



THE

ABSENTEE SHAWNEE NEWS

OCTOBER

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"Among the Shawnee"

October 2018

• www.astribe.com •

Volume 29, No. 10

OU Hosts Native Nations Leaders at Historic Reception - September 17, 2018

INSIDE THIS ISSUE

2-5 EC Reports

8 AST Health Update

13 Wellness Calendar

14 Diabetes & Wellness Kitchen

17 Tribal Police Agreement

18 Elders' Corner

19 Title VI Menu

20 Birthdays

24 CCDF

25 Building Blocks

26 CCSG

27 Bullying Prevention

28 Cultural Preservation

32 Procurement

33 Services

34 Tax Collections

35 Enrollment

36 Letter to the Editor

38 Emergency Management

39 Kids Zone



L to R: Principal Chief Greg Chilcoat, Seminol Nation of Oklahoma; Chairman Matthew Komalty, Kiowa Tribe of Oklahoma; Principal Chief Bill John Baker, Cherokee Nation of Oklahoma; Chief Ron Sparkman, Shawnee Tribe of Oklahoma; Chairman David Pacheco, Jr., Kickapoo Tribe of Oklahoma; Governor Edwina Butler-Wolfe, Absentee Shawnee Tribe of Oklahoma; Governor Bill Anoatubby, Chickasaw Nation; Principal Chief James Floyd, Muscogee (Creek) Nation; Chairperson Tamara Francis, Caddo Nation of Oklahoma; James L. Gallogly, President of the University of Oklahoma; Chairman William Nelson, Comanche Nation of Oklahoma; Chief Craig Harper, Peoria Tribe of Indians of Oklahoma; Chairman John Shotton, Otoe-Missouria Tribe of Indians.

It was a historic gathering at the University of Oklahoma, when OU President James L. Gallogly invited the leaders of the thirty-nine Native Nations in Oklahoma to a reception in honor of those nation's sovereign status and the institution-to-institution relationship the university shares with each.

Surrounded by the flags of all of Oklahoma's Native Nations,

the event was held on Tuesday at the Fred Jones Jr. Museum of Art Sandy Bell Gallery, and was attended by leaders of 13 Native Nations, along with university executives.

Attending tribal leaders included Edwina Butler-Wolfe, governor of the Absentee Shawnee Tribe of Indians of Oklahoma; Tamara Francis, chairperson of the Caddo Nation; Bill John Bak-

er, principal chief of the Cherokee Nation; Bill Anoatubby, governor of the Chickasaw Nation; Sara Jane Smallwood, director of Government Relations, on behalf of Chief Gary Batton of the Choctaw Nation; William Nelson, chairman of the Comanche Nation; David Pacheco, chairman of the Kickapoo Nation; Matthew Komalty, //continued on page 6.

Community meeting recordings available at www.astribe.com

The General Council Meeting has been scheduled for Saturday, October 27, 2018 in the Tribal Complex Multipurpose building: 2025 S. Gordon Cooper Dr, Shawnee, OK, 74873 at 10:00am.

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



Kenneth Blanchard
Lt. Governor



John Johnson
Secretary



Phillip Ellis
Treasurer



Atheda Fletcher
Representative

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

Governor’s Report

By AST Governor Edwina Butler-Wolfe
405 275-4030, Ext: 6308
405 481-0397 Cell Number (tribal)

Hello Tribal People.

I hope everyone is doing well and enjoying this fine weather we have been having. I would like to mention the General Council Meeting has been set for October 27, 2018 at 10:00 a.m. in the Multi- Purpose Building on the Absentee Shawnee Complex. The AST Health Clinic will be giving flu shots at General Council. We need to be thinking about the upcoming flu season. It will be here before we know it and I hope everyone will consider the flu immunization.

I have attended several meetings over the past month and want to share with you some of the decisions being made that will affect our tribe.

Bureau of Indian Affairs (BIA) Reorganization:

President Trump signed an Executive Order 13781 on March 1, 2017 for Federal agencies to examine ways it could reorganize to improve efficiency, effectiveness, and accountability. The Secretary of the Department of Interior (DOI) recently announced his vision to establish 13 unified regional office boundaries across all the Department of Interiors Bureaus that includes Bureau of Indian Affairs (BIA).

The Department of Interior is taking careful consideration on how the BIA regions and functions may be included in this reorganization. There has been many Consultation Sessions across Indian Country. A listening session was conducted in Tulsa, Oklahoma on June 27, 2017 in which I was present, and spoke of the reorganization and how it was going to affect the Absentee Shawnee Tribe and all the Tribes in Oklahoma.

The most recent meeting in Oklahoma was held on August 7, 2018 at the Embassy Suites in Oklahoma City, Oklahoma. Tribal Leaders across Oklahoma spoke up, oppos-ing this reorganization and how it will not be a good move for the tribes.

The current status on the Department of Interior:

There is no written Reorganization Plan yet. But it is coming down the pipeline soon; draft maps have been developed by DOI of unified regions. With this draft map, it puts the Absentee Shawnee Tribe in the Arkansas - Rio Grande - Texas Gulf Region 7. This Reorganization Plan should be on every tribe in Oklahoma’s radar. Tribes should unify

and take part in the consultations and write comments to the DOI.

The Department of Interior is proposing to bring all bureaus together under 13 regions. As it stands today there are 9 bureaus in 61 regions.

On September 7, 2018 there was a follow up to the August 7th BIA Reorganization meeting. Tribal Leaders from Cheyenne-Arapaho Tribe, Apache Tribe, Pawnee Nation of Oklahoma, Comanche Tribe, Wichita & Affiliated Tribes of Oklahoma, Delaware Nation of Oklahoma, Kaw Nation and Absentee Shawnee Tribe of Indians of Oklahoma. During this meeting we had a lengthy discussion on the Reorganization Plan. We drafted and finalized an opposition letter to the Department of the Interior Reorganization. A list of concerns that we brought up, were sent with a letter are listed:

- Tribal Sovereignty is always our highest concern
- The reorganization is not for the benefit of Indian People/Country
- Concerns that jobs at the Southern Plains Regional Office will be lost, approximately 125 jobs
- Concerns that jobs at the Riverside Indian School will be lost, approximately 80 jobs
- No indication as to how it would affect our Indian Child Welfare Programs and the children being served
- How would trust services be affected?
- Concerns of how Trust and Fee Land issues would be addressed
- Unsure of how the Fire Programs will be affected
- Unsure how our court systems would be affected
 - CFR Court
 - Probates
- Unsure of how information technology will be impacted at the local level
 - TAAMS
 - FBMS

These are just a few of the concerns the Tribal Leaders listed at the September 7, 2018 meeting.

A letter and the list of concerns was completed and sent to the Department of the Interior Reorganization.

I would like to thank President Terri Parton, of the Wichita & Affiliated Tribes of Oklahoma for spearheading this meeting. We had over half of the Tribes in the Southern Plains Region to sign the letter of opposition to their plan.

Sovereign Community Charter School

On August 23rd, 2018 the State Board of Education met for their monthly meeting. During the Public Comment Session there were about a dozen supporters for the passage of a Federal Charter School. The Sovereign Community School was an agenda item for

the State Board to pass or not to pass. I was asked to speak in support of the Sovereign Community School. The School stands to become the first of its kind in Oklahoma. As proposed, the school would support 525 students, who could come from any of Oklahoma’s 39 tribal nations as well as other ethnicities. The academic program would include engagement in Native American culture, language and tradition, not specific to any tribe.

The Daily Oklahoman Newspaper mentioned a statement that I made in my speech. “Sovereign Community School can be a statewide example of how to incorporate a child’s culture into the curriculum”. I am happy to write that by the end of the State Board of Education a vote was conducted with the results of voting in favor or not being in favor. The school was passed by a vote of 5 -2, with Superintendent Joy Hoffmeister and Board Member Cathryn Franks to vote against the Sovereign Community School.

Governor August and September Meetings

August

- 21st9:30 am. Oklahoma Tribal Conservation Advisory Council (USDA) at the CPN Grand Casino
2:00 pm. United States Attorney Western District Meeting (ATOKA)
- 23rd9:30 am. State Board of Education, OKC
- 24th11:00 am. Employee Committee Meeting, AST Campus
3:00 pm. The University of Oklahoma Acting Tribal Liaison Officer Meeting
- 25th10:00 am. Saturday started the process of License for Medical Marijuana
1:00 pm. Invite from Principle Chief Kay Rhoads to be present at the Sac and Fox Council Meeting on behalf of the CTSA Head Start Program
- 27th9:00 am. CTSA Board Meeting held in the Governor Conference Room
1:00 pm. CTSA Board and Staff Meeting held in the Governor Conference Room with D.C. Representative of Head Start Program
- 28th9:00 am. BIA Meeting with Ken Reinfield, D.C. Office in the Governor Conference Room
3:00 pm. finished the process of License for Medical Marijuana
- 29th11:30 am. Oklahoma Council on Economic Education Luncheon held at the Oklahoma City Golf and Country Club, OKC
1:00 pm. CTSA Executive Director, Board Member, DC Representative Meeting
- 30th4:00 pm – 6:00 PM. Oscar Rose College Forum Moderators for Oklahoma Candidates Forum on Indian Education
- 31stAbsentee Shawnee Day Complex Closed

September

- 4th9:00 am. Executive Committee Meeting (weekly meeting)
- 7th9:30 am. BIA Meeting in Oklahoma City, Oklahoma
- 10th8:30 am. Laser Fiche Meeting, in Governor Office
9:00 am. Executive Committee Meeting (weekly meeting)
6:00 pm. United Indian Nations of Oklahoma, Kansas and Texas Board Member Meeting Stroud, Oklahoma
- 11th11:30 am. Lunch Meeting in Norman
2:00 pm. Native Nations Reception for Tribal Leaders, President James L. Gallogly
6:00 pm. Absentee Shawnee Language Class Multi-Purpose Building, Shawnee, OK
- 14th11:00 am. Employee Committee Meeting
- 17th9:00 am. Monthly Directors Meeting. Present: Building Blocks III, Media, Education, CCDF/ASP, Building Blocks II, Court, Social Services, Absentee Shawnee Housing, Gaming Commission, Thunderbird Casino, Domestic Violence, Health, Police, Maintenance, Tax Commission.Executive Committee Present: Lt. Governor Blanchard, Secretary Johnson, Treasurer Ellis, Governor Butler-Wolfe.
Not Present: Finance, Procurement, Reality, Title VI, OEH, MIS, ICW, Human Resource, Cultural Preservation, Enrollment. Executive Committee Absent: Representative Fletcher (Cultural Summit Meeting)
- 17th2:30 pm. State Capital Meeting with Governor Fallin (photo)

- 18th9:00 am. 35th Annual National Tribal Health Conference at the Cox Center, OKC
- 19th9:00 am. Charter School Meeting
10:00 am. Regular Executive Committee Meeting

Expressions

For those families who lost a loved one this month, I offer my sincere condolences to you and your family on your lose.


