



THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

Volume 33, No. 10

October 2023

Among the Shawnee Podcast Coming Soon



The Absentee Shawnee Media Department is launching a podcast. The broadcast called ‘Among the Shawnee’ will feature interviews with the AST Executive Committee, department heads/employees and tribal members.

The first episode will feature AST Governor John Johnson outlining his four-year plan on his next term in office. The upcoming episodes will cover a range of topics such as language, health, culture and interviews with the Executive Committee. Future episodes include the Executive Committee answering questions sent in from tribal members.

The goal of the podcast is adding another avenue of information for tribal members. This is a way to go more in-depth on programs and issues. Department heads can talk more about their programs and explain services offered to members. Tribal members will also be invited to share their stories.

Podcasts are a way to have more one on one conversation and go deeper into issues and concerns that affect tribal members. And more importantly they preserve the stories and rich history Among the Shawnee.

Network of ancient American Indian earthworks in Ohio named as UNESCO World Heritage sites

COLUMBUS, Ohio (AP) — A network of ancient American Indian ceremonial and burial mounds in Ohio described as “part cathedral, part cemetery and part astronomical observatory” was added Tuesday to the list of UNESCO World Heritage sites.

Preservationists, led by the Ohio History Connection, and indigenous tribes, many with ancestral ties to the state, pushed to recognize the Hopewell Ceremonial Earthworks for their good condition, distinct style and cultural significance — describing them as “masterpieces of human genius.”

UNESCO’s World Heritage Committee approved the application during a meeting in Saudi Arabia.

The massive earthworks comprise eight ancient sites spread across 150 kilometers (90 miles) of what is present-day southern Ohio, including one located on the grounds of a private golf course and country club. The designation puts the spot in the same category as wonders of the world including Greece’s Acropolis, Peru’s Machu Picchu and the Great Wall of China.

Constructed by American Indians between 2,000 and 1,600 years ago along central tributaries of the Ohio River, the earthworks were host to ceremonies that drew people from across the continent, based on archeological discoveries of raw materials from as far west as the Rocky Mountains.

Elaborate ceremonialism linked to “the order and rhythms of the cosmos” is evident in the “beautiful ritual objects, spectacular offerings of religious icons and regalia” found at the sites, the application said.

Interior Secretary Deb Haaland said the designation is a “tremendous” recognition of America’s Indigenous people.

“World Heritage designation is an opportunity for the United States to share the whole story of America and the remarkable diversity of our cultural heritage, as well as the beauty of our land,” she said in a statement.

The eight Hopewell sites are noteworthy for their enormous scale, geometric precision and astronomical breadth and accuracy — such as encoding all eight lunar standstills over an 18.6-year cycle.

UNESCO Director-General Audrey Azoulay said the earthworks’ inclusion on the heritage list “will make this important part of American history known around the world.”

“Just three months after rejoining UNESCO, the United States has its twenty-fifth site inscribed on the World Heritage List, which illustrates the richness and diversity of the country’s cultural and natural heritage,” she said. “This inscription on the World Heritage List highlights the important work of American archaeologists, who discovered here remains dating back 2000 years, constituting one of the largest earthwork constructions in the world.”

The National Congress of American Indians, the Inter-Tribal Council representing tribes living in Northeast Oklahoma and the Seneca Nation of New York State were among tribes that supported the UNESCO designation.

The application process was slowed by a protracted court battle to restore public access to one of the earthworks leased to the Moundbuilders Country Club, whose members-only golf course sits inside it. A ruling of the Ohio Supreme Court in December allowed Ohio History Connection, the state’s historical society, to proceed with an ongoing effort to gain control of the Octagon Earthworks in Newark, one of eight sites recognized.

History Connection CEO and Executive Director Megan Wood said that Tuesday’s inscription of the site was the culmination of more than a decade of work by her organization and its partners, including tribes and the National Park Service.

“We are beyond excited to share these sites with more and more Ohioans, Americans and world travelers,” she said.

Other sites included under the new designation are: Fort Ancient Earthworks in Oregonia and Great Circle Earthworks in Heath; and five sites within the Hopewell Culture National Historical Park in Chillicothe: Mound City Group, Hopewell Mound Group, Seip Earthworks, High Bank Earthworks and Hopeton Earthworks.



A calendar marking mound at Fort Ancient earthworks, Tuesday, Sept. 19, 2023, in Oregonia, Ohio. Fort Ancient is part of a network of ancient American Indian ceremonial and burial mounds around Ohio that were added to the list of UNESCO World Heritage sites. (AP Photo/Joshua A. Bickel)

91ST SEMI-ANNUAL GENERAL COUNCIL MEETING
SATURDAY, OCTOBER 14, 2023 - 10:00 AM
AST HEALTH MULTI-PURPOSE BUILDING - SHAWNEE, OK



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson



GOVERNOR’S REPORT

John Johnson, AST Governor

Hello Tribal members,
As summer ends and the extreme heat subsides, I am looking forward to fall weather and Football season, I hope you are too. I can’t believe this year is almost over. The next couple of months are all holiday months, first Halloween, Thanksgiving, and then Christmas and before you know it we will be heading into 2024.

I have several conferences coming up in October, therefore I will be in and out most of the month. I will be attending the NOFOA conference, NCAI conference, and the Tribal Nations Conference. These three conferences are important to all Tribal leaders. I look forward to getting all the important updates for year 2024.
General Council has been set for October 14, 2023 at 10:00 in Shawnee at the Multi-purpose building. I hope to see everyone there. I will be giving updates on all the projects I am working on with a

short hand out of the Police Department progress and the new Afterschool Building progress. I’ll also share information on the “new” Horseshoebend building, this construction will begin very soon.
If you have any question you may call myself of assistant at 405-275-4030 ext. 3500 or 3501.
You may also email me at governor@atribe.com or alvinab@atribe.com.
Thank you
Governor Johnson

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,
Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@atribe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.
Maintenance:
The Absentee Shawnee Tribal Maintenance Department is currently staffed by seven full-time employees. The Maintenance Department has been working hard to maintain all incoming work orders which consist of minor repairs, plumbing, electrical, welding, moving/rearranging offices and assembling/installing new furniture, and ground maintenance such as mowing, weed eating and edging. Housekeeping has been working effortlessly with maintaining the upkeep of the buildings on the complex. I would like to thank the Maintenance staff for all the hard work they do for the department and Tribe.
OEH:
Our office has developed a Facebook

page that will allow you to follow and comment on our Brownfield Tribal Response Program activities. <https://www.facebook.com/pages/Absentee-Shawnee-Tribe-Brownfield-Response-Program/1439930279621958> . We also have a link on the Tribes website that lists the properties we currently have on our Brownfield property inventory. If you have land that may have had or currently is used for petroleum production that you have concerns about please call our office.
The new Police Safety Center is on schedule to be completed in January of 2024. The exterior metal and brick has been completed, as well as the interior framing, and evidence room. The storm shelter/EOC room will be completed in the coming weeks with the top cap.
We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEHL at the email or phone number listed below.
Jarrod Lloyd, OEHL Director
jlloyd@atribe.com - (405) 214-4235
Self-Governance
Currently the House and the Senate

cannot come to an agreement so there is a possibility of a government shutdown. This will not be good for the tribes. We need to expect at least one CR (Continuing Resolution) between October 1, 2023 and through January 1, 2024. As far as IHS, they have Advanced Appropriations of \$4.6 billion for FY2024. Budgets continue to get cut. The biggest cut will be in education. JOM will be cut \$1 million. We will soon find out how this will affect our tribe.
For the first time ever the Office of Management and Budget will have a Tribal Consultation with all tribal leaders in regards to the FY 2025 Budget. The date has yet to be determined.
In regards to our 2023 debt limit crisis, the debt limit of \$31.4 trillion passed. PL 118-5 Fiscal Responsibility Act and was signed by President Biden on June 3, 2023. This suspends the debt through January 1, 2025. On January 2, 2025 the debt limit will be increased.
Any questions or concerns please email at TwylaB@atribe.com or (405)275-4030.
Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Misty McGirt, AST Secretary

