On behalf of the AST Health System, we would like to offer gratitude to our front line Healthcare Heroes, also the AST Police Department and Emergency Management for the collaborative effort to continue providing needed services to our community during the Coronavirus pandemic. We appreciate you and Ne-Yi-Wa (Thank You) for all that you do!

STAY HOME.
STAY SAFE.
STAY INFORMED.
Greeting Tribal Members:

I hope this newsletter finds you and your family in good health and staying safe during this time. Over the last several weeks I have been working hand-in-hand with the Governor and staff to monitor the COVID-19 situation. We are certainly at a time where an event like this was not planned for or ever experienced previously. There is no playbook for this kind of event. As a leader, my main focus is on the protection of our tribal members and our employees while maintaining our government operations and keeping a steady eye on urgent matters for each of the departments for which I have oversight. I strive each day to take the right steps toward tomorrow to benefit stability for our tribal operations. Much is at stake and every step I take as a leader matters. The operational and financial impacts resulting from the disruption of our business functions and processes include: 1) lost sales and income, 2) increased expenses, 3) delay of business plans and more. Therefore, working closely I continue to monitor and with each decision, I keep these in mind to ensure that our Tribe stays sustainable. Despite all of this, I am positive about our path forward. I believe that our recovery plan will be solid and a comprehensive assessment of our current state will provide a basis for informed decision making to move our Tribe forward and past this challenging event.

Summary of Activities

I continue to monitor the needs and status of each of the departments (Human Resources, Cultural Preservation, Gaming Commission, Management Information Services) for which I have oversight. Each of these departments’ staff, have continued to deliver during this challenging time. Their dedication and commitment is unwavering! They continue to perform the critical work required to keep operations going and as much as possible, the day-to-day work.

I also am assisting our Tribe in dealing with the COVID-19 response efforts. Our Emergency Management Response Team has met daily to discuss and implement procedures that mitigate the spread of the virus. We are working closely on the submission of federal applications for COVID-19 response reimbursement funding and other programs. I can assure you I am doing everything I can to ensure that the Absentee Shawnee Tribe receives our portion of federal funding.

I have tentative plans to resume the VITA FREE TAX SERVICE around the first of June for a two-week period provided an “ALL CLEAR” notice is issued. I will use the same time schedule as before, i.e. Thursdays and Saturdays. If you would like to schedule an appointment, please contact Jennifer Campbell, Phone: (405) 915-3322 to schedule a time. All safety protocols will continue to be observed. While the complex may currently be closed to visitors, we are still fully functioning to provide support to our tribal members, employees and business operations. I am dedicated to this office, our tribal members and employees and will continue to support the tribe through my administration. If you need assistance through this pandemic or have questions, please do not hesitate to reach out through email or phone call.

In closing—In time, this sci-fi moment will fade. But the memory of the choices we made and how we showed up, won’t!
Executive Committee

April, 2020

*FOR IMMEDIATE RELEASE*

*NEW SIMPLY SAFE ACCOUNT OFFERED BY ALLNATIONS BANK*

AllNations is proud to announce the launch of a new personal bank account product: the Simply Safe Account. The Simply Safe Account has recently met the BankOn National Account Standards as certified by the Cities for Financial Empowerment Fund. The fund encourages banks to offer low cost accounts that eliminate unexpected charges such as overdraft fees. Only accounts that meet strict standards are certified and can display the BankON logo. AllNations is the first Native American-owned bank in the nation to offer this service. The Simply Safe Account is now available throughout our service areas in Canadian and Pottawatomie counties, and AllNations is coordinating our product roll-out efforts with the Native BankOn ONAC initiative of the Oklahoma Native Assets Coalition, Inc. (ONAC).

AllNations Bank hopes to assist all interested consumers to better achieve their financial goals through opening and using the Simply Safe Account with FDIC Insurance that provides an account owner with all the necessary tools for an easy and safe banking experience and helps to avoid unexpected charges.

Banking tools and features available with the Simply Safe Account include:

• Free Online Banking with Bill Pay
• Free Online Bank Statements
• Free direct deposit
• Free ATM Debit Card and ATM use at AllNations Bank facilities
• Low minimum required for a first deposit
• Low monthly maintenance fee
• No minimum balance fees
• No overdrafts, so no related insufficient fees

To open a Simply Safe Account, go to the AllNations Bank branch nearest you. For more information about the account, or for information on how to launch an account opening event for your employees or clients, contact Norma Anderson at AllNations Bank, nanderson@anbok.com or Karen Edwards, Manager, Native BankOn ONAC at kedwards@oknativeassets.org.