Conclusion:

I appreciate tribal members that have come by my office or called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere.

Help me make a difference – stand beside me and Let us Build for the Future (BFF) United and together!



L to R Back Row: Governor Reggie Wassana, Cheyenne & Arapaho, Chairman Bobby Komardley, Apache Tribe, President Bruce Pratt, Pawnee Nation, Edwina Butler-Wolfe, Governor Absentee Shawnee Tribe, Cruz Maldonado, Kaw Nation, Chairman William Nelson, Comanche Nation, Front Row sitting in chairs; President Terri Parton, Wichita & Affiliated Tribes of Oklahoma, President Deborah Dotson, Delaware Nation of Oklahoma.



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A guiding hand
on your shoulder.

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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.

 AAAHC

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.**

WWW.ASHEALTH.ORG

A Financial Look Into our Health Program

By Phillip Ellis
AST Treasurer

As one of the shareholder’s representatives for our AST Health System, I have been working closely with the AST Health Board and the management team. Upon hearing the high praise from their last annual audit, I looked back 5 years to review the progress of our health program. The AST Health System has seen consistent year over year growth in revenues with a 56% growth of 3rd party collections from 2013 - 2017. As of Aug. of 2018, our health program is on track to outperform our 3rd party revenue collections yet again. With increased revenues come many opportunities to expand and generate more services for our tribal members.

Increased Revenues
Year over Year

56% Growth over the past 5 years

Increased Revenues = Increased Services & Access

Under the management leadership of Mark Rogers and with the AST board member guidance of Sandra Vaughn and Melpherd Switch, our AST health system has shown great resilience in a tumultuous industry. Over the last 5 years, the AST health organization has thrived in revenue growth and has remained a stable, financially healthy organization. It is essential that our programs and entities that provide stable services and display financial growth be protected and nurtured.

The financial stability and growth in our health program has produced multiple benefits to our tribe and to our membership including, but not limited to:

- Increased medical services / enhanced health programs for our tribal members and Native American community
- Increased access for tribal members: addition of Plus Care & Extended Care for after hours and weekend healthcare needs
- Increased and stabilized medical providers, displaying the strongest tenure in AST health program history
- Increased contract support services for AST tribal members with al most 100% approval rate of medical necessary care; a rarity in tribal health
- Increased patient satisfaction from 74% to 98% with a positive year over year trend; Inclusive of a decreasing monthly average complaint
- Intentional growth in AST tribal member employment; increasing from 10% to 27% of health program workforce. AST members are also prominent in medical providers and leadership positions.
- Health intern program – Investment in the future for AST tribal members. Over the last 2 years, Mr. Rogers has provided over 12 tribal members an internship for multiple health professions.
- Recently developed and acted on an accelerated plan to pay off the LSWN joint venture early.



2019 Health Insurance Open Enrollment



OCTOBER 15 - DECEMBER 7, 2018
2019 Medical & RX Plan Enrollment | Plan Changes



SEE A PATIENT BENEFIT ADVOCATE FOR OPEN ENROLLMENT ASSISTANCE

Representative’s Report

By Atheda W. Fletcher
AST Representative

Greetings Tribal Members!

The time is flying by and it seems that there are not enough hours in the day to accomplish all that I have in front of me. I have been diligently working each day with the three (3) programs that are my responsibility, and I readily see the effort and commitment staff members bring to work each and every day. I am so lucky to have staff members who understand that teamwork is a necessary component for success and they bring it each and every day! They are committed to excellence in their work and they are striving to deliver more value to each program and the various activities developed for tribal members. Thank you teams! I appreciate you each and every day!

Cultural Preservation	Human Resources	Youth Camp
Suhaila Nease	Elizabeth Snow	Ken Jones
Kimberlee Billie	Casey Adams	
Ashley Brokeshoulder	Hailey Scroggins	
Devon Frazier		
Merry Rodriguez		
Kyra Underwood		

The following information provides information on the activities and/or events that I participated in since my last report.

I have attended several meetings since my last report, but will only highlight the ones that I believe hold the most importance.

Native American Graves Protection and Repatriation Act (NAGPRA) Consultation, Wyandotte, OK

The Eastern Shawnee tribe hosted the NAGPRA consultation event conducted by representatives of the Cincinnati Museum, Bob Genheimer, Tyler Swinney and Matthew Manninen. To summarize this act, NAGPRA was enacted in 1990 to address the rights of Indian tribes to Native American cultural items, including human remains, funerary objects, and sacred objects. There were five (5) federally recognized tribes that the Cincinnati Museum staff consulted with during their travels to Oklahoma—Shawnees, Delaware, Kaw, Ponca, and Osage. Representatives from each tribe attended this consultation to provide their tribe’s position on the various issues involved with NAGPRA. The topics discussed involved the museum’s processes, status of sites, complications encountered, documentation and collection. It is Cultural Preservation’s mission to ensure that the Absentee Shawnee tribe has input into the protection of our cultural resources that are critical to the vitality of our traditions.



Upon completion of our NAGPRA consultation, we were invited to visit Master Potter, Richard Zane’s home and work shop. Cultural Preservation will be inviting Mr. Zane to Shawnee to give a pottery class and provide historical information regarding the Shawnees and their pottery. As soon as we have a date and time tied down, we will make advance announcement of the class. We will host this event during Native American Indian Heritage Month, November. Stay tuned!



National Association of Tribal Historical Preservation Officers (NATHPO) Conference, Suquamish, WA

This conference was hosted by the Suquamish Tribe of Washington during the week of September 10. The theme of the conference was “Tribal Consultation in Indian Country” which focused on federal agencies’ efforts to engage Indian tribes. There were “60 federally recognized tribes” in attendance. Our first day, Suhaila Nease and I participated in a field trip of the Suquamish Port Madison Reservation that provided historical overview of the tribe. Interesting fact, the City of Seattle is named after their famous leader, Chief Seattle. The next four days was filled with back-to-back meetings covering tribal historic preservation priorities, updates from various agencies and too many other categories to mention due to limited space. This was an informative and awakening to all the initiatives that are in front of our leaders and tribal members as they work with federal agencies.

To wrap up the event, a Cultural Night was hosted by the Suquamish tribe where a dinner of traditional foods was prepared by Suquamish community mem-

bers at the House of Awakened Culture.



Human Resources: I am currently working on benefit plans with the Human Resources Department in preparation for 2019 open enrollment. The HR Department is finalizing work on the 401K audit and assisting the health programs in an audit. In combination of managing day-to-day issues, the HR Department staff is working on projects to enhance the HR function. During the month of August HR processed 86 applications, had 21 vacant positions and filled 12 positions.

Youth Camp: Work on the youth camp is static due to various administrative processes that must be completed before any new work can start. We will have a more comprehensive update on the youth camp for General Council in October.

Quote: *The best preparation for tomorrow is doing your best today!*

OU Tribal Leaders' Reception

continued from Front Page

chairman of the Kiowa Tribe of Oklahoma; James Floyd, principal chief of the Muscogee (Creek) Nation; John Shotton, chairman of the Otoe-Missouria Tribe of Indians; Ron Sparkman, chief of the Shawnee Tribe; Craig Harper, chief of the Peoria Tribe of Indians; and Greg Chilcoat, principal chief of the Seminole Nation.

University officials in attendance included John Schumann, president of OU-Tulsa; Jason Sanders, senior vice president and provost of OU Health Sciences Center; Kyle Harper, senior vice president and provost of OU's Norman campus, along with many vice presidents and deans.

Following an opening prayer in Cherokee by Christine Armer, a Native American Studies faculty member, and a flag song presented by members of Sigma Nu Alpha Gamma, Amanda Cobb-Greetham, chair of the Department of Native American Studies in the OU College of Arts and Sciences and director of the Native Nations Center, said the historic event stemmed from the University's growing efforts "to deepen and grow our relationship with Oklahoma's Native sovereigns." Cobb-Greetham highlighted the work of the recently launched Native Nations Center as part of these efforts, and she then introduced other OU executives and student leadership, including Acting Tribal Liaison Johnny Poolaw, Director of American Indian Student Recruitment Jarrod Tahsequah, Director of American Indian Student Life Breanna Faris, and President of the American Indian Student Association Katee Colbert, each of whom welcomed the visiting officials and shared their roles and work as part of the OU community.

Gallogly welcomed the guests to the Fred Jones Jr. Museum of Art. He began by sharing the story of his life, moving from Canada to Alaska and across the United States before completing his degree at OU College of Law.

He shared the familiar story of David Ross Boyd, who, it is said, arrived on a barren plain and exclaimed, "What possibilities!" Only, according to Gallogly, it wasn't a barren prairie. It was peopled with Native citizens. He stated that he thought David Ross Boyd missed something. He could have looked a little closer and welcomed the people brought to this place to the family.

"Today, we're taking the opportunity to say hello to so many Nations that have been our neighbors for so many years and embracing all of these wonderful flags and all of these dignitaries in this room. Today, we reach out to all of these neighbors.

"This is a historic event today. Our goal today is incredibly simple: turn a page, get a fresh start, be a good neighbor, break bread with some old friends and some new friends and be welcoming."

Following his remarks, Mr. and Miss Indian OU and other student leaders presented the visiting officials with commemorative gifts made for the leaders, crafted from wood collected from the university's grounds and sculpted by the OU College of Architecture. Following a final honor song, Gallogly and the attending officials gathered for group photos. After the event, tribal leaders were invited to an OU Native Nations Center open house to meet with OU faculty, staff and students who shared information about OU's Native American programs and services.



October is National Dental Hygiene Month, an annual reminder for the nation to practice the daily habits that promote healthy teeth and gums.

Little Axe Health Clinic Dental Department would like to remind everyone to practice daily habits that promote healthy teeth and gums.

FLU VACCINE

GET YOUR

KNOCK OUT THE FLU

STAY HEALTHY

GET THE SHOT

GENERAL COUNCIL FLU SHOT CLINIC

October 27, 2018 from 8 a.m. to 10 a.m. in the Multi-Purpose Building. After 10 a.m. anyone still needing a flu shot may request one at the Shawnee Walk-In Clinic.

AFTER-HOURS FLU SHOT CLINIC AT LAHC ONLY

4 p.m. to 7 p.m. | WALK-IN basis

OCTOBER 8

OCTOBER 10

OCTOBER 30

NOVEMBER 1

FLU SHOT CLINIC

ALL ASTHS CLINICS WILL ADMINISTER FLU SHOTS DURING REGULAR BUSINESS HOURS, INCLUDING SHAWNEE WALK-IN CLINIC AND PLUS CARE.

*Shawnee Walk-In Clinic and Plus Care ages 4 yrs and up.

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

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DOMESTIC VIOLENCE CAN HAPPEN
TO ANYONE REGARDLESS OF:



AGE



SEXUAL ORIENTATION



GENDER



ECONOMIC STATUS



RACE

DOMESTIC VIOLENCE
(also called intimate partner violence (IPV))
is a pattern of behaviors
used by one partner
to maintain
power and control over
another partner in an
intimate relationship.