First off I would like to thank all for supporting me and giving me a chance to lead our people for all our tribal members. After further investigation’s initiated from former Secretary I was cleared August 9th.
Since being sworn in July 5th I have been getting settled in my office and familiar with my duties, staff, and departments. Aside from conducting meetings

and attending meetings along with my other secretary duties. In July with other executive committee members we met with members of the Ohio Department of Natural resources they were very considerate in our input for the new museum located in western Ohio that will open in 2024. During July I was able to tour along with other executive members the Muskogee creek nation food bank. It was a very nice facility and great opportunity to see what we the executive committee can bring to our people. In August I had the

pleasure to attend the OVW Government to Government Tribal Consultation with Domestic violence and Governor Johnson. Also in August I attended one day of the 477 strategic planning. I’ve been attending our elders meetings to support and help them. Some information I would like to share if you haven’t seen it is ICW has their application online for the angel tree our children need your support.

NEYIWA
Secretary Misty McGirt

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members, again I hope everyone is healthy and continues to look out for one another during the hot weather. I would like to acknowledge all the hard work and time of the Education Dept. and 477 staff in distributing the much needed school supplies to our Tribal community.
477 Program: I would like to acknowledge this year, 2023, this Executive Committee approved Public Law 102- 477, which allows our Tribe to create a 477 Program, one stop shop with services. The CCDF Department, Education Department (JOM and Job Placement and Training (JPT), Adult Education Programs) and WIOA (Youth and Adult) were the four programs, we chose to start with. The 477 Program is designed to help our Tribal members but also other tribal members from different Tribes within our services area. The main emphasis is training and employment. Presently, the 477 program are taking applications for this program in the training and employment areas. We, Executive Committee, are using some 477 construction funding to renovate the Tecumseh Square building, to provide 477 Program offices and career center office to help better service the 477 participant. There is a lot of potential for our 477 Program, I just ask you to be patient and work with us for it is a new program and process.

Education Department: The Education staff continues awarding students their financial aid for the Fall 2023 school year. This financial aid is for the Graduate, Higher Ed Incentive Award, Academ-

ic (PK- 12), Big Jim Youth Award, Zahn, and the ARPA Education Incentive and Support programs. The Education Dept. presented AST education information to the Shawnee Public Schools Indian Education staff for their staff development. The Education Department also set up a booth and handed out AST education information at the CPN Wzhitawen College Fair which was held at the Firelake Event Center.
Workforce Program: All three of the HVAC interns started back to school (Moore/ Norman Tech. Ctr.) on August 14, 2023 for their last semester. After graduation, they will continue as interns at the Absentee Shawnee Tribe of Oklahoma until they meet their apprentice hourly requirements. Once the apprentice requirements are obtained, the interns will be eligible to take the HVAC Journeyman test to become licensed HVAC technician.
Cultural Preservation: The Absentee Shawnee Language Program submitted all necessary documentation and applied for the Living Language Grant which is awarded by the BIA. This is a three year grant that encourages the inclusion of the community in teaching Native languages. The Absentee Shawnee Language program has completed 17 pre- recorded lessons of the Shawnee language on our Tribal website. In September, The Cultural Preservation Director also attended the 2023 Annual TX./ DOT Consultation Meeting hosted by the Texas Department of Transportation in Austin, Texas. In October, representatives from our Executive Committee, Cultural Preservation, THPO, and Language departments/ programs plan on attending the 8TH Annual Ohio Tribal Nations Conference hosted by Ohio History Connection and Ohio

DOT/FHWA in Columbus, Ohio.
Gaming Commission: The Gaming Commission conducted an EPHN (Environmental, Public Health and Safety) site survey with the Thunderbird Casino management during this last month. This survey helps to identify the strengths and areas we need to improve for the safety of our guests and employees. It is also a renewal requirement for the Casino’s facility licensure. The Gaming Commission staff continues to work with Casino management to look at how we need to improve/ update the policies/ procedures. Gaming Commission staff also keeps up to- date with NIGC rules/ regulations. The Gaming Commission staff plans on attending the OTGRA Conference which will be held at the Grand Casino in Oct. 2023.
Youth Camp: Not much to report at the Youth Camp. Construction on the softball field continues and the completion date for this project is by the end of Sept. 2023. We hope to have started the bid process for the lighting of the Youth Camp facilities in the next 30 days. We are having discussions about the next upgrade project. I will keep you up- dated.

Again, I would like to encourage our Tribal membership to look on our website, our Facebook page, and/ or call our 477 department to see if that department can assist you in your future endeavors. Again, if you have any questions or concerns about these programs mentioned in this news article, feel free to contact my office at (405) 275-4030 Ext. 3512 or by email: dewayne.wilson@atribe.com.

Respectfully,
DeWayne Wilson

102-477 (477) Programs

October 2023

On September 27, 2022, the AST Executive Committee passed a resolution authorizing and approving the submission of a 102-477 plan. On December 15, 2022, the AST 102-477 Plan was approved by the Bureau of Indian Affairs. This plan became effective January 1, 2023.

The AST 102-477 Plan is a for three year period, January 1, 2023-December 31, 2025. The approved plan met all the requirements for the Public Law 102-477, Indian Employment, Training and Related Services Consolidation Demonstration Act of 1992, as amended by the Omnibus Indian Advancement Act Bill of 2006, and the Indian Employment, Training, and Related Services Consolidation Act of 2017.

Under the current 102-477 Plan, the AST 477 Programs will combine like services and activities to serve three components which are employment/training, education and support services. By implementing this plan it is the hope of the AST Tribe to help identify and resolve barriers that participants will face in their pursuit of employment, training and educational endeavors, to strengthen cultural and language development within all AST tribal members to encourage self-sufficiency and to serve tribally determined goals consistent with the policy of self-determination and self-governance. These are just a few programs goals thus far. The main goal is to provide resources and support to help individuals and families become economically self-sufficient.

