

Lt. GOVERNOR RESIGNS



From Lt. Governor Isaac Gibson:

Family and friends, in case you haven't heard I am resigning or stepping down from my Lt. Governors position.

This is a hard decision that I've been thinking over for the last few months. I have an opportunity to make a change in my career path by taking a position with the State of Oklahoma that would allow me to work towards a retirement opportunity. I've enjoyed my time here and made a lot of friends and watched a lot of friends and co-workers advance within the tribe and also move on from the tribe in their career choices. I truly believe that all the things I have been challenged with in the past 3 years, accomplished and triumphed over as the Lt. Governor during all the ups and downs, has given me a new perspective on tribal government and I truly feel that I am leaving this office with a clear conscience and have no regrets in the decisions, actions and interactions I made during my time as an elected official.

With that being said, I believe the tribe has the ability to move forward in a positive direction that will be beneficial to all. I especially want to thank all the employees who I worked with over the years and all the employees who worked with my office to help me help the Absentee Shawnee people.

FROM THE ELECTION COMMISSION

Tribal Members: This is to announce that the Election Commission has changed the day and time of their regular monthly meeting. The meeting will now be held on the second Wednesday of each month and the meeting will start at 6:30 pm. The new day and time will be in effect for the November meeting.

EXECUTIVE COMMITTEE









Edwina Butler-Wolfe Governor

Isaac Gibson Lt. Governor

John Johnson **Secretary**

Leah Bates **Treasurer**

Anthony Johnson **Representative**

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

Hello friends, neighbors, relatives and Tribal members at large!

First and foremost, I would like to extend our thoughts and prayers to our tribal people that were in the path of the two hurricanes that passed through Houston, Texas and the State of Florida. Several tribal members contacted the tribe and I made sure to call our tribal people that I knew that lived in these areas to ensure that they were ok. These were terrible storms that left so much damage to the towns, homes and everyone lives. I hope this is not a sign of what our winter will be like.

On August 17, 2017, I was invited to speak at Seminole State College for a one-hour symposium on "Native Women Power". This symposium was sponsored by the Native American-Serving Nontribal Institutions (NASNTI). NASNTI is committed to empowering student academic success through postsecondary options leading to baccalaureate transfer and socioeconomic stability. The NASNTI program has three components: revision of high-risk courses, comprehensive professional development, and engagement services for students. Each component compliments and links to the other components, creating an array of strategies and services that work together to enhance and increase the potential for student success and retention.

Additionally, on August 30, 2017, I attended the Oklahoma Council on Economic Education (OCEE) luncheon along with Tresha Spoon, Education Director of the Absentee Shawnee Tribe, and Sherry Marsh, CTSA Director and staff member. The OCEE goal is to reach and teach every child to create a more informed citizenry capable of making better decisions as saver, investors, borrowers, voters, and participants in the global economy. They do this by educating the educators: providing the curriculum tools, programming support, and community of peers for Oklahoma K-12 teachers to instruct, inspire, and guide. I am happy to mention that Tresha has been involved in this program and has an active role as a Board of Director. Also, on September 11, 2017 was the monthly directors meeting. Due to scheduling conflicts I had to move the meeting up a week from the regular scheduled meeting. I want to thank Secretary Johnson for taking time to attend these monthly meetings. It is important that we as the Executive Committee meet with the Directors of our programs to see what each program is doing for our tribal people. I also want to thank the Finance staff for attending the September directors meeting. It is very important to have our finance department to attend, especially, now that we are looking at starting our budget process for 2018. And it is very important that each director have the opportunity to sit with the Executive Committee and the Finance Staff to go over their 2018 budget and answer any questions that they may have. Listed below are the departments that attended the Director's meeting and additional meetings that I attended.

Departments present at the September Directors Meeting:

Media, Police, Indian Child Welfare, Building Blocks CCDF, Enrollment, Absentee Shawnee Housing, Human Resource, Finance, Health, Education, Social Services and Domestic Violence.

Executive Committee Present: Secretary Johnson, Governor Butler-Wolfe

Governor's Meetings

August

19th

17th Keynote Speaker at Seminole State College "Native Women Power"

Elders Meeting Resource Center- Little Axe

21st TEC Inc. Board Meeting at 5:30 p.m.
23rd CTSA Board Meeting at 9:00 a.m.

Leadership Dinner at 6:00 p.m.

25th ASEDA Meeting- Little Axe C-Store

30th Back to School with Financial Literacy Luncheon

Oklahoma Council on Economic Education - OKC

September

1st Employees Picnic 4th Labor Day

9th Cushing Cultural Events

11th Directors Meeting at 9:00 a.m.

13th All Nations Bank Meeting held in Oklahoma City

14th & 15th United Indian Nations of Oklahoma, Kansas and Texas Meeting held

in Tulsa, Ok

16th Elders Meeting Title VI- Shawnee

18th Absentee Shawnee Housing Ribbon Cutting Rolling Hills Grand

Opening at 9:30 a.m.

TEC Board Meeting- Thunderbird Casino at 5:50 p.m.

19th Meeting with Neighboring 101 at 10:00 a.m. held in Shawnee,

Oklahoma

20th Executive Committee Meeting

Other Topics/Expressions

Happy Birthday and Anniversary

To those who have had a birthday or anniversary I extend my warmest regards.

Condolences

To those families who may have lost a family member this month I extend my deepest condolences to you and your family.

Conclusion

I Hope to see everyone at the General Council Meeting on October 28, 2017 at 10:00 am at the AST Health Multi-Purpose Building on the Absentee Shawnee Tribal Complex.



Governor Edwina Butler-Wolf, Sherry Drywater, Heidi Frechette, Program Deputy Assistant Secretary for the Office of Native American Programs, Stephanie Holderfield, Special Advisor to the Deputy Assistant Secretary, Benjamin Keel, Executive Director, White House Council on Native American Affairs, Michael Affentranger, Chairperson of the BOC



Governor Edwina Butler-Wolfe poses with Ernie Stevens, Executive Director National Indian Gaming Association, At the United Indian Nations of Oklahoma, Kansas, and Texas.

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

Thank you!

Governor Edwina Butler-Wolfe



JOIN US FOR A COMMUNITY SAFTY

HALLOWEEN CARNIVAL

GAMES AND ENTERTAIMENT FOR KIDS

DDDDDDDDDDDDDDDDDDDDD

OCTOBER 4:00PM TO 6:00PM



Absentee Shawnee Tribe

▼ 2025 S. Gordon Cooper Drive

▼ Shawnee, OK 7480I

concession stand

orizes

free entry



COSTUMES ENCOURAGED!

OPEN TO PUBLIC

Shawnee City-wide Trick or Treat October 31 • 5:30pm-8:30pm

Tecumseh Downtown
Trick or Treat
October 31 • 3:30pm-5:00pm

Norman City-wide Trick or Treat October 31 • 5:00pm-8:00pm



It's that time of year when ghosts and goblins take to the streets for some Halloween fun. The celebration is growing more and more popular with everyone – kids to adults – and the American Red Cross has some safety tips people can follow to help stay safe this Halloween while enjoying the festivities.

SAFETY TIPS FOR TRICK-or-TREATERS

As parents get their kids ready for Halloween, here are some tips they should follow:

- Use only flame-resistant costumes.
- Plan the trick-or-treat route make sure adults know where children are going. A parent or responsible adult should accompany young children as they make their way around the neighborhood.
- Make sure trick-or-treaters can see, and be seen. Give them
 a flashlight to light their way. Add reflective tape to costumes
 and Trick-or-Treat bags. Have everyone wear light-colored
 clothing to be seen.
- Instead of masks, which can cover the eyes and make it hard to see, use face paint instead.
- Be cautious around animals, especially dogs.
- Visit only the homes that have a porch light on. Accept treats at the door never go inside.
- Walk only on the sidewalks, not in the street. If no sidewalk is available, walk at the edge of the roadway, facing traffic. Look both ways before crossing the street, and cross only at the corner. Don't cut across yards or use alleys. Don't cross between parked cars.
- Make sure a grown-up checks the goodies before eating.
 Remove loose candy, open packages and choking hazards.
 Discard any items with brand names that you are not familiar with.

TIPS FOR WELCOMING THE KIDS ON HALLOWEEN

If you are planning on welcoming trick-or-treaters to your home, follow these safety steps:

- Sweep leaves from your sidewalks and steps.
- Clear your porch or front yard of obstacles someone could trip over.
- Restrain your pets.
- Light the area well so the young visitors can see.
- Use extra caution if driving. Youngsters are excited and may forget to look both ways before crossing.



Elders Corner

Greetings!! The Elders Council members were delighted to have two guest speakers at the August meeting. Mariah Lee, Life Safety Monitoring, provided a lot of insight into the advantages of having a medic alert system. This system is one of the most useful tools that can be used to help individuals when in need of emergency assistance. Ms. Lee stated that several tribes are currently assessing ways to fund and implement this tool/service for their tribal members. With this product gaining more importance due to its functionality and uses, the EC invited Mr. Mark Rogers, AST Health Program Executive Director, to attend the meeting and listen to this talk. We were delighted that Mr. Rogers took the time to attend. Mr. Rogers spoke briefly on initiatives and assessments that the clinic is presently undertaking.

The second guest speaker was from the Urban Indian 5 Association (UI5). The Urban Indian 5 Association is an organization that inspires wellness among native people through art. Steve Barse provided a brief introduction of its programs and Thomas Poolaw spoke on some of his initiatives and presented many historical photographs for viewing. UI5 passed out disposable cameras to members who signed up to participate in taking cultural photographs. We hope to see many photos that will depict some of our culture and events in our daily lives. What an exciting project! The cameras are to be returned at the next meeting on September 16.