AllNations Bank has proudly served the businesses and citizens of Calumet and Canadian Counties in Oklahoma for over 110 years. AllNations was first chartered in 1901, under the name First National Bank of Calumet, in Calumet, Oklahoma. The bank became State Chartered in 2004, changing the name to AllNations Bank, and opened a second branch in Shawnee, Oklahoma in 2011. AllNations Bank is owned by the Absentee Shawnee Tribe of Oklahoma.

AllNations Bank offers a range of products and services to meet today’s consumer needs, including a variety of checking and saving account options as well as loans for families, businesses and farms.
Title VI and Diabetes & Wellness Staff prepare weekly meal distribution for our homebound elders and meal participants.
PRESS RELEASE
Contact: Tylene Nolan, Coordinator COEDD Area Agency on Aging
405-273-6410 Ext 130 or 1-800-375-8255
Re: Caregiver Support Services
OK Respite Resource Network (ORRN)
SFY – 2019-2022

FOR IMMEDIATE RELEASE
Caregiver Support Services

Caregiver Stress is a growing concern among persons who provide care to another on a long-term basis. Respite, which is a break or time away from the care recipient, can help alleviate some of the stressors that lead to Caregiver Stress or “Caregiver Burnout.” COEDD Area Agency on Aging recognizes the need for respite services for Caregivers and supports the ORRN program. ORRN is a partnership of public and private agencies working to improve support for families and caregivers. COEDD Area Agency on Aging receives funding through the National Family Caregiver Support Program funded by the Older Americans Act and puts this money into the ORRN program.

If you are a caregiver for someone age 60 or older, COEDD urges you to apply for this program. The program is also open to grandparents raising grandchildren if the grandparent is age 55 or over and the grandchild is age 18 or under. If you are approved for the ORRN program, you will be eligible to receive funding in the form of vouchers that can be used for respite care for your care recipient. You receive vouchers for a total of $400 that are good for a three-month period. Once approved, a caregiver can apply for and receive vouchers every three months if funding is available.

As a caregiver, you can use the vouchers to hire someone of your choosing to give you a break from caregiving. Caregivers can use the vouchers in a manner that best meets their personal needs. They can be used to run errands, spend an evening at the movies, to take a short vacation, to participate in recreational activities, or to just catch up on much needed rest. Caregivers may select a family member, neighbor, friend or other qualified individual to serve as a respite provider, as long as the person selected is 18 years of age or older and does not reside in the home of the caregiver or care recipient. Some Adult Day Centers, Nursing Homes, and personal home care providers accept the ORRN vouchers.

If you want to apply for the ORRN vouchers and live in Hughes, Lincoln, Okfuskee, Pawnee, Payne, Pottawatomie, or Seminole counties, please call 405-273-6410 Ext. 130 or 1-800-375-8255.

Hi ke ho we sa li si mi mo? (How are you doing?)

It is my hope and prayer to the Creator that each and every one of you are doing well and staying healthy in the midst of this health pandemic. I have witnessed, watched and read so much about the caring spirit towards our fellow man, I hope everyone’s acts of kindness and compassion continues beyond this crisis.

This pandemic has exposed gaps at the federal level. Some federal agencies are meant to protect the health and safety of the general public, unfortunately, these gaps are having a trickle-down effect into our vulnerable Native communities. It has been publicly stated that this health event has been a collective fail, creating chaos within our economic and social safety nets. This should bring us all to the table to discuss ideas of the re-investment of our efforts in creating and expanding tribal services for our AST people.

Tribes, in general, due to health disparities are considered high risk populations and for that reason alone tribal governments must be intentional in their planning of projects and use those monetary benefits of derived income for the purpose of protecting and serving our tribal membership. We must build up our people and create a robust tribe that our people can rely on. There are lessons to be learned from this global pandemic because this could happen again.

I must acknowledge that Native people, especially Absentee Shawnees, are resilient and have endured hardship, sickness and war throughout history. We shall overcome this too.

Ka’ge ta’l face ti y (Take care of yourself)
Alicia “Aly” Edwards Miller, MSM, MBA
Candidate for Tribal Representative
Saturday, June 20, 2020

“SHARE YOUR HEART, SHARE YOUR HOME”
AST ICW is looking for those who have a loving heart to become foster parents. If you are interested in becoming a foster parent please contact AST ICW at 405-395-4490 for more information.
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

2020 PROGRAMS

- Low Rent Housing
- Lease to Own Housing
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing
- Transitional Housing
- Home Rehab Assistance – AST Members ONLY
- $5,000 Down Payment Assistance – AST Members ONLY

PROGRAMS ARE DEPENDENT ON FUNDING AVAILABILITY

For information about our services, please call (405) 273-1050 or come by our office to pick up an application.