The AST 477 Program has been in effect for 9 months now and has had a lot of growth within the administration and organization of the program. The 477 Program application is available on the website and as of this newsletter will be an online application process. We currently have 3 additional staff members: Kim Porter, Case Manager- Adults; Connor Edwards- Case Manager-Youth and Stephanie Martinez- Intake Specialist. These staff members have been involved in some capacity with 477 and bring the knowledge and experience to assist with developing this program and providing services. Please feel free to reach out to one of us for assistance and we hope to see you all at General Council. Ni yi wa! Si wi n'wi ke Ni ti mo wi ke!

Briana Ponkilla, MJIL
477 Director

Absentee Shawnee Tribe

102-477 Program (477 Program)



Eligibility Requirements:

- Complete Intake Application
- Reside in Cleveland, McClain, Oklahoma or Pottawatomie Counties
- Provide proof of tribal enrollment/membership (AST or other Federally Recognized Tribe)
- Selected Service Registration (if applicable)
- Complete Self-sufficiency Plan
 - Also one of the following:
 - Unemployed
 - Underemployed
 - Economically disadvantaged
 - Displaced worker
 - Youth
 - Homeless
 - Veteran
 - Disability
 - In need of child care (income and additional documentation required)

What is 102-477?

The AST 102-477 Program consolidates grant funds with similar program activities in a coordinated effort to maximize those grant funds. The 477 Program will be implemented to provide a program service model that results in a single coordinated comprehensive program or "One Stop Shop" and reduces administrative costs by consolidating administrative functions for the multiple approved grants.

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

AST 477 Program Goals

- To integrate employment, training, education, supportive services and related programs in order to improve their effectiveness in leading to participant self-sufficiency.
- To help identify and resolve barriers that participants may face in their pursuit of employment, training and education endeavors.
- To end dependency of needy parents on public assistance programs.
- To reduce current unemployment rates among tribal members and other federally recognized tribal members residing in the service area.
- To promote job readiness through preparation and self-advocacy resulting in sustainable employment for eligible participants.
- To provide and expand services that allow for safe and healthy environments for children.
- To provide continuous services to children while enabling parents and guardians to seek gainful employment, obtain educational goals, as well as providing them with a comprehensive family support system.
- To strengthen cultural and language development within all Absentee Shawnee Tribal members to encourage self-sufficiency.
- To serve tribally determined goals consistent with the policy of self-determination and self-governance.
- To improve the availability, affordability, quality and coordination of child care programs and early child development programs in an attempt to serve all eligible families.

Process for application for 477 Assistance:

1. Complete application and provide as much documentation as possible with application.
2. Intake Clerk will review your application and set up an interview appointment with you and the assigned Caseworker.
3. During the interview, you and the Caseworker will review your application and discuss you barriers to employment as well as your goals and how the AST 477 Program can help you achieve your goals.
4. An Individual Self-sufficiency Plan (ISP) will be formalized to show the steps both parties will take to help the participant achieve their goals and become successful for the agreed period up to 12 months.
5. The Caseworker will check in with you and make sure you are continuing to be successful with your employment and/or training goals as well as the need for any support services.
6. At the end of the 12 months, there will be an exit meeting to determine if additional time is needed to meet goals or if you successfully meet your goals and graduate from the program.

Questions should be directed to:

Briana Ponkilla, 477 Director
Email: Briana.ponkilla@astribecommunity.com
Phone: 405.275.4030.
Ne yi wa!

477 Application

AST 477 Application can be found at www.astribecommunity.com/477-program or by email: 477Program@astribecommunity.com.

WE ARE

HIRING

Join Our Team

BENEFITS OF WORKING WITH US

- MEDICAL, DENTAL & VISION
- BASIC & VOLUNTARY LIFE
- SHORT-TERM DISABILITY
- 401K RETIREMENT
- VACATION & SICK LEAVE
- 13 PAID HOLIDAYS PLUS BIRTHDAY

Apply at www.astribecommunity.com/employment







INTERESTED IN
A CAREER IN THE
HEALTH FIELD?
JOIN OUR TEAM!



WWW.ASTRIBECOMMUNITY.COM/EMPLOYMENT



**BIRTHDAY CELEBRATION
FOR
NAKIAUS DUDLEY (6) & NANAMI BRIELLE (3)
WHITE THUNDER**

DECEMBER 16th, 2023
CONCHO ERC, CONCHO, OK

Gourd Dance @2p Supper Break @5p Dance to Follow

*Hat & Boot Special
Ages (0-12)
In Honor
Of
NaNami Brielle
1st \$50/ 2nd \$30/ 3rd \$20*

BIRTHDAY

*\$100 GRINCH MASCARAED
CONTEST
In honor
Of
NaKiaus Dudley*

HEAD STAFF

MC: Burl Buffalomeat
HS: Roger Davis
HMD: Bobby James
HLD: TheresaLynn Kiley
HBD: Kurt Blackwolf
HLG: Leona Goodblanket

Honored Elder: Merle Big Medicine Lopez
Honored Veteran: Jesse Hamilton
Co-Host: StarHawk Society and Women's Auxiliary

AD: Marshal Williamson

TINY TOT CONTEST (ages 0-6)

BOYS WINNER TAKE ALL	GIRLS WINNER TAKE ALL
\$50+ Scooter	\$50+ Scooter
2 Consolations	2 Consolations

*Vendors Welcome
(\$25 OR Raffle Donation)*

For More Information, Please Contact Shelby White Thunder via Facebook Messenger or Sandra White Thunder 405-287-9222

Sponsors are NOT responsible for ANY thefts or accidents. DRUGS AND ALCOHOL ARE ABSOLUTELY PROHIBITED!

**SAVE
THE
DATE**

*Benefit
Powwow*

HOSTED BY:
OU AMERICAN INDIAN
OF ALUMNI SOCIETY
OKLAHOMA

THUNDERBIRD CASINO
NORMAN, OK

**JANUARY
20TH,
2024**

Proceeds benefit AIAS activities including the F. Browning Pipestem Scholarship fund

NEED HELP PAYING BILLS?

AST's Homeowner Assistance Fund can help homeowners experiencing financial hardship.



Visit astribe.com/homeowner-assistance-fund-haf



Follow us on
Instagram

 @absenteeshawneetribes

NOTICE

**IF YOU WOULD LIKE TO
SUBMIT AN ARTICLE OR STORY**

Please give us a call at (405) 598-1279 or send an email to media@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.



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

We currently have open positions. If you are interested in applying visit <https://www.astribes.com/employment> for applications and to see what positions we have available.

Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

This year is quickly passing and it is now fall. The children love the fall weather and are enjoying the outside time it has been giving us. October is a busy month for us. We will be having parent teacher conferences, a fall festival, and Trick or Treating. We hope everyone has a safe Halloween.

Building Blocks will be closed on Friday September 29th for teacher training. We will be learning the new curriculum that is needed with our 5 Star Licensing

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

Building Blocks III C.D.C.
 Norman, Ok 73026
 Phone: (405) 360-2710 Fax: (405) 360-2726

Sensory play :)










This month at Building Blocks

“Look it! Its bats! I love halloween!” Halloween is just around the corner and we are loving every minute of fall time. All of the classrooms will be having a halloween party and your child(ren) will be allowed to wear their costumes! Please be sure to get with their teacher to see what time and what you can bring. Parents are welcome to join their child(ren) during the parties!