More than 1 in 2
American Indian/Alaska
Native women have
experienced physical
violence by their intimate
partners in their lifetime.



ABUSIVE BEHAVIORS MAY INCLUDE:

Isolation

Animal Cruelty

Emotional and Psychological
Intimidation

Abuse of Children

Physical Violence

Destruction of personal
property

Stalking

Sexual Assault

Verbal Abuse and Threats

Control of finances

**WHEN A VICTIM LEAVES AN ABUSIVE
RELATIONSHIP HER RISK OF BEING
KILLED BY HER ABUSER INCREASES** ↑

HELP AND SUPPORT ARE AVAILABLE!
Contact the Domestic Violence
Department for information

405-273-2888



ASTHS October Monthly Update

By Mark E. Rogers, MAL, FACHE, CMPE, CHC
AST Health Systems Executive Director

The health system will be sponsoring annual Breast Cancer Awareness events at both the Little Axe Health Center and Shawnee Clinics, complete with refreshments, and lots of breast cancer awareness information. The 5th Annual Zombie Run will be held this month, with more people than ever anticipated to participate in an evening of family friendly activities including music, health education, wellness activities, and good ole’ fashion Halloween fun with our Trunk or Treat! We hope to see you there! As the flu season rapidly approaches, it is imperative you get your flu shot. Several flu shots will be given out at the free flu shot clinic provided at the General Council meeting in October, and we will also be providing the flu shot at all of our clinics with nurse visits. Tests for the flu are indicating it has arrived early again beginning in September, so please ensure you and your family are protected. The health system encourages everyone in the community to stay healthy this year by utilizing good personal hygiene, especially with good hand sanitation procedures.

We are excited at the continued success of the MyDNA effort! Special thanks to the parents and elders for making this a great program in spreading positive prevention messages for youth to avoid underage drinking and provide education to our community on ill-effects of prescription drug addiction, more now than ever with the national opioid crisis. If you know of any tribal member who is homebound and needs assistance medically, including home health services, please contact administration at (405) 701-7621 so we can assist as best possible with resources or coordinate assistance for these members in need. Thank you all for making our entire staff and employees feel appreciated and for using all of our wonderful services!

Our health system’s most valuable asset is our people! They continue to illustrate excellence for our tribal health system and patient care! I’m always impressed with and proud of our outstanding star performers, and again this month, we thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month in October for health was Sharon Littlecreek, for her efforts at seeking additional funding as the health system continues to grow in seeking out reimbursement for catastrophic health emergency fund (CHEF) cases funding from the area office; October Team of the Month: Behavioral Health’s Youth Prevention Fair at the health multi-purpose building with an impressive array of events for the community this year in promoting prevention programs; and the October Special Leadership Award: John Soap, Counselor, for his outstanding message of hope and sobriety carried throughout our community and within Indian Country, we appreciate his dedication and efforts! The health employees continue to accomplish outstanding feats for our patients and for each other, taking care of our internal and external customers/patients. Thank you all for making an important difference in the lives and health of all of our health system’s patients!

September 2018 Employees of the Month:

Employee of the Month
Team of the Month
Special Leadership Award

Sharon Littlecreek, PRC LittleAxe Clinic
Youth Prevention Fair Team
John Soap, Counselor, Shawnee



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

The greatest love
is when we
encourage each other
to take care.



One of the greatest acts of love is taking care of your own health. During **Breast Cancer Awareness Month**, the Absentee Shawnee Tribal Health System reminds you of the importance of regular breast exams and mammograms. Checking for lumps or changes in the appearance of your breasts including dimpling, soreness, swelling, irritation. **Life is good. Live long, be strong. Get checked.**



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LITTLE AXE HEALTH CENTER
15951 Little Axe Dr. • Norman, OK 73026
405.447.0300



October 2018 - Scheduled Closings

Date Closed:	Time(s) Closed:	Locations:
Wed., Oct 3rd (1 st Wed of Month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Clinic OPENS at 5 PM until 9 PM (last patient at 8:30 PM). -PlusCare Clinic OPENS at 5 PM until 9 PM (last patient at 8:30 PM).

* In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay:
Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health”,
Twitter @ASTHealth & on ASTHS website at www.asthealth.org

*Honoring Our Past
With Promise for
Our Future*

LIFE is Beautiful
Living Meth Free



National Suicide
Prevention
1-800-273-8255
(TALK)



Absentee Shawnee
Health Systems
Shawnee & Little Axe

ZR

6th
ANNUAL
ZOMBIE
RUN 5K

18

RUN FOR YOUR LIFE!

www.signup.com/127310

Sign up here for the walk or 5K run!

WALK STARTS AT 6:00 PM SHARP

RUN STARTS AT 6:30 PM SHARP

PLEASE ARRIVE EARLY!!!

Find us on Facebook at MyDNA Rocks
ONLY PRE-REGISTERED 5K RUNNERS GET T-SHIRTS

SPONSORED BY:

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

PARTNERS:

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



October 25, 2018 | 6:00 PM

(FREE EVENT) Open to the public

NEW LOCATION: Lake Thunderbird 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.



CONTRACT HEALTH SERVICES NEWS

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 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 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.

1. 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 5pm.

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.

1. 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.
4. 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)



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



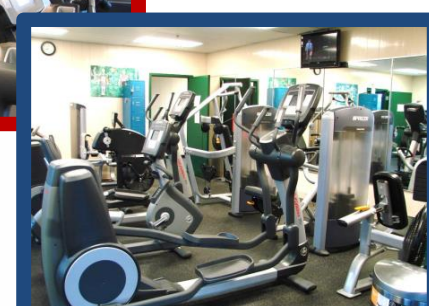
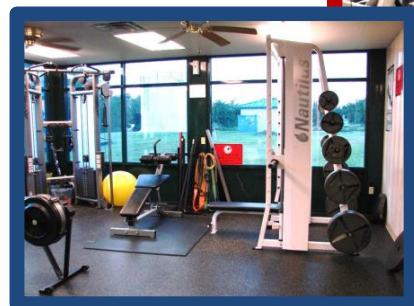
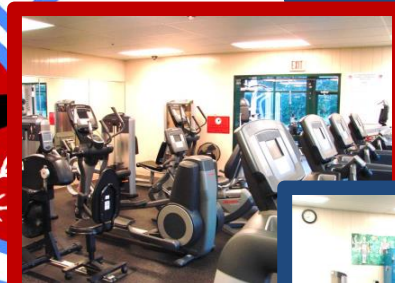
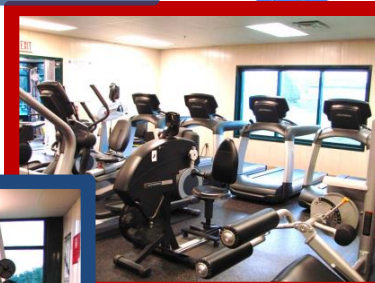
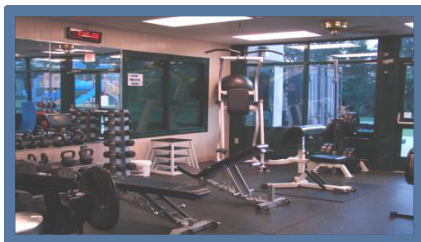
Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee

Diabetes and Wellness



Fitness Facility Hours of Operation

Monday – Friday

6:00 a.m. – 9:00 p.m.

Fitness Facility Weekend Hours of Operation

Saturday

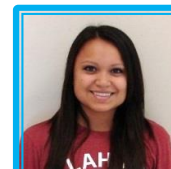
9:00 a.m. – 3:00 p.m.

Fitness Center



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.)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
		<u>Hula Hoop Fitness Wednesday</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Resistance Friday</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Strength Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

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

"Hula Hoop Fitness"- Come join this session to learn how to use the hula hoop to improve abdominal, hip, lower back, and leg strength.

Absentee Shawnee Fitness

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

Diabetes and Wellness

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

"Resistance"- Resistance training uses apparatus such as tubing, weights, and kettlebells to help increase the strength, anaerobic power, and tone or size of muscles.

FREE MUSIC LESSONS

Guitar • Bass • Piano • Drums

Available to all Native Americans w/CDIB#

For details, call Absentee Shawnee Behavioral Health • 405-878-4716

From the Diabetes & Wellness Kitchen...

Fall is here, and that can only mean one thing...comfort food season is upon us! Sadly, comfort food tends to be unhealthy. These dishes are typically deep-fried, creamy, buttery, high-calorie and high in saturated fats. As temperatures drop and the holidays approach, these foods tend to start sounding pretty tasty. Oftentimes, as “comfort foods” increase, so do our waist lines. However, this does not always have to be the case!

No foods are “off limits”, but watching portion sizes and frequency of these comfort foods can help to prevent unnecessary weight gain. Try using a smaller plate, bowl, or glass; sometimes it helps to limit the plate to 9 inches or less. By using a smaller plate, portions will look larger and you will consume less food. Also, limit yourself to only one plate of food. If you think you are still hungry, wait 20 minutes before going back for a second helping. To prevent temptation of overeating, immediately put leftovers away in the fridge or freezer for another day. By focusing on portion size and eating these foods in moderation, these comfort foods to be included in our life in a healthy way. This way, you can make your famous mac and cheese and eat it too!

Also, try creating “lighter” options of your favorite comfort foods. Making a few healthy swaps can make all the difference in the nutrition value of a meal.

Comfort Food Swaps:

1. Try making sloppy joes or burgers with lean ground turkey, bison or elk, and serve on a whole wheat bun or lettuce “bun”.
2. Swap non-fat plain yogurt for sour cream or mayonnaise in salads, sandwiches, or on toppings.
3. When making pasta dishes or mac and cheese, use whole wheat noodles, opt for lower fat cheese, ricotta, or yogurt. Instead of heavy cream, use evaporated skim milk in a cream sauce dish, such as pasta. Finally, throw in some extra veggies, such as, spinach, onions, bell peppers, or zucchini!
4. Make a quick and healthy pizza. Top a whole wheat tortilla with low sodium tomato or marinara sauce, low fat cheese, turkey pepperoni, and leftover diced veggies (mushrooms, bell peppers, and onions are always a great option).
5. Revamp your mashed potatoes. Substitute vegetable or chicken stock for the cream in mashed potatoes. Cut the amount of margarine or butter in half.
6. Give meatloaf an upgrade, by using oats instead of bread crumbs, adding diced veggies (like, grated carrots, minced onion and bell peppers), and using lean ground turkey.
7. Swap the classic lasagna noodles for layering thin strips of zucchini or yellow summer squash.
8. Instead of frying potatoes in lard or grease, roast diced potatoes (about the size of a quarter), in the oven at 400 degrees for about 20-25 minutes. Season with low sodium seasoning, such as, Mrs. DASH.
9. Substitute spaghetti squash for the noodles in spaghetti. Prepare your own lower sodium marinara using canned low sodium tomato sauce, tomato paste, and seasonings.