"The Gathering" was held on September 9 and was a success. The dance ground and night was perfect for the many leaders, shell-shakers and dancers. What a delight to hear the traditional songs and shell-shakers as they sent their words and music through the smoke into the sky. We hope that this type "Gathering" will be held again in the future.

The Elders Council provided coffee for all attendees of The Gathering and it was enjoyed by many. Thanks to Meredith Wahpekeche for putting this together so that everyone could enjoy that wonderful camp coffee throughout the night.

CHRISTMAS BASKETS: As in the past, the Elders Council members have volunteered their individual time and money to help make the "CHRISTMAS BASKET" project a success. The baskets primarily consist of a lap blanket and toiletry items, such as shampoo, hair brushes, and combs and other incidental necessities. The Christmas baskets are given to Absentee Shawnee Tribal elder members who are in nursing homes; are home bound; have no transportation; have health issues; or in need of assistance due to financial hardship. The EC officers have solicited donations to help finance this project and these donations along with the EC's contribution will help make this project a success once again. If you would like to donate to this cause, please contact one of the EC Officers.

In order to receive a Christmas basket, you must submit an application for consideration. The application form follows.

My Quote for this month is: We can't help everyone but everyone can help someone!

Until next time, Atheda Edwards-Fletcher

ELDERS COUNCIL CHRISTMAS BASKETS APPLICATION FORM

Qualifications: 1) Must be Absentee Shawnee Tribal Member
2) Must be 50 years old or above
3) Must reside within the counties of Pottawatomie, Cleveland, Lincoln or Oklahoma.

NAME:		
ADDRESS:		
PHONE NO:		
NOMINATED BY:		
REASON: Nursin	ng home □ Home bound □ No transportation	□ Health issues
□ Other – describe (be	e specific)	
Submit application no	o later than <u>NOVEMBER 30, 2017</u> :	
Mail Application to:	AST Elders Council 2025 South Gordon Cooper Drive Shawnee, OK 74801	
Alternative:	Drop-off application at the Tribal Complex	Building #1, Receptionist
Office use only:		
Date received:	Received by	
Delivered by:	Date of delivery:	

ASTHS October 2017 Monthly Update



Fall is coming, and with it flu season! As we prepare for another fall flu season, please remember to partner with your health system, for yourself and your family, by practicing proven hygiene and infection control procedures such as frequent hand washing, getting your annual flu shot, limiting your public exposure if you should become ill with a fever, and encouraging others to adhere to these protocols as well. It is our responsibility as a health

system to be the example of infection control for our patients, community, and loved ones. With the summer winding down, we are excited about the youth getting back-to-school, the upcoming 4th Annual AST Run for Your Life Zombie 5K Event October 27th at Little Axe/Lake Thunderbird, and the continual expansion of our services and increasing access to health programs – all to serve our patients better every day!

The inaugural 2017 AST Health System Internship Program was an unequivocal success. We hosted a graduation luncheon for our six AST young men and women, who successfully completed rotations throughout the health system. The internship program aligns with our strategic plan of investing in our young tribal members through education, mentorship, and the creation of career opportunities through service to the tribe's overall health. They finished the program with a professional letter of recommendation, a program certificate of completion, a health related work history, and a career plan on where to go now to achieve their dreams! We are extremely proud of these emerging young professionals and hope we see them again in our health system as they continue with their education and career goals.

Oklahomans face health and wellness crises every year, including tribal members here in Indian Country. The challenge has been to find solutions that work. News 9 in OKC and News on 6 in Tulsa are launching a statewide initiative to share information with their viewers on the current state of health in Oklahoma. The AST Health System joined News 9 in their state-wide community health program outreach this year for an in-depth look into the series health issues facing Oklahomans and the unique, innovative solutions that could make the lives of our friends, family and neighbors better including here in Indian Country. Please see both the Part I & II series located on their website here: http://www.news9.com/category/327122/state-of-health

The health system's strategic planning event was completed on September 8th at the new multi-purpose building. The EC liaisons, Treasurer and Secretary, the Health System's leadership team, and the health board members attended the event to ensure resources, efforts, and services were appropriately linked and programmed for execution against the strategic plan, supporting grants, third party resources, and compact funding against the baseline and Joint Venture staffing plans. We sincerely appreciate the professionalism and support of both the EC and Health Boards in supporting the healthcare delivery efforts of the health system for our patients!

Elder care and advanced aging concerns such as fall risk, monitoring loved ones who live alone, and homebound health care, remain critical priorities to the tribe and the health system. The health system has and shall continue full partnership with the tribe in serving and coordinating medical care for any tribal member with a homebound medical need that falls within the scope and authority of our health and wellness system. If you know any tribal member who is homebound and needs medical assistance, please contact our health administration office at (405) 701-7621 and we will be happy to assist with the best possible resources and coordinated care.

The health system's most valuable resource—our people—again displayed outstanding service to our tribal health system! I am extremely proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the tribe!

September Employees of the Month

Employee of the Month Team of the Month Special Leadership Award Christina Gourley, LPN LAHC Primary Care Casey Hayes, Bonnie Collett, Courtney Plumley Dara Thorpe & John Soap

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



October 2017 - Scheduled Closings

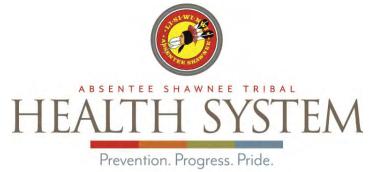
DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Oct. 4th (1 st Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM)PlusCare Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM).

November 2017 - Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Nov. 1 st (1 st Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM)PlusCare Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM).
Fri., Nov 10 th (<i>Veteran's Day</i>)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM)
TBD (Employee Dinner)	Noon to 5 PM	All AST Health facilities CLOSED -PlusCare Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM)Shawnee Clinic re-OPENS at 5 PM till 9 PM (last patient at 8:30 PM).
Thu., Nov.23 rd (Thanksgiving)	All Day	All AST Health facilities CLOSED
Fri., Nov 24 th (Holiday Observed)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM) (PlusCare will be open regular weekend hours Saturday, 11/25 and Sunday, 11/26)

^{*}In the event of a weather cancellation or delay affecting health services, <u>please call ahead</u>.

Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477



SHAWNEE CLINIC
LITTLE AXE HEALTH CENTER
PLUS CARE

BRING US YOUR USED MEDICAL EQUIPMENT!!!

The AST Health System is accepting used durable medical equipment items for re-use.

We can shine up that old walker, wheelchair, cane, or CPAP

breathing machine and make it serviceable again.

Drop off your un-used item(s) at Little Axe or Shawnee Physical Therapy Departments.

For more information, call 405-447-0300 (Little Axe) • 405-878-5850 (Shawnee)

^{**}Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall "Absentee Shawnee Tribal Health", Twitter @ASTHealth and on ASTHS website at www.asthealth.org.

LITTLE AXE HEALTH CENTER OPTOMETRY ANNUAL BENEFITS & DISCOUNTS

Absentee Shawnee Tribal Members with Vision Insurance:

All enrolled Absentee Shawnee Tribal members who have vision insurance will have their insurance billed for the exam and any prescribed optical products. The Tribal benefit will be used for the remainder of the cost for prescription eye glasses or contact lens, not to exceed the \$350.00 vision benefit through the ASTHS Contract Health Services. If the amount exceeds the \$350.00 benefit, the Tribal member will be responsible for the out of pocket expense.

*If an enrolled Absentee Tribal Member with insurance chooses to see an outside provider they will be responsible for notifying ASTHS Contract Health Services (405.701.7951 or 405.878.5850). Their benefit within the Absentee Shawnee Optometry Department will only allow for the amount within the \$350.00 that was left unused for the vision benefit year. (i.e. If you were seen December 31, 2016 your vision benefit year lasts until December 30, 2017.)

Absentee Shawnee Tribal Members without Vision Insurance:

All enrolled Absentee Shawnee Tribal members who do not have vision insurance must use the Absentee Shawnee Optometry Department to receive their eye exam at no charge and their \$350.00 tribal benefit for the cost of prescription eye glasses or contact lens. If the amount exceeds the \$350.00 benefit the Tribal member will be responsible for the out of pocket expense.

Absentee Shawnee Tribal Members who live outside of the catchment area:

All enrolled Absentee Shawnee Tribal members who reside outside of the catchment area (Cleveland, Pottawatomie, Logan, Lincoln, and Oklahoma counties) may still utilize their tribal benefit only if they use the Absentee Shawnee Optometry department for their exam and/or prescription optical products. The allotted \$350.00 will be used towards prescription eye glasses or contact lens. If the amount exceeds the \$350.00 benefit the Tribal member will be responsible for the out of pocket costs.

*These patient will need to ensure they have updated their chart. This is to include updated HIPAA and consent forms.

Additional products/charges outside of the allowed benefit schedule:

Any additional products/charges outside of the allowed benefit schedule must be paid for by the patient. For example, patients who do not require corrective lens but chose to get colored contacts or non-prescription sunglasses these will be at their own expense. All charges will need to be paid for in advance following the payment guidelines posted in the office. NO CASH WILL BE ACCEPTED.

*No combining of discounts allowed

*Insurance benefits must be exhausted first before discounts can be applied. Patient's co-pay portion cannot be discounted.



LITTLE AXE HEALTH CENTER

OPTOMETRY |

15702 East State Hwy 9 Norman, OK 73026 Phone: 405.447.0300 Fax: 405.701.7080

Realty Department

Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- lease visit www.indiantrust.com whereabouts unknown/Oklahoma/Absentee Shawnee Tribe, to see if you or your relatives are on this
- Gift deed transactions will take time to get approved from the BIA.
- Negotiated sales must follow the proper procedures to ensure the transaction is considered for approval.
- A family member of a deceased landowner must initiate the probate process.