We are Hiring!

We are still accepting applications for employment. If you are interested in working with children, please visit the center for an application or visit astribes.com/employment.

Director: Skye Foreman
 Asst Director: Renee Richardson








Upcoming Events

- October 5- Happy Birthday, Ms. Julie
- October 9- Closed for Indigenous Peoples' Day
- October 27- Class Halloween parties!
- October 31- Happy Birthday, Ms. Sara!

Reminders

Reminder to all parents to make sure your child(ren) has extra clothes and all of their daily supplies.

Snow cone day!!








HAPPY HALLOWEEN

Goodies with Grands!












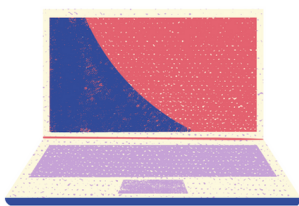







ONLINE HOUSING APPLICATIONS

AVAILABLE NOW



FOLLOW AND LIKE US ON OUR NEW FACEBOOK PAGE!



Absentee Shawnee Housing Authority


ONLINE PROGRAM APPLICATIONS

WWW.ASHOUSINGAUTHORITY.COM


- Low Rent
- Homeownership
- Down Payment Assistance
- College Housing Assistance
- Home Rehab Assistance
- Over Income Lease to Own
- Market Rate Rental
- Rolling Hills Community Center (for residents in the R.H. community and staff)
- Bob White Community Center (open for public use, for residents in the Bob White community and staff)
- Tiny Home Lease Purchase Program
- Employment Application

FOR MORE INFORMATION

Call: (405) 273-1050



Let us help...



With one of your Cooling/ Heating/Water bill

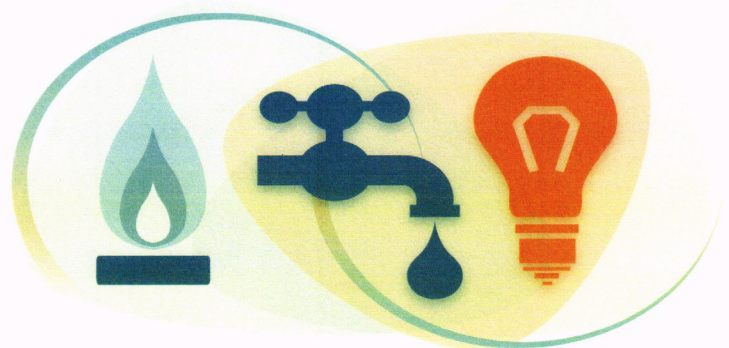
Through the LIHEAP or LIHWAP Assistance Programs

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@astribes.com / NEdwards@astribes.com

Cultural Preservation Department

For the month of August and September, activities and workflow have been steady. Following is a breakdown of each departmental program's most recent activities.

Cultural Preservation

Cultural Preservation and the Language Program will be partnering with Sac and Fox Nation and a few other Algonquian Language Groups in the capacity of co-hosts for the **2nd Annual Algonquian Language and Cultural Convention**. This year's convention will be held at the First American Museum in Oklahoma City on Saturday, September 30th. We are very excited about this event! At the time of writing this article, the details and agenda are still being discussed.

Gift Shop

The Gift Shop is open! No appointments necessary. We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (2025 S. Gordon Cooper Drive, Shawnee, OK 74801; building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center (15951 Little Axe Drive, Norman, OK 73026). We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and **every other Thursday in Little Axe from 9 a.m. to 3 p.m.**

On August 4th, Gift Shop Manager, Mrs. Merry Rodriguez, and Administrative Assistant/Gift Shop Clerk, Ms. Maureen Bemo, attended the Central Oklahoma Native American Art Sale at the Cleveland County Fairgrounds in Norman, OK. A good selection of sterling silver and turquoise jewelry was acquired that day and is now available for purchase in the gift shop. These unique pieces are a must see!

Also, recently, a loyal New Mexico vendor came through Oklahoma and stopped by the gift shop. A large selection of necklaces and earrings were obtained. They're all so beautiful! Come check them all out for yourself.

Other new items in the gift shop are AST Men's Hats, AST Visors, AST Logo Color Changing Mood Cups, AST Logo Youth T-Shirts, AST Lightweight Packable Jackets, 49dzine Men's Pocket Shorts, 49dzine Chest Bags, 49dzine Women's dresses, 49dzine Men's ties, and much more.

We are currently running a special on our AST Logo Throw Blankets: **BUY 1, GET 1 75% OFF**, and we still have a small collection of sale items (t-shirts (small and medium), polos, hats, cardigans, and shoes).

Please note, if you live out of state, we can ship items to you. Please contact the Gift Shop Manager, Mrs. Merry Rodriguez, at (405) 275-4030 ext. 3526 or at mrodriguez@atribe.com for more details.

Library

The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 2 library visitors with a total of 6 books checked out. Also, 8 virtual books were checked out. Ms. Paula Jackson, Librarian, added 3 new patrons to the system. Please note the library application has recently been converted to a digital format that can be emailed. If you would like the application please contact Ms. Jackson.

If you would like to view what books we have in the library currently, please visit <https://www.librarycat.org/lib/ASTribe> to view the catalog. Also, recently she added some new Native American titles available in either eBook or audio format to the virtual library (<https://okvirtuallibrary.overdrive.com/>). If you would like to fill out an application for a library card, you may contact Ms. Paula Jackson at (405) 275-4030 ext. 3530 or at PJackson@atribe.com.

Please come in and visit! We have a wide variety of resources available for checkout, and many magazines, newspapers and journals for your reading leisure. We are open to your suggestions for the library and look forward to serving your informational needs!

THPO (Tribal Historic Preservation Office)

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 650 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 429 projects. These projects were completed in 16 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 13 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases.

NAGPRA

The NAGPRA program has been very busy the last couple of months. More and more agencies/museums/colleges both in the states and overseas have been reaching out. Currently, we are in consultation with 20 different facilities concerning the ancestors and funerary objects they have in their possession.

On August 13th – August 17th, Ms. Carol Butler, Interim NAGPRA Coordinator and Director of Cultural Preservation, attended a NAGPRA consultation with Ohio History Connection in Columbus, OH. At this consultation, 8 counties were discussed amongst the five tribal representatives that were present. We were able to review the site information for all the ancestors and objects that are housed at the Ohio History Connection. More discussion will occur at the 8th Annual Ohio Tribal Nations Conference set for October (more information about this conference will be in next month's newsletter).

Further, we are still looking for individuals interested in our **Oral History project**. If you would like to volunteer for this project or have any other questions, please contact the Cultural Preservation Department.

Language

Most of the month of August was dedicated to writing for the Living Language Grant. This grant is awarded by the BIA and is a three year grant which encourages the inclusion of the community in teaching Native languages. Expected date of award is not known at this time.

We are awaiting official notice that our ANA no-cost extension has been approved. Once we have official notice, work will resume on the objectives of the ANA grant. We will be seeking additional staff to assist in other projects and two language teachers, who will teach class while going through a certification process. Both will be vital to completing the ANA grant objectives.

Pre-recorded language lessons have resumed since submitting the LLG application. Writing for the LLG took some time away from recording lessons; however it provided opportunity to think of new subject matter. To date, the program has provided 17 pre-recorded lessons, with additional lessons in the process. Topics that have been covered include: Shawnee Alphabet, Greetings and Farewells, Learning to Count, Basic colors, Celestial Bodies and Directions, Weather and Seasons, One Word Phrases, Fruits and Vegetables, Farm Animals, Months and Days of the Week, Relations, Personal Pronouns, Bugs, Kitchen Items, Clothing, Expressions, and Shawnee Don'ts.

Shawnee words have also been provided in the newsletter and on social media over the past several months. The most recent newsletter featured things Shawnees don't do. Many of our people don't know these or forgot about them. We will continue to provide words and tidbits about our culture through the tribe's media outlets. So, be on the lookout for them.

For general language questions and information, please contact the department by phone or email at ASTLanguage@atribe.com.

Your concerns are important to us. Ne yi wa for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 3525 or cbutler@atribe.com if you have any questions or concerns.

Si ta pi ki no fe ke s'fwa
(sah teh pah kah noh thee kee s'thweh)
Wilted Month (October)

Our apologies for the absence in the August newsletter. August was a busy month with a grant deadline and our main ceremony. We will get back on track with this month's newsletter. We begin the names for the months August and September.

Ke n'we ke s'fwa – Long Month (August) **Hi si me ni ke s'fwa** – Paw paw Month (September)
(kee n'wee kee s'thweh) (hah sah mee nah kee s'thweh)

Ho wa se wi pi ne – Good morning **Ti qi ke ke** – Fall **Ya pa po n'ka ke** – North
(hoh weh see wah pah nee) (tah qah kee kee) (yeh peh poh n'keh kee)

Te ka ki k'yi wa – Don't be jealous
(tee keh kah k'yah weh)

Shawnees, and other Indians in general, do our best to lead a good life. This means being supportive and respectful of others without being envious how others live and what they have or don't have. Jealousy is a creation of the evil spirit or, **mi ge mi ne to**, which can lead people to do bad things. Our elders didn't want us to live this way.

Te ka pi hi li we m'se ni ko fe ge ke we wi le – Don't hunt if wife is pregnant.
(tee keh pah hah lah wee m'see nah koh thee chee kee wee wah lee)

This is practiced today by those who participate at Bread Dance and once was a general practice. The old timers said this so nothing bad would happen to the expecting mother and baby. The "Creator" has game "volunteer" for us to keep us fed, but to do that we are taking another being's life. Since the "Creator" controls all things and life is fragile, it is best to be safe lives are involved.

Te ke mol's'pe ka gi ge ke ni mi ge lo fe ti hi pe lo fi – Don't hold a baby over your head.
(tee kee mo l's'pee keh chah chee kee nah mah chee loh thee tah hah pee loh thah)

The old folks would tell new parents different things to do or not to do in order to keep their new baby safe and healthy. One of the don'ts is not to hold a baby over your head or up in the air. Since babies are a gift from the "Creator", holding a baby up in the air might indicate to the "Creator" you are trying to give the baby back.

Te ka ya pi k'se mo ke ka l'qa se na – Don't lay you head to the west.
(tee keh yeh pah k'see moh kee keh l'qeh see neh)

Growing up, we were told different things not to do out of concern or superstition. One of those don'ts was not sleep with your head to the west, i.e. the way the dead lay. It is believed this could cause a person to get sick or have bad luck.

Ka we yi ki me li we pa hi se si wi nwi to wa yi qa! – Let's get serious to speak Shawnee!
(keh wee yah keh mee lah wee peh hah see sah wah nwhah toh weh yah qeh)

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



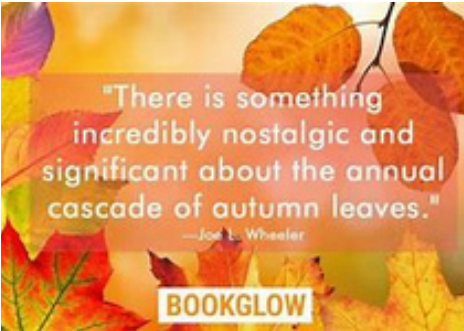
October 2023

NEWSLETTER

BOOK OF THE MONTH

The Song That Called Them Home by the award-winning author **David A. Robertson** and illustrator **Maya McKibbin** comes a cinematic fantasy-adventure story inspired by Indigenous legends.

One summer day, Lauren and her little brother, James, go on a trip to the land with their Moshom (grandfather). After they've arrived, the children decide to fish for dinner while Moshom naps. They are in their canoe in the middle of the lake when the water around them begins to swirl and crash. They are thrown overboard and when Lauren surfaces she sees her brother being pulled away by the Memekwesewak – creatures who live in and around water and like to interfere with humans. Lauren must follow the Memekwesewak through a portal and along a watery path to find and bring back James. But when she finally comes upon her brother, she too feels the lure of the Memekwesewak's song. Something even stronger must pull them back home.



LIBRARY NEWS

October means gorgeous falling leaves, cooler temperatures, and of course, Halloween!

We have added 5 Native American titles to the Oklahoma Virtual Library,

- Calico (Children of the Shawnee: Book 1) by Allison Bruning.
- Mary and the Trail of Tears: A by Andrea L. Rogers and Matt Forsyth. Cherokee Removal Survival Story.
- Notable Native People: 50 by Adrienne Keene and Ciara Sana. Indigenous Leaders, Dreamers and Changemakers from Past and Present
- We Still Belong by Christine Day.
- ho are the Shawnee by Allison Bruning.



Indigenous Peoples Day is celebrated annually on the second Monday in October.10-09-20223)! This Day honors the histories, cultures, and perspectives of Indigenous peoples and their ancestors who lived on the land now known as North America. They existed in these areas for thousands of years before the first European explorers arrived.

Oklahoma has 39 federally recognized tribes across the state. These are e celebrations and public events happening across the state.

Oklahoma City's annual Indigenous Peoples Day celebration returns to First Americans Museum for a third year.

YOU CAN NOW APPLY FOR A AST LIBRARY CARD ONLINE!
[HTTPS://FORM.JOTFORM.COM/230804193039150](https://form.jotform.com/230804193039150)
[HTTPS://LIBBYAPP.COM/LIBRARY/OKVIRTUALLIBRARY](https://libbyapp.com/library/okvirtuallibrary)
[HTTPS://WWW.LIBRARYCAT.ORG/LIB/ASTRIBE](https://www.librarycat.org/lib/astribe)



Happy Birthday
Carsyn and Jaden
from Mom, Clay and Shylah



Ronnie Thorpe Sr. October 2nd,
We Love & Miss You Brother

Patricia Thorpe Brown, October 18th

George Thorpe III, October 30th

God bless you always, with love,
Mama and the entire family!



ABSENTEE SHAWNEE TRIBE
TAX COMMISSION OFFICE

Now Open!



NO APPOINTMENT NECESSARY!

TEMPORARY HOURS

Monday-Friday, 9:00 am to 12:00 pm & 1:00 pm to 4:30 pm

DRIVE-THRU TEMPORARILY CLOSED



ABSENTEE SHAWNEE TRIBE
AGRICULTURE DEPARTMENT

CLASSES WITH OSU EXTENSION HORTICULTURIST
CARLA SMITH ARE NOW ONLINE



JAN 13, 2023 - GARDENING 101
FEB 10, 2023 - SOIL FERTILIZER 101
MARCH - NO CLASS
APRIL 14, 2023 - GARDEN BOXES
MAY 12, 2023 - FRUIT PRODUCTION
JUNE 9, 2023 - SEED SAVING

TO WATCH ONLINE,
WWW.ASTRIBE.COM/AGRICULTURE



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 Tribe will be closed

Monday, October 9, 2023 - Indigenous Peoples' Day

AllNations Bank

Ask about “AST Preferred Checking” and our debit card that honors the Absentee Shawnee Tribe!

AllNations Bank

ABSENTEE SHAWNEE TRIBE

DEBIT VISA

You can be an Absentee Shawnee Tribe Member or an Employee of the Tribe or one of the Absentee Shawnee Tribe’s businesses. Account features include:

- ❖ Free Value Checks
- ❖ .25% rate reduction with auto debit on consumer loan rates
- ❖ Interest bearing account
- ❖ \$25.00 minimum to open the account
- ❖ No minimum to earn interest
- ❖ No monthly maintenance fee
- ❖ Free direct deposit option
- ❖ Free ATM/Debit Card
- ❖ Free Online Banking & Bill Pay
- ❖ Free Online Electronic Banking Statement
- ❖ Free check images with statement
- ❖ Free 1 year rental of a 3x5 safe deposit box or 6 months free rental of a 5x10 safe deposit box (based on availability)
- ❖ Free Notary Service
- ❖ FDIC Insured

Contact bank staff for more information

2023 Gordon Cooper Dr., Shawnee, OK 74801, PH (405) 273-0202

114 E. Main St., Calumet, OK 73014, PH (405) 893-2240

Member

FDIC

Absentee Shawnee Tribe's Domestic Violence Department

Our mission is to:

Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.

Who we serve:

Natives and non-Natives

LGBTQ2S+

Any Religion

Any income level

EVERYONE

Our services are confidential and include:

Safety Planning

Emergency Assistance

Court Advocacy

Shelter Placement Assistance

Referrals

Must be intimate partner related violence and the victim must be fleeing the home/situation

We help with:

Domestic Violence

Sexual Assault

Dating Violence

Stalking

Sex Trafficking

Where we serve:

Because we are federally funded we get to serve all populations within our *service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

*If you are AST and outside the service area, please call our office and we will see what we can do to help you.

Contact Us:

Office Line 405.273.2888

Fax 405.273.1192

Webpage <https://www.astribes.com/domestic-violence>

Link to intake <https://www.astribes.com/forms/victim-intake>

@ASTRisingWarrior

For emergencies call 911 or AST PD @ 405.275.3200

This project was supported by grant No. 2015-TW-AW-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.



ASTHS October 2023 Monthly Update

October is Breast Cancer Awareness Month

There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

What is Breast Cancer?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control. Cancer cells can also spread, or metastasize, to other parts of the body.

What Symptoms Should I Look For?

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit)
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple
- Nipple discharge other than breast milk, including blood
- Any change in the size or shape of the breast
- Pain in the breast

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

What Can I Do To Find Breast Cancer Early?

Breast cancer screening involves checking a woman’s breasts for cancer before there are signs or symptoms of the disease. A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk for breast cancer and may benefit from beginning screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you’re 40 to 49 years old, talk to your health care provider about when to start screening.

Are You Concerned That You Cannot Afford To Have A Mammogram?

Most health insurance plans cover the cost of screening mammograms. If you have a low income or do not have insurance, you may qualify for a free or low-cost mammogram through CDC’s National Breast and Cervical Cancer Early Detection Program.

What Can I Do To Lower My Chance of Getting Breast Cancer?

One of the most important things you can do to lower your risk of breast cancer is to know your risk of breast cancer. Talk to your doctor about what that means for you.

Your doctor will consider factors that cannot be changed, like:

- Your personal history of breast problems
- Your family’s history of breast cancer
- Your breast density (the amount of connective and fatty tissue in your breasts)
- Your age. Most breast cancers are found after age 50
- Your menstrual and childbirth history
- Your history of radiation treatment therapy to the chest or breasts
- If you took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, you have a higher risk. Women whose mothers took DES while pregnant with them are also at higher risk.
- If you or close family members have known mutations (changes) in your breast cancer genes (BRCA1 or BRCA2). Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer. You will only know if you have a mutation if you have had genetic testing. Even in the absence of having abnormal genes when tested, it is important to know your family history; we don’t know all the genes that cause breast cancer.

Your doctor will also consider factors that can be changed, like any hormone replacement use.

Here are some things you can do to reduce your chance of getting breast cancer:

- Keep a healthy weight
- Engage in regular physical activity
- Don’t drink alcohol, or limit alcoholic drinks to no more than one per day

To learn more about breast cancer, visit www.cdc.gov/cancer/breast/. Reference: <https://www.cdc.gov/cancer/breast/pdf/breast-cancer-fact-sheet-508.pdf>

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Construction has begun on the Pharmacy expansion. The steel has been erected and the framing is being completed. There has been a delay in the canopy construction that will likely set back full completion. The expected completion date (ECD) is now January.
- Construction of new Primary Care, Dental, and Behavioral Health continues. The cabinetry and equipment are currently being installed. ECD: October
- Remodel of the current Primary Care will begin in October. This will be the new location of the Specialty Clinic and PlusCare and the final phase of the expansion project! ECD: April 2024

Shawnee Health Clinic

COMING SOON! — NEW SHAWNEE HEALTH CLINIC!

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

The feasibility study has been completed. The team continues to work through the design and scoping phase with the architect (anticipate 73K-80K sq. ft.)!

September 2023 Health Employee Awards of the Month

Employee of the Month: Candace Evans, LPN

Team of the Month: Pharmacy – Little Axe

Special Leadership Award: Chris Turpin, Pharmacy Director

Chris A. Larkin, MBA, FACHE, CHC
Executive Director



PACT ACT & VIETNAM, COLD WAR ERA VETERANS



The **PACT Act**, signed into law August 10, 2022, expands health care and benefits for Vietnam era Veterans.



PACT Act Health Care Eligibility

Veterans who served in these countries during specific time periods are eligible to enroll in VA health care effective August 10, 2022.

Republic of Vietnam (Any U.S. or Royal Thai base) January 9, 1962 - May 7, 1975	Thailand Any U.S. or Royal Thai base January 9, 1962 - June 30, 1976
Guam or American Samoa (or in their territorial waters) January 9, 1962 - July 31, 1980	Laos December 1, 1965 - September 30, 1969
Cambodia at Mimot or Krek, Kampong Cham Province April 16, 1969 - April 30, 1969	Johnston Atoll (or on a ship that called there) January 1, 1972 - September 30, 1977



Toxic Exposure Screenings

As a general matter, there are several types of possible exposures or hazards Veterans may have experienced during their military service, including:

- Air Pollutants
- Chemicals
- Radiation
- Warfare Agents
- Occupational Hazards

ON NOVEMBER 8, 2022: VA will begin incorporating toxic exposure screenings. Every Veteran enrolled for VA health care will receive an initial toxic exposure screening and a follow-up screening at least every five years. Eligible Veterans who have not enrolled will have an opportunity to enroll and receive the screening.



PACT Act Benefits

The PACT Act adds two new Agent Orange presumptive conditions:

- Monoclonal gammopathy of undetermined significance (MGUS)
- High blood pressure (hypertension)



The law expands health care and benefits for Veterans who participated in certain nuclear response or cleanup activities:

Eniwetok Atoll January 1, 1977 - December 31, 1980	Palomares, Spain January 17, 1966 - March 31, 1967	Thule, Greenland January 21, 1968 - September 25, 1968
--	--	--

Family members or dependents of a deceased Veteran may qualify for various VA benefits due to the additional disabilities defined in the PACT Act if they meet eligibility requirements. More information for survivors is available online at [VA.gov/PACT](https://www.va.gov/PACT).

4 EASY WAYS TO APPLY FOR VA HEALTH CARE

- Apply online at [VA.gov/health-care/apply-application/introduction](https://www.va.gov/health-care/apply-application/introduction)
- Call the toll-free hotline 877-222-8387 Mon – Fri, 8:00 a.m. – 8:00 p.m. ET
- Mail a completed, signed Application for Health Benefits [VA Form 10-10EZ](https://www.va.gov/health-care/apply-application/introduction)
- Bring a completed, signed [VA Form 10-10EZ](https://www.va.gov/health-care/apply-application/introduction) to the nearest VA Medical Center or clinic.


4 EASY WAYS TO GET STARTED WITH CLAIMS

- Learn more at [VA.gov/disability/how-to-file-claim/](https://www.va.gov/disability/how-to-file-claim/)
- Visit a VBA Regional Office [VA.gov/benefits/offices.asp](https://www.va.gov/benefits/offices.asp)
- Call the Benefits hotline (for specific questions) at 1-800-827-1000
- Work with an accredited VSO [VA.gov/ogc/apps/accreditation/index.asp](https://www.va.gov/ogc/apps/accreditation/index.asp)




U.S. Department of Veterans Affairs

Learn more and sign up at [VA.gov/PACT](https://www.va.gov/PACT)
Download the [VA PACT Act and Benefits App](https://www.va.gov/PACT)
Call us at 1-800-MyVA411 (1-800-698-2411)
Find a VA at [VA.gov/find-locations/](https://www.va.gov/find-locations/)






WERE YOU EXPOSED TO BURN PITS, HERBICIDES, OR OTHER TOXINS WHILE IN THE MILITARY?



You may be eligible for VA health care and compensation.

Learn more at [VA.gov/PACT](https://www.va.gov/PACT)






U.S. Department of Veterans Affairs

Have questions?
Call 1-800-MyVA411
(1-800-698-2411)


October is National Physical Therapy Month

The Physical Therapy Department of the Absentee Shawnee Tribal Health System along with The American Physical Therapy Association is celebrating National Physical Therapy Month in October. This year is the 30th anniversary of National Physical Therapy Month (NPTM), which raises awareness about the many benefits of physical therapy.


Please remember that your Tribal Health Clinic has an outstanding provider staff of Physical Therapists and a Physical Therapist Assistant to meet all your Physical Therapy needs! Our PT Providers are highly skilled and provide state of the art services for identifying the core problem as well as treatment interventions. We are excited to work with your Primary Care Provider (PCP) to meet your Physical Therapy needs.



Shawnee Clinic:
405-878-5850



Little Axe Health Center:
405-447-0300



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

AST & Lake Thunderbird State Park

11TH ANNUAL ZOMBIE 5K FUN RUN & 1-MILE WALK



WHERE: Thunderbird State Park
Little Axe Area Campground
NEW LOCATION!

WHEN: October 26th

Check-In begins at 5:00 P.M.

1 Mile Walk 5K Fun Run
No Same Day Registration

Food Trucks, Games, Fall Festival and Trunk or Treat

Scan QR Code to sign up!
https://uco.co1.qualtrics.com/jfe/form/SV_2nRm2hxTnkjMbb0



WELLNESS STAFF CAUGHT EATING PUMPKIN PIE!



BIGFOOT SPOTTED IN LITTLE AXE?



QUESTIONS CONTACT SARAH
405-701-7192

SLAWERANCE@ASTRIBE.COM

2023-2024 BENEFITS & RESOURCES EVENT

GET SAME-DAY BENEFITS ASSISTANCE!



FRIDAY, NOVEMBER 3, 2023 – 10 A.M. – 3 P.M.
AST MULTI-PURPOSE BUILDING
2029 JAMES L. EDWARDS LANE
SHAWNEE OK 74801

GIVEAWAYS & SNACKS PROVIDED BY PBA, PRC, AND LEGACY TRIBAL SERVICES.

GET ASSISTANCE WITH:

- 2024 MEDICARE AND MARKETPLACE OPEN ENROLLMENT OPTIONS
- SOCIAL SECURITY AND DHS SERVICES
- SOONERCARE
- VETERANS ADMINISTRATION
- FOOD & HOUSING
- TRIBAL PROGRAM ASSISTANCE
- AND MUCH MORE!

LITTLE AXE: 405.447.0300 • SHAWNEE: 405.878.5850 • WWW.ASTHEALTH.ORG



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SALISBURY STEAK MASHED POT/GRAVY BEETS FRUIT	3 CHICKEN SALAD SANDWICH LTOP BAKED CHIPS MANDARIN ORANGES	4 TITLE VI STAFF ATTENDING FOOD SHOW	5 HOT HAM & CHEZ PORK & BEANS CHIPS/JELL-O	6 PANCAKES SAUSAGE PATTIES BLUEBERRIES
9 TITLE VI CLOSED INDIGENOUS DAY	10 KRAUT & WEINERS GREEN BEANS MIXED FRUIT	11 PORK LOIN VEGGIES ROLL/CRISP	12 BURRTIO REFRIED BEANS SPANISH RICE COOKIE	13 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
16 BBQ CHICKEN BROCCOLI ROLL/PEAR	17 BEEF TIP & NOODLES TOSSED SALAD* PEAS & CARROTS	18 MANWICH TATOR TOTS COOKIE ORANGE	19 PORK & HOMINY GREEN BEANS PUDDING	20 BOILED EGG TOAST SMOKED SAUSAGE
23 BEEF FINGERS MASHED POT/GRAVY BRUSSEL SPROUTS PEACHES	24 CHILI W BEANS FRITOS ONIONS/CHEZ	25 COLD CUT SANDWICH LTOP CHIPS YOGURT	26 GOULASH OKRA BREAD PEAR	27 OATMEAL SAUSAGE PATTIES APPLE SLICES
30 CHICKEN PATTY SANDWICH COLESLAW GRAPES	31 MIPPA EVENT DETAILS COMING SOON	<div>*MENU SUBJECT TO CHANGE*</div> <div>LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM SHAWNEE SITE LUNCH SERVED MONDAY – THURSDAY 12 PM TO 12:30 PM AT BRENDLE CORNER</div> <div>BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM SHAWNEE SITE BREAKFAST SERVED FRIDAYS 10 AM TO 10:30 AM AT BRENDLE CORNER</div>		