Recipe: Spaghetti Squash with Marinara

Spaghetti Squash: Preheat the oven to 425 degrees F. Halve the squash length-wise and scoop out the seeds, and then brush both sides with olive oil. Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes. Use a fork to scrape the spaghetti squash flesh into strands; transfer to a large bowl. Divide the squash among bowls and top each with some meatballs, sauce and parmesan cheese if desired.

Recipe: Turkey Meatballs

INGREDIENTS

- 1 tbsp. olive oil
- 1 medium onion
- kosher salt
- pepper
- 1/2 c. chopped fresh flat-leaf parsley
- 8 oz. mushrooms
- 2 clove garlic
- 1 tbsp. Dijon mustard
- 1/4 c. quick-cooking oats
- 2 tsp. fresh thyme
- 2 tbsp. grated Parmesan
- 1 1/4 lb. ground turkey breast or extra-lean ground turkey
- 2 c. low-sodium marinara sauce

DIRECTIONS

Heat oven to 425 degrees F. Heat the oil in a medium skillet over medium heat. Add the onion, season with 1/4 teaspoon each salt and pepper, and cook, covered, stirring occasionally, until tender, 6 to 8 minutes; stir in the parsley. Add the mushrooms and garlic and cook, stirring occasionally, until the mushrooms are tender and their liquid is nearly evaporated, 4 to 5 minutes. Meanwhile, in a large bowl, whisk together the mustard, 2 tablespoons water, and 1/4 teaspoon each salt and pepper. Stir in the oats and thyme. Add the turkey, sprinkle with the Parmesan, and mix to combine. Fold in the mushroom mixture. Form the mixture into 24 balls and place on a foil-lined baking sheet. Bake until cooked through, 12 to 15 minutes. Warm the marinara sauce in a large skillet. Toss the meatballs in the sauce to coat. Serve with a salad, if desired.



A special thank you to all those who came to the first ever Behavioral Health Youth Prevention Fair sponsored by, Native Connection and MSPI Grants. Also, to those who set up booths to give information to the youth from our communities, and to the AST Education Department for providing the food.



Iowa Fall Festival Invitation

By Lavonda Youngman
Iowa tribe of Oklahoma

You are invited to the exciting two-day Iowa tribe Annual Fall Festival, featuring a host of carnival-themed fun. The kids can compete in rounds of laser tag before experiencing the adrenaline rush of the on-site carnival rides. A variety of carnival food will keep your group well-fed, too, especially with an assortment of over 20 different funnel cake flavors. The event will be held at the Iowa tribe Powwow Grounds on October 26 and 27, 2018, from 6PM-12AM on Friday, and 3PM-12AM on Saturday. Groups may skip the ticket line with pre-pay ticket purchases for one-day or two-day tickets! Admission fee covers all rides and laser tag. We look forward to seeing you and your group at the Fall Festival. For more information, feel free to contact lyoungman@iowanation.org or 405-880-1097.

Thunderbird Casino Report



In September the Thunderbird Casino, Norman property had several highlights to mention; VIP events for selected high end slot guests, offered weekly daily promotions for seniors, hot seats for slot play, Crimson Cash which is a football themed game, offered digital slot tournaments and hosted the classic country artist Mickey Gilley in concert which was well attended.

Not to be outdone the Thunderbird Casino, Shawnee location, the smaller of the two properties offered slot tournaments, senior bingo, four nights of hot seats and Jeep entries, patrons could earn additional entries by playing with their Player's Club card. Both casinos have a weekly promotion for Absentee Shawnee Tribal members, which is \$10 in slot play beginning on Sunday and available each week. All you need to do is sign up for a Player's Club card, show valid ID, show your AST Tribal Card, and be 18+ years of age to enter the casino.

As we go to print the Shawnee casino location will give away a 2018 Jeep on September 29th to one lucky winner but that is not the end of vehicle promotions. A 2018 electric Blue Ford Mustang is being delivered October 1st for the next big drawing and anyone playing at the Shawnee location can earn entries by playing with their Player's Club card in the machine at every visit. The Mustang drawing will be on November 30th, good luck!

Absentee Shawnee
Behavioral Health
NATIVE CONNECTIONS

**YOU'RE INVITED TO A
Native American
CHRISTMAS
Ornament Making**

November 1st, 2018

6PM TO 8PM

**Absentee Shawnee Health Multi Purpose Building
2029 S. Gordon Cooper Dr., Shawnee, OK 74801**

Please call Margo @ 701-7995 to reserve your spot

**Painted
Drum
Ornament**

**Beaded
Glass
Ornament**

This flyer was developed under grant number SM080181 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of the SAMHSA or HHS.

PosterMyWall.com

Tribal Police

Enter Agreement with Cleveland County

Absentee Shawnee Tribal Police and the Cleveland County Sheriff’s Office have entered into an Inter-governmental Cooperative Agreement. This agreement allows both the Absentee Shawnee Tribe and Cleveland County Sherriff’s Office to respond to calls without delay whether on State land or Tribal Trust lands.

“We’ve worked well with Tribal Police Chief Brad Gaylord in the past and admired his professionalism,” said Cleveland County Sheriff Todd Gibson. “This partnership will increase effectiveness in investigating cases and protecting and serving the public, particularly when crimes sometimes cross both sides of Tribal borders. We appreciate Governor Edwina Butler-Wolfe of the Absentee Shawnee Tribe of Oklahoma for reaching out to us.”

This is one more barrier removed that will prevent criminals, wanted persons, or fugitives from justice, from hiding behind jurisdictional boundaries. This agreement also streamlines law enforcement response where the closest officer, regardless of which agency he/she works for, can respond and address criminal activity.

Furthermore, resources from both departments can be shared rather than duplicated (manpower, specialized equipment, etc.) creating efficiency within a joint response. All of these cooperative efforts will ensure the highest level of public safety for all residents, both native and non-native.



L to R: William Norman (AST Attorney General) Cleveland County Undersheriff Blake Green, AST Police Chief Brad Gaylord, AST Governor Edwina Butler-Wolfe, Oklahoma Governor Mary Fallin, Cleveland County Sheriff Todd Gibson, Chief of Staff Chris Benge.



Cleveland County Sheriff Todd Gibson and Absentee Shawnee Tribal Police Chief Brad Gaylord meeting with AST Tribal Governor Edwina Butler-Wolfe and Governor Mary Fallin in recognition of the agreement.



Absentee Shawnee Tribe Governor Edwina Butler-Wolfe and Oklahoma Governor Mary Fallin

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.***

Elder's Corner

By AST Elder Council Officers

Greetings,

ANNOUNCEMENTS:

1-ATTENTION AST TRIBAL VETER-
ANS! If you are interested in attending
a special event, in your Honor; Monday,
November 12, 2018. Please contact AST
Elder Event Coordinator, Wynona Coon,
either call or text, Cell: 405-481-3506.

2- A position is open on the Elders' Coun-
cil for a Treasurer, due to resignation of
current Treasurer. Please call Elders' Offi-
cers for details.

The Elders' Council has the following
events for the rest of the year:

» Fall Raffle-23 items donated and hand-
made such as jewelry, gift cards, blanket,
pottery, t-shirts, etc. Deadline date to re-
turn tickets is Saturday, 10-20-18. Win-
ners will be displayed on a board at AST
Elders' Table, General Council Mtg, 10-
27-18.

» Red Earth Annual Christmas Tree Event,
OKC, Red Earth Museum

» Thanksgiving Dinner w/Veterans, Yel-
low Rose Theater in OKC

» Planning a one day Trip

» Christmas Baskets for Elders

» Christmas Dinner, 12-15-18

» Christmas Fruit, nuts, and candy sacks
for Elders

If you are fifty (50) and up, we meet ev-
ery third (3rd) Saturday of the month, and
meetings are alternating locations at Little
Axe Resource Center or Title VI Build-
ing in Shawnee. We usually have potluck
lunch every monthly meeting (Unless oth-
erwise posted).

Next meeting is Saturday, 10-20-18, Re-
source Ctr in Little Axe, November 17,
2018, Title VI Bldg, Shawnee, and De-
cember 15, 2018, Resource Center in Lit-
tle Axe.

Hope to see more AST Elders at the
monthly meetings!

AST ELDER FALL RAFFLE TICKET SALES, 9-20-18

Each ticket sells for a **\$1.00 each @ 25 tickets = \$25.00**

MONEY FOR TICKETS DUE: SATURDAY, 10-20-18

DRAWING AT GENERAL COUNCIL, 10-27-18

**Fundraiser for upcoming Elder events: Yellow Rose Theatre w/Veterans and
Annual Christmas Activities.**

TWENTY-TWO (22) RAFFLE ITEMS ARE AS FOLLOWS:

1-WHITE INDIAN DESIGN FLEECE BLANKET

1-PINK MULTI-COLORED FLOWER SHAWL

2-BLACK T-SHIRTS WITH PINK RIBBON, SIZE MEDIUM

1-\$25 Wal Mart GIFT CARD and 2- \$30 Cracker Barrel Gift Cards

4-PAIR OF EARRINGS, ASSORTED COLORS

1-ORANGE RIBBON BEADED HEADBAND

1-TURQUOISE ANGEL/FEATHER DESIGN TISSUE BOX HOLDER WITH TISSUE

1-POTTERY TURTLE BUSINESS CARD HOLDER

1-GREEN HANDMADE BEADED NECKLACE WITH COPPER FEATHER

1-BLACK AND CLEAR HANDMADE BEADED NECKLACE WITH SILVER FEATHER

1-TURQUOISE HANDMADE BEADED NECKLACE WITH GOLD FEATHER

1-RED, WHITE, & BLACK HANDMADE BEADED NECKLACE WITH GOLD FEATHER

1-NAVY BLUE, HANDMADE BEADED NECKLACE WITH SILVER FEATHER

1-PINK CLEAR HANDMADE BEADED NECKLACE WITH GOLD FEATHER

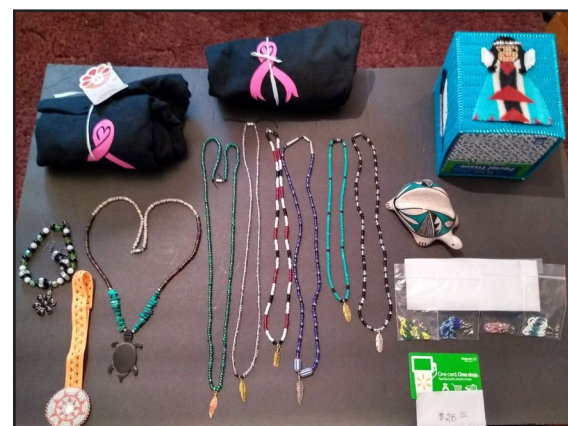
1-BLACK AND WHITE BRACELET WITH EARRINGS SET

1-BEADED NECKLACE WITH TURTLE PENDANT

1-BEADED HUMMINGBIRD KEYCHAIN

If you have any questions or need more tickets, call, text, leave phone message for Kathy
Deere, 405-637-8248 or Shirley Adkins, 405-778-9353.