If anyone has any questions, please contact the Realty Department @ (405) 275-4030.

PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent's family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

Should you have any questions, please contact Lea Tsotaddle at 405-275-4030 ext. 6248.

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

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

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 15th OF THE CURRENT MONTH

Unfortunately, we can only accept one picture per birthday person, not per birthday wish.

Emergency Management

How to Prepare for Emergencies

Red Cross Apps to Help Prepare and Get Important Information When You Need It - Download Free RC Mobile Apps today in the Apple Store or Google Play. Available apps:

Hero Care - Whether you're the parent of a child joining the military or a member of the military/veteran communities, Hero Care will connect you to important resources that can help you through both emergency and nonemergency situations.

First Aid - Get instant access to information on handling the most common first aid emergencies

Blood - Schedule blood donation appointments, track total donations and earn rewards as you help us meet the constant need for blood.

Pet First Aid - Be prepared to help your furry friends with veterinary advice for everyday emergencies.

Weather-Related Apps:

Emergency - This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts, to help keep you and your loved ones safe

Tornado - Receive weather alerts whenever the NOAA issues a tornado watch or warning for your community – or any location where you have loved ones

Earthquake - Receive notification when an earthquake occurs, find help and let others know you're safe even if the power is out.

Flood - Learn and prepare your family and friends for flooding, evacuation and a safe return home.

Free, Fun and Informative Apps for Kids and Parents

Monster Guard - For kids aged 7-11. This app teaches preparedness for real-life emergencies at home with the help of Maya, Chad, Olivia and all the monsters.

Swim - Learn to help keep your loved ones safe in & around water with drowning prevention & emergency response information. Includes educational games and videos for kids plus a swim lesson progress tracker.

www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps

Contact information:

Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: lday@astribe.com



Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

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

Monday through Friday.

LITTLE AXE HEALTH CENTER

15951 Little Axe Dr. Norman, OK 73026 405.447.0300

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

SHAWNEE CLINIC

2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850 • 1.877.878.4702 (Toll-free)

BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes

A AAAHC

V W W . A S T H E A L T H . O R G

WOMEN'S HEALTH SERVICES

There is a welcoming place for women.



LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300 Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations are beyond important. They make you healthier. Better. More able to do the hard work that women do.

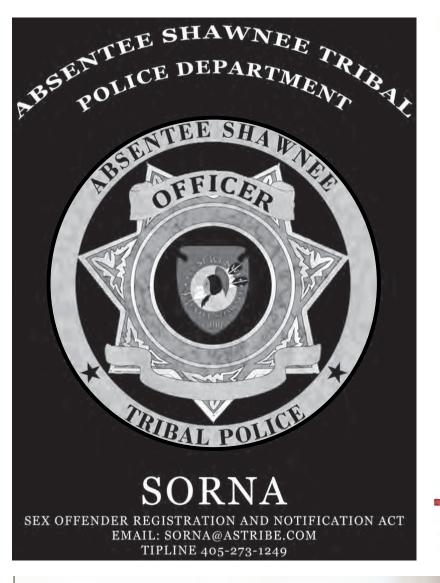
SHAWNEE CLINIC 2029 S. Gordon Cooper Dr.

Shawnee, OK 74801 405.878.5850 • 1.877.878.4702 (Toll-free)



▲ AAAHC

W W W , A S T H E A L T H , O R G



UPCOMING 2018 HEALTHCARE OPEN ENROLLMENTS

Save The Dates!



1-800-MEDICARE (1-800-633-4227)

OCTOBER 15 – DECEMBER 7, 2017 2018 Medical & RX Plan Enrollment I Plan Changes



NOVEMBER 1 – DECEMBER 31, 2017 2018 Marketplace Enrollment I Renewals I Plan Changes

TRIBAL DAY-OF-ACTION ENROLLMENT EVENTS COMING SOON!

For more information, contact AST Health System at 405.447.0300.



Little patients, big care.

AST HEALTH SYSTEM PEDIATRICS

It's so hard for a parent, grandparent or friend to see a child feeling puny. Sore throat, fever, stomach bug, croup. That's why Little Axe Health Center and Shawnee Clinic have specialized pediatric physicians on staff to help you and your little ones.

With Dr. Anita Blick-Nolan and Dr. Ellen Squire at Little Axe. Dr. Pachneerat Chainakul at Shawnee Clinic. Both offices accept SoonerCare Native and non-Native patients (ages 0-19). If your child gets sick after hours, PlusCare Clinic and Shawnee Clinic's same-day extended hours care is available for children beginning at the age of two.

LITTLE AXE HEALTH CENTER

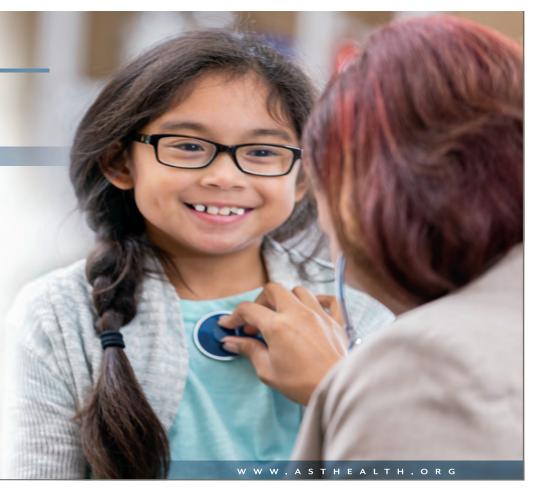
15951 Little Axe Dr. Norman, OK 73026 **405.447.0300** SHAWNEE CLINIC

2029 S. Gordon Cooper Dr. Shawnee, OK 74801 **405.878.5850** PLUSCARE CLINIC 15702 E. State Highway 9 Norman, OK 73026 405.447.0477

Call for hours of operation. All facilities are closed the first Wednesday of the month from noon-5 p.m.



ACCREDITATION ASSOCIATION



Tax Collections

FY-2017 YTD TAX COLLECTIONS (through 8/31/2017)

TOTAL TAXES \$276,097 Miscellaneous \$516	, ,,,,,,,	,,	, ,	\$296,211.48 \$85.15	\$339,331.09 \$125.15	\$237,646.33 \$220.15	\$286,587.87 \$207.65	\$0.00 \$0.00	\$0.00 \$0.00	\$0.00 \$0.00	\$0.00 \$0.00	\$1,995,948.77 \$1,645.46	0.08%
TOTAL TAXES \$276,09	.51 \$249,303.73	\$188,856.27	\$121,914.49	\$296,211.48	\$339,331.09	\$237,646.33	\$286,587.87	\$0.00	\$0.00	\$0.00	\$0.00	\$1,995,948.77	
Tobacco Refund \$2,216	.22 \$690.73	\$649.57	\$974.45	\$773.32	\$3,795.17	\$3,787.48	\$4,455.66	\$0.00	\$0.00	\$0.00	\$0.00	\$17,342.60	0.87%
Motor Vehicle \$11,86	.13 \$16,062.81	\$19,746.67	7 \$11,107.82	\$14,387.88	\$13,723.64	\$12,730.96	\$13,259.04	\$0.00	\$0.00	\$0.00	\$0.00	\$112,879.95	5.65%
Severance (8%) \$3,310	.81 \$831.89	\$867.28	\$658.59	\$4,176.63	\$1,052.37	\$2,297.27	\$873.02	\$0.00	\$0.00	\$0.00	\$0.00	\$14,067.86	0.70%
Employee (1%) \$7,658	.64 \$21,213.62	\$11,265.34	\$7,924.08	\$15,147.53	\$15,133.49	\$13,042.41	\$11,803.29	\$0.00	\$0.00	\$0.00	\$0.00	\$103,188.40	5.17%
Gaming % of free cash \$250,000	.00 \$200,000.00	\$150,000.00	\$100,000.00	\$250,000.00	\$300,000.00	\$200,000.00	\$250,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,700,000.00	85.10%
Sales (6%) \$1,050	.71 \$10,504.68	\$6,327.41	\$1,249.55	\$11,726.12	\$5,626.42	\$5,788.21	\$6,196.86	\$0.00	\$0.00	\$0.00	\$0.00	\$48,469.96	2.43%

EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-749-1591	Cleveland County
OG&E	405-272-9595	Report Power Outage
	1-800-522-6870	-
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT. OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions

YOUR FUTURE IS KEY, SO STAY DRUG FREE. OCTOBER 23-31ST:

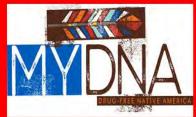
- ⇒ Red Ribbon Week educates individuals, families, and communities on the destructive effects of alcohol and drugs and encourages the adoption of healthy lifestyle choices.
- ⇒ Wearing a red ribbon during the last week of October has come to symbolize zero tolerance for alcohol, drug and tobacco use and a commitment to substance abuse prevention.
- ⇒ Grab your red ribbon from our AST MyDNA program located in the Diabetes & Wellness Department to join the cause!

DID YOU KNOW

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations! Talk to your kids!

MESSAGE BROUGHT TO YOU BY THE AST MYDNA PROGRAM @MYDNA.ROCKS

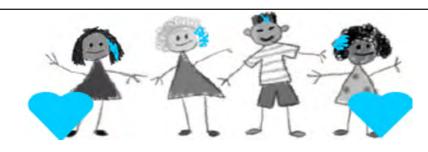






A Little Note from The Tag Office

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



Who are the children in need?

- Native American children in custody of tribe or state.
 - Native American children ages 0-17.
- Native American children in sibling groups.
- Native American children with special, physical, or emotional needs.

 Notive American children mixed with another other idea.
 - Native American children mixed with another ethnicity.