TITLE VI NEWS

OCTOBER 4
TITLE VI STAFF
WILL BE
ATTENDING A
FOOD SHOW
NO MEALS WILL
BE SERVED –
HOMEBOUND
WILL RECEIVE A
SACK LUNCH ON
OCTOBER 3RD

OCTOBER 9
INDIGENOUS
DAY
NO MEALS WILL
BE SERVED OR
DELIVERED

OCTOBER 14
AST GENERAL
COUNCIL 10 AM
MULTI-PURPOSE
BUILDING

Genius™ 3D Mammography™ Exams Arrive in Little Axe

Little Axe Health Center is excited to offer Genius™ 3D Mammography™ exams, developed by Hologic, Inc., a worldwide leader in Women’s Health. Utilizing advanced breast tomosynthesis technology, Genius exams are clinically proven to significantly increase the detection of breast cancers, and also decreasing the number of women asked to return for additional testing.

In conventional 2D Mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. A Genius exam includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

A Genius exam includes both 2D images and tomosynthesis scans. During the tomosynthesis-DIMENSIONAL portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time. A Genius exam requires no additional compression and takes just a few seconds longer than a conventional 2D breast cancer screening exam.

Genius™ 3D Mammography™ exam, available on the 3Dimensions™ and Selenia® Dimensions® systems from Hologic, are revolutionizing how breast cancer is detected by providing a better option for women of all breast densities compared to 2D alone.1-2 Researchers have found that:

- The Genius™ 3D Mammography™ exam finds 20-65% more invasive breast cancers compared to 2D alone, an average increase of 41%.
- Only the Genius™ 3D Mammography™ exam is FDA approved as superior for women with dense breasts compared to 2D alone.
- The Genius™ 3D Mammography™ exam reduces callbacks by up to 40% compared to 2D alone.



Absentee Shawnee Tribal Health is committed to the fight against breast cancer. In offering the Genius exam, **Absentee Shawnee Tribal Health** provides a more accurate tool for breast cancer screening.1-7




If you would like to schedule a Genius 3D Mammography™ exam, or have questions about this important breast health procedure, please contact AST Radiology Registration at (405) 701-7610.

About Genius™ 3D Mammography™ Exams

The breast is a three-dimensional object composed of different structures located at different heights within the breast. These structures can overlap and cause confusion when viewed as a flat two-dimensional image. This confusion of overlapping of tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. Using breast tomosynthesis technology, the Hologic system creates a 3-dimensional image of the breast structure, which enables radiologists to more clearly see through overlapping tissue to detect cancers, often at an earlier stage.

The Hologic system is the first FDA-approved breast tomosynthesis system in the U.S. Hologic Genius 3D Mammography™ exams are now available in all 50 states and over 50 countries. To date, more than 8 million women have been screened with this advanced screening system.

Worried about losing your SoonerCare Coverage?



Two ways to renew

1 UPDATE YOUR CONTACT INFORMATION
Update your contact information ie: mailing address, email and phone number.

2 CHECK YOUR MAIL
Take action quickly to avoid any disruption in your coverage.

Online at
mysoonercare.org

Respond to the request for information

Contact a Patient Benefit Advocate

Bring the letter to a Patient Benefit Advocate

FOR THOSE WHO NO LONGER QUALIFY FOR SOONERCARE COVERAGE

If you no longer qualify for SoonerCare you could receive health insurance coverage through the Marketplace at NO COST TO YOU or the tribe.

Our contracted benefits advisor with Legacy Tribal Services is available to assist in the enrollment process. Just give us a call!

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

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

Legacy Tribal Services
Simple Solutions. Uncommon Service.


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

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

HEALTH BUZZ!!

It looks like fall may have paid us an early visit. I don't know about you, but I welcome the cooler weather. Cooler weather brings so many things we love: football, pumpkin spice, fuzzy slippers, and cozy blankets. Were you aware that it boosts brain activity, improves focus, and helps us think more clearly, too? Numerous studies show that our cognitive functions improve in colder weather: we're prone to quicker decision-making and staying calm when our body needs more energy to keep us warm. When would be a better time to take advantage of a training program the AST Health System provides for those caring for someone with Alzheimer's or dementia?

Did you know that caregivers who participated in caregiver training reported an increase in sense of wellbeing by 41.5%? While it can be very rewarding to care for a loved one with memory loss in the home, some caregivers expressed the following:

- 26% felt they lost their identity
- 47% felt they had to juggle caring duties with working fulltime
- 43% said their caring duties put a strain on their relationship
- 27% said they lacked frequent social contact with others (it is reported that loneliness increases the risk of Alzheimer's disease two-fold)
- 29% noted they didn't have anyone they felt they could go to for help

Savvy Caregiver in Indian Country is a person-centered training program that provides support for Native Americans caring for a loved one with Alzheimer's disease or dementia that provides:

- ❖ Knowledge of how dementia affects thinking skills

❖ Effective ways to respond to changes in behavior

❖ Skills to choose appropriate activities and minimize confusion
- ❖ Skills to reduce stress & take care of yourself

❖ Strategies to manage activities of daily living

There are six sessions that can be scheduled weekly or biweekly at the caregiver's convenience. We know your time is precious and we want to help!

If you or someone you know would benefit from Savvy Caregiver in Indian Country, please email me, Gayla Temple, at gtemple@astribe.com or adpi@astribe.com, or call **405.827.8216** or **405.561.7870**. You can also visit the **Seeking Hope** webpage. Go to the **AST Health System's** website, asthealth.org, click on **"Programs and Prevention"**, and click on **"Seeking Hope"**.

Warmest regards,
Gayla Temple
Dementia Care Specialist
Alzheimer's Disease Program Initiative





Help Yourself → Help Your Tribe

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

2024 Open Enrollment

Medicare: Oct 15 - Dec 7, 2023
Marketplace: Nov 1 - Jan 15, 2024



Did You Know?

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



www.asthealth.org



HEALTH SYSTEM

Prevention. Progress. Pride.



PREVENTING SUICIDE

Help Prevent Suicide

Suicide can touch anyone, anywhere, and at any time. But it is not inevitable. There is hope.

 988 Suicide & Crisis Lifeline

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust through the [988 Suicide & Crisis Lifeline](#). Call or text 988 or chat the lifeline.