



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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October 2022

Tribal HVAC Program Heating Up



Left Photo L-R: Workforce Project Coordinator Connor Edwards; HVAC Mechanic Joseph Burgess; AST Lt. Governor Ezra DeLodge; AST Representative DeWayne Wilson.

The Absentee Shawnee Tribal HVAC Program is ready to serve the tribe. The newly created program recently purchased a work van and hired a licensed HVAC Journeyman. The program was started with CARES funding and is under the office of the Lt. Governor and Representative.

“This is a win-win for the tribe and for our tribal members.” said Representative DeWayne Wilson, “The tribe spends money contracting out HVAC services and now we can provide those services in-house. This will allow us to use that money for other services.

The tribe has had to pay for over a

dozen new HVAC systems for members in the past year.

Joseph Burgess was recently hired as the HVAC Mechanic. He will service tribal HVAC systems, tribal entities and will also serve as a training advisor for the Workforce Development Career Initiative Program. He will oversee the

tribal members who are entering the three-year HVAC training program with the tribe.

For questions about eligibility, please call Workforce Project Coordinator Connor Edwards at (405) 275-4030 ext. 6439 or by email, connore@astribe.com.

AST Court Holds OILS Wills Clinic



Oklahoma Indian Legal Services held a Wills Clinic at the Absentee Shawnee Tribal Courtroom on September 14th. The free clinic was open to income-eligible tribal members who were interested in writing and setting up wills.

Having a will in place provides peace of mind should something happen to the individual. The will would express how they want their property distributed.

OILS attorney Brian Candelaria explains why wills are important, “A will is an opportunity for the drafter (referred to as the Testator) to have a say as to who

they want their property to go to after the Testator dies. This is especially important when the Testator owns property of significant monetary and/or sentimental value.”

If a person does not have a will, the state may make a decision on the heirs of the property. This usually happens during probate. Keep in mind that even if you have a will in place, you might not be able to avoid probate.

“A will must be declared to be valid by a judge using the Probate laws of the State of Oklahoma. If the Will is declared

invalid, or if a person dies without a Will (known as intestacy), the judge then uses the Probate laws to make any final decisions as to the way the dead person’s property is divided.” said Candelaria, “These statutory divisions are rigid and may not reflect the true desires of the person who has died. Therefore, having a valid will in place can go a long way to help the Testator make sure that their last wishes are followed.”

Wills also provide peace of mind that the wishes of the deceased are carried out accordingly. Being prepared for

the unexpected can ease the burden should something happen. Often times it is as simple as having those difficult conversations with your loved ones to get the process started.

If you don’t own property, you may not need a will. There are other end-of-life documents that might work for you instead.

Wills are an important part of life. It doesn’t matter if you own 8 or 800 acres, having a will is a great way to preserve future ownership of your property by those you care about and love.

GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello fellow tribal members,

Fall is here, thank goodness for the cooler weather and football season. We are quickly approaching the holiday season. Before you know it, it will be Thanksgiving.

October brings a few important events for our tribe. Starting off is the 89th semi-annual General Council on Saturday October 1st, 2022. We will be fol-

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor



Lt. GOVERNOR
Ezra DeLodge

Tribal Members,

Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.

Maintenance:

The Maintenance staff has been staying busy taking care of the campus grounds and completing 25 work orders in the last month. I would like to thank the Maintenance crew and housekeepers for all their hard work they do for the department.

OEH:

In total for 2022 OEH has assisted Tribal members with 67 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2022, we have collected, processed, and recycled 32 bales of shredded office paper and cardboard equaling roughly 24 tons of recyclable waste that has been diverted from landfills.

Plans are being made for Cleveland County to begin roadwork at the Youth Camp, along with completion of the parking lot at the Youth Camp Dining Hall in the coming months. The completion of the entry gate at the camp will be scheduled around this construction.

We are now accepting bids from general contractors for construction of the AST Police Safety Center. We currently have 9 bidders on our list that have shown interest in bidding the project. The deadline for bidding is September 30th. After bids are received, we will select a winning bidder and we plan to break ground on the project sometime in October.

We would like to remind Tribal Members that if they see any activities related



SECRETARY
Alicia Miller

SECRETARY'S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!

Happy October! I cannot believe we are entering the last quarter of 2022. The next couple of months we will be working on departmental budget projections for 2023 and closing out the 2022 fiscal calendar year.

To recap some of my September activities, my office worked on the preparations for 89th General Council, I represented the tribe at the Oklahoma Tribal Self-Governance Coalition hosted by the Muscogee Creek Nation at Council Oak, and I also represented at the National Indian Health Board 50th annual con-



TREASURER
Joseph Blanchard

REPRESENTATIVE'S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope everyone is doing good, we have been blessed that this pandemic is decreasing in its intensity. I hope everyone enjoyed their Labor Day Holiday. Stay Healthy continue to practicing social distancing and disinfecting your hands due to COVID 19 is still in our communities and at our Tribal facilities. If you have not registered to VOTE, you have until Oct. 14th, 2022 to get registered. Once you get registered, you will be eligible to VOTE in the November 8th, 2022. Let's Go "Rock the Vote".

Education Department;

In the Education Department, we continue to look for ways to assist our Tribal members who are furthering their educational endeavors. If you are in need of educational financial assistance, the Education Department may be able to assist you in other areas. In Workforce Development are taking applications for the

lowing COVID protocol, mask and hand sanitizer will be available, so I hope that everyone will join us.

Another important October event is the fall Bread Dance. With the cooler temperatures I hope we have many of you in attendance.

On September 21, 2022 I was able to attend the Oklahoma Self-Governance Coalition hosted by the Muscogee (Creek) Nation. Indian Health Services and the Bureau of Indian Affairs gave updates.

I was invited and attended the Vison Expo with the Optical department Sep-

tember 14th to 16th. Dr. King, Rachel Taylor and I were able to view and decide on new optical equipment that we will be purchasing to upgrade old equipment. I would like to thank the Health and Optical departments for the invitation.

As I close for this month, I would like to remind everyone to register to vote for the November 8th Oklahoma elections. You still have time to get those registrations in before the October 14th deadline. Then be sure to go and vote on November 8th.