Thank you and SELL, SELL those raffle tickets!





2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hot Dog Pork n Beans Chips Apple	2 Baked Chicken Stuffing Black-eyed Peas Prunes	3 Title VI Closed Attending Food Show	4 Chicken Fry Sandwich LTOP Baked Chips Jell-O	5 Oatmeal Fruit Sausage Patty	6
7	8 Smoked Sausage Bell Pepper n Onions Bread Pudding	9 Cold Cut Sandwich Mac Salad Chips Orange	10 Chicken Pot Pie Veggies Biscuit Pears	11 Soft Tacos LTC Refried Beans Chips/Salsa	12 English Muffin Ham Scrambled Eggs Fruit	13
14	15 Salisbury Steak Mashed Pot/Gravy Peas n Carrots Mixed Fruit	16 Manwich Pickles Onions Tator Tots Cookie	17 Beef Tips & Noodles Veggies Tossed Salad* Mandarin Oranges	18 Ribs Pot. Salad Baked Beans Roll Mixed Fruit	19 Scrambled Eggs Sausage Gravy Biscuit	20
21	22 Sliced Ham Scalloped Pot Veggies Pineapples	23 Tamale Spanish Rice Peaches	24 Beans Steak fries Spinach Cornbread	25 Roast Potatoes, carrots Roll Fluff	26 Bacon Toast Scrambled Eggs Fruit	27 AST General Council 10 am Multi-Purpose Bldg.
28	29 Chicken Strips Mashed Pot/Gravy Brussel Sprouts Pudding	30 Baked Zita Tossed Salad* Green Beans Apricots	31 TBA 			

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

Title VI News

October 3, Title VI Staff will be attending the Food Show- no lunch will be served or delivered. Homebound will receive a sack lunch on the 2nd.

October 27, General Council 10 am at the Multi-Purpose Building

October 31, TBA more details later in the month but hope you can attend!!!



Breast Cancer Awareness



Domestic Violence Awareness



OCTOBER BIRTHDAYS

Abma, Meadow Elisa
 Abma, Raven Roxanne
 Adams, James Michael
 Aguinaga, Aaron Juan
 Aguirre, Jose Raul
 Ahtone, Caylen Eyreaux
 Alford Jr., Elroy Raymond
 Alford, Herbert Vearl
 Anderson, Charlie Beckett
 Anderson, Jenna Elizabeth
 Ardrey, Wanda Marie
 Armendariz, Christy Ann Louise
 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
 Brooks, Nathanael Shawnee
 Brown, Kane Alexander
 Brown, Kristopher Todd
 Bryce, Todd Kaden
 Buckley, Dillon Wayne
 Bui, Bennett Van
 Burggraf, Thaddeus Todd Lee
 Byers, Sebastian Michael
 Cagle, Sheryl Lynette
 Call, Kelly Edward

Campbell, Camber Nicole
 Campbell, Charlotte Lynn
 Carlson, Harley Leann
 Carolina, Jarric Dequan
 Carpenter, Glenda Carol
 Caudillo, Natalie Adelle
 Chapman, Atira Vonne
 Chisholm, Candace Lauren
 Chupp, Angela Marie
 Citty, Dora Mae
 Coddington, Cameron Michael
 Coddington, Hailey Elaine
 Cody, Aidan Jacob
 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
 Davis, Scarlett Marie
 Deere, Josiah Ahinska
 Dees, Elizabeth Yvonne
 DeLodge, Brendan Joseph
 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
 Gilman, Tomi-Lynn Sophia
 Gonzales, Cortney Raeanne
 Gonzalez, Kathrine Mary
 Green, Angela Dawn
 Green, Shai Leigh
 Green, Tristin Eeon
 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, Michael Alexander
 Herrera, Rosalynn Macie
 Herrin, Susan Rena
 Hockemeyer, Azlynn Marie
 Nicole
 Holderness, Nichole Ann
 Hood, Nova Dean
 Hough, Marrisa Louise
 Houston, James Andrew
 Huerta, Martin Thomas
 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
 Leatherman, Rosalie Helen Marie- Ann
 Leedom, Christopher Donald
 Leedom, Melanie Rochelle
 Leedom, Stephen Wayne
 Lewelling, Avis Jewel
 Little Creek, Frank Dwight
 Little Jim, Gabriel Clint
 Little Jim, Justin Dale
 Little, Freddie Don
 Little, Michael Boyd
 Little, Travis Shane
 Littlebear, Anthony Karlin
 Littlebear, Brett Cason
 Littlebear, Lois Gwen
 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
 Merrell, Marleigh Jaye
 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
Onzawah, Glorious Serinity
Onzawah, 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, Brigitte Nicole
Powell, David W
Raadmae, Brian David
Ramirez, Antonio
Rapos, Christal Nasebewa
Rathbun, Nicholis Lee
Ressler, Linda Kay
Rickard, Janice Renee
Rivas, Becky Marie
Roach, Tanya Emma
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 Alexandria
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
Walley, Erik Austin
Walley, Steve Allen
Warrior Sr., Lucian Jay
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
Wolf, Mariana Julianne
Wolfe, Fanya Gayle
Wood, Darla Sue
Woody, Derek Wayne
Wright, Michael Roosevelt
Wunderlin, Tyler Jay
Wyatt, William Thor
Yandell, Paisley Alexis
Yates, Kaitlin Cheyenne

IOWA TRIBE OF OKLAHOMA
VOCATIONAL REHABILITATION

TRANSITIONAL
SERVICES

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 post-secondary 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 help.

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 as proof.

SERVICES

- Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Resume Building, Interview Etiquette, etc.
- Other Various Services

ITOVR provide their services to any member of a Federally recognized tribe residing in the seven counties as shown in this image.

I TO Service Area

For more information contact:
Taylor McClellan, Counselor
405-547-5721 x223 • 888-336-IOWA
tmcclellan@iowanation.org

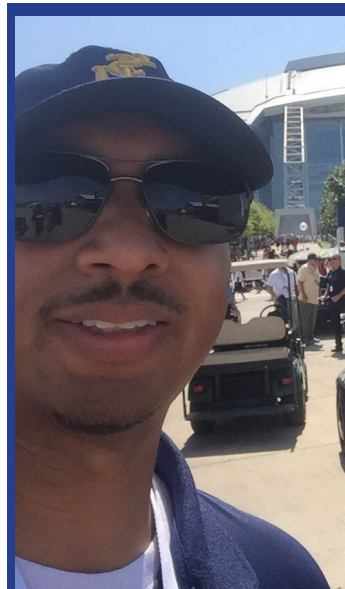
IOWA TRIBE OF OKLAHOMA
335588 E. 750 RD.
PERKINS, OK 74059
405-547-2402
BAHKHOJE.COM

HAPPY BIRTHDAY
Zeckias and Jessie Lee
Tony-R
O-Destiny

From BO & Henry



ALEX,
HAPPY 60TH
BIRTHDAY!!!



ROBERT JIMERSON III

HAPPY BIRTHDAY!!!!
OCTOBER 22, 1976

LOVE, YOUR SIS,
MAGAN JIMERSON



THUNDERBIRD
C A S I N O

WWW.PLAYTHUNDERBIRD.COM

NORMAN

15700 E State Hwy 9 | Norman, OK 73026
405-360-9270

SHAWNEE

2051 S Gordon Cooper Dr | Shawnee, OK 74801
405-273-2679

Absentee Shawnee Tribe says goodbye to long-time Tribal employee, Twyla Blanchard

August 30, 2018



Photo-(L to R) Sec-Raymond Johnson, Rep-Atheda Flechter, Gov-Edwina Butler-Wolfe, Twila Blanchard and Treasurer-Phillip Ellis.



Share your Celebrations!!!

Call AST Media at 405-598-1279 or email your request to stiger@astribe.com by the 15th of the preceding month.
Only 1 picture can be used per celebration.

If you choose to visit our office and we are not present, please leave your requests in the mail box.

In Loving Memory



Raymond Louis DeLodge

*Blessed our family January 23, 1982
Left this earth September 5, 2018*

*The Family of
Raymond Delodge
Would like to thank the Absen-
tee Shawnee Tribe for all of their
help with our loved one.*

*From the AST Maintenance, AST
police, Social services, Sec John
Johnson and family & friends
that came out helped out in our
time of need.*

*Nee/yaw/way
Thank you.*

Child Care Development Fund (CCDF) Programs October 2018

Briana Ponkilla
CCDF Coordinator

The Afterschool Programs at Horseshoe Bend and on the Tribal Complex are up and running. We have hired some new tutors to help the children with homework and after school activities. HSB ASP is still accepting AST Students who attend North Rock Creek schools. ASP Shawnee is limited on the number of spots we have due to transportation limitations so we now have a waiting list for spots as they come available. We will be having fall festivities in the month of October and November.


The CCDF Subsidy Program is going through their recertification period. With the new CCDF

final rule guidelines, we will now be doing 12 month eligibility periods instead of 6 months. This helps with continuity of care which the US Congress said was one of the keys in authorizing the bill. This allows families to continue with their provider in times of temporary changes and does not penalize the children for parent's eligibility hurdles. Families are asked to report major changes that may positively affect their eligibility, for example if their income changes and their co-payment can be lowered then they report those changes. Information regarding the child care subsidy can be found on the astribe.com website under Services and then the Child Care tab. You can also email or call me if you have any questions at 405.432.8411.


Both Building Blocks centers are accepting waiting list applications. The centers will enroll as spots become available so they are constantly working to get children enrolled. Both centers are also taking applications for staff to include Teachers, Assistant Teachers and Floaters. If you know of someone who has experience in child care or is interested in a career in the field please ask them to fill out an application. We try to be competitive

to the local child care providers in salary and benefits. Our goals through the CCDF grant, Building Blocks enterprise and the After School Programs is to provide quality child care to Native and non-native children in our communities. We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best every day.

If you are interested in any of these programs or have any questions please feel free to contact me at the number above or by email, briana.ponkilla@astribe.com.
Ni yi wa! (Thank you)



BUILDING BLOCKS
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE



ABSSENTEE SHAWNEE
TRIBE
AFTER SCHOOL PROGRAM

Absentee Shawnee Tribe
of Oklahoma
Child Care Development
Fund Programs
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
P: (405) 432-8411
F: (405) 878-0156



Absentee Shawnee Tribe Child Care Development Fund Programs *La-pe-we-ki-wa ho-ge-wa-pe-fa-yi mi-ti-ge* “Lifelong Learning Begins Here.”



Program Services:

- Building Blocks Child Development Center II- Shawnee, OK- Tribally Operated Child Care Center
- Building Blocks Child Development Center III- Little Axe, OK- Tribally Operated Child Care Center
- AST Child Care Subsidy Program- Child Care Assistance
- AST After School Program- Horseshoe Bend Community- After School Care
- AST After School Program- AST Complex, Shawnee- After School Care

- For information about these services please visit the AST website at www.astribe.com/Childcare
- Contact information:
 - ✂ BBCDCII-Shawnee (405)878-0633
Email: ecrawford@astribe.com
 - ✂ BBCDCIII- Little Axe (405)360-2710
Email: rebeccaj@astribe.com
 - ✂ AST Child Care Subsidy (405)432-8411
Email: briana.ponkilla@astribe.com
 - ✂ AST ASP- HSB (405)432-8411
Email: lanora.buswell@astribe.com
 - ✂ AST ASP-Shawnee (405)432-8411
Email: lanora.buswell@astribe.com

LITTLE AXE

After School Program 2018/2019

Come join us at the AST Resource Center!!!



- + Free Tutoring in all subjects!
- + Games and activities!
- + Delinquency Prevention!
- + Healthy Lifestyles!



Open to All students in Middle School and High School



Open to Absentee Shawnee Tribal Students K-5th with a C.D.I.B.



EVERYTHING IS OFFERED WITH NO CHARGE....LITTLE AXE BUS WILL TRANSPORT STUDENTS TO THE AST RESOURCE CENTER ON PEEBLY ROAD AND PARENTS ARE RESPONSIBLE FOR PICKING STUDENTS UP AT 6:30PM.

Duration: Starts August 13th and will run through the school year.

Monday-Thursday. 3:45pm-6:30pm

For more information and sign up please contact Blake Goodman at (405) 364-7569



Building Blocks III October Newsletter

By Rebecca Jones
Interim Director

Building Blocks III has once again had a very busy month with some changes that have taken place. We have welcomed our new Interim Director, Rebecca Jones, with open arms. We are all looking forward to what the future may hold for us and may it come with happiness and great success. In September, we held our Grandparent's Day event for all of our wonderful grandparents. We had a great turn out! We served a variety of delicious foods. We certainly enjoyed getting to spend time with our grandparents and also getting to know more about our families we have here at Building Blocks III.

On September 15th, our staff is looking forward to attending the 2018 Fall Conference for OCCA. We wish them safe travels. We will be having our fall festival on Friday October 26th, 2018. The children will trick-or-treat the health complex and will then have their parties in their classrooms. We are also looking forward to hosting a Halloween Carnival at 4:00 pm.

With all our love,
Rebecca Jones, Interim Director
Stacy Battige, Assistant Director &
Building Blocks III Staff



**BUILDING BLOCKS
Dates to Remember:**

**Friday, October 26
Fall Festival**

Constitution Committee Study Group (CCSG) October Newsletter Report

By Kathy Deere, Vice-Chairman
shwneturtle@gmail
Phone: 405-637-8248

GREETINGS:

The Constitution Committee Study Group (“CCSG”) Monthly meeting will be held monthly every fourth Sunday. Next meeting will be October 28, 2018, at 3:00 p.m. at the Little Axe Community Building, AST members are welcome to attend. We appreciate all the questions and comments! CCSG website is available at <https://astccsg.squarespace.com>. The intent is for the AST members to be informed concerning CCSG meetings, minutes, budget, and community meetings. If you have comments, questions, suggestions, you can visit our website for the informational updates on the progress. At the printing of this article, we met four (4) times for the month of September. We have met three (3) on Tuesday nights and a regular paid stipend meeting of \$75.00. All other meetings are volunteered time in order to complete 2018 draft constitution for the attorneys’ review.

The AST Constitution Committee Study Group (“CCSG”) Community Meeting has held three (3) meetings. First community meeting met on Thursday, August 16, 2018, at 6:30 p.m. at the AST Multipurpose Health Building, Shawnee, Oklahoma. Maybe because of the weather, we didn't have too many members attend! We appreciated the ones, who did show up and gave us a few comments and questions.

Second Community meeting was held at the AST Resource Center, Thursday, August 26, 2018, 6:30 pm, LA Resource Center, Little Axe, OK. Total of 30 people came out and we appreciate all the questions that were asked. Will put the questions and answers on the CCSG’s website: <https://astccsq.squarespace.com>

The third will be held in Tulsa, Oklahoma. As of this printing, we haven’t had the community meeting yet.

A PowerPoint presentation along, with current constitution, draft legislation Organizational chart, and frequently asked questions is available on the CCSGs website at <https://astccsq.squarespace.com>

Special thanks to Lt. Governor’s Office in providing the refreshments for the second meeting and support! Also, want to thank Governor Butler-Wolfe for providing the refreshments for the Tulsa Community Meeting.

The following items were discussed at our CCSG monthly meetings:

- Legislative tour with the Chickasaw Nation postponed until October due illness.
- Referendum Vote on removing the BIA, Secretary of Interior, Two (2) articles in the constitution. This needs to be done to revise the AST Constitution to separate the Legislative and Executive branches. The draft resolution was presented to the Executive Committee Members monthly meeting, Wednesday, 10-19-18. The ECs next step is to submit paperwork to BIA for the Secretarial Election.



PHARMACY SERVICES

Your health is our first order.

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you’d like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It’s also important to let us know about changes in address, phone numbers, insurance and other contact information.

LITTLE AXE HEALTH CENTER

15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Regular Drive-thru:
Mon – Fri 7:30 a.m. to 5:30 p.m.

Extended Hours Drive-thru*:
Mon – Fri 5:30 p.m. to 8:30 p.m.
(or until last PlusCare patient receives their medications)

Sat – Sun 9 a.m. to 5 p.m.

Holidays 9 a.m. to 5 p.m.

(excluding Thanksgiving & Christmas)

*Extended Hours Rx Drive-Thru is available
ONLY for PlusCare Clinic prescriptions
and AST member emergency room visit fills.

SHAWNEE CLINIC

2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Lobby:
Mon – Fri 7 a.m. to 5 p.m.

Drive-thru:
Mon – Fri 7 a.m. to 5 p.m.

Extended Hours*:
Mon – Fri 5 p.m. to 8:30 p.m.
(or until last patient receives their medications)

Sat 9 a.m. to 5 p.m.

Closed Sundays & Holidays

*Extended Hours Rx is available ONLY for
Extended Hours Clinic prescriptions
and AST member emergency room visit fills.

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.

24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) **approved Walgreens locations in Shawnee and Norman**. You will need to submit your prescription, and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then, they will fill your prescription. You will have a five-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health-approved Walgreens service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, OK or 615 West Main Street, Norman, OK



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



OCTOBER IS BULLYING PREVENTION MONTH



If you or someone you know is experiencing the emotional effects from being a victim of bullying please contact Absentee Shawnee Behavioral Health Services. We would love to help!

Little Axe office 405-701-7987

Shawnee Office 405-878-4716

BULLYING AWARENESS AND PREVENTION FACTS

- The time is now to recognize that bullying has gone on too long and too many have suffered as a result.
- More than one out of every five students will be bullied this year, chances are this is happening to someone you know and care about.
- Bullying is a communitywide issue that must no longer be ignored or thought of as a rite of passage.
- Every Child has the right to feel safe and supported.
- Bullying directly affects a students ability to learn.
- Students who are bullied often do not want to go to school. They often find it difficult to concentrate, show a decline in grades, and lose self-esteem, self confidence, and self-worth.
- Students who are bullied report more physical symptoms, such as headaches or stomachs, and mental health issues, such as depression and anxiety, than other students.
- In some cases, bullying has led to devastating consequences, such as school shootings and suicide.
- Bullying affects witnesses as well as targets. Witnesses often report feeling unsafe, helpless, and afraid that they will be the next target.
- Students who bully can also be negatively affected, showing higher rates of physical and emotional health issues.
- Bullying is not only devastating while its happening, research shows that the negative effects last a lifetime.
- Students can be especially effective in bullying intervention. More than 55 percent of bullying situations will stop when a peer intervenes. Student education of how to address bullying for peers is critical, as is the support of adults
- Silence is no longer an acceptable response to bullying. Adults, students, and educators can no longer look away when they see bullying. Ignoring it won't work. Everyone needs to be empowered with options to respond.
- Every person's action matter, we all have a role to play. Create a world without bullying by uniting for kindness, acceptance and inclusion.

Cultural Preservation Report

By Suhaila Nease

GRANT INFORMATION

We have not been awarded any new grants at this time.

EVENTS

September 11, 2018 - Shawnee Language Class – AST Health Multipurpose Building

September 17, 2018 – AST Elders Field Trip to the Eastern Shawnee Tribe’s History Summit at the Indigo Sky Casino in Wyandotte, Oklahoma

TRAININGS/MEETINGS

August 28-29, 2018 – The Osage Nation in Pawhuska, OK hosted a meeting with the Mark Twain National Forest and several Oklahoma tribes regarding a Programmatic Agreement for Section 106. CP Director attended.

September 4-5, 2018 – The Eastern Shawnee Tribe in Wyandotte, OK hosted a meeting with the Cincinnati Museum Center and several Oklahoma tribes for a follow up NAGPRA consultation. The CP Director and the Tribal Representative attended.

September 10-14, 2018 –The National Association of Historic Preservation Officers held their annual conference in Suquamish, WA. The CP Director and the Tribal Representative attended.

September 18, 2018 –Quarterly conference call with the USFS R9 Tribal Homelands Workgroup. The CP Director joined the call.

GIFT SHOP

The Gift shop is awaiting the last few shipments of inventory items just in time for the holidays. We offer layaway plans and employee charges. CP staff is actively working on a gift shop expansion into the Little Axe Health Clinic. We will keep everyone posted on dates. We are hopeful to be up and running by the holidays.

LANGUAGE PRESERVATION

It is our mission to provide opportunities that will ensure our tribe’s language survives for future generations. CP is actively researching language grants for 2019. A grant will provide a monetary advantage that can assist our work toward preserving and protecting our language.

WHAT’S COMING UP

- Planning activities for Native American Heritage Month
- Seeking tribal members interested in seasonal heritage paraprofessional work in the U.S. Forest Service
- The U.S. Army in search for families of children buried at Carlisle

Shawnee Language Class



September 11, 2018 - The Cultural Preservation Department hosted a language class at the Health Multipurpose Building in Shawnee. The instructor was Shawnee tribal member, Eric Wensman. AST Diabetes & Wellness Program provided healthy snacks for the class. We are currently working on a schedule to conduct these classes on a regular basis. Please watch for updates.

Heritage Paraprofessional Training



May 2018 - The Absentee Shawnee Tribe’s Cultural Preservation staff members, Suhaila Nease and Ashley Brokeshoulder, participated in the U.S. Forest Service Heritage Paraprofessional Training that was hosted by the Shawnee Tribe in Miami, OK.

Employee Spotlight

Our Gift Shop, Merry Rodriguez, has worked for the Tribe since May 2016 and has been a great addition to our department. Her job as Gift Shop Manager involves everything from sales, advertising, and inventory. Her main focus is to ensure customer satisfaction and to generate revenue for the tribe.

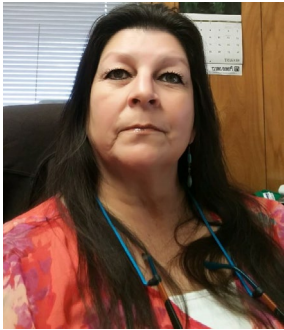
Merry maintains direct communication with our various vendors for merchandise purchasing. She logs and tracks all incoming and outgoing inventory in order to gage our profits and losses for the shop. She reports all daily sales to the finance department through an excel spreadsheet. All of this information is also input in our Point of Sale software which she also utilized for reporting.

One of her greatest strengths is customer service. Many of you have had the pleasure to visit with her in the shop and are aware of her pleasant demeanor. She is always willing to assist and go above and beyond for her customers. She is happy to take requests from tribal members on what they want to see in the shop.

In addition to working as Gift Shop Manager, she also oversees the department staff when the director is out of the office. She is familiar with the day to day processes and ensures the department is operating as it should. She also offers insight on the planning stages of all cultural classes and is always willing to help out where she is needed.

Please watch for upcoming events in our Tribal newsletter and on the web. Stop in and check us out! Let us know how we can serve you. Please contact Merry at:

mrodriguez@astribe.com 405-275-4030 Ext. 6310



Pictured above:
Gift Shop Manager,
Merry Rodriguez

Absentee Shawnee Housing Authority

2018 PROGRAMS



- Low Rent Housing
- Lease to Own Housing
- \$5,000 Down Payment & Closing Assistance – AST Members Only
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing

PROGRAMS ARE DEPENDANT ON FUNDING AVAILABILITY

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

WOMEN'S HEALTH SERVICES

There is a welcoming place for women.



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.

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 • 1.877.878.4702 (Toll-free)



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



WWW.ASHEALTH.ORG

Let your voice be heard.



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

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

Together, we will fulfill our mission.

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 East State Highway 9
Norman, OK 73026
405.447.0477



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

WWW.ASHEALTH.ORG



HALLOWEEN CARNIVAL

Absentee Shawnee Tribe
2025 S. Gordon Cooper Drive
Shawnee, OK 74801

concession stand

prizes

free entry



COSTUMES ENCOURAGED!

OPEN TO PUBLIC

Civilization is now available in the Absentee Shawnee Library at the tribal complex.

Procurement Department



Amy Guffey



Tara Battise



Misty Griffith

The Procurement office continues our efforts in keeping the day to day activities flowing efficiently and effectively through communication. We are staffed with 3 great hard working individuals that each brings different skill sets to the department.

Amy Guffey is our Procurement Clerk II, she is responsible for all Travel, Registration and Bookings. She comes from a background of management in travel with her previous employer.

Tara Battise is our Procurement Clerk I, her responsibilities consist

of everyday purchasing, receiving and inventory of products. Please feel free to contact her for all your purchasing needs.

Misty Griffith is our new Procurement Director; she brings her knowledge of Finance, Business and negotiations to help ensure a productive cycle within the Procurement Department. Once again we would like to thank the Executive Committee and all the Departments for their support and understanding in efforts to stay on top of the constant flow of business.

Absentee Shawnee Tribe
Behavioral Health Services



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

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

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



SORNA

SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
EMAIL: SORNA@ASTRIBE.COM
TIPLINE 405-273-1249

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)
(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

ELIGIBILITY

- ☐ ENROLLED ABSENTEE SHAWNEE TRIBE
- ☐ 18 YEARS OF AGE OR OLDER
- ☐ 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)

REQUIRED DOCUMENTATION:

- ☐ SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- ☐ CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- ☐ CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- ☐ CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, 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

ATTENTION
TRIBAL MEMBERS!!!

When mailing in your application for any assistance through the Social Service Department, Please DO NOT send original CDIB, Drivers License and Social Security cards. Please attach copies of your ID's only; if you are in the office copies will be made. Absentee Shawnee Tribe is not responsible for lost ID's in the mail. If you have any questions, please call **(405) 275-4030, ext. 6225 or 6255.**



THE OFFICE OF
ENVIRONMENTAL HEALTH
& ENGINEERING (OEHE&E)

The principal role of OEHE&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 Realty 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 OEHE&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 OEHE&E building.



FY-2018 YTD TAX COLLECTIONS (through 08/31/2018)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,955.22	\$128.33	\$20,250.34	\$16,709.62	\$1,001.46	\$11,720.63	\$6,189.49	\$288.07	\$0.00	\$0.00	\$0.00	\$0.00	\$63,243.16	3.24%
Gaming % of free cash	\$150,000.00	\$300,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$150,000.00	\$200,000.00	\$200,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,500,000.00	76.80%
Employee (1%)	\$11,386.59	\$11,609.31	\$11,506.02	\$13,835.58	\$15,173.37	\$9,736.28	\$15,069.86	\$3,605.08	\$0.00	\$0.00	\$0.00	\$0.00	\$91,922.09	4.71%
Severance (8%)	\$4,549.73	\$3,384.15	\$2,620.73	\$2,103.29	\$1,865.19	\$690.38	\$552.41	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$15,765.88	0.81%
Motor Vehicle	\$11,963.40	\$18,890.16	\$20,352.65	\$17,819.28	\$18,981.52	\$13,052.06	\$13,910.94	\$15,005.34	\$0.00	\$0.00	\$0.00	\$0.00	\$129,975.35	6.66%
Motor Fuel Taxes (Qtrly.)	\$35,258.38	\$0.00	\$0.00	\$33,471.68	\$0.00	\$35,705.25	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$104,435.31	5.35%
Tobacco Refund	\$4,367.11	\$4,026.41	\$3,903.11	\$6,090.62	\$6,785.14	\$6,562.88	\$4,695.91	\$9,716.49	\$0.00	\$0.00	\$0.00	\$0.00	\$46,147.67	2.36%
TOTAL TAXES	\$224,480.43	\$338,038.36	\$258,632.85	\$240,030.07	\$193,806.68	\$227,467.48	\$240,418.61	\$228,614.98	\$0.00	\$0.00	\$0.00	\$0.00	\$1,951,489.46	
Miscellaneous	\$122.50	\$142.65	\$298.25	\$208.00	\$298.25	\$171.00	\$137.26	\$157.65	\$0.00	\$0.00	\$0.00	\$0.00	\$1,535.56	0.08%

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

Note: 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 Shawnee Behavioral Health
STRENGTH OF TRADITION PROJECT

Funded through SAMHSA Native Connections Grant in providing support by:

- Extending an out outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- Supporting youth as they transition into adulthood.

If you would like to know more about this program, please contact us!

Linda Gouge Grant Coordinator (405)701-7988
Victoria Andrews Grant Assistant (405)701-7995

Little Axe Health Center
Li-Si-Wi-Nwi Health, Inc.
15951 Little Axe Drive
Norman, OK 73026



"This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."

Enrollment Updates:

Enrollment has relocated to building 1 second floor.

- The Enrollment department has obtained a new director, Erica Masquat, and new enrollment Specialist Fallon Jackson. WIA worker Kamryn Pritner can also help assist tribal members in our department.
- We ask in joining with other departments that you update all information that pertains to your new tribal CDIB card with Enrollment.
- Please Direct all Per Cap inquiries to the Enrollment office from now on. Enrollment will aid with 2005/2006 Trust Fund Per Cap, and 2016 Rama Per Cap. See enrollment’s web page for applications and W-9 Form

Please help enrollment keep all information current. Update your address, photo, phone number, and CDIB Card.

A Little Note from The Tag Office

Did 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.

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.



SHAWNEE CLINIC
ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

2029 South Gordon Cooper Drive | 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.



In Your Corner

A letter to the Editor

Greetings my fellow AST Tribal Members,

My sending this important statement is in regards to our Executive Committee members' responsibilities. I would like to make you, as an AST member, aware of this.

My feelings for the Lt. Governor's responsibility is that he/she is to work closely with our Tribal Governor to discuss new business ventures to present to the Executive Committee members and decide as a GROUP on any major items. The Governor then at his/her discretion should be knowledgeable enough to approve/disapprove these business ventures.

The Representative should be concerned about our Tribal Elders' needs and relay findings to the proper programs. Visita-

tions should be made to the elders' homes/hospitals/nursing homes or wherever they may be residing, NOT finding and implementing new programs/ventures. This should be left to the Governor and Lt. Governor, with the ultimate decision made by the Governor.

The Treasurer should be taking care of Tribal finance and provide needed financial aid for programs that are ALREADY in place with approval from all Executive Committee members.

The Secretary should take minutes from the Executive Committee meetings. When a meeting is convened, old minutes are read to discuss old business BEFORE any new business is presented.

Thank you AST Tribal members for taking the time to read this and letting me voice my opinion.

A Very Concerned AST Tribal Member



WIN A 2018 MUSTANG

ACTUAL MODEL OR COLOR MAY VARY.

2X
ENTRIES
MONDAY
& TUESDAY

EARN ENTRIES EVERY DAY!
One entry for every 25 same-day points earned

\$25 CASH / 25 ENTRIES

Hot Seats every Thursday, Friday and Saturday • Every 20 minutes from 6pm to 9pm



SHAWNEE

2018 MUSTANG GIVEAWAY

FRIDAY, NOVEMBER 30TH AT 9:00PM



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



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

Life Saving Skills

Linda Day
Emergency Management Coordinator
Police Dept: 405-275-3200
Cell: 405-740-1562
lday@astribes.com

www.Ready.gov encourages awareness about common household hazards and encourages families and communities to prepare for and protect against disasters and severe weather events by learning Life Saving Skills.

What You Should Know About Life Saving Skills


- Know basic preparedness skills to protect your family and home.
- Eliminate common electrical and fire hazards around your house and property.
- Install smoke, carbon monoxide, and natural gas alarms and test them monthly.
- Teach children what to do when they hear smoke, carbon monoxide, and natural gas alarms.
- Place natural gas detectors on every level of your home and test them monthly.
- Know how to turn off utilities like natural gas in your home.
- Talk to your landlord or building manager about evacuation routes and fire safety.
- Develop and practice a family communication plan and discuss it with your family.
- Have emergency supplies in place at home, at work, and in the car.
- Pay attention to alerts and warnings.

- Know two ways out of your home in the event of a fire and practice evacuation plans.
- Set some money aside from your income in case of an emergency.

You Are the Help Until Help Arrives
Learn 5 simple steps that may save a life:
Call 9-1-1 – Stay Safe—Stop the Bleedings—Position the Injured—Provide Comfort
Why get involved when someone is badly injured?
According to a recent National Academies of Science study, trauma is the leading cause of death for Americans under age 46. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest to someone with life-threatening injuries are best positioned to provide first care.

Teachers
Knowledge Empowers!
Are you and your students ready for an emergency? Read.gov for kids has safety tips for the classroom. Curriculum is available to download. Students can play games and learn, and they can test their emergency know-how when they find themselves in the heart of the action and seek out items for their own emergency kit.
Embedded with real-world connections, these multidisciplinary lessons teach what to do before, during, and after an emergency while fostering critical 21st-century skills such as problem solving, teamwork, creativity, leadership, and communication.
Download this supplemental curriculum for grades 1-12 and engage your students with three lessons of inquiry-driven, project-based, and differentiated learning activities aligned to core subject standards.

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.**



PLUSCARE

LL-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

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

AAAHC
ACCREDITED
ASSOCIATION
FOR AMBULATORY HEALTH CARE, INC.

WWW.ASTHEALTH.ORG

EMERGENCY NUMBERS

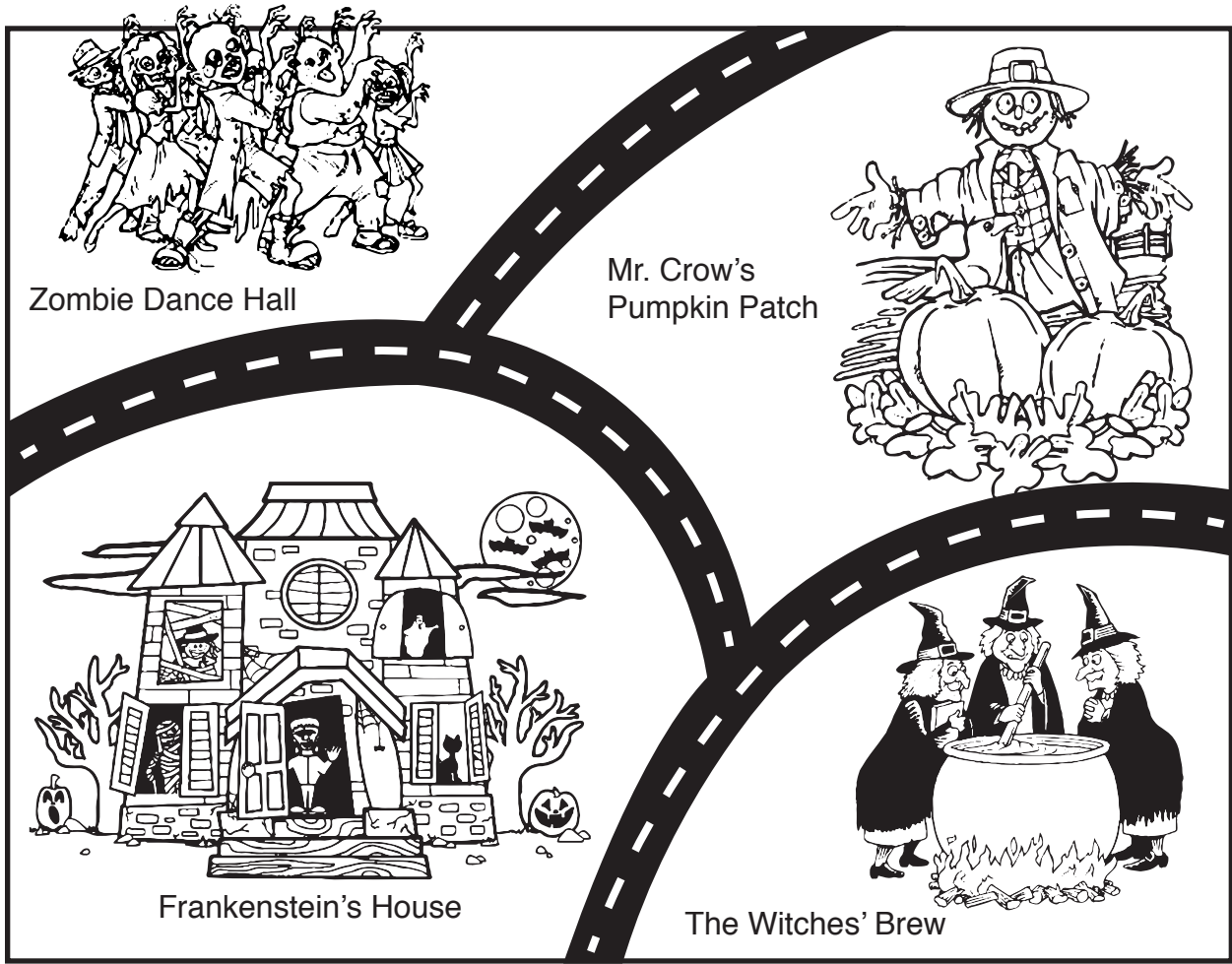
EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	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

October
si ta we ke se fe wa
(sah-tay-wee-kee-sthway)

AST KIDZ ZONE

Spookytown Map

The residents of Spookytown are planning for a fun Halloween night. Help them tell their friends where all of events are located. Don't forget to write your answers in Shawnee!



COMPASS ROSE

English	Shawnee
North	ya pa po ne ka ke (yay-pay-pohn-kay-kee)
South	ya li wi qa ke (yay-lah-wah-quay-kee)
East	ya ti ko fi ke (yay-tah-koh-thah-kee)
West	ya pi ke se mo kee (yay-pahk-see-moh-kee)

- 1. Mr. Crow's Pumpkin Patch is _____ of The Witches' Brew.
- 2. Frankenstein's House is _____ of Zombie Dance Hall.
- 3. The Zombie Dance Hall is directly _____ of Mr. Crow's Pumpkin Patch.
- 4. The Witches' Brew is _____ of Frankenstein's House and _____ of Mr. Crow's Pumpkin Patch.

Gov.	Governor Edwina Butler-Wolfe.....	6308	FINANCE	Twylla Blanchard	6233	PROCUREMENT	Misty Griffith.....	6291
	Glenna Jones.....	6307		Victor Flores.....	6282		Amy Guffey.....	6244
	Glenna Jones.....	6269		Tracey Dickson.....	6279		Tara Battise	6281
	6263		Holly Davis	6265		6410
	Lt.Governor Kenneth Blanchard.....	6253		Colleen Longhorn	6320		REALTY	
Lt. Gov.	Diane Ponkilla.....	6267	JENNIFER CRENSHAW	Jennifer Crenshaw	6228	CECIL WILSON	Cecil Wilson	6246
	Scott Miller (Self-Gov.Dir.)	6325		Courtney Green	6300		Lea Tototaddle	6248
	Secretary John R Johnson.....	6289		Phyllis Wahahrockah-Tasi.....	6338		Taylor Carter.....	6247
	Alvina Barnes	6275		Sandra Burnett	6385	SOCIAL SERVICES	
	Sarah Pederson.....	6306		Kimberly Hazlett.....	6250		Annie Wilson (Director)	6225
Secretary			Conf. Room.....	6397		
	Treasurer Phillip Ellis	6280	HUMAN RESOURCES			TAX COMMISSION / TAG	
	Charla Garcia	6309		Elizabeth Clark	6296		Alicia Engler	6257
	Rep Aheda Fletcher	6239		Casey Adams	6337		Connor Edwards	6237
	6335		6222		Shelby White.....	6258
Rep.		ICW	Melissa Hill	6375	TITLE VI	Thomasine (Doss) Owings (DIR)	6227
	Lea Bettyyoun	4030		Direct Line.....	395-4491		Johnnie Mae Bettyyoun	6272
			William Starr	6376		Donna Butler	6270
			Direct Line.....	395-4492		Robert Schoolfield.....	6270
			Paige Littlecharley	6377	OTHER EXTENSIONS	Ted Watson	6270
RECEPTIONIST		MAINTENANCE	Direct Line.....	395-4493		Cindy Carpenter.....	6270
			Kevin Kaseca.....	6316		Bldg. 1 Conf. Rm	2009
			Reta Harjo.....	6249		Bldg. 1 Break Rm	6305
			Stephen Fife	6234		Gov. Bldg. 2 Conf. Rm.....	6330
			Sherri Yetter, Sheila Orphan, Isaac Bettyyoun, John Mann, Robert Komacheet, Duke Blanchard, Stacy Coon Kevin Blanchard	6331	OTHER ENTITIES & TOLL FREE	Fam. Svcs. Conf. Rm.....	6311
CULT. PRES. / GIFT SHOP	Merry Rodriguez Gift Shop).....	6310				Finance Conference Rm	6236
	Devon Frazier(Library)	6243	MIS			All Nations Bank	273-0202
	Ashley Brokeshoulder	6312				ASEDA	878-6782
	Erin Thompson	6340				Toll Free.....	1-800-256-3341
	Kyra Underwood	6238				Brendle Corner	447-3372
CULT. PRES. / GIFT SHOP	Subaila Nease	6245	HELP DESK.....	3100	BUILDING BLOCKS	Building Blocks	878-0633
	Kimberlee Billie	6416		Travis O'Dell.....	6327		(Elizabeth Crawford, Briana Ponkilla)	
			Donna Cody	6402		Building Blocks III L.A.	360-2710
			Cody Merryfield.....	6303		(Stacy Battige)	
			Rafael Rodriguez	6329	Housing	273-1050
DOMESTIC VIOLENCE/FAMILY SERVICES	Bryisha Payne	6315		Kelly Chambers	6328		Human Resources	275-1468
	6226	OEH			Media.....	598-1279
	Taylor Wills.....	6293		Ken Jones	6223		(Sherman Tiger)	
	(Sexual Assault Adv).....	6298		Jarrod Lloyd.....	6229		OEH/OEP	214-4235
	6277		Devin Leitka	6299	POLICE DEPT.....	Police Dept.	275-3200 / 275-3432
EDUCATION		POLICE DEPT.....	Rebecca Diven	6230		Thunderbird Casino NRM.....	360-9270
	Tresha Spoon	6242				Shawnee Casino.....	273-2679
	Brandon Goodman	6255				Tribal Store (Little Axe).....	364-0668
			LITTLE AXE CLINIC	
			Clinic - Medical.....	447-0300
ELECTION COMMISSION	Emily Longman	6271				After hours	447-0300
		JASON BRINKER	6302		Dental Clinic.....	307-9704
	6259		Diabetes.....	360-4698
	6261		Pharmacy.....	292-9530
	6262		Resource Center.....	364-7298
ENROLLMENT	Erica Masquat.....	6292		6266		(Crissey Wiens, Dieter Braid, Blake Goodman)	
	Fallon Jackson	6288	SHAWNEE CLINIC			Shawnee Clinic	
			Clinic (Bldg. 17)	878-5850
			Pharmacy.....	878-5859
			Toll Free.....	1-866-742-4977
HORSE SHOE BEND			Rhonda Kaseca.....	878-4702
	(After School Program Director)		SHAWNEE CLINIC	
	Edwina Butler-Wolfe.....	6308		
	
	



ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRESORTED STANDARD
US POSTAGE
PAID
SPRINGFIELD, MO
PERMIT 96

RETURN SERVICE
REQUESTED

Volume 29 No. 10, October 2018



2018 MUSTANG GIVEAWAY
FRIDAY, NOVEMBER 30TH AT 9:00PM

Hot Seats every Thursday, Friday and Saturday • Every 20 minutes from 6pm to 9pm



EARN ENTRIES EVERY DAY!

One entry for every 25 same-day points earned

\$25 CASH/25 ENTRIES



ACTUAL MODEL OR COLOR MAY VARY