TRIBAL FOSTER CARE HOMES ARE NEEDED FOR OUR TRIBAL CHILDREN

WILL YOU OPEN YOUR HOME TO A CHILD IN NEED?

IF YOU ARE INTERESTED IN BECOMING A FOSTER CARE HOME PLEASE CONTACT:
JULIE WILSON 275-4030 EXT. 6376



2% milk served daily



2017

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Kraut n Wieners Greenbeans Bread/Pear	3 Hot Ham n Chez Mac Salad Chips/Peaches	Title VI Closed Attending Food Show	5 Tuna Sandwich LTOP Chips/Mixed Fruit	6 Cereal Toast Fruit	7
8	9 Egg roll Stir Fry Veggies Pineapples	Goulash Okra Bread Orange	11 Chicken Fry Steak Mashed Pot/Gravy Veggies Applesauce	12 Tator Tot Casserole Tossed Salad* Pudding	Scrambled Eggs Sausage Gravy Biscuit	14
15	Grilled Chez Sandwich Chicken Noodle Soup Mandarin Oranges	Pork n Potatoes Greenbeans Bread Crisp	Smoked Sausage Mac n Chez Veggies Mixed Fruit	Burrito w/ chili Chez, Onions Spanish Rice/Jell-O	Waffle Bacon Fruit	21
22	23 Hamburger LTOP Onion Rings Plums	BBQ Chicken Coleslaw Veggies Cookie	Soft Taco LTOC Refried Beans Cinnamon Roll	Beans Steak fries Cornbread Pears	Oatmeal Banana Sausage Patty	28
29	Hot Dog Pork n Beans Chips Apricots	Goblin Stew Cornbread Cake				

NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER



LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM

BREAKFAST SERVED FRIDAYS

9AM TO 11AM

FREE ITUSIC LESSONS Guitar • Bass • Piano • Drums Available to all Native Americans w/CDIB# For details, call Absentee Shawnee Behavioral Health 405-878-4716



Let us help...



With your cooling bill this Summer

If you live in Pottawatomie or Cleveland counties and have a C.D.I.B. card you may qualify for the L.I.H.E.A.P Program

Come and apply Starting in May thru September 2017

The L.I.H.E.P Program will pay for

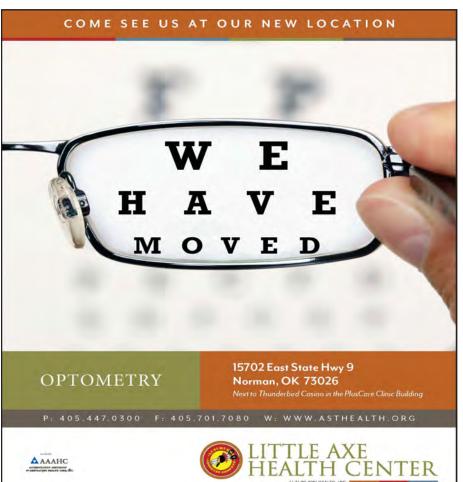


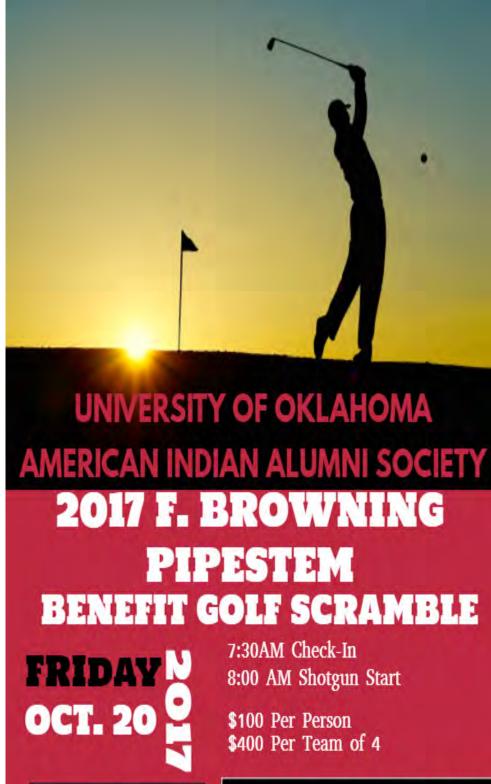
your Electric Bill



All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

Department of Social Services (405) 275-4030 Ext. #6225 or #6255





REGISTRATION DEADLINE FRIDAY OCT. 13, 2017

WESTWOOD PARK

2400 Westport Dr. Norman, OK 73069

Proceeds to toward the F. Browning Pipestem Memorial Scholarship at the University of Oklahoma and the OU American Indian Alumni Society Operations

PLEASE EMAIL AIAS @ americanindianalumniOU@gmail.com FOR REGISTRATION FORM

PosterMy Mall com



SPONSORED BY: The MyDNA/PFS (Partnership for Success) Grant AST Diabetes & Wellness SPDI Program

PARTNERS: Thunderbird Lake Little Axe Public Schools AST Health Systems, AST Police Department

October 27, 2017

(FREE EVENT) Open to the public

NEW LOCATION: Thunderbird Lake Clear Bay area 1201 Clear Bay Ave, Norman, OK



FOOD TRUCKS, COSTUME CONTEST, TRUNK OR TREAT AND MORE!

5K participants must be at least 10 years of age. All ages may participate in the 1-Mile Walk/Run.

For more information or questions Buster Bread at 405-364-7298 and Kasey Dean at 701-7993.

DON'T MISS THE LITTLE AXE INDIANS LAST HOME FOOTBALL GAME FOLLOWING THE RUN!

PUBLIC SERVICE ANNOUNCEMENT

Health Presents 1st Annual Visionary Leadership Award

Shawnee, Oklahoma – The Absentee Shawnee Tribal Health System has been engaged in a strategic planning process and during the last quarterly meeting, health officials sought to distinguish certain individuals who had made extraordinary efforts in strategic planning. This recognition came in the form of the first annual ASTHS Visionary Leadership Award. The award recognizes efforts along with the recipient's ability to inspire, engage, and motivate people to fulfill the mission and vision of ASTHS. The award also intends to recognize individuals who have created a bridge between the past, present and future that tells the story of the Absentee



Shawnee Tribal Health System's growth and success.

It was ASTHS' privilege to bestow this first honor to Mr. Scott Miller, former AST Governor. It was his contribution and impact, the awarding of the Indian Health Service Joint Venture project of the Little Axe Clinic and the formation of the 2 governing health boards, the Absentee Shawnee Tribal Health Authority, Inc. and the Li-Si-Wi-Nwi, Inc., which deserved the acknowledgement. Health appreciates the leadership qualities Mr. Miller

possesses then and now – vision, intuition, humility and courage.

Mr. Miller currently serves as the Bureau of Indian Affairs Self-Governance and IRR Roads Specialist for the Absentee Shawnee Tribe of Indians of Oklahoma. Mr. Miller has worked in various aspects of tribal governmental affairs since 2002. In 2005, he was afforded the opportunity to serve as an elected leader to the Absentee Shawnee Tribe's Executive Committee. He served in the capacities of Tribal Secretary, Lieutenant Governor and Governor. He holds a Masters of Business Administration and has recently completed his Master of Legal Studies at the University of Oklahoma. He is married to Alicia (Aly) Miller and they have 2 sons.

Prevention. Progress. Pride.

SHAWNEE CLINIC 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850 LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300

WWW.ASTHEALTH.ORG

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.

3387704

Abma, Meadow Elisa Abma, Raven Roxanne Adams, James Michael Aguinaga, Aaron Juan Aguirre, Jose Raul Ahtone, Caylen Evreaux Alford Jr., Elroy Raymond Alford, Herbert Vearl Anderson, Charlie Beckett Anderson, Jenna Elizabeth Ardrey, Wanda Marie Armendariz, Christy Ann Louise Carpenter, Glenda Carol Ash, Earl James Aspen, Andrew James Atwood, Joseph Eugene Bailey, Beverly Jean Loving **Balch, Shannon Eugene** Barnard, Legacy May Barriga, Sommer Rae Battise, Tara Christine Beach, Brodie Aaron Beartusk, Jonah Edward Bell, Caleb Walker Bell, Elijah Michael Belvin Jr, Jessey Lee Bender, Jason Allen Bettelyoun, Kendall Ray Bettelyoun, Michael Vincent Bhandari, Dasan Krishna Bittle Jr., James Carl Bittle, Ketcher Austin Bittle, Trinity Morgan Blackbear, Jorey Rian Blanchard Jr., George Melvin Blanchard, Alex Gordon Blanchard, Bryson Dale Blanchard, Ellie Jo Blanchard, Jared Dillon Blanchard, Kevin Owen Blood, Jennifer **Bond, Brandon Curtis** Bradley, Michael Joseph Brady Jr., Cecil Edgar Brady, Carlie Noelle Breedlove, Cynthia Kay Brittain, Shaye Dawn Brokeshoulder, Aaron Dean Brokeshoulder, Randall James Brown, Kane Alexander Brown, Kristopher Todd

Bryce, Todd Kaden Buckley, Dillon Wayne Bui, Bennett Van Burggraf, Thaddeus Todd Lee Byers, Sebastian Michael Cagle, Shervl Lynette Call, Kelly Edward Campbell, Camber Nicole Campbell, Charlotte Lynn Carlson, Harley Leann Carolina, Jarric Dequan Caudillo, Natalie Adelle Chapman, Atira Vonne Chisholm, Candace Lauren Chupp, Angela Marie Citty, Dora Mae Cochrane, Rachel D. Coddington, Cameron Michael Gilman, Tomi-Lynn Sophia Coddington, Hailey Elaine Coleman, Janice Sue Coley, Sherry Ann Colungo, Khia Jayde Cook Jr., Henry James Coriz, Benjamin Allen **Cottrell, Steven Thomas** Crossley, Burton Jay Crossley, Jeffery Mark Cypret, Isaac Matthew Dalitz, Christi Lynn Daugherty, Steven Neil Davis, Brock Mason Davis, Kimber Lee Davis, Mary Louise Davis, Rain E. Davis, Ryan Kyle Deere, Josiah Ahinska Dees, Elizabeth Yvonne DeLodge, Brendan Joseph Dezeller, Joyce Fay Diehl, Chelsea Elizabeth Dominguez, Stormy Sky Dry, Breanna Joyclynn Dry, Karlee Nicole Durmon, Ryland Ryder Eason, Liam Malachi **Eckles, Steven George** Edwards, Shawnee Dawn Ellis, Allison Krista

Ellis, Henryetta (Blanchard)

Ellis, Kevin Mark Ellis, Kimberly Marie Ellis, Linda Jean Fife, Austin Scott Foley, Katrina Dawn Foreman, Eli Zane Foreman, Sidney Brian Foreman, Wesley Josiah Frazier, Anthony Lawrence Gall, Rebecca Sue Gibson, Bernice Gibson, Collin Lane Gibson, John Arnold Gibson, Susan Renee Gibson, Tyler Logan Gillihan, Layton Douglas Gillmore, Jamie Mack Gilman Jr., Thomas Eugene Gonzales, Cortney Raeanne Gonzalez, Kathrine Mary Green, Angela Dawn Green, Shai Leigh Green, Tristin Eaon Gregory, Derek Ryan **Gregory**, Jacob Samuel Griffin, Craig Robert Hardeman, Uriah Terez Harjo, Bryleigh Marie Harjo, Kaleb Emery Harjo, Linda Marie Harjo, Stathan Ray Harjo, Tatum Kenzie Harjoe, Dawn Nicole Haumpy, Lijuan Myki Hayes, Jaeger Koen Healy, Shawna Susan Herrera Jr., Robert Manuel Herrera, Eian Anthany Herrera, Manuel Gustava Herrera, Michael Alexander Herrera, Rosalvnn Macie Herrin, Susan Rena Hockemeyer, Azlynn Marie Nicole Holderness, Nichole Ann Hood, Nova Dean Hough, Marrisa Louise Houston, James Andrew

Hunt, Janice-Marie Littlecreek Huntington, Hayven Irene Irvin, Timothy Logan Isaac Sr., William Jackson, Mary-Ann Jimerson III, Robert E Johnson # 039752, David Leroy Johnson Sr., Josie Ed Johnson, Chan Van Ness Johnson, Cheveyo Lachaim Kavi Johnson, Emma Lee Johnson, Erica Lynn Johnson, Jessica Lynn Johnson, Katie La Rae Johnson, Manuel Steve Johnson, Mark Johnson, Patience Mackenzie Minnie Johnson, Sean Allen Johnson, Shannon Renay Johnson, Stevi Mahri Jones, Kaiya Damon Jones, Zackery Dene Kastl, Victoria Autumn Kauley, Charlotte Jayne Kelly, Joseph Austin Kilmer, Brittany Michelle Kilmer, Ethan Allen Kirby, Robert Micheal Kleine, Elizabeth Ann **Kobs, Alexander Francis** Kringlen, Zaine Aloysius La Plant, Isaac Joseph Leigh Laplante, Amanda Carol Lasenberry, Lawrence Layton Brooks Lauderdale, Sianna Rayn Leath, Alexander Jake Leedom, Christopher Donald Leedom, Melanie Rochelle Leedom, Stephen Wayne Lewelling, Avis Jewel Little Creek, Frank Dwight Little Iim, Gabriel Clint Little Jim, Justin Dale Little Jr., David Little, Freddie Don Little, Michael Boyd Little, Travis Shane Littlebear, Anthony Karlin Littlebear, Brett Cason Littlebear, Lois Gwen

Huerta, Martin Thomas

OCTOBER BIRTHDAYS 2017

Littlecreek, Aaron Dale Littlecreek, Dalton Dale Littlecreek, Melissa Richelle Littlehead, William Douglas Littlejim, Gracey 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 Lowe, Kerry Denise Lucas Spybuck, Misty Rosileah Mack, Dewayne George MacK, Jaslynn Marie Mack, Kailas Dail MacK, Melissa Ann Mack, Secote Vholoce Martinez, Marina Cristine Masquas, Katlyn Alexzandrea **Matthews, Anthony Edward Scott** Mattingly, Erin Paige Maxfield, Sky Colisa Maxwell, Meagan Renee McBride, Aaron Wayne McBride, Lillian Kaye McCuddy, Queta Cara McGuffin, Mary Bradley Megehee, Ms. Shirley Louise Megehee, William Sean Mercer, Aidan Jacob Merrell, Marleigh Jave Miller, Anna Mae Miller, Brody Scott Glenn Miller, Kale Donovan Miller, Scott Alan Mills, Colby Richard Monk, Jessica Rita Montgomery, Jessica Lynn Morgan, Avin Tyler Morgan, Letitia Rhea Morton, Rhianna Elizabeth Motes, Christopher Cole Myers, Rachel Johnnice Neese, Branden Hunter Newton, Colt Allen O'Toole, Chelsey Marie Odell, Edna May Armstrong

Oldham, Blake Wayne Oldham, Rachel Elaine Onzahwah, Glorious Serinity Onzahwah, Theodora Marie Panther Hargrove, Leah Dakota Panther Sr., Donald Eric Panther, Dakota Eric Parish, Tambi Dawn Parker, Royce Ahle Perryman, John Lewis Perryman, Lillie D Blanchard Peter, Terrance Nicholie Petersen, Marsha Ann Pine, Kyler Evan Ponkilla, Brigette Nicole Powell, David W Ramirez, Antonio Rapos, Christal Nasebewa Rathbun, Nicholis Lee Ressler, Linda Kay Rickard, Janice Renee Rivas, Becky Marie Roach, Tanya Emma Roberts, Jeremiah Dean Robison, Burtis 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 Scarberry, Valerie June Schulenberg, Justin Michael Schulenberg, Tina Yvette Scraper, Benjamin Alexander Self, Braydon Wayne Serena, Barbara Jean Shaffer, Nicholas Keith Shawnee, Maeliah Lachelle Shields, Darian Alexandrea Shirey, Caeden Carlsen Sloan, Michael Ray Sloat, Jeromi Wayne Sloat, Zaurhea Elayne Smith, Shannon Dana Spoon Jr., John Wesley

Spoon, Canaan Lee

Spoon, Christina Ann

Spoon, Preston Gabriel Spoon, Steven Paul Spriggs, Philip Jeffery Spybuck, Brandi Christine Squire, Gwendale Lynn Stacey, Nils Greg Starr, Eric Glen Starr, Tricia Suzanne Stewart, Wanda Louise Stone, Donnie Darnell Sullivan, Pamela Kay Sultuska, George A Surface, Ian Robert Switch Jr., Douglas Vaughn Switch, Aaron Christopher Tallchief, Bobby Eves Tapia, Carlito Cruz Taylor Jr., James Robert Taylor, Amanda Mae Alice Taylor, Gail Anne Taylor, Shelly Bennie Thapa, Blake Lee **Thompson, Brody Patrick** Thompson, Wyatt Dane Thorpe III, George Thorpe Sr., Ronnie Allen Thorpe, Davis Mackenzie Thorpe, Derrick James Thorpe, Taj Robert Thorpe-Brown, Patricia Ann Tiger, Aaron Dewayne Tiger, Anthony John Tiger, Attison Elaine Tiger, Cynthia Caylin Tiger, John Charles Tiger, Kaley Jean Tiger, Waylen Michael Ray Todd, Laurie Dawn Tolbert, Jaleigh Renee Torbett, Lori Ann Turner, Georgie Ann Tyner, Dwight A. Upman, Ronald David Vasquez, Jonathan Louis Vasquez, Kayla Nicole

Vaughn, Nathan Michael

Voyles, Danielle Rose

Walker, Randall Dean

Warrior Sr., Lucian Jay

Walley, Erik Austin

Warrior, Necon Andrew Warrior, Watasha Nichole Wasley, Lewis Daniel Watkins III, Irvin Lee Watson, Aaron Wayne White, Cynthia Diane White, David Leroy White, Eli Abbott White, Evan James White, Keyle Marie White, Nicholas Clay Whittaker, Blake Matthew Whittaker, Brantley Jai Wicks, Raequan DeMario Wilkerson, Amy Marie Wilkinson, Briar Arland Williams #547504, Matthew Lee Williams, Amber Ann Williams, Angela Marie Williams, Charles Scott Williams, Darlene Kaye Williams, Timothy J. Williams, Timothy John Willis, Christy Danielle Wills, Chevelle Adyson Wilson, Bridgette Nicole Wilson, Cadense Raydale Wilson, David Anthony Wilson, Linda Sue Wilson, Tanya Ann Wilson, Terry Wayne Wilson-Ongaco, Michelle Marie Wolf, Christian Seminole Wolfe, Fanya Gayle Wood, Darla Sue Woody, Derek Wayne Wright, Michael Roosevelt Wunderlin, Tyler Jay Wyatt, William Thor Yandell, Paisley Alexis Yates, Kaitlin Chevenne

PUBLIC SERVICE ANNOUNCEMENT

Walk-In Flu Shots Available

Norman, Oklahoma – If you don't have time to schedule an appointment for your Flu shot, the Absentee Shawnee Tribal Health System is now offering walk-in opportunities at the Little Axe Health Center location only.

This service is for all established patients (6 months of age and up) with our health system, the vaccinations will be offered at the following locations, dates and times:

•	Tuesday, Oct 10 th	Little Axe Health Center	5:00 PM- 8:00 PM
2)	Thursday, Oct 12 th	Little Axe Health Center	5:00 PM- 8:00 PM
,	Tuesday, Oct 24 th	Little Axe Health Center	5:00 PM- 8:00 PM
4)	Thursday, Oct 26 th	Little Axe Health Center	5:00 PM- 8:00 PM

Flu vaccines at PlusCare are also available for current patients 9 years old and up during normal PlusCare hours to include the weekends.

They are also available at the Shawnee Extended Hours Clinic for current patients 6 months old and up from 5:00 PM to 9:00 PM M-F and 9:00 AM-5:00 AM on Saturdays.

Flu shots will also be available at General Council in the Multipurpose Building on Saturday, October 28, 2017 beginning at 9:00 AM.

Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Most seasonal flu activity typically occurs between October and May. If you have additional questions, please call Little Axe Health Center at (405)447-0300, PlusCare Clinic at (405)447-0477 or Shawnee Clinic at (405)878-5850.

Prevention. Progress. Pride.

SHAWNEE CLINIC 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850 LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300

WWW.ASTHEALTH.ORG

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

<u>Note:</u> You may be asked to provide supporting documentation for verification purposes.

RENEWALS

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

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

TAG PRICES

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

PENALTY

\$0.25 A DAY

ABSENTEE SHAWEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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



10% OFF ALL SERVICES FOR TRIBAL EMPLOYEES & MEMBERS

Must present CDIB card or tribal employee ID. Not valid with any other offers.

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

TIRES | MAINTENANCE | REPAIR

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

f

405) 598-6920



www.arrowheadautomotivecenter.com



Arrawhead Automotive Center is owned by the Eastern Shawnee Tribe of Oklahama



Buster Bread Fitness Manager

The Absentee Shawnee



Chrissy Wiens
Physical Activities Specialist





Fitness Facility Hours of Operation

Monday - Friday

6:00 a.m. - 9:00 p.m.



Fitness Facility Weekend Hours of Operation

Saturday

9:00 a.m. - 3:00 p.m.



Brandon Goodman Fitness Technician

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.



McKenna Watson Fitness Technician

AST Diabetes and Wellness Program

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

The AST Resource Center fitness room hours are:

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

Sunday CLOSED

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





October





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
Zumba Fitness 6:15 a.m7:00 a.m. Chrissy Wiens Little Axe Resource Center	Strength Circuit 6:15 a.m7:00 a.m. Chrissy Wiens Little Axe Resource Center	Cardio Kickboxing 6:15 a.m7:00 a.m. Chrissy Wiens Little Axe Resource Center	Strength Circuit 6:15 a.m7:00 a.m. Chrissy Wiens Little Axe Resource Center	Zumba Fitness 6:15 a.m7:00 a.m. Chrissy Wiens Little Axe Resource Center
		Kickboxing Camp 12:00 p.m12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				Work 2:30 p.m3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
Strength Circuit 5:45 p.m6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m6:30 p.m. Buster Bread Little Axe Resource Center		

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

"Kickboxing Camp"- Intense aerobic training that incorporates kickboxing self-defense to engage and strengthen the cardiovascular system.

Absentee Shawnee Fitness



"Circuit Training"- A time efficient training system aimed at developing strength through pre-determined training stations.

"Cardio Kickboxing"- Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.



"Work!"- Strength training exercise that uses tubing, weights, and kettlebells to help increase muscular strength, anaerobic power, and tone muscles.

Diabetes and Wellness

IOWA TRIBE OF OKLAHOMA **VOCATIONAL REHABILITATION**

TRANSITIONAL



The Iowa Tribe of Oklahoma Vocational Rehabilitation (ITOVR) Program has provided vocational services to Native Americans consumers since 1994, and transition services to students since 2004. For years, our goal has been to empower Native American with disabilities, consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choice, to prepare for the transition from school to work or postsecondary school.

PROGRAM

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

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

QUALIFICATIONS

- Are you an enrolled member of a federally recognized tribe?
- · Are you a Junior/Senior in High School?
- · Do you reside in our services area?
- · Disability documentation from a Doctor, Physician or Mental Health Provider noting disability and impediments?
- An IEP or 504 Plan may be accepted

SERVICES

- · Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)

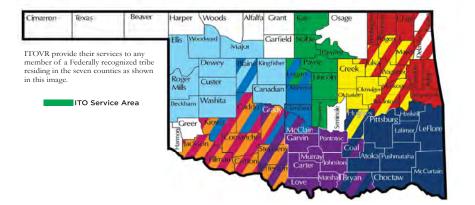
- Work Clothing for New Jobs
- Career Assessments Physical or Mental Evaluations
- Resume Building, Interview Etiquette,
- Other Various Services











Taylor McClellan, Counselor 405-547-5721 x223 · 888-336-IOWA tmcclellan@iowanation.org

IOWA TRIBE OF OKLAHOMA 335588 E. 750 RD. PERKINS, OK 74059 405-547-2402 BAHKHOJE.COM





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

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

Together, we will fulfill our mission.

LITTLE AXE HEALTH CENTER

15951 Little Axe Dr. Norman, OK 73026 405.447.0300

SHAWNEE CLINIC

2029 S. Gordon Cooper Dr. Shawnee, OK 74801

PLUSCARE CLINIC

15702 East State Highway 9 Norman, OK 73026 405 447 0477





Sign up, stay connected.

ONLINE PATIENT PORTAL> for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results? Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register. For more help, call your clinic, and we'll walk you through it.



Install the app on iPhone or Android for real-time access to your health information







A number of years ago there was a ridiculous political comment about how the flu vaccine shortage could be blamed on former President Bush and his policies. This raised my hackles and shot my blood pressure up to the height of the International Space Station. Now that I am back down to earth I want to revisit the subject and make one thing clear to everyone. Any flu vaccine shortage is no one's fault from the perspective of negligent behavior. It is simply an issue, like many others, of our complex modern way of life. Unfortunately it is an issue that will yield some great political mileage for the uninformed and misguided. Let's expand this general discussion and consider the following. I can remember back in about 1955 or so when the great Asian Flu scare hit the United States. I was just a kid living in Kansas City and all the neighbors kept their kids indoors to keep them from becoming exposed to the flu by not playing with anyone else. My mother was a medical professional working in a doctor's office and had little time to run roughshod over my sister and me. Consequently we played outside all day long, made trips to the local dump on our bikes to play amongst the piles of trash and otherwise placed ourselves at great risk of getting who knows what. Needless to say we never caught a thing and survived to create families as nature intended. What I remember about those days is that there was no flu vaccine. The only vaccine I remember was the Salk polio vaccine, administered with a foot long 2-inch diameter needle (or so it seemed in the eyes of a little kid). Flu epidemics have come and gone and many of us are still alive and kicking. We are now presented with the upcoming flu season of 2017-18. No one can yet predict the impact of flu season on the lives of our citizenry. The fact is that there is little evidence that the impending flu season, or any future flu season will bring about anywhere near the pandemic of the early 20th century which did kill millions of people. Let's put things back into perspective. In the early 20th century around World War I the state of personal hygiene in the average U.S. household was pitiful and not much better than it was during the Civil War, and this does not even take into consideration the hygienic state of the rest of the world. Literally hundreds of millions of people still used outdoor toilets, drank unclean water and took a bath perhaps once a month whether they needed it

or not. Furthermore, a bar was somewhere you want to drown your troubles, not something to use to cleanse yourself. The jury was still out for many individuals on whether vaccination for smallpox was sent from heaven or hell. Here we are in the early 21st century and who would have thought that one could converse with someone on the other side of the world while looking at their picture on a handheld device? We have lived for years now in the assurance that when fall rolled around we would be able to go to the doc to obtain a flu shot and be secure from influenza. The fact is that getting a flu shot never ever guaranteed that you would not get the flu! I know this to be true from firsthand experience. The flu shot simply is designed to shorten the course or the severity of a flu encounter. It is just like the pneumonia shot that is now a part of our healthcare arsenal. I would bet my hat that most people, regardless of whether they have a flu shot, never get the flu because either they have not been exposed or their bodies' immune system is able to take care of the problem. People of intelligence should be readily receptive to my comments about modern healthcare in that much of what we know about disease processes places a heavy emphasis upon preventive measures. Some of these preventive measures go back to the advice grandma gave us as children – "Wash your hands." The flu virus particles are airborne, just like viruses for many other maladies, the common cold being the most familiar. The World Health Organization and several other health organizations are clear on this one measure alone. Hand washing is the single most effective way of preventing disease transmission. Doctors have known this for a long time and we were trained in medical school and residency to wash our hands between patient visits to prevent the spread of disease. Another way you can help prevent the spread of airborne disease is to cover your face when you cough, or if you are brave enough, wear a surgical mask when out in public (just think of it as a fashion statement) when you have a cold or flu. I want to throw this out for reassurance to those who are convinced that they will die if they do not get a flu shot. The CDC, the American Academy of Family Practice and several other medical organizations work diligently to allocate available supplies of flu vaccines to provide those who are at high risk with a shot. The flu season is not here yet so sensibly, not to panic is the order of the day. Meanwhile, do those things you know to do - wash your hands after coming into contact with environmental surfaces like bathroom doors, eat well, drink plenty of water and get plenty of rest. Also, grandma used to give advice along the lines of "Don't do stupid stuff." That means remain healthy in your day to day personal habits. Don't knowingly compromise your health by doing things you know not to do. These are all things grandma told you but are still great advice today from your doctor. If you do develop flu-like symptoms don't go right over and visit grandma. Stay home and don't give anyone else the chance to enjoy your suffering. A trip to the doctor may be warranted but unless you are very ill, home in bed is where you belong. For the very elderly or those who are at high risk for significant complications (or perhaps death) from the flu there are medications that can be prescribed to lessen the severity (but not cure) of the flu. Use common sense this flu season and don't panic. Life is too short for that. With your health in mind –

Bruce Stafford, DO, Diplomate ABFM, NBPAS Deputy Medical Director, Absentee Shawnee Tribal Health System

Foster Care

THE INDIAN CHILD WELFARE ACT OF 1978

The Indian Child Welfare Act is a 1978 federal law. It offers protections to Indian children, parents, guardians and tribes in cases in which a child has been removed from its home. The ICWA forces state courts to recognize the political, cultural, and social standards of Indian tribes and peoples. The Court must consider those standards during any proceeding or placement of the child. The ICWA protects the best interests of Indian children and seeks to promote a stable, secure Indian family.

PARTIES PROTECTED BY THE ACT

Indian children are those enrolled in a tribe or eligible to be enrolled, with at least one parent who is a member of an Indian tribe. The ICWA also protects three other parties. First, it protects the custodial parents of an Indian child should they be accused of wrongdoing. The ICWA makes the state courts provide full notice of all hearings, use expert witnesses, and follow a higher standard of proof than in non-Indian cases. The Act also makes the state court appoint an attorney to represent the parents if they are unable to afford one. Second, the ICWA protects Indian custodians. Indian people who have raised a relative child as if they were their own, or people to whom the natural parents have given temporary custody, are entitled to the same type of notice and protections as the natural parents. Finally, the Act protects tribal rights as well. The state court must give notice to the tribe and generally follow its recommendations about placement. If these parties' rights are not protected, the Act allows any of them to overturn the result of the state court. The ICWA does not apply in three types of cases. It does not apply in divorces or divorce modifications, unless a termination of parental rights is involved or custody is given to someone other than the natural parents. It does not apply if the child in custody is accused of a crime. Finally, Oklahoma courts have created a third exception to the law: the ICWA does not apply to noncustodial Indian parents who do not support or visit their children.

Midnight calls, long drives across state and emotional encounters all make it difficult for social workers in child protection services to really ever "clock out." Their job doesn't end when the typical 40-hour work week is over. The true nature of the profession requires them to be available at a moment's notice, 24/7, 365 days a year.

Please Report Child Abuse You could be saving a child's life.

IF YOU ARE A GRANDPARENT THAT IS RAISING YOUR GRAND-CHILD YOU MAY QUALIFY FOR TANE. GRANDPARENTS THAT HAVE LEGAL GUARDIANSHIP OF THEIR GRANDCHILDREN CAN RECEIVE TANF BY APPLY-ING FOR "CHILD ONLY" TANF GRANT WHICH WILL ONLY TAKE IN ACCOUNT THE GRAN-CHILD'S INCOME/ASSETTS. THE DEPARTMENT OF HUMAN SERVICES WILL ASK YOU FOR YOUR INFORMATION, BUT IT WILL NOT BE USED IN THE AP-PROVAL PROCESS. IF YOU HAVE ANY QUESTIONS IN REGARDS TO GRANDPARENTS APPLYING FOR TANF. PLEASE CALL JULIE WILSON 395-4492.



STATE AUTHORITY OVER INDIAN CHILDREN

In some cases, Oklahoma lacks any kind of authority over an Indian child. If the child lives on trust or restricted land, or in an MHO Housing cluster, or in a dependent Indian community, the state may not have authority to proceed. Under the ICWA, the case must be heard in the tribal court. For other Indian children, the state shares jurisdiction with tribal courts. However, the Supreme Court has said that tribal courts are the preferred court for Indian children. An Indian parent or tribe may request that a case be transferred to tribal court for proceedings.

If a child is placed in foster care, the Act requires the state to follow placement guidelines. The State must follow the Tribe's Tribal State Agreement and Placement Preferences

"RESPECT THE INDIAN CHILD WELFARE ACT BECAUSE OUR CHILDREN ARE NOT YOURS TO TAKE"

Before placing a child in a non-familial or non-tribal final home, states are required to make what are called "active efforts" to place the child in an ICWA-compliant situation. These efforts include mandatory attempts at parental and familial reunification before terminating rights permanently, and consultation with the tribe in a timely manner.



ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT Ronelle Baker ICW Director 395-4491 Julie Wilson Child Protective Services/Foster Care 395-4492 Jackie Denny PSSF Program 395-4493

ICW HAS MOVED TO 105 N. KIMBERLY AVENUE

FACT:
ALL Foster
Children
Under Age 5
Are
Automatically
Eligible
for WIC
FOSTER2 FOREVER

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a federal assistance program of the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) for healthcare and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five. GRANDPARENTS RAISING THEIR GRANDCHILDREN MAY RECEIVE WIC FOR THEIR GRANDCHILDREN



If you are interested in becoming an AST foster care home and would like more information please contact

Julie Wilson

405-395-4492

COMMUNITY MARKET OF POTTAWATOMIE COUNTY 120 S. CENTER ST. SHAWNEE, OKLAHOMA. (405) 788-4957 HOURS OF OPERATION

MON. 12:30 TO 5:30 P.M., TUE. 10:00 A.M. TO 3:00 P.M. WED. 10:00 A.M. TO 3:00 P.M., FRI. 10:00 A.M. TO 3:00 P.M. (COMMUNITY FOOD BANK)

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

ELIGIBIL	ITY
-----------------	-----

Ш	ENROLLED ABSENTEE SHAWNEE TRIBE
П	18 YEARS OF AGE OR OI DER

- UTILITY BILL IN YOUR NAME AND/OR SPOUSE'S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF \$2,800.00)

REOUIRED DOCUMENTATION:

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

APPLICATION ALSO ONLINE: www.astribe.com

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

Oklahoma Indian Legal Services will be at the Tribal Court House, Bldg. #3 each month on the 2nd Thursday from 9am-12pm.

Oklahoma Indian Legal Services (OILS) is a nonprofit organization that provides free legal services to low income Native Americans in Oklahoma. To be eligible for services you must fall within OILS income guidelines.

Contact information:

Oklahoma Indian Legal Services (OILS) 4200 Perimeter Center Dr., Ste 222

Oklahoma City, OK 73112

Telephone: (405) 943-6457

Telephone: (800) 658-1497

Facsimile: (405) 917-7060



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

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

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

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

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.

Exercise and Diabetes

Resistance training is one of the best forms of exercise that you can do for your body. It's a crucial part of any exercise plan! You can use hand-held weights at the gym, resistance bands at home, or even your own body weight to develop strength and muscle. Even as you age, resistance training may help you with activities of daily living such as walking, picking things up, and climbing stairs.

Resistance training is also good for your bones!

Benefits of resistance training with diabetes

For people with diabetes, resistance training helps the body:

- Respond better to insulin
- Improve the way it uses blood sugar
- Lose weight
- Lower your risk for heart disease



Research shows us that resistance training is as good as aerobic exercise at boosting how well your body uses insulin. Also, engaging in aerobic exercise may be even better! Imagine the benefits if combined both forms of exercise into your fitness routine!

The American Diabetes Association recommends that people with type 2 diabetes start a strength training program to help with blood sugar

Let's Get Started!

- If you're not active now, check in with your doctor first. Ask if there are any exercises that you should avoid.
- It is a good idea to work with a certified fitness instructor or trainer, so you learn the correct way to do each exercise.
- Your strength training program should work your whole body 2-3 times a week. Set up your schedule so that you work different muscle groups on different days. Try not to work the same muscle groups 2 days in a row. Give your muscles at least 48 hours to recover and get stronger! Your body needs rest in order to get stronger.
- As you get started, set yourself up for success with a moderate schedule. Do each move 10-15 times (one set) up to three times a week. Once you get used to that, you can gradually do more, until you are doing 3 sets of 10-15 repetitions up to three times a week.
- Always warm up before you exercise. Brisk walking is an excellent way to do that. When
 you're done strength training, do a series of stretches, holding each stretch for 30 to 60
 seconds, to end your workout.

For any questions pertaining to diabetes and exercise, please contact the AST Diabetes and Wellness Program at 405-364-7298 (Resource Center). Information provided by www.WebMD.com



Office of Environmental Health Brownfield Response Program



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

- Abandoned Factories/Buildings/Homes
- ♦ Burned Homes
- Buried Dump Sites
- Open Dump Sites
- ♦ A Large Amount of Tires
- ♦ Former Cattle Dip Pit Sites
- ♦ Barrels of Unknown Substances
- Old Service Stations
- Oil Storage Facilities
- ♦ Oil/Gas Well Sites
- ♦ Old Dry Cleaning Businesses

What is a Brownfield?

The EPA defines a brownfield site as "...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land."



If it's possible that you have a Brownfield site on your property, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235
AST.Environmental.Programs@astribe.com

Follow us on Facebook to view and comment on current and upcoming projects



www.facebook.com/ ast.environmental.programs



Prevention. Progress. Pride.