BIA Self-Governance

For the past few months we have had several programs researching and working on a 477 Plan. By the time you read this our plan will have been submitted by the September 30th deadline to the Department of Interior (DOI). They will have 90 days to review our plan and respond back to us. As long as the plan meets their criteria and we are approved, the plan will begin January 1, 2023. Once we are approved, more details will be provided. I would like to thank each of the Coordinators/Directors for helping get the plan together: Briana Ponkilla, Tresha Spoon, Annie Wilson, Alvina Wilson and Carol Butler.

BIA Roads Program

Some of this information was put in the October General Council book so it may seem repetitive.

We have completed three projects with Cleveland County; 192nd Hwy 9 to Lindsey (2 miles), 192nd to County Line (1 mile) and Rock Creek Road 189th to 192nd (1 mile). We have three other projects they are currently working on and are hoping they will be assisting us with the road for the youth camp as well.

We hope to apply for additional safety funds as well as funding to improve bridges in our area.

Driveway Assistance Program

We are slowly getting started up again with the driveways. Any work that will be done will be gravel only. We are no longer accepting any other applications as there may not be enough funds to assist all the applicants.

ference in Washington, D.C. Some of these meetings are finally going back to full in-person gatherings and it is good to connect with familiar tribal representatives and meet new folks.

For the month of October, my office will be accepting entries for the 2nd annual ribbon skirt contest for November's Native American heritage month. Winners will be announced in November and this year, there will be an adult category (18 & up) and a youth category (17 & under). I cannot wait to see the submissions - I am always in awe of our sewers' talents. Good luck to all those who enter. (Additional details are included in this month's newsletter)

I would first like to wish my youngest son a happy 18th birthday and a happy

HVAC Program. We have conducted several interviews with Tribal members who have shown an interest in HVAC Program. If you are an Absentee Shawnee Tribal member and have some interest in obtaining a HVAC Journeyman license, contact Mr. Conner Edwards of Workforce Development office.

Cultural Preservation Department;

In Cultural Preservation, In reference to the ANA/ Language Grant, now that we have filled the Linguist/ Project Coordinator position, we will be inventorying the different components the Absentee Shawnee language that we have accumulated over the years. Cultural Preservation Director is in the process of job interviews to fill the other two positions that are opened in that department.

Gaming Commission;

The Gaming Commission continues to move along. Gaming Commissioners' continue to work with the Thunderbird Casino pertaining to up- dating their (Casino) policy/ procedures. I continue to attend the Gaming Commission meetings. The Executive Director and staff continue

to network/ work with NIGC and other tribal Gaming Commission staff.

Youth Camp;
There has been a lot of construction going on at the Youth Camp. The playground project is closed to being completed. We have had meetings with the construction manager of these projects. The construction manager is in the process of obtaining three bids for the tennis/ basketball courts project. Once a decision is made they will start the construction of tennis/ basketball courts project. Also, the BIA/ Self- Governance continue our discussions with OEH dept. and Cleveland Co pertaining to the road at the Youth Camp.

Again, if you have any questions or concerns about the programs or positions mentioned in this news article, feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@astrobe.com.

Respectfully,
DeWayne Wilson
Tribal Representative

Since the inception of the program, we have received 78 applications. As of August 31, 2022, we have completed 30 driveways. Donnie Marshall will be assisting with this program and can be reached at Dmarshall@astrobe.com

Weatherization:

Since our inception (2-8-22) we have received 56 applications 54 have been assessed and 16 have been completed. There are 37 applicants remaining with 3 in process of being completed. With material shortage and rainy season at the beginning of the year made progress slower than expected. Since the month of August repairs have been going faster and should be moving at a good pace by mid, September.

Land Management

Land Management continues to work on the camp project cleaning up wood pile to put back in wood pile for elders. We have been taking wood that we can salvage to split and have been burning the odds and ends to get ready for the next project. There will be a flyer in months new.

Agriculture:

The agriculture department is making steady progress in maintaining cattle and fall crops. We have future plans of various fall activities and events. We continue to nourish and feed cattle; agriculture department has steadily made improvements on recently acquired properties. If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@astrobe.com.

Respectfully,
Lt. Governor DeLodge

birthday to all of those who are celebrating their birthday this month. I hope good bread dances are had and blessings to those who help carry on our traditions. I also send my deepest condolences to those who are grieving for lost loved ones. Before I conclude this article, if you are an Oklahoma resident, you have until October 14th to register to vote. Around the corner are some very important general elections and tribes can play an important role in their outcomes.

Si li no ke ka no la. Ne yi wa.

Respectfully,
Alicia Miller
Tribal Secretary



REPRESENTATIVE
DeWayne Wilson



TREASURER'S REPORT
Joseph Blanchard, AST Treasurer

Hello Tribal members, friends, and family:

I hope this notice finds things well within your household. October is officially here and many will start to feel and smell the aromas of Fall. I hope you were able to attend one of our traditional grounds to participate in Bread Dance ceremonies. By the time many receive this newsletter, the Semi-Annual General Council Meeting will have concluded. For those in attendance, I appreciate your opinion and suggestions. This is beneficial and helps provide direction to the Executive Committee. Should you want a copy of the Booklet, please submit a request to the Secretary's office and one will be mailed to you.

I will be brief in my report this month as I've provided a lot of information to our People over the last several weeks. At this time of year, we are beginning to put together projections for the 2023 Operational Budget. Contrary to public comments, we have done a good job of staying within spending limits and cutting unnecessary costs. Recently, I sat in a presentation on the status of our overall compensation system. The Executive Committee requested a study of our salaries to provide confirmation of how com-

petitive we are with the local economy. As suspected, our Health system pays at or above the regional average; and the Tribe is at or below the average.

There are simple reasons for this and I'll explain. Regarding Health, the majority of jobs in their system have been supported by grants and then their ability to collect 3rd party payments from insurance, Medicaid and Medicare for the roughly 17,000 monthly appointments. As such, the existing facilities have experienced tremendous growth which requires more space. There was comment or concern wondering why it's taking so long for the Shawnee expansion to move forward. The explanation here is the Tribe is completing the process to get the chosen site approved by FEMA and ensure we're not violating any NEPA or NHPA requirements.