Located at 107 North Kimberly in Shawnee, OK.

Website: www.ashousingauthority.com

AllNations Bank

New Hours

Shawnee (405) 273-0202
Effective August 12, 2019

Drive Thru:
M-W 9AM to 5PM
Th F 9AM to 5:30 PM

Lobby: 9AM to 4 PM

www.anbok.com
The AST Diabetes and Wellness Program encourages everybody to stay active during these times of virus precaution.

Practice these great resistance band training exercises to help improve your strength!

BICEPS CURL #001
SQUAT PRESS #002
STANDING PUSH-UP #003
LUNGE WITH BANDS #004
SHOULDER TRICEPS EXTENSION #005
TRICEPS EXTENSION #006

Slowly progress up to three sets of 10 repetitions over the next 3-4 weeks.

Don’t forget to add in 20-30 minutes of moderate intensity aerobic activity (walking, jogging, biking, etc.)

The AST Diabetes and Wellness Program encourages people to stay active during these times of virus precaution.

Please fill out each blank completely and return by the deadline.

ABSENTEE BALLOT REQUEST

I, _____________________________, hereby certify that I am or will be an Eligible Voter of the Absentee Shawnee Tribe on or before June 20, 2020. I cannot physically be present to cast my Vote at the June 20, 2020 Annual Election, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____________________________ _____________________________ _____________________________

Address: _____________________________ City: _____________________________ St: _______ Zip: __________

CDB#: _____________________________ Date of Birth: _____________________________

Signature: _____________________________ Date: _____________________________

All REQUESTS must be returned to the Election Commission by the deadline date of May 31, 2020.

Mail to: Absentee Shawnee Election Commission P.O. Box 741 Tecumseh, OK 74873

Fax to: Fax # (405) 273-1337 (Do not fax to any other fax #)

Phone: (405) 273-4030 ext: 6271 Toll free number 1-800-256-3341 ext: 6271

Deliver in Person to: Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot. This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____________________________ Approved: _____________________________ Disapproved: _____________________________

If Disapproved (reason): _____________________________ Ballot Mailed: _____________________________

Denial Letter Mailed: _____________________________

May 2020

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot. This form may be duplicated for your convenience.

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May 2020

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot. This form may be duplicated for your convenience.
In uncertain times unexpected changes may occur for the safety and wellness of our patients. Here are ways to find out about our closures and updates:

- Check our website asthealth.org
- Following us on Facebook “Absentee Shawnee Tribal Health System” & “Absentee Shawnee Tribe”
- Call registration to ensure your phone number is up to date in our system & request you are enabled for text alerts
- Calling ahead to the facility: Little Axe- 405.447.0300, Shawnee-405.878.5850, & PlusCare-405.447.0477
- Current patients can sign up for the Healow app to check their appointment statuses and receive notifications (use practice code: JEDEBD, if you need assistance call patient registration)
  - SEE HEALOW INFORMATION ADDED
Foster Care Licensing Committee Application of the Absentee Shawnee Tribe of Oklahoma

Name: ____________________________ Phone: ___________

How long have you known? ____________

Signature: ______________________________ Date: __________________________

References

Name: ____________________________ Phone: ___________

How long have you known? ____________

Name: ____________________________ Phone: ___________

How long have you known? ____________

Other information that you believe will help in the decision to choose our committee by?
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Have you served on any other committees? _____________________________________________________

What is your highest Education Level? ___________________________________ Major: _______________

Have you served on any other committees? _____________________________________________________

________________________________________________________________________________________

Willing to become a Foster Care Emergency Home and become licensed? ____________________________

Are you 18 or older?  Yes   No  (circle one) Must be at least 18 and able to enter into a contract

Phone: _________________________________ Email:__________________________________________

Name: ____________________________________________ CDIB: _____________________

Foster Care Licensing Committee Application of the Absentee Shawnee Tribe of Oklahoma

As of 02-25-2020, the EC made a decision to extend the deadline until 01-Nov-2021 for the adult gift cards from 2019.

Please contact the AST Finance department for more details.
(405) 275-4030 Bralynn Barnes or email at bbarnes@astribe.com

ASEDA ADMINISTRATIVE ