community and the Tribe; leadership; performance and work ethic; teamwork. It is the intent of the Governor to recognize tribal employees who do a remarkable job and might not otherwise get recognized for their contributions. This special employee recognition program will be highlighted under my Office as the SPOTLIGHT EMPLOYEE OF THE MONTH program.
Car Seat Safety Checkup

Where: Absentee Shawnee Tribe  
2025 S. Gordon Cooper, Shawnee, OK  
Date: October 28, 2014  
Time: 6 pm to 8 pm  
For more information call: Rosie Tall Bear at 405-701-7601

Did you know 9 out of 10 car seats are used incorrectly?

Proper use of your child’s car seat can mean the difference between life & death. Tragedy can be avoided by following these simple rules:

**Car Seat Basics:**

- Use the vehicle seat belt or lower anchors to install car seats. Do not use both unless allowed by both the car seat manufacturer & the vehicle owner’s manual.
- If a forward-facing car seat is being installed with lower anchors, a top tether must be used. Always use top tethers, when available, to install forward-facing car seats.
- Car seats should be installed snugly & not move more than one inch when checked at the belt path.
- Harness straps should be tight enough so that webbing cannot be pinched at the shoulders
- **Never** place a rear-facing car seat in front of an active air bag.
- Carefully read & follow the installation instructions for all car seats.
- Consult your vehicle owner’s manual for seat belt & car seat installation information
- Children under the age of 13 should ride in the back seat.
Providing & Promoting Preventative Health for All Women

Services include:

- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

- Health Promotion
- Quitting Smoking
- Misuse of Alcohol and Drugs
- Nutrition
- Physical Fitness and Exercise
- Controlling Stress and Violence
- Prevention of Pregnancy
- AIDS and other Sexually Transmitted Diseases
Injury Prevention Program

The Mayo Clinic and the Center for Disease Control & Prevention say that if you’re physically active it may help prevent you from falling. The following activities: Walking, chair exercises and Tai Chi, can improve your leg strength, balance, coordination and flexibility. Remember to check with your doctor before starting any of these activities!

Here are some tips on how to stay safe while getting back into the spring of things.

• Be sure to warm-up and cool down when appropriate.
• Wear protective gear - i.e. bike helmets, wrist & elbow guards, pads, etc.
• Rest, especially when your muscles are tired
• Prevent “overuse” injuries (i.e. stress fractures, tendonitis, or inflamed joints) by not overdoing exercise.
• Condition your body before jumping into new activities at full force.

For more information contact: Rosie Tall Bear at 405-701-7601
Little Axe Health Center
STORM SHELTER APPLICATIONS

The Tribe received a grant from Red Cross to provide storm shelters for tribes who were affected by the May 2013 tornadoes in Pottawatomie, Cleveland, and Oklahoma Counties. The grant agreement between the Tribe and Red Cross has been formalized and approved by the Executive Committee by resolution at their regular meeting on September 17, 2014. The grant allows for 92 shelters to be provided to the Absentee Shawnee Tribe. The Red Cross has indicated that rental property is not eligible for storm shelters, only for those tribal members who own or are buying their home and can provide documentation that the home is in the tribal member’s name. You must provide also submit copy of your AST CDIB card with your application.

We are now ready to take applications from tribal members who live in those three counties mentioned above. The Lt. Governor and Treasurer has compiled a list of tribal members who have been on a waiting list for quite some time that will be provided a shelter, but there are still spaces available for others who would like to apply.

The application is included in the newsletter, on the website astribe.com, and hard copies will be available at the Tribal Complex receptionist area. The deadline for applications is October 31, 2014 by COB (5:00 p.m.). Please mail your applications to Absentee Shawnee Tribe, 2025 S. Gordon Cooper Drive, Shawnee, OK 74801. If you have questions, please call Emergency Manager work cell phone number (405) 740-

Absentee-Shawnee of Oklahoma
Storm Shelter Application

INSTRUCTIONS
Please fill out this application completely. If a section does not apply to you please mark as NA. A signature is required to complete this application. Once the application is completed send the application, including the required documents, to:
Absentee-Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
Also remember to include a copy of your valid CDIB and a copy of your Warranty Deed along with this application.

GENERAL INFORMATION
Name
Mailing Address
Physical Address – If Different from Mailing Address
City
State
Zip Code
Home Phone Number
County
Secondary Phone Number (Cell)
CDIB Number: (Attach copy of Tribal Enrollment card)
E-Mail Address

LOCATION OF HOME IF IN A RURAL AREA
Directions To Home*
Include North South (NS) and East West (EW) County Road Numbers and 911 Number, If Applicable

HOME INFORMATION (Check One Only) [Attach copy of Warranty Deed]
□ New Home
□ Existing Home
□ Manufactured Home

What Type Of Shelter Do You Prefer* (Check Only One)
□ Inside Garage
□ Outside Under Ground
□ Outside Above Ground

Was Your Home Impacted By Severe Weather Incident Period: May 18, 2013 thru June 2, 2013
□ Yes
□ No
If yes explain what the damages were:

HOMEOWNER RESPONSIBILITIES
• The homeowner consents to obtain and provide copies of all construction permits, if applicable, and for contacting OKIE for the marking of any underground lines and/or public utilities prior to installation of the storm shelter.
• The homeowner grants permission for the Absentee-Shawnee Tribe and its representatives to enter upon or across lands of the homeowner for the purpose of carrying out the project.
• The homeowner will assume responsibility for minor soil settlement, if any, around installed shelter after the installation of the shelter is complete and equipment has been removed from the site.
• Once the warranty has expired the homeowner will assume responsibility for the maintenance and repair, if needed, of the storm shelter.

APPLICANT CERTIFICATION (read carefully before signing and dating in ink)
I certify that all of the answers given are true, complete, and correct to the best of my knowledge and belief, and they are made in good faith. This certification is made with the knowledge that the information will be used to determine eligibility to receive storm shelter assistance, and that false or misleading statements may constitute a violation of eligibility requirements.

APPLICANT’S SIGNATURE
(Print Name)
(Sign Name) Date

“For Office Use Only”
Date Application Was Received:
Shelter Installation Date:
Shelter Inspection Date:
Shelter Inspection Approval Date:
Vendor Payment Date:
Vendor Information:
Name:
Address:
City:
State:
Zip Code:
Phone Number:
License:/Permit:
The AST Diabetes & Wellness Department will be hosting a Diabetes Support Group. Anyone is welcome to attend!

We encourage anyone with the following to join us:

- Type 1 Diabetes
- Type 2 Diabetes
- Pre-Diabetes
- Metabolic Syndrome
- At Risk for Diabetes
- Family Member with Diabetes

This event will be a chance for anyone that has been affected by diabetes to come together and talk with other people that know what you are feeling.

**WHEN:**

Tuesday October 21st, 2014
5-7 PM

**WHERE:**

AST Resource Center

Spots available to the first 20 people!

Please contact the Diabetes Dept. for more info and to sign up!

405-701-7977
ekey@astribe.com

Light snacks and drinks will be provided

Pumpkin Carving Contest!

1St Place: Free T Shirt
2nd Place: Free Water Bottle
3rd Place: Free Lunch Bag
Abma, Meadow Eliza
Adams, James Michael
Aguinaga, Aaron Juan
Aguirre, Jose Raul
Ahtone, Caylen Evreaux
Alford Jr., Elroy Raymond
Alford, Herbert Vearl
Arndy, Wanda Marie
Ash, El Dorado
Aspen, Andrew James
Atwood, Joseph Eugene
Bailey, Beverly Jean Lovins
Balch, Shannon Eugene
Barnard, Legacy May
Barnett, Charles Wayne
Barriga, Sommer Rae
Battiste, Tara Christine
Beach, Brodie Aaron
Beartusk, Jonah Edward
Bell, Caleb Walker
Bell, Elijah Michael
Belvin Jr., Jesse Lee
Bender, Jason Allen
Betzleyoun, Kendall Ray
Betzleyoun, Richard Vincent
Bhandari, Dasan Krishna
Bittle Jr., James Carl
Blackbear, Jorey Rian
Blanchard Jr., George Melvin
Blanchard, Alex Gordon
Blanchard, Bryson Dale
Blanchard, Jared Dillon
Blinn, Vincent
Blodgett, Jennifer
Bond, Brandon Curtis
Bradley, Ronald Gene
Bradly Jr., Cedric Edgar
Brady, Carlie Noelle
Bredlove, Cynthia Kay
Brittain, Shayne Dawn
Brokeshoulder, Aaron Dean
Brokeshoulder, Randall James
Brown, Kane Alexander
Brown, Kristopher Todd
Bryce, Todd Kaden
Bui, Bennett Van
Byers, Sebastian Michael
Cagle, Sheryn Lynette
Call, Kelly Edward
Campbell, Charlotte Lynn
Carlson, Harley Leann
Carpenter, Gianda Carol
Chapman, Atira Yonne
Chisholm, Candace Lauren
Chupp, Angela Marie
City, Dora Mae
Cocharne, Rachael D.
Coddington, Cameron Michael
Coddington, Hailey Elaine
Coleman, Janice Sue
Coley, Sherry Ann
Colongo, Kiah Joede
Cook Jr., Henry James
Coriz, Benjamin Allen
Cotrell, Steven Thomas
Crosley, Eric Andrew
Crossley, Jeffery Mark
Cypret, Isaac Matthew
Dalitz, Christi Lynn
Daugherthy, Steven Neil
Davis, Brock Mason
Davis, Jann Laverne
Davis, Kimberly Lee
De, Mary Louise
Dees, Elizabeth Yvonne
DeLoache, Brendan Joseph
Dessler, Joyce Fay
Diehl, Chelsea Elizabeth
Doussett, Linda Sue
Dressen, Laurie Dawn
Dry, Brandy Joylynn
Dry, Karlee Nicole
Durmon, Ryland Ryder
Eason, Lain Malachi
Eckles, Erick Emmanuel
Eckles, Steven George
Edwards, Shawnee Dawn
Ellis, Allison Krista
Ellis, Haynette (Blanchard)
Ellis, Kevin Mark
Ellis, Kimberly Marie
Ellis, Linda Jean
England, Connie Sue
Fife, Austin Scott
Foley, Katrina Dawn
Foreman, Eli Zane
Foreman, Steven
Foreman, Wesley Joseph
Frazier, Anthony Lawrence
Gall, Rebecca Sue
Gibson, Bernice
Gibson, Collin Lane
Gibson, John Arnold
Gibson, Susan Renee
Gibson, Grant
Gillihan, Layton Douglas
Gilman Jr., Thomas Eugene
Gilman, Tomi-Lynn Sophia
Gonzalez, Katharine Mary
Green, Angela Dawn
Green, Shai Leigh
Green, Tristin Eason
Gregory, Derrek Ryan
Gregory, Samuel Jacob
Griffin, Craig Robert
Hardeman, Uriel Terez
Harjo, Bryleigh Marie
Harjo, Kaleb Emery
Harjo, Linda Marie
Harjo, Stathan Ray
Harjo, Tatum Kenzie
Harjo, Dawn Nicole
Haupty, Liumy Myki
Hayes, Jaeger Koen
Healy, Shawna Susan
Heldy, Camber Nicole
Herrera, Eian Anthony
Herrera, Manuel Gustava
Herrera, Michael Alexander
Herrera, Rhenlynn Marie
Herrin, Susan Rena
Holderness, Nichole Ann
Hood, Nova Dean
Hough, Marissa Louise
Houston, James Andrew
Huntington, Hayven Irene
Irvin, Timothy Logan
Isaac Sr., Micah
Jackson, Mary Ann
Jackson, Thaddeus Ruben
Jimerson III, Robert E
Johnson, Daniel Leroi
Johnson Jr., Josie Ed
Johnson, Chan Van Ness
Johnston, Cheveyo Lachaim Kavi
Johnston, Emma Lee
Johnson, Erica Lynn
Johnson, Jessica Lynn
Johnson, Katie L Raie
Johnson, Manuel Steve
Johnson, Mark
Johnson, Sean Allen
Johnson, Shannon Renay
Johnson, Slayt Marli
Jones, Kaila Damon
Jones, Zackery Dene
Kastl, Victoria Autumn
Kauler, Charlotte Jayne
Kelly, Joseph Austin
Klimer, Brittany Michelle
Klimer, Ethan Allen
Kirby, Robert Michael
Kleine, Elizabeth Ann
Kobs, Alexander Francis
La Plant, Isaac Joseph Leigh
Lassenberg, Lawrence Layton Brooks
Lauderdale, Sianna Rayn
Lee, Cortney Raeanne
Leedom, Christopher Donald
Leedom, Melanie Rochelle
Leedom, Stephen Wayne
Leewling, Avis Jwel
Little Creek, Frank Dwight
Little Jim, Gabriel Clint
Little Jim, Justin Dale
Little Jr., David
Little, Freddie Don
Little, Michael Boyd
Little, Travis Shane
Littlebear, Anthony Karlin
Littlebear, Bree Carson
Littlebear, John
Littlebear, Loie Gwen
Littlecreek, Dalton Dale
Littlecreek, Melissa Richelle
Littlehead, William Douglas
Littlejeim, Grace Lorene
Longhorn, Lance Calvin
Longhorn, Lydia Kye
Longhorn, Ryan Wade
Longhorn, Stephanie Lee
Longhorn, Vernice Correne
Longman Sr., Henry Daniel
Longman, Ciara Lynn
Lossie, Colton Lewis Cain
Low, Berry Denise
Lucas Spyduck, Misty Roslieah
Mack, Dewayne George
Mack, Kailas Dall
Mack', Melissa Ann
Mack, Secote Wholose
Martinez, Marina Cristina
Masquas, Katllyn Alexzandria
Mathews, Anthony Edward Scott
Mattingly, Erin Paige
Maxfield, Sky Colisa
Maxwell, Meagan Renee
McBride, Aaron Wayne
McCuddy, Queta Cara
McClain, Mandarin Marie
Megehee, Shirley Louise
Megehee, William Sean
Meger, Aidan Jacob
Merrell, Marleigh Joye
Miller, Anna Mae
Miller, Brad Scott Glenn
Miller, Kale Donovan
Miller, Scott Alan
Mills, Christy Blea
Mills, Colby Richard
Mond, Jessica Rita
Morgan, Avin Tyler
Morgan, Letitia Rhea
Morton, Rhianna Elizabeth
Motis, Christopher Cole
Moyer, Steve Johnson
Nees, Branden Hunter
Newton, Colt Allen
Odell, Edna May Armstrong
Oldham, Rachel Elaine
Onzawah, Theodora Marie
O'Toole, Chelsey Marie
Panther Hargrove, Leah Dakota
Panther Jr., Donald Eric
Panther, Dakotah Eric
Parish, Tami Dawn
Perryman, John Lewis
Perryman, Lilly D Blanchard
Peter, Tarrance Nicholle
Petersen, Marsha Ann
Ponkilla, Brigitte Nicole
Pope, Olivia
Ramirez, Antonio
Ramirez, Helen Marie
Rapos, Christal Nesebewa
Rathbun, Nicholas Lee
Ressler, Linda Kay
Rickard, Janice Renee
Rivas, Bernie Marie
Rivas, Kade
Roberts, Jeremiah Dean
Robinson, Janice Marie
Littlecreek
Robinson, Burrs Charles
Rock, Patricia Ann
Rolette, Robbin Louise
Rolette, Travis Anthony
Rudloff, Emma Leann
Salazar, Ellen Diesta
Salisbury, Alyssa Rose
Sanchez, Airez Pete
Sanchez, Itzel Itzury
Schulenberg, Justin Michael
Schulenberg, Tina Yvette
Scrapen, Benjamin Alexander
Self, Brandy Wayne
Serene, Barbara Jean
Shaffer, Nicholas Keith
Shawnee, Maeliah Lachelle
Shields, Darian Alexandria
Shirey, Caeden Carlsten
Sloan, Michael Ray
Sloat, Jeromi Wayne
Sloat, Zaurhea Elayne
Sorensen, JR
Spencer, John Wesley
Spoon, Canaan Lee
Spoon, Christina Ann
Spoon, Preston Gabriel
Spoon, Steven Paul
Spriggs, Philip Jeffery
Spyduck, Brandi Christine
Stacy, Nils Greg
Starr, Eric Glen
Starr, Tricia Suzanne
Stewart, Wanda Louise
Stone, Donnie Darnell
Sullivan, Pamela Kay
Surf, John Robert
Switch Jr., Douglas Vaughn
Switch, Aaron Christopher
Switch, Valerie June
Tallchief, Bobby Eves
Tapia, Carlito Cruz
Taylor Jr., James Robert
Taylor, Amanda Mae Alice
Taylor, Qallie
Taylor, Shelby Bennett
Thapa, Blake Lee
Thompson, Brody Patrick
Thorp II, George
Thorp Sr., Ronnie Allen
Thorp, Davis Mackenzie
Thorp, Derrick James
Thorp, Taj Robert
Thorp-Brown, Patricia Ann
Tiger, Aaron Dewanye
Tiger, Anthony John
Tiger, Attisson Elaine
Tiger, Cynthia Caylin
Tiger, John Charles
Tiger, Kalei Jean
Tiger, Waylen Michael Ray
Tolbert, Jalee Renee
Torbett, Lori Ann
Turner, Georgie Ann
Tyner, Dwight A.
Upman, Ronald David
Vasquez, Jonathan Louis
Watkins III, Kevin Lee
Vaughn, Nathan Michael
Voyle, Danielle Rose
Walker, Randall Dean
Warrior Sr., Lucian Jay
Warner, Necon Andrew
Warrior, Watasha Nichole
Wasley, Lewis Daniel
Watkins, Dylan
Watson, Aaron Wayne
White, Cynthia Diane
White, David Leroy
White, Evan James
White, Kayle Marie
White, Nicholas Clay
Whitaker, Brantley John
Wicks, Raquan DeMaria
Wilkerson, Amanda Carol
Wilkinson, Tami Marie
Wilkinson, Brier Arland
Williams, Matthew Lee
Williams, Amber Ann
Williams, Angela Marie
Williams, Charles Scott
Williams, Darlene Kaye
Williams, Timothy J.
Wilson, Bridgette Nicole
Wilson, David Anthony
Wilson, Tanya Ann
Wilson, Kelly Wayne
Wilson-Ongaco, Michelle Marie
Wolf, Christian Seminole
Wolfe, Fanya Gaylie
Wood, Darla Sue
Woody, Derek Wayne
Wright, Michael Roosevelt
Wright, Raven Roxanne
Wunderlin, Tyler Jay
Wyatt, William Thor
Yandel, Paisley Alexis
Yates, Kaitlin Cheyne

From your BFF Jackie
HAPPY 3RD BIRTHDAY
BRYSON DALE BLANCHARD

OCTOBER 21ST

Momma Shelby, MaMa, PaPa, Gramma
Sis, PaPa Tom, Sheldon, and Shosh Shosh

Happy 3rd Birthday

Bryson Dale Blanchard

From Don & Estilene Schulenberg

Rachel Odelham

Happy Birthday to you

From Don & Estilene Schuylenberg

Laurie and Darlowe Todd

October 19th

From Don and Estilene Schuylenberg

Happy Birthday

Laurie Todd!

Oct. 6

Happy Birthday

Darlowe Todd!

Oct. 2

From Don & Estilene Schulenberg
WE NOW HAVE A KIOSK AVAILABLE FOR APPLICANTS TO FILL OUT APPLICATIONS ONLINE!

*Located in the lobby of Building #3

ABSENTEE
SHAWNEE TRIBE
HUMAN RESOURCES

2025 S. Gordon Cooper Drive
Shawnee, OK 74801

Visit www.astribe.com
for current job openings

Shawnee Office
(405)275-1468
John Carrington – x131
Elizabeth Clark – x170
Rachael Lankford – x111

Little Axe Office
(405)447.0300
Leo Teafatiller – x7638
Contract Health Services News
Absentee Shawnee Tribal Health

The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information

Contract Health Services for AST members

with Insurance

CHS for a currently enrolled AST member who resides in the defined catchment area who has insurance such as Medicare or Private Insurance:

1. Complete CHS Patient Update form and update all information every 6 months.
2. Notify CHS at least 48 hours prior to appointment date for a (COB) Coordination of Benefits to be sent to provider.
3. Inform Provider/HealthFacility that AST CHS is secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.

Contract Health Services for AST members

without Insurance

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

1. You must apply for any alternate resources for which you may be eligible - Medicare, Medicaid, SoonerCare, insurance, etc.
2. Complete CHS Patient Update form and update all information every 6 months.
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.

Emergency and Urgent Care Services

CHS for a currently enrolled AST member who resides in the defined catchment area who needs emergent or urgent care:

1. Call the On-Call nurse at (405) 447-0300 option 9 for "triage".
2. Notify CHS on the next business day or within 72 hours after the ER visit. Notification does not assure authorization of payment. However if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance evidence must exist that the visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third party resource has made determination such services were “emergency care” or “urgent care” (such evidence may include payment from private insurance).
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.

Contract Health Direct Phone Line
405.701.7951

Debi Sloat  Glendine Blanchard  Flo Mann  Sharon Ponkilla  Darla Gatzman  Jayne Werst
Down Payment Assistance Program for Over Income AST Tribal Members

This program is available for any Native American family who meets our requirements and is designed to make home mortgage payments more affordable.

Eligibility
- Applicant must be eighteen (18) years of age
- Must be enrolled members of the Absentee Shawnee Tribe with gross incomes over 100% of the median income adjusted for family size to apply
- Applicant must be first-time homeowner
- Primary residences only
- Property must be located within the state of Oklahoma
- Must be approved for home loan
- Dwelling unit must pass all Housing Quality Standards inspection as well as Environmental Inspection

For more Program Information, please contact Kimberly Vermillion at Ext. 260.

Introduction
The information being provided is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply.

Eligibility Requirements
- Applicant must be eighteen (18) years of age
- Must be enrolled members of the Absentee Shawnee Tribe with gross incomes over 100% of the median income adjusted for family size to apply
- Applicant must be first-time homeowner
- Primary residences only
- Property must be located within the state of Oklahoma
- Must be approved for home loan
- Dwelling Unit must pass all Housing Quality Standards inspection as well as Environmental Inspection

For more Program Information, please contact Kimberly Vermillion at Ext. 260.

Low Rent Housing
Our low rent housing program is provided to families in need of housing in the Shawnee and Tecumseh area. Rental houses are furnished with kitchen appliances, central heat and air, and mini blinds all throughout.

In the Shawnee area, the Absentee Shawnee Housing Authority has two elderly handicap communities. These areas have fully and partial handicap accessible units. A laundry facility is located in the community for tenant use only.

Tenants in our rental program are provided services through our Maintenance Department. If any maintenance issues should arise you would contact the Housing Authority and a crew member will come and do the repair.

Lease to Own Program
The Lease to Own Program is available for any Native American family who has met our requirements and would like to purchase a home through the Housing Authority. The homes offered are ones currently in inventory and owned by the Housing Authority.

This program is designated for income eligible families who have been renting but now feel they are ready for the opportunity to purchase their own home. The application is the same as the rental acceptance requirements are different. Be sure and specify when completing your application that you are applying for the Lease to Own Program.

If you have substantial rental history and meet the income requirements, your name may be placed on the waiting list.

Down Payment Assistance Program
This program offers a one-time grant of up to $20,000 to assist with down payment and/or closing cost to purchase a home and is designed to make home mortgage payments more affordable.

Eligibility Requirements
- Applicant must be eighteen (18) years of age
- Must be Native American enrolled in a Federally Recognized Tribe, with priority given to enrolled members of the Absentee Shawnee Tribe to apply
- Applicant must qualify as a low-income family, and meet minimum income guidelines
- Applicant must be first-time homeowner
- Primary residences only
- Must be approved for home loan
- Dwelling Unit must pass environmental inspection

Applications are now being accepted for families that are over the income limits for our IHBG funded programs. Please contact our Programs & Admissions Department for further details.

NOTE: There is limited homes available for this program.
Office of Environmental Health & Engineering

- Tribal Housing Improvements Application

The Tribal Housing Improvement Program’s goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most “in need” tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

a. Handicapped/Disabled and Elderly
b. Income
c. Family Size/Overcrowded Living Conditions
d. Condition of Home

Other Programs available:

- Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents attached before the application will be processed.

Applications are available online on the website: www.astribe.com.

Submit completed application to:

Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801

Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at (405) 214-4235

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**Absentee Shawnee Tribe Recycling Program**

“To Establish a recycling program for municipal waste planning, reduction, and Recycling”

The Office of Environmental Health and Environmental Program is proud to announce the start of a new recycling program for the Absentee Shawnee Tribe. The recycling center is located in the yellow metal building adjacent to the OEH Department. The Absentee Shawnee Tribe (AST) Recycling Program Program declares that waste reduction and recycling are preferable to the or processing of municipal waste, and that removing certain materials from the municipal waste stream will decrease the flow of solid waste to municipal landfills.

AST Recycling Program used the knowledge and information about recycling markets and market demand as well as information obtained from various publications and the internet to comprise an analysis of material the recycling program will address at the start of the program. AST Recycling Program Plan establishes a goal that, by year’s end 2013, at least 25% of the recyclable material produced by the Tribe will be recycled.

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Reduce, Reuse, and Recycle

The AST recycling Program will initially focus on the following waste stream material: High-Grade shredded paper, Assorted office paper, Phone books, Magazines, Cardboard, Newspaper, and Aluminum cans. As the program and market develops, other recyclables will be sought.

There is a cost associated with recycling. However, economic, social, and environmental benefits exceed these cost.

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**FOLLOW ME... AWAY FROM METH!**

**LITTLE AXE • SHAWNEE • HEALTH CLINIC**

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**Office of Environmental Health & Engineering**

Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801

If you have any questions, you can reach us by phone at (405) 214-4235
FITNESS CENTER HOURS

Monday—Thursday
6:00 a.m.—7:00 p.m.

Friday
6:00 a.m. — 5:00 p.m.

Saturday/Sunday
CLOSED

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment, including: treadmills, elliptical cross-trainers, recumbent bikes, free-weights, kettlebells, and isolation strength machines. The AST Fitness Center is available to all Native Americans and their household family members. AST employees are also eligible for membership. The AST Diabetes and Wellness Fitness Center strives to deliver a well-trained staff that seeks to help clients reach their personal fitness and health goals. Our staff takes pride in providing appropriate and educational fitness training to all clients, providing guidance in developing a successful plan to help prevent or manage diabetes and/or other health conditions, and providing clients with a fun and positive experience working with our staff. Please take some time to come by and visit the AST Diabetes and Wellness Fitness Center today!
Recycling Containers Now Available

OEH now has recycling containers set up for public use. These recycle containers, which are cardboard only containers, are located on the south side of the Title VI building at the main complex and the other container is located at the northeast corner of the Little Axe Clinic.

We also have our mobile recycle container available behind the clinic here at the main complex. We are currently only accepting cardboard in this container as well.

Register Now!!!
www.asthealth.org/patient-portal

New Patient Portal
Absentee Shawnee Tribal Health System
Little Axe Health Center
Shawnee Clinic

FollowMyHealth™ Universal Health Record

- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
...and more!

Visit your app store and install the Follow My Health app for real-time access to your health information

For more information on how you can register for the new AST “Follow My Health” Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702
MEDICARE OUTREACH & EDUCATION
2015 OPEN ENROLLMENT EVENT
Sponsored By
Richardson Insurance
Serving the Native American Community for 24 years

Are You Turning 65?
or
Do You Want to Explore Your Current Medicare Options?
COME SEE US!

Monday, October 13, 2014 10 a.m. - 4 p.m. Little Axe Health Center
Tuesday, October 14, 2014 10 a.m. - 4 p.m. Shawnee Clinic

2015 Annual Open Enrollment Options
October 7 – December 15, 2014

Medicare Basics
Annual Open Enrollment Info
Medicare Enrollment Assistance
Explore Medigap or Part C&D Plans

Personal Medicare Plan Comparison
Part D Drug Plan Comparisons
Medicare Savings & Extra Help Info
Understanding Tribal Benefits

Explore Your Medicare Options
courtesy of Richardson Insurance

Richardson Insurance is an Indian-owned and family-operated Oklahoma state licensed insurance agency specializing in assisting Native Americans find the best medical plan for their specific needs. Tanya and Tommie Ann Richardson have been in the Insurance
The Caregiver Program and Injury Prevention Program held an Elder’s Event on September 23, 2014 for National Fall Prevention Awareness Day. This event was held at the AST Resource Center in Little Axe. The event included a one mile walk, warm up exercises, games, educational information and door prizes! Our guest speaker was Toni Donahoo, Physical Therapist. She also provided balance assessments to the elders. Thanks to Public Health Nursing who provided Blood Pressure checks, AST Fitness & Diabetes Department.

If you would like more information about the Caregivers Program or Injury Prevention Program just give us a call at: Sharon Ponkilla, LPN at 405-701-7630 or Rosie Tall Bear at 405-701-7601.

With heartfelt gratitude...

We would like to thank everyone for the prayers, love, kindness and support given to us during our time of loss. A special thank you we give to the Absentee Shawnee Tribe for all of their assistance and to the wonderful friends and family that shared memories of our Mother that will live on forever.

From the children of Margaret Starr Ellis: Pamela, Tammy, Teri, Quinton Jay, Gail and her angels beside her Barry and Marian.
We have all been touched by this devastating disease in one way or another. Our lives change and our hearts weigh heavy when we hear the words radical mastectomy, chemotherapy, radiation, or “nothing can be done at this stage”. So it is time we try hard to change the way we care for ourselves in prevention and early detection of cancer. This is not only a women’s disease, men are also at risk although less men develop this disease than women. Age is not a factor with this disease as it can happen to young and old alike. Breast Cancer not only can take part of your body but could be what takes your life. It is up to the individual to determine whether to become the victim or the survivor.

The American Cancer Society has written Guidelines for Early Detection Of Cancer, which provides information on many forms of cancer related illness. The American Cancer Society offers this explanation of what cancer is and how it starts. Cancer is the general name for more than 100 diseases. Although there are many kinds of cancer, all cancers start because abnormal cells grow out of control. Untreated cancers can cause serious illness and death.

Cancer starts when cells in a part of the body start to grow out of control. Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells continue to grow and form new, abnormal cells. Cancer cells can also invade (grow into) other tissues, something that normal cells can’t do. Growing out of control and invading other tissues are what make a cell a cancer cell. Cells become cancer cells because of damaged DNA. DNA is in every cell and it directs all its actions. In a normal cell, when DNA is damaged the cell either repairs the damage or dies. In cancer cells, the damaged DNA is not repaired, but the cell doesn’t die like it should. Instead the cell goes on making new cells that the body doesn’t need. The new cells all have the same DNA as the first abnormal cell does.

People can inherit abnormal DNA (it’s passed on from their parents), but most often DNA damage is caused by mistakes that happen while the normal cell is reproducing or by something in the environment. Sometimes the cause of the DNA damage may be something obvious like cigarette smoking or sun exposure. But it’s rare to know exactly what caused any one person’s cancer.

The American Cancer Society offers directions for taking control of your health and how to reduce your cancer risk:

**Stay away from tobacco**

**Stay at a healthy weight**

**Get moving with regular physical activity**

**Eat healthy with plenty of fruits and vegetables**

**Limit how much alcohol you drink (if you drink at all)**

**Protect your skin**

**Know yourself, your family history and your risks**

**Have regular check-ups and cancer screening test**

Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health Clinical breast exam every 3 years for women in their 20’s and 30’s and every year for women 40 and over. Women should know how their breast normally look and feel and report any breast changes promptly to their health care provider. Breast self exam is an option for women starting their 20’s. The American Cancer Society offers their number for questions or concerns about cancer: 1-800-227-2345 or visit [www.cancer.org](http://www.cancer.org).

Public Health Nursing is asking that all employees show their support for all affected by Breast Cancer by wearing Pink on Friday October 17, 2014. If you have someone you want to remember please write their name down and pen it on the back of your shirt that day. Public Health Nursing will have a booth set up with information on Breast Cancer and Health so come by and pick up a brochure.

**Let’s remember all who have been affected by Breast Cancer!!!!**

Gloria K Seeley BSN, RN and Kristy McGuire RN Public Health Nursing Dept
Dear Absentee Shawnee Tribal Health Patient,

An Important Word About The Native American Tax Exemption Under The New Affordable Care Act Healthcare Law

As of January 1, 2014 every U.S. Citizen must have health insurance or risk facing a new health tax penalty when filing your taxes. Absentee Shawnee Tribal Health System encourages all Native American patients, insured or non-insured, to take action as soon as possible and apply for their Native American Tax Exemption Number, as it is your right as a Native American. The tax exemption application is now available through the Health Insurance Marketplace.

If you do not file yearly income taxes (if you have too little income and are not required to file) or if you currently have insurance coverage for 9+ months during the 2014 calendar year, you will not have to take any additional steps (Medicaid, Medicare, VA, employer-sponsored or private insurance coverage).

You can visit with a Patient Benefit Advocate at Little Axe Health Center or Shawnee Clinic to see if you and/or your family qualify for Medicaid (state insurance coverage) or are eligible for an insurance plan on the Marketplace (insurance plans that began as a result of the Affordable Care Act) or you may choose to remain without insurance coverage.

If you choose to remain without insurance coverage and only use Indian health, you need to complete the attached Native American Tax Exemption form so that you can be “exempt” from the new mandatory insurance requirement and not receive a bill from the IRS.

This form should be completed for everyone in your household that is Native American and without insurance coverage (insurance such as Medicaid, Medicare, VA, employer-sponsored insurance or insurance through private insurance such as Marketplace plans). Native American documentation will need to accompany each household member you are applying for (See Step 5-“Documents To Support Your Application”). Complete the form and mail it to the address located in Step 4 at the end of the form. Turnaround time to process your application is approximately 4-6 weeks.

If you need assistance or have questions, a Patient Benefit Advocate can assist you.

Sincerely,

Absentee Shawnee Tribal Health System
The Methamphetamine and Suicide Prevention Initiative (MSPI), in cooperation with the Absentee Shawnee Behavioral Health Clinic and AST Cultural Preservation will begin drum making classes where the participants can learn to make pow wow drums, hand drums, sweat lodge drums and drum sticks. After we make the drums we will begin singing classes and learn our traditional songs and also learn how to compose new songs in Southern style, northern style, and hand drum round dance songs. We will have elders and adults that have lived culturally and spiritually with drumming and singing ceremonies as part of their daily walk on the Red Road (walking in prevention, sobriety, recovery, and wellbriety in the Native Way) come and be presenters to our participants (youth). We will work hard learning songs and will make 2 drum groups (northern and southern). We will use our sweatlodge to pray and ask for spiritual guidance while we learn sweatlodge songs. We will have talking circles learning about the medicine wheel and how culture and spirituality in our lives will help us stay away from alcohol and drugs. Once we have begun to learn songs we will let the drum group participants have fundraisers to raise money to travel to pow wows to sing. We will have our own Culture is Prevention Sobriety/Recovery Pow Wow. With the success of this Drum Project we can look to the future and keep it going with regalia classes and a stomp dance project for shell shakers. Contact John Soap at the Absentee Shawnee Behavioral Health Services at 405-878-4716. The Drum project classes will be at the Behavioral Health Conference room on Tuesday nights starting September 2, 2014.

On Saturday September 6, 2014 @ 2:00PM we want to invite all drummers and singers in the Shawnee/Tecumseh area for a meal and JAM SESSION to show our youth basic drum etiquette and how fun it is to sing and learn songs. Singers please bring hand drums and let’s show these youth how to “make em dance!” This event will be behind the Behavioral health conference room.

**AST COUNTRY KITCHEN**

Check out our daily made to order meals!

Sunday - 7am to 7pm
Monday - 7am to 3pm
Tuesday - 7am to 3pm
Wednesday - 7am to 8pm
Thursday - 7am to 8pm
Friday - 7am to 7pm
Saturday - 7am to 7pm
Open 7 Days A Week!

366-7220

(In Front of Thunderbird Entertainment Center Next to AST Smoke Shop)

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

Give us a call at (405) 598-1279 or (405) 481-0558 or send us an e-mail to stiger@astribe.com

**ALL ARTICLES FOR THE NEXT MONTH’S ISSUE ARE DUE BY THE 20th OF THE CURRENT MONTH**

Unfortunately, we can only accept ONE PICTURE PER BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.
On Saturday September 6, 2014 @ 2:00PM we want to invite all drummers and singers in this Drum Project we can look to the future and keep it to travel to powwows to sing.

The Methamphetamine and Suicide Prevention Initiative (MSPI), sweat

Once we have begun to learn "du" songs we will let the drum group participants have fundraisers to raise money drum etiquette and how fun it is to sing and learn songs.

New going with regalia classes and a stomp dance project for shell shakers. In cooperation with the

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in the Native Way) (Absentee Shawnee Behavioral Health)

away from We will have

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today’s consumer demand including

AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; NOW Accounts & Consumer Loans including Auto, Boat and more.

AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240; 114 E Main, Calumet, OK
Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202; 2035 S. Gordon Cooper Drive, Shawnee, OK

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today’s business needs including all types of Commercial and Small Business Loans; Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240; 114 E Main, Calumet, OK
Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202; 2035 S. Gordon Cooper Drive, Shawnee, OK

Banking Hours:

2035 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon

Are you at risk for diabetes, have diabetes or know someone who does? Type 2 diabetes is the most common type of diabetes and affects millions of Native Americans. Many people are unaware that they have diabetes or pre-diabetes. Native Americans are twice as likely to develop Type 2 diabetes than others. Some common signs and symptoms include:

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Often people with type 2 diabetes have no symptoms. Some ways to prevent and manage diabetes is through healthy lifestyle behaviors. One question that many people with diabetes or pre-diabetes often ask is “What can I eat?” The American Diabetes Association states that you do not have to be deprived or restricted. The key factors are learning what are the “superfoods”, how much of it you can have and how often. Getting into the habit of eating a healthy diet helps you manage diabetes and prevent complications caused by diabetes.

The following foods are listed on the American Diabetes Association website as “superfoods”. Try to incorporate as many of these foods into your daily meal plan to enhance the nutrient content of your meals. The foods listed have a low glycemic index (causes slower rise in blood glucose after eating) and provide key nutrients that are lacking in the typical western diet such as:

- calcium
- magnesium
- potassium
- vitamins A, C, and E.
- fiber

Beans, dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish high in Omega-3 fatty acids, whole grains, nuts, fat-free milk and yogurt. To learn more about eating these superfoods and recipes visit diabetes.org and sign up for Wellness and Healthy Eating classes at the Little Axe Clinic. Call Sidna McKane to sign up at 405 701-7977.

Source: American Diabetes Association at www.diabetes.org
FOSTER CARE

WHAT IS A FOSTER CARE WORKER?
Foster care caseworker training involves completing a bachelor's degree program in social work through a college or university. Students take courses in psychology, abnormal psychology, sociology, economics, ethics, child welfare policies and complete a supervised internship.

The child’s Foster Care Worker needs to be a partner with the foster parents to ensure that each child receives the full spectrum of services provided and/or arranged by the Department.

Some aspects of this relationship include the following:

- Sharing information on an ongoing basis regarding the child’s individual needs, family situation and adjustment to the foster home
- Encouraging the foster parents to participate in the total service planning process
- Providing the foster parents the opportunity to discuss the child’s progress and any unmet needs which they assess
- Providing the foster parent with information, support, guidance and referrals to other professionals on the child’s behalf
- Helping the foster family, when necessary, to identify and obtain services for the foster child; e.g., medical, educational
- Ensuring that the foster family, on the child’s behalf, has access to all financial resources available to the child while in foster care.

A Foster Care Worker works in conjunction with Tribal Courts, Tribal Law Enforcement, Bureau of Indian Affairs, and other county services. Indian Child Welfare’s goal is to ensure the safety of our tribal children when they placed in foster care. The homes that our tribal children are placed in must complete Child Welfare Background Check, OSBI Background Check, Income Verification, Home Study, and a Physical. Our AST foster homes are licensed by our Foster Care Committee.

Foster Care Payments are as follows:

- 0-5 age $14.73 day $441.97 month
- 6-12 age $17.12 day $513.57 month
- 12 and over $19.30 day $579.13 month

IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET
AND TURNED INTO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.

Why do we need Indian Child Welfare?
Why do we need Tribal Foster Homes?

Foster-Care System Stretched Too Far
Recent news reports reported on July 2 that Sally Schofield, the foster mother of Logan Marr, was found guilty June 25 of wrapping the 5-year-old’s body with 42 feet of duct tape during a "timeout," causing the little girl to suffocate.

Schofield could face up to 40 years in prison for the child’s death.

"The child-welfare system failed Logan Marr in every possible way," said Richard Wexler, the executive director of the National Coalition for Child Protection Reform. "They failed her … by … ignoring her cries of abuse and they failed her by letting her die in that foster home."

Six weeks before she was killed, Logan was on a visit to her birth mother when, in the presence of a child-welfare worker hired to supervise the visit, she complained that her foster mother was hurting her. "She did this to me and I cried 'cause it hurts me," the child is heard saying on a videotape, although she isn’t seen.

The truth is that we must protect our tribal children; we must protect them from a system that is overworked and in desperate need of an overhaul. We must have a voice in the child welfare system for our tribal children. As tribal child welfare workers there is not a day that goes by where we are not fighting for the rights of one of our tribal children and working to make sure that employees of the State are following OICWA and ICWA. Silence will not ensure the rights of this generation, or the next generation of Absentee Shawnee Children. The Absentee Shawnee Foster Care Program is in need of tribal foster care homes for AST children. A strong tribe must have a system in place to protect the youngest of its members when they need protection. If we do not have tribal foster homes, our Absentee Shawnee children go into State homes. We have not control over these homes; therefore, the children placed in these homes are more vulnerable. Some will say that no one can love their child as much as a parent, but when parents are unable to care for their children properly, we as a tribe need to be there for the children… We must love that child as their parent.

We use a Native American tradition of the talking stick. You sit and pass it around and whoever has the stick has to talk. Some people just hold it. Others really share.

Let us be a tribe that protects the youngest of our tribal members, let us just not say the words, but open our homes to those children who need us to protect them and offer them safety. If you are interested in becoming a foster parent please notify:

Julie Wilson  
AST/CPS/FOSTER CARE  
405-878-4702

The Child Welfare Department would like to welcome Glenna Jones and Dara Thorpe as new members of the Foster Care Committee. We appreciate their dedication and willingness to advocate for our children.


Prepared by: Shari Turpin

Preservation of American Indian culture starts with protection of our most precious resources -- American Indian children and families. Only when our children and families are healthy and happy can there be harmony in our world.

Problems Facing American Indian Children and Families

Today, 5.2 million American Indians and Alaska Natives (AI/AN) live in the United States
•American Indian children have the third highest rate of victimization
•American Indian/Alaska Natives have the highest rate of poverty of any other racial group in the nation
•In 2006, suicide was the leading cause of death for AI/AN males ages 10-14.
•A 2006 study found that, compared to other groups, AI/AN youth have more serious problems with mental health disorders.
•Alcohol-use disorders were more likely among American Indian youths than other racial groups.
•The AI/AN youth population is more affected by gang involvement than any other racial population.

What can you do to help?
Children often get lost in a system that is supposed to protect them when their parents can’t take care of them. They need someone who can provide a home that is safe. They need their emotional needs met by an adult who can act as if they are their parent. These children need love, shelter, safety, and a place that they can belong, they need a home. They need to know that they are not alone. If you are able to provide these things to one of our tribal children please contact: 405-878-4702 (ext. 133) Julie Wilson ICW/FC.
Racial disproportionality is defined as the over-or under-representation of certain groups (e.g. racial/ethnic, gender, age) relative to the group’s proportion in the general population. Reports conducted in 2008 showed that, compared to other groups, Native American children were:

- 3 times more likely to be referred to CPS
- 1.6 times more likely to be removed from their biological homes
- Twice as likely to remain in foster care for over two years
- Less likely to be adopted and more likely to be in guardianships
- Less likely to be reunited with their biological parents

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place “our tribal” children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).

Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most recent social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned.

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

**ABSENTEE SHAWNEE TRIBE CHILD WELFARE**
405-878-4702 (ext. 133)

“I don’t want a family. I need one.”
- Current Waiting Child

**<<<NOTICE>>>**
Currently there are three (3) openings on the Foster Care Board. If you are interested in serving on the board, send your letter of interest to Secretary Dawsey at the Tribal Complex, 2025 S. Gordon Cooper Dr., Shawnee, OK 73801.
# Social Services

<table>
<thead>
<tr>
<th>Name</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Cora Masquas</td>
<td>187</td>
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<tr>
<td>John Carrington</td>
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<tr>
<td>Elizabeth Clark</td>
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<tr>
<td>Rachael Lashford</td>
<td>111</td>
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<tr>
<td>Sue Ann Robert</td>
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<tr>
<td>Direct Number</td>
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<tr>
<td>Belinda Collins</td>
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<tr>
<td>Genevieve Foster</td>
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<tr>
<td>Amy Hilderbrand</td>
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<td>Jessica Gonzales</td>
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<tr>
<td>Courtney Green</td>
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<td>Jenny Watts</td>
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<td>Holly Davis</td>
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<td>Dee Wood</td>
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<td>David Deer</td>
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<td>Twyla Blanchard</td>
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<tr>
<td>Jennifer Hernandez</td>
<td>213</td>
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<tr>
<td>Glennna Jones</td>
<td>874-4762 ext 129</td>
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<tr>
<td>Lt. Governor Isaac Gibson</td>
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<td>Sue Ann Roberts</td>
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<td>Robert Schoolfield</td>
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<td>Ted Watson</td>
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<tr>
<td>Jennifer Hernandez (Director)</td>
<td>213</td>
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<tr>
<td>Glennna Jones</td>
<td>874-4762 ext 129</td>
</tr>
</tbody>
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**Note:** Email addresses for employees are typically the first initial of their first name followed by the last name and @astrive.com.

**Corrections:** E-mail: phonelist@astrive.com

**Update:** April 15, 2014

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**实在的现金...**

**意味着什么...**

**实际的现金...**

**意味什么...**

**真正的现金...**

**意味着什么...**

**真正...**