Session Name	Date	Time
Session 1: Understanding basic tobacco facts	September 26,2017	2:00-3:00pm
Session 2: Exploring factors that contribute to smoking	October 3,2017	2:00-3:00pm
Session 3: Coping skills and relaxation techniques	October 10,2017	2:00-3:00pm
Session 4: Identify potential danger situations	October 17,2017	2:00-3:00pm
Session 5: Building personal support networks	October 24, 2017	2:00-3:00pm
Session 6: Long –term benefits with ending commercial tobacco use; and certificate of participation	October 31,2017	2:00-3:00pm

Location: <u>Little Axe Health Center</u>

Behavioral Health Conference Room

Facilitator: Marvin Smith, LPC/LADC, Therapist

Contact Information: LA BH 405-701-7987



Honoring Our Native American Heritage



A Native American Panel discussing

HEALING HISTORICAL TRAUMA
Nov.15, 2017 Conference Rm A &B

(Brown Bag Luncheon Noon-1pm)

Friday-November 17, 201 Arts and Craft Vendors

in the Little Axe Clinic Lobby:

Call Jennifer Sloan (BH) for information (405)701-7988

Trick or Treating, Live Music, Food Vendors Carnival, Games, Car Show, Zombie March Street Dance, Boo Bingo, Costume Contests

and MORE.... Main & Bell St Shawnee AVEDIS XX FOUNDATION











Absentee Shawnee Tribe Behavioral Health Services



WHITE BISON, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Beginning September 14, 2017 5:30pm-6:30pm

Every Thursday at the Shawnee Multipurpose Building (east of the Shawnee Clinic, Bldg. 16)

For further information, contact:

Shawnee Behavioral Health Services: John 405-878-4716 Little Axe Behavioral Health Services: Dara 405-701-7987

SHAWNEE CLINIC LOBBY PHARMACY HOURS

Shawnee Clinic Lobby hours for regular prescription fills & refills are from 7a.m.-5 p.m.

Due to reduced staff after 5 p.m., Pharmacy is limited to Shawnee Clinic Extended Hour patients and AST member Emergency Room discharge (limited) fills, please.

Thank you.

SHAWNEE CLINIC PHARMACY HOURS NOTICE



Shawnee Clinic Lobby and Drive-thru hours for regular prescription fills & refills are 7a.m.-5 p.m. The Extended

Hours Pharmacy is **limited** to Shawnee Clinic Extended Hours patients and AST member Emergency Room discharge (limited) fills only. *Thankyou*.

Absentee Shawnee Housing Authority



Programs Available

- Lease to Own Homes
- Low Rent Housing
- Over Income AST member Down Payment & Closing Assistance
- College Housing Assistance
- Home Rehab Program
- Storm Shelter Assistance
- Transitional Housing
- Over-Income Rental Housing

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

Honoring Our Past With Promise for Our Future

LIFE is Beautiful Living Meth Free



WALK-IN CLINIC WITH EXTENDED HOURS



Here for you, now more than ever.

EXTENDED HOURS:

9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday
NO APPOINTMENT NEEDED.

A child with a high fever. An ear infection. Flu. A blood sugar spike or fall. To take better care of you, Shawnee Clinic is now open extended hours on weeknights and additional hours on Saturday. We ask for your respect in understanding that these times are for people who need acute care immediately, not routine medical care. Last walk-ins will be accepted at 8:30 p.m. weekdays and 4:30 p.m. Saturdays.

Shawnee Clinic provides quality health care for people in our community. Sensitive, trusted, compassionate. You are at the heart of what we do.



Prevention. Progress. Pride.

2029 South Gordon Cooper Drive 1 Shawnee, OK 74801 **405.878.5850** or **1.877.878.4702** (TOLL-FREE)



Regular hours of operation: 7 a.m. to 5 p.m. M-F. Closed the first Wednesday of every month from noon-5 p.m. Closed Sundays & holidays.

W W W . A S T H E A L T H . O R G

Care on your schedule, that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

HOURS OF OPERATION:

9 a.m.-9 p.m. Monday — Friday 9 a.m.-5 p.m. Saturday — Sunday 9 a.m. -5 p.m. Holidays (except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday
of the month from noon-5 p.m.

First appointment – 9 a.m. Last appointment – 8:30 p.m. Monday – Friday Last appointment – 4:30 p.m. Saturday, Sunday & Holidays Minor illnesses and injuries – an earache, a sprain, the flu – can sneak up on you. That's why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

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



Prevention. Progress. Pride.



15702 East State Highway 9 · Norman, OK 73026 Phone: 405.447.0477 Fax: 405.366.8996

W W W . A S T H E A L T H . O R G



White Turkey Band Of



Absentee Shawnee 's Veterans Pow-wow

Saturday, November 4, 2017 Thunderbird Casino @ Event Center











M.C.: Kelly Switch

Head Singer: Mike Kihega

Head Gourd: Micheal Tsotaddle

Head Lady: Alexis Tanyan

Head Man: Troy Tilley

Arena Director: Geremy Johnson

Co-Host: Absentee Shawnee Tribe Color Guard Association

Invited Color Guards: Sac & Fox Color Guard

Seminole Nation Honor Guard

All Veterans and Veteran Organizations Invited All Club, Tribal and Organization Princesses invited

Special Straight Dance Contest in memorial of Herbert Switch United States Marine Corp. (open to all ages) by Kelly Switch

Special Women's Southern Cloth Contest in Honor of Alexis Tanyan by Alexis Tanyan Family

Information Contact:
Gwen Switch 405-204-9612
Vendor Information:
Lana Butler 405-481-0155
(Leave Message)

Schedule:

2 P.M. Gourd Dance5 P.M. Supper6 P.M. Gourd Dance7 P.M. Grand Entry11 P.M. Closing





Sponsors not responsible for accidents or theft (security will be provided). Thunderbird Entertainment is an Absentee Shawnee Enterprise and is not responsible for Accidents or Theft

CONTRACT HEALTH SERVICES NEWS

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines. Keep a copy on hand and update your information.

EMERGENCY AND URGENT CARE SERVICES

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

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

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

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

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

EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to $5 \mathrm{pm}$.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

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

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

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES Little Axe Health Center & Shawnee Clinic

Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records

REFERRAL MANAGEMENT Little Axe Health Center

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

REFERRAL MANAGEMENT Shawnee Clinic

Flo Mann, CH Specialist, AST Patients/LPN Laurie Webber, CH Specialist, IHS Patients/LPN Carrie Stanley, CH Specialist, Medicaid patients/ Medical Assistant

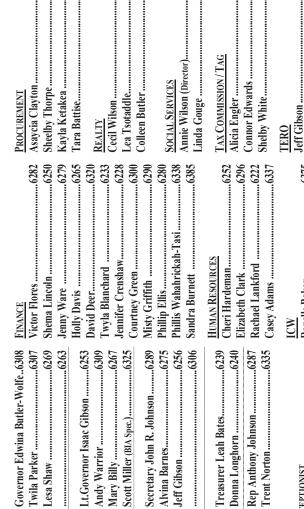
LITTLE AXE HEALTH CENTER CHS

405.701.7951 (Please follow voice prompts) **405.447.0300** (Secondary)

SHAWNEE CLINIC CHS

405.878.5850 (Primary) **405.878.4702** (Secondary)









PRESORTED STANDARD US POSTAGE PAID SPRINGFIELD, MO PERMIT 96

RETURN SERVICE REQUESTED

Volume 28 No. 10, October 2017

e6308		
6307	Victor Flores	
6070	Shelina Lincoln	Sueciny 1 norpe
6363		
6309	David Deer6320	REALTY
6267	I wyla Blanchard	
6325		Lea Tsotaddle6248
6289		Colleen Butter
6275		SOCIAL SERVICES
6306	Fnills Wahahrickah-Lasi	Annie Wilson (Director)
6239		ڻ
6240	Cheri Hardeman6252	Alicia Engler
6287	D.	
6335		Shelby White6258
	ICW	
4020		Jell Glosoff
0.50+	Julie Wilson376 Jackie Denny	TITLE VI Thomasine Mass) Owings (MIR)
6313		Johnnie Mae Bettelyoun
	Duke Blanchard 585,3669	
6241		
6260	Waintenance Keyin Kaseca 6316	l ed Watson62/0
6310	Stephen Fife6234	Bldg. 1 Conf. Km
6243	Sherri Yetter, Isaac Bettelyoun, John	Gov Bldg 2 Conf Rm 6330
6312	Mann, Cecil Walker	
6340	Tom White, Donnie Marshall, Lance Nanasto Tovi Littlerrock	:
6238	Robert Komahcheet585-8310	OTHER ENTITIES & TOLL FREE
6323		All Nations Bank273-0202
075	MIS HET B DESIZ	
<u>ICES</u>	Tom Trimble 6377	Toll Free1-800-256-3341
6333		
6226	Josh Gibson6329	Building Blocks
6293		(Enzabeth Crawtord, Briana Ponkina) Ruilding Blocks II I.A
6224	Donna Cody6402	(Billie Thompson)
6298	<u>OEH</u>	Housing273-1050
6277		Human Resources275-1468
0370	Jarrod Lloyd	Indian Child Welfare8/8-4/02
	Dakota Bianchard	Media
6255		Derek Hilderbrand)
6670	POLICE DEPT 275-3200 / 275-3432	OEH/OEF 214-4235 Police Dent 275-3100 / 275-3432
122	ef.	Touce Dept
1/79		: :
	Ric Mantooth6278	le Axe)
6292		LITTLE AXE CLINIC
0070	Jason Brinker	
	Steven Crisp 62.78	After hours
6308	1	
	Joseph Abbiss6278	(Chrissy Wiens, Buster Bread, Blake Goodman)
		SHAWNEE CLINIC Clinic (Bldg. 17)878-5850
		Pharmacy878-5859

Kathy Brock (Court Clerk)....

Ray Campbell...

Lea Bettelyoun

Courtney Hodges

Merry Rodriguez Gift Shop)
Devon Frazier(Library).....

Ashley Brokeshoulder

Kyra Underwood

Erin Thompson.....

Suhaila Newport

Leal Bender

CULT. PRES. / GIFT SHOP

DOMESTIC VIOLENCE/FAMILY SERV

Melissa Lopez.....

Lindsay Hernandez...

Caylor Wills..

Lacey Carey

Sexual Assault Adv).....

DV Advocate

HORSE SHOE BEND
(After School Program Director)
Edwina Butler-Wolfe........

Kimberly Creek

ELECTION COMMISSION

resha Spoon ...

Linda Gouge...

Emily Longman...

ENROLLMENT Carly Dyer....