Regarding pay at the Tribe, we can only afford or distribute what we collect in revenue or taxes. General Fund increases and decreases based on yearly expenses, which fluctuate. One of the simple questions I asked when coming into office is, "do we need 550 employees to run our operations and provide a minimal level of service to our membership? What can we do to improve efficiency and effectiveness?" Also, taken into consideration are grants, indirect costs, and funding agreements from BIA and IHS. When one asks or says, "The Tribe doesn't hire qualified

tribal members." I disagree with this statement. The reality is most of our population chooses not to work for the Tribe because we cannot pay them the salary they currently receive. Common sense suggests if you have the ability to make \$25/hr, why would one choose to come work for \$15 when that's what the grant affords?

In the last year, I have worked to create additional revenue. However, there is a saying, "to make money, you have to spend money." This is the reason for the creation of the Agriculture Department. I have suggested that instead of giving away our assets and resources, we should sell these to the General Public at market rate, and our members at reduced costs. As an example, a rick of green post oak wood costs \$60-75. As a consumer, I would be agreeable to buy that product from the Tribe at the reduced rate of \$50-60 so that the Tribe is still receiving payment and saving me the time from doing it myself. Another example regards hay. Regular prairie hay has a cost of \$50-75 per round bale, with Bermuda and Alfalfa running between \$100-150 a bale. The Maxwell Property has the ability to produce 900 bales per year. The projected return to the program should be between \$60,000-90,000 annually. The assumption is there would be at least 600 bales for sale, after we put away the approximate 300 we need for our livestock. But

this also doesn't take into consideration the other properties we can now harvest product from.

By the time members receive this edition, the Finance Department will have concluded Department meetings for the 2023 Annual Budgets preparation. These are important so that we make certain programs have the monies to operate and provide service to members. Some may not remember but I updated previously at the conclusion of Mid-Year Reviews. The majority of programs were about 8% under projection. The few issues we do not control are gaming revenue and tax collections. I've explained to others, as excess or free money becomes smaller due to recent inflation and economy concerns, individuals have less to spend on entertainment. Instead they focus on priorities and necessities; especially when on a fixed income.

As I mentioned at General Council, if you have any specific questions related to my oversight, do not hesitate to contact me personally or by email. My office and staff will continue to look for ways to save our Tribe money and to get the best bang for our buck. Again, thank you for the continued support, encouragement, and advice.

Neyiwa!

Joseph H. Blanchard



ABSENTEE SHAWNEE TRIBE
LADY'S RIBBON SKIRT CONTEST
FOR NATIVE AMERICAN HERITAGE MONTH

AST MEMBERS ONLY
Adult Category (18 & up)
Youth Category (17 & under)

ONE ENTRY PER SUBMISSION
SEND BRIEF DESCRIPTION OF SKIRT
SUBMISSION ALONG W/CONTACT
PHONE NUMBER

SEND PHOTO ENTRY & INFORMATION TO:
SECRETARY@ASTRIBE.COM

ENTRIES DUE FRIDAY
OCT. 28 AT 5 PM CST

WINNERS WILL BE ANNOUNCED
FRIDAY, NOVEMBER 18TH



AST COURT

FOR AST TRIBAL MEMBERS ONLY

MARK YOUR CALENDARS

NO APPOINTMENT NEEDED
FIRST COME, FIRST SERVED

PROBATE SEMINAR
SATURDAY, OCTOBER 22, 2022 11 AM - 1 PM
AST MULTI-PURPOSE BLDG, 2029 JAMES L EDWARDS LN, SHAWNEE, OK
A seminar to go over the steps to avoid probate. This will not be setting up probate or helping anyone setup things to avoid probate.

LEGAL CLINIC
THURSDAY, OCTOBER 27, 2022 & THURSDAY, NOVEMBER 17, 2022
1- PM - 4:30 PM
AST COURTROOM, 2025 S GORDON COOPER DR, SHAWNEE, OK
To help Tribal Members fill out forms & answer basic legal questions.
Attorneys will not be writing up orders or petitions

FOR QUESTIONS, PLEASE CALL AST COURT AT (405) 275-4030 EXT 6336 OR 6241

ABSENTEE SHAWNEE TRIBE

HOMEOWNER ASSISTANCE FUND (HAF)

SERVICES OFFERED

- Mortgage Payment
- Insurance Payment
- Property Charges, such as Property Taxes
- Utility Payment, such as electric, gas, home energy, water, sewer, solid waste disposal, and internet
- The maximum amount for this one-time assistance per household is up to \$8,000.
- All assistance will be issued directly to companies indicated by the applicant.

FOR MORE INFORMATION

CALL (405) 275-4030

Ashlynn Gouge, ext 6446
HAF Lead Specialist
AGouge@astribe.com

Taylor Masquas, ext 6440
HAF Specialist
TMasquas@astribe.com



ELIGIBILITY

- Applicant or Spouse must be at least 18 years of age. (Co-habitant applicants do not have to be legally married.)
- Applicant or Spouse must be a homeowner, meaning a property deed must be provided with the county clerks stamp from the county in which the applicant resides.
- Applicant or Spouse must be a member of a federally recognized tribe.
- If Absentee Shawnee tribal member, residence can be anywhere within the US.
- If tribal member of other tribe, residence must be within Pottawatomie County.
- Annual household income cannot exceed 150% of the area median income.
- Applicant must be able to attest to financial hardship after January 21, 2020 due directly or indirectly to COVID-19.



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households on Tribal lands when they are struggling to afford internet service.

The benefit provides:

- Up to \$75/month discount for households on qualifying Tribal lands;
- a \$30/month discount for qualifying households that are not on qualifying Tribal lands; and
- a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider when the eligible household contributes at least \$10 but less than \$50 toward the purchase.

WHO IS ELIGIBLE?

A household is eligible if one member of the household participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.

OTHER WAYS TO QUALIFY

Households on Tribal lands can also qualify for the benefit if one member of the household has an income that is at or below 200% of the Federal Poverty Guidelines or meets any of the following qualifications:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision
- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

TWO STEPS TO ENROLL

1

Go to AffordableConnectivity.gov to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

Call 877-384-2575, or
Visit fcc.gov/acp



Breast Cancer Awareness Month

Understanding Breast Cancer

Cancer is a broad term for a class of diseases characterized by abnormal cells that grow and invade healthy cells in the body. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body.

What Causes Cancer To Develop?

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build-up of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

When you're told that you have breast cancer, it's natural to wonder what may have caused the disease. But no one knows the exact causes of breast cancer. Doctors seldom know why one woman develops breast cancer and another doesn't, and most women who have breast cancer will never be able to pinpoint an exact cause. What we do know is that breast cancer is always caused by damage to a cell's DNA.

Known Risk Factors

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) can't be avoided. Having a risk factor does not mean that a woman will get breast cancer. Many women who have risk factors never develop breast cancer.

Facts About Breast Cancer In The United States

- In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.
- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.
- This year, an estimated 43,550 women will die from breast cancer in the U.S.
- Although rare, [men get breast cancer too](#). In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2022, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

A Global Burden

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

Male Breast Cancer

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment. The majority of men diagnosed are over the age of 50.

Risk Factors

- Radiation exposure
- High levels of the hormone estrogen
- Family history of breast cancer, especially breast cancer that is related to the BRCA2 gene.

Signs & Symptoms

Male breast cancer can exhibit the same symptoms as breast cancer in women, including a lump. Anyone who notices anything unusual about their breasts, whether male or female, should contact their physician immediately.

Most men find their own lump while in the shower and it is usually located underneath the nipple and areola. It is common for men to delay reporting the lump to a physician which can result in the patient requiring more treatment.

Nearly all breast cancer in men is estrogen receptor positive with treatment including hormonal therapy, just as it does for 70% of women. Survival rates and treatment for men with breast cancer are very similar to those for women. Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer.

Genetic Testing

Although treatment outcomes are very similar to women at the same stage of detection, a man diagnosed with breast cancer should also consider seeing a genetics counselor for a consultation. If a man tests positive for a defective gene (most commonly either BRCA1 or BRCA2) that can lead to a future diagnosis of breast cancer and his children have a 50% chance of carrying the gene. In addition:

A male child of a man with breast cancer who inherits the defective BRCA2 gene has only approximately 6% chance of eventually developing breast cancer and just over 1% with BRCA1.

A female child of a man with breast cancer who inherits the defective gene has a risk between 40% and 80% of eventually developing breast cancer.

Men with a genetic predisposition to breast cancer (carrying BRCA2 gene mutation) are also at higher risk of getting prostate cancer at a younger age than usually diagnosed, as well as being at higher risk for melanoma and pancreatic cancer.

Breast Self-Exam

Once A Month

Adult women of all ages are encouraged to perform breast self-exams at least once a month. ,

While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

Clinical Breast Exam

What's The Difference Between A Breast Self-Exam And A Clinical Breast Exam?

A clinical breast exam is performed by a healthcare professional who is trained to recognize many different types of abnormalities and warning signs. This in-office exam will most likely be completed by your family physician or gynecologist at your annual exam, whereas your breast self-exam is something every woman should do at once at month at home.

Mammogram

What Is A Mammogram?

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.

Why Do I Need A Mammogram?

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

How Do I Schedule A Mammogram?

Many women encounter barriers when trying to schedule a mammogram. Often, things like concerns with cost or not knowing who to call can be discouraging when setting up an appointment. Read this article to learn the essential information you need so that you do not miss out on this important exam.

Recommendations for all women:

Women 40 and older should have mammograms every 1 or 2 years.

Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

What Happens If My Mammogram Results Are Abnormal?

If the mammogram shows an abnormal area of the breast, your doctor will order additional tests offering clearer, more detailed images of that area.

Although lumps are usually non-cancerous, the only way to be certain is to perform additional tests, such as an ultrasound or MRI. If further tests show that the mass is solid, your radiologist may recommend a biopsy, a procedure in which cells are removed from a suspicious area to check for the presence of cancer.

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

Building Blocks II

Building Blocks has 48 children enrolled in the center currently. We are currently accepting waiting list applications for Ages 6 weeks through Pre-K/4 Year Olds. Please call to inquire about our wait list; we can email you one or you may come by to pick one up.

Building Blocks will be closed Monday, October 10th for Indigenous Day.

Our children love the month of October and enjoy doing lots of arts & crafts for Fall and Halloween. October 24-28 Building Blocks will be doing Spirit Dress Up Week for Red Ribbon Week and Halloween. Halloween is Monday, October 31st, everyone have a safe holiday.

Have a Safe and Happy October!



Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
 16051 Little Axe Dr.
 Norman, OK 73026
 (405) 360-2710
 Fax: (405) 360-2726

Building Blocks III

We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405)360-2710.

Director: Skye Foreman, Assistant Director: Renee Richardson.

Happy Halloween! October has been filled with lots of fun fall activities, nature walks, and spooky adventures. Our students are excited about attending a pumpkin patch, trick or treating around our center, and having goodies for their Halloween parties.

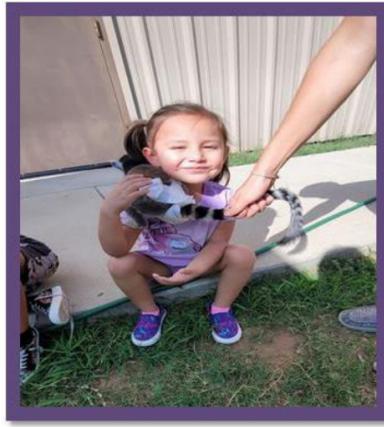
You can find us on Facebook @ AST Building Blocks Child Development Center III-Little Axe page to see all the latest updates.

Our center will be closed October 10th, in observations for Indigenous day.

Please enjoy the pictures we captured over the past month.



"LITTLE EINSTEIN'S NURTURED HERE"



Building Blocks
Spirit/Red Ribbon
Week (Oct. 24th-31st)



Monday: Cozy PJ Day

Dress in Your Comfy Pajamas



Tuesday: Super Hero Day

Dress in Your Favorite Super Hero Character

(We will be walking around L.A. Clinic @10am for Drug Awareness Week)

Wednesday: Red Day

Wear Red to Support Red Ribbon Week



Thursday: Elder Day

Dress as up an Elder



Friday: Halloween Costume Day

Wear Your Costumes



Monday (Halloween): Halloween Shirt Day

Dress in Your Spooky Halloween Shirt



Central Tribes Shawnee Area, Inc. (CTSA HEAD START)

Administrative Office 1535 N. McKinley Shawnee, OK 74801 P: (405) 275-4870 F: (405) 275-9684	Little Feet Big Steps 806 E. Grant Shawnee, OK 74801 P: (405) 878-5820 F: (405) 275-9684	Early Bird Head Start 111 W. Vine Cushing, OK 74023 P: (918) 225-1029 F: (918) 225-9969	Yellow Earth Learning Center 920884 S. HWY 99 Stroud, OK 74079 P: (918) 968-9445 F: (918) 968-1763
---	---	--	---



Parents and Guardians...

Little Feet → Big Steps is enrolling **NOW** for the 2022-2023 School Year!!!

Early Head Start ~ Birth to 3 year olds
Head Start ~ 3 year olds - 5 year olds
Child Care ~ Birth to 5 year olds



At CTSA, our goal is to meet the individual needs of ALL of our children - especially those with disabilities. We offer a fun and exciting programs for your children to learn and grow!

Our qualified and dedicated teachers and staff provide rich learning environments at our centers, where families and friends are encouraged to volunteer and spend time with their child.

If you have a child or know of a child that would benefit from an interactive, engaging, stable, and safe learning environment - **please call today!!!**

We look forward to sharing your child's learning years with you!!

Little Feet → Big Steps

806 E. Grant St
 Shawnee, OK 74801
 Ph: (405) 878-5820



Head Start → Ages: 3-5
 Early Head Start → Ages: Birth to 3



Extended Day Child Care available to those who qualify



Contact

Administration for Enrollment Questions
 Ph: (405) 275-4870
 melanie@ctsaheadstart.org



JOIN THE THUNDERBIRD CASINO TEAM!

100% Employer-Paid Benefits

- Medical • Dental • Vision • Life

Additional Benefits

- Supplemental Life
- Short Term Disability
- Long Term Disability
- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match
- Employee Discounts

PLUS

AST Tribal Members receive an additional sign-on bonus upon completing their 90th day of employment at Thunderbird Casino in Norman or Shawnee:



\$250 + \$250 = \$500

90-Day New-Hire Bonus AST Tribal Bonus Total Bonus at 90 Days



Visit playthunderbird.com and click on 'JOIN OUR TEAM' to apply.

JOB FAIR

Saturday, October 15th
10am - 2pm

Warrior Room | Thunderbird Casino

Meet with HR Representatives from Thunderbird Casino, the Absentee Shawnee Tribe, and the AST Tribal Clinic.



THUNDERBIRD CASINO



HEALTH SYSTEM
Prevention. Progress. Pride.

DRESS TO IMPRESS · INTERVIEWS ON THE SPOT

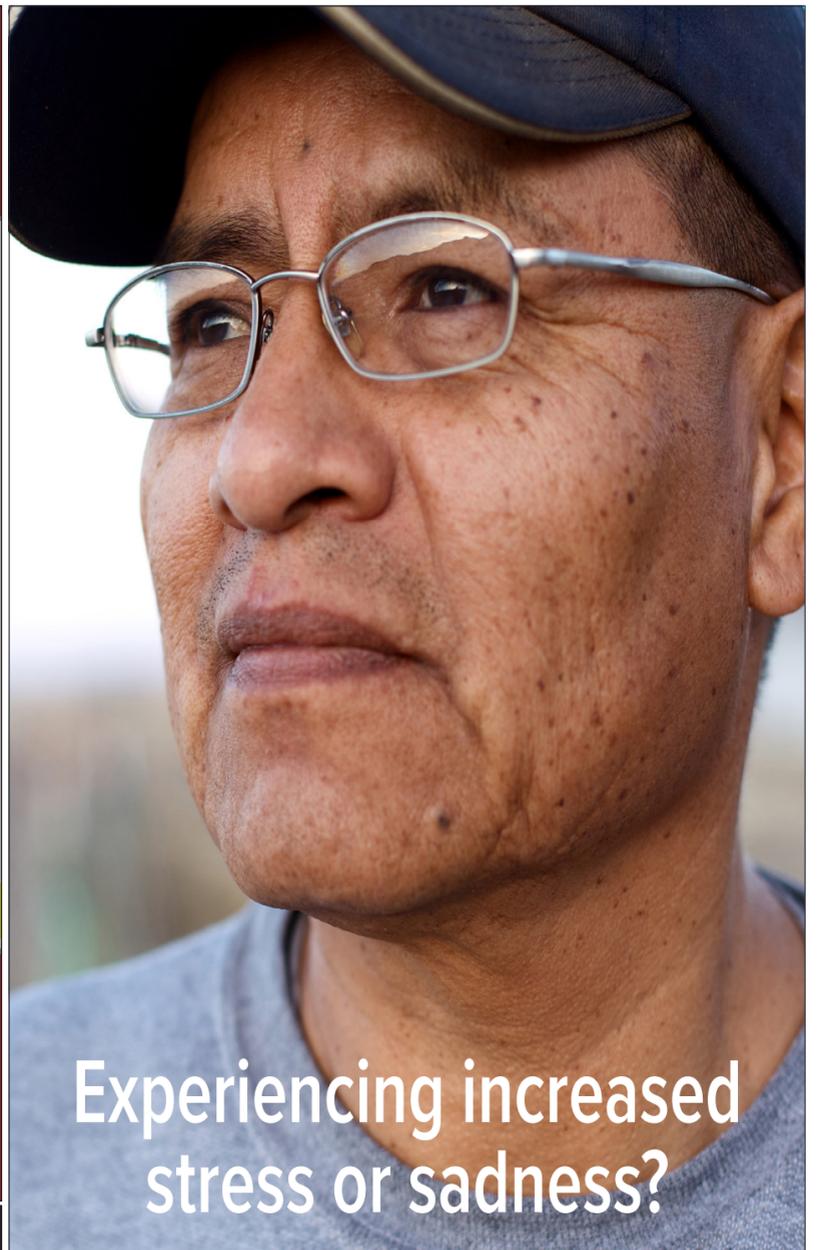


100% Employer-Paid Benefits

- Medical • Dental • Vision • Life

Additional Benefits

- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match



Experiencing increased stress or sadness?

Earn up to **\$410** for testing the **EASE Smartphone app**. Use QR code to complete the study screener.

EASE (405) 271-1803

If you do not have a smartphone, a phone will be provided for you.

Scan the code or visit the link:



redcap.link/EASE

Home Sweet Home



At AllNations Bank, we have mortgages in all shapes and sizes and we'll find one to fit your needs. Stop by today and let us turn a house into Home Sweet Home!

Purchase, Construction, Refinance, Home Improvement

AllNations Bank

2023 Gordon Cooper Dr. • Shawnee, OK 74801 • (405) 273-0202
www.anbok.com



TSET Health Promotion Research Center





ABSENTEE SHAWNEE TRIBE

OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

**The Absentee Shawnee Complex will be Closed
Monday, October 10, 2022
For Indigenous Peoples' Day**



PUBLIC NOTICE TO THE AST COMMUNITY

The Absentee Shawnee Tribe has limited supply of firewood to provide to Elders 55 and up in the community. The firewood assistance is available for elders in dire need of this resource to keep warm and healthy during the winter months.

Please call Land Management 405-395-8101 or email cmartinez@atribe.com. We will have a short application to fill out for first time elders. For elders that received wood last year, please call and update. Priority will be given to the elderly members that have limited means to get firewood during this time.

Delivery time will depend on number of first priority.

WE WILL NOT DELIVER WOOD DURING BAD WEATHER.



Let us help...



**With one of your Cooling/
Heating/Water bill
Through the LIHEAP or LIHWAP Assistance Programs
If you live in Pottawatomie or Cleveland counties
And enrolled with any federally recognized tribe.**

**LIHEAP - Heating / Electric
LIHWAP - Water**



Applications can be picked up at the Social Service Department or printed off the website of the Absentee Shawnee Tribe. For any questions please call:

**Social Service Department
(405) 878-4723
Fax: (405) 273-7938
Email: awilson@atribe.com / NEdwards@atribe.com**



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org

October 2022

Section B



ASTHS October 2022 Monthly Update

PRESS RELEASE: AST Health System Offering Vaccination Clinic for COVID-19 and Flu 15 September 2022

The AST Health System will be hosting Flu and COVID-19 vaccine clinics during the months of October and November, for ages 12 years and older. The best way to reduce your risk from seasonal flu and its potentially serious complications is to get vaccinated every year. The CDC recommends that everyone age 6 months and older receive a yearly flu vaccine. The COVID-19 vaccines reduce the risk of COVID-19, including the risk of severe illness, hospitalization, and death among people who are fully vaccinated. The updated COVID-19 boosters can both help restore protection that has decreased since the previous vaccination, and provide broader protection against newer variants. The updated boosters target the most recent Omicron sub variants, BA.4 and BA.5, which are more contagious than the earlier sub variants by providing more specific antibodies for protection.

The vaccination clinics will be held at the following locations and times:

Shawnee---Multipurpose Building 5:30 pm-7:00 pm

October 4, October 18, November 1, November 15, 2022

Little Axe---Little Axe Health Clinic 5:30 pm-7:00 pm

October 6, October 20, November 3, November 17, 2022

We will be offering Pfizer for ages 12 and older. Moderna will also be available for ages 18 and older. The new bivalent COVID-19 vaccines are available for those that qualify.

For those unable to attend one of the vaccination clinics or for those with children under the age of 12, please schedule appointments for Flu vaccines with your primary care provider. COVID-19 vaccinations for children under the age of 12 can be scheduled through the AST Health System Public Health Department.

Please call the AST Health System Public Health Department at (405)701-7190 to schedule appointments or with any questions regarding COVID vaccinations. Remember, you are considered up to date when you have received all primary COVID-19 vaccine doses and all COVID-19 boosters that you are eligible to receive.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

<https://www.cdc.gov/flu/>



Sarah Lawrance
Lead Fitness Specialist



Logan Bush
Lead Fitness Specialist

The Absentee Shawnee Diabetes & Wellness



The AST Diabetes & Wellness Fitness Center is located at: 1970 156th Ave NE, Norman, OK 73026 and 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! **Fitness Facility Hours of Operation are Monday—Friday, 8:00 AM to 5:00 PM BY APPOINTMENT ONLY**



THE ALZHEIMER'S DISEASE PROGRAM INITIATIVE AND
ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
PRESENT

BINGO

FOR DEMENTIA PREVENTION

JOIN US FOR AN AFTERNOON OF GAMES, AND LEARN ABOUT DEMENTIA AMONG NATIVE AMERICANS.

FREE ENTRY AND BINGO PLAY

DOOR PRIZES, T-SHIRTS, GREAT BINGO PRIZES, & SNACKS!

NOVEMBER 5TH FROM 1PM TO 4PM  **MULTI-PURPOSE BUILDING IN SHAWNEE.**

FOR AST TRIBAL MEMBERS & NATIVE AMERICANS

MASKS ARE REQUIRED

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
 Prevention. Progress. Pride.

Wednesday
November 2, 2022
10am-2pm
 AST Multi-Purpose Building
 2029 James L. Edwards Lane
 Shawnee, OK 74801

2023 OPEN ENROLLMENT EVENT
Get Same-Day Benefit Assistance!



Help Yourself → Help Your Tribe

The Medicare Annual Enrollment Period is October 15th - December 7th. Compare your coverage with the new benefits available and maximize your plan for 2023!

Annual Enrollment for the ACA is November 1st - January 15th. Find out if you qualify for special health coverage protections offered to Native Americans through Marketplace plans!

- Many will qualify to enhance their coverage with benefits like:
- Comprehensive Dental Coverage
 - Vision Benefits
 - Flex Cards
 - OTC & Grocery Benefits and more!

Questions? Contact a PBA!

Little Axe Health Center
 405-447-0300
 Shawnee Clinic
 405-878-5850

www.asthealth.org

Giveaways and snacks will be provided by our Patient Benefit Advocates and our Contracted Benefit Advisor with Legacy Tribal Services.

*While Supplies Last



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
 Prevention. Progress. Pride.



Medicare Medicaid Marketplace

Help Yourself Help Your Tribe

Al Triggs
 Contracted Benefits Advisor
 Legacy Tribal Services
 (918) 853-1211
Exclusively Serving The Absentee Shawnee Nation

Bringing More to You

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

Olivia Wilson
 ★★★★★

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

Dedicated Agent

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

Proactive Approach

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

Guaranteed Satisfaction

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

BOOK A CONSULTATION TODAY

918-853-1211

atsales.exec@gmail.com
 www.asthealth.org



Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN
 AT **NO COST** TO YOU OR YOUR TRIBE

2023 Open Enrollment

OPEN ENROLLMENT
Oct. 15 - Dec. 7, 2022

OPEN ENROLLMENT
Nov. 1 - Jan. 15, 2023

- Patient Benefit Advocates and our contracted benefit advisers can help you qualify for a \$0 cost health plan via Health Insurance Marketplace or Medicare.
- You may also qualify for extra benefits such as Dental (including dentures or major services), Vision (exam/lenses), Hearing Aids, Prescription Drug Coverage, and more!
- Enrolling in a health plan expedites the Purchased Referred Care referral process, providing you immediate access to specialized healthcare services and gives you peace of mind when you travel at zero cost to you and our tribal community, if eligible.
- Per Purchased Referred Care guidelines, all Native American patients must apply for all available resources, if eligible.
- Contact a Patient Benefit Advocate to see if you are eligible for Native American Cost-Savings under the Affordable Care Act.

Did You Know?

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
- To add services, equipment, or help more people, we need your assistance.
- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchase & Referred Care dollars go further.

We Can Help
 Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300
 Shawnee Clinic 405.878.5850

A contracted benefit adviser is also available to assist our tribal community with their open enrollment options free-of-cost.

ABSENTEE SHAWNEE TRIBAL
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UPDATED PHARMACY MAIL POLICIES



Please be advised:

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

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

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

Thank you!



Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

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

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

Did You Know?

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

VA Benefits

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

OKC VA Native American Nurse Navigator:

405.456.3808
 Apply for VA Health Benefits:
 800.827.1000
 Apply for VA Benefits:
 855.488.8441
 www.va.gov

Little Axe Health Center
 405.447.0300

Shawnee Clinic
 405.878.5850



Caring for AMERICA'S HEROES



va.gov/tribalgovernment | 405.456.3876



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
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www.asthealth.org



Let your voice be heard.

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

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

Together, we will fulfill our mission.



ACCREDITED HEALTH CARE ORGANIZATION
 AMERICAN ASSOCIATION OF ACCREDITED HEALTH CARE ORGANIZATIONS



ABSENTEE SHAWNEE TRIBAL
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WWW.ASTHEALTH.ORG

OCTOBER

TITLE VI MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BBQ PORK SANDWICH PICKLES, ONIONS POT. SALAD FRUIT COCKTAIL	4 BAKED ZITA TOSSED SALAD* GREEN BEANS	5 CHICKEN SALAD CROSSIANT LETTUCE & TOMATO BAKED CHIPS PEACHES	6 BEEF TIPS & NOODLES VEGGIES ROLL CAKE	7 PANCAKES SAUSAGE PATTIES BLUEBERRIES
10 BRISKET BROCCOLI POT SALAD ROLL/PEARS	11 HAM BLACK EYED PEAS CORNBREAD JELL-O	12 BAKED CHICKEN WILD RICE CARROTS ROLL MANDARIN ORANGES	13 SPAGHETTI W MEAT SAUCE GARLIC BREAD GREEN BEANS CRISP	14 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
17 CHICKEN FRIED STEAK MASHED POT/GRAVY GREEN BEANS PEACHES	18 HAM & CHEESE SANDWICH LTOP CHIPS PINEAPPLES	19 BEANS W HAM SPINACH ONIONS CORNBREAD	20 SOFT TACOS LTOC REFRIED BEANS SALSA OATMEAL COOKIE	21 CEREAL BACON BANANA NUT MUFFIN
24 KRAUT & WEINERS MAC n CHEZ VEGGIES BREAD MANDARIN ORANGES	25 MANWICH PICKLE SPEAR PORK N BEANS BANANA PUDDING	26 POPCORN CHICKEN MASHED POT/GRAVY GREEN BEANS ROLL COBBLER	27 BEEF STEW CRACKERS CHEESE STICKS PEARS	28 SCRAMBLED EGGS SMOKED SAUSAGE TOAST FRUIT
31 BEEF FINGERS MASHED POT/GRAVY BEETS BREAD JELL-O				

*MENU SUBJECT TO CHANGE

AST TITLE VI ELDER INTAKE FORM

TODAY'S DATE _____ REFERRAL SOURCE _____

LAST NAME _____ FIRST NAME _____ MI _____

DATE OF BIRTH _____ MALE _____ FEMALE _____ VETERAN _____ YES _____ NO _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ PHONE NUMBER _____

SINGLE _____ MARRIED _____ DIVORCED/SEPARATED _____ WIDOWED _____ WIDOWER _____

SPOUSE'S NAME _____ SPOUSE'S DATE OF BIRTH _____

NAME OF EMERGENCY CONTACT (1) _____ PHONE _____

NAME OF EMERGENCY CONTACT (2) _____ PHONE _____

PRIMARY LANGUAGE ENGLISH _____ TRIBAL _____ OTHER _____

HOUSING _____ HOUSE _____ APARTMENT _____ COMMUNITY HOUSING _____ OTHER EXPLAIN _____

COMPOSITION _____ LIVES ALONE _____ LIVES WITH SPOUSE _____ LIVES WITH FAMILY/FRIENDS _____

NUMBER IN HOUSEHOLD _____ WHO HELPS _____

HEALTH HISTORY _____ ASTHMA _____ ALZHEIMER'S _____ ARTHRITIS _____ CANCER _____ DEMINTIA _____

_____ DIABETES _____ CHRONIC PAIN _____ HEARING AID _____ CHOLESTEROL _____ BLOOD PRESSURE _____

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

PROSTHETIC DEVICES _____ Walker/Cane _____ Wheelchair _____ Hearing Aid _____ Glasses _____ Dentures _____ None _____

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

IF YES, NAME OF PROGRAM & WHERE LOCATED: _____

HEALTH CONCERNS _____

SERVICES CURRENTLY BEING RECEIVED _____

EMAIL ADDRESS _____

PROVIDE THE DATE OF YOUR VACCINATION COVID
19 1st _____ 2nd _____
BOOSTER _____
Johnson & Johnson _____ FLU _____

Take action if you're exposed to COVID-19

EVERYONE:

Watch for symptoms for 10 days



Wear a mask around others indoors for 10 days

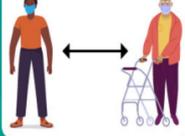


Test 5 days after exposure (or sooner if you have symptoms)



If positive, follow isolation guidance

Take extra precautions for 10 days when around people more likely to get very sick





bit.ly/MMWR7133

AUGUST 11, 2022

MMWR

Guidance to help you make informed decisions to prevent severe COVID-19

1 Know your risk



2 Protect yourself



3 Take action if exposed



4 Take action if you are sick or test positive





bit.ly/MMWR7133

AUGUST 11, 2022

MMWR

ABSENTEE SHAWNEE TRIBE BEHAVIORAL HEALTH/SASP GRANT PRESENTS



WHITE BISON, INC.

A CULTURAL APPROACH TO PERSONAL RECOVERY FROM SUBSTANCE ABUSE

IN-PERSON WELLBRIETY MEETINGS

Facilitated by: John Soap, LPC

EVERY THURSDAY EVENING AT THE SHAWNEE COMPLEX MULTIPURPOSE BUILDING (2025 GORDON COOPER DR.)

BEGINNING JUNE 9TH, 2022

5:30 - 6:30PM

FOR FURTHER INFORMATION, CONTACT:

Brendan (SASP Coordinator) or John (Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

HOW THE PROCESS WORKS

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

FOCUS

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

- | | | |
|-----------------|---------------------|------------------------------|
| Step 1: Honesty | Step 5: Integrity | Step 9: Justice |
| Step 2: Hope | Step 6: Willingness | Step 10: Perseverance |
| Step 3: Faith | Step 7: Humility | Step 11: Spiritual Awakening |
| Step 4: Courage | Step 8: Forgiveness | Step 12: Service |

TEACHINGS OF THE MEDICINE WHEEL

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the

symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

- | | | |
|--------------------------------------|--|--|
| 1.) 4 seasons of change | 6.) The 12 steps of recovery | 10.) Comfort Zones |
| 2.) 4 laws of change | 7.) Nature's Way: Principles, laws, and Values | 11.) The Two Thought System: Love and Fear |
| 3.) 4 directions of growth | 8.) Cycle of Life | 12.) The medicine wheel |
| 4.) 12 principles for healthy living | 9.) 8 feelings for healthy development | 13.) The laws of the unseen world. |
| 5.) Reclaiming Our Power | | |

AST HEALTH SYSTEM DIRECTORY

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

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

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

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

PLUSCARE 405-447-0477

GENERAL

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





ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

CALL TODAY TO SCHEDULE YOUR FREE MEDICARE ANNUAL WELLNESS VISIT*

*Receive a free tote packed with essential tools to help you manage your health.



CONTACT TRACI FAUST, RN, AT 405.701.7980.

ANNUAL WELLNESS VISIT:

- Completion of personalized Health Risk Assessment.
- Medical & family history review.
- Updating list of current providers & prescriptions.
- Height, weight, blood pressure & other measurements.
- Cognitive impairment detection.
- Assessment of one's current health to highlight high-priority health risks.
- Screening for preventive services.
- Recognize possible gaps in a patient's healthcare.

CHRONIC CARE MANAGEMENT SERVICES:

- At least 20 minutes a month of CCM services.
- Personalized assistance from a dedicated healthcare professional who will work with you to create a plan of care suited to your specific healthcare needs.
- Coordination of care between your pharmacy, specialist, testing centers, hospitals, & more.
- Expert assistance with setting & meeting your health goals.
- Assistance finding resources in your community.
- Coordinate care with all providers to include specialist, primary care & hospital.

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



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

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

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

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

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

WE CAN HELP
Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300	Shawnee Clinic 405.878.5850
--	--------------------------------

www.asthealth.org



HEALTH SYSTEM
Prevention. Progress. Pride.



Under 65? Apply for SoonerCare Medicaid Expansion

You could be eligible for SoonerCare Medicaid Expansion benefits, which includes full-scope medical and limited comprehensive dental coverage, for adults ages 19-64 if your income falls at or below 138% of the Federal Poverty Level (FPL)—under \$18,768 per year for an individual; under \$38,304 per year for a household of 4 (Children eligible at a higher income threshold under 210% FPL). **Per Purchased Referred Care guidelines, all patients under 65 years old, whether insured or uninsured, must apply for SoonerCare to help augment the cost of tribal healthcare services.** Help yourself, help your tribe and see if you and your family will qualify for state health insurance benefits at no cost to you or your tribe.

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

TO APPLY:
SoonerCare
www.mysoonercare.org

WE CAN HELP
Contact a Patient Benefit Advocate

Little Axe Health Center 405.447.0300	Shawnee Clinic 405.878.5850
--	--------------------------------

www.asthealth.org



ABSENTEE SHAWNEE TRIBAL
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OKLAHOMA
Health Care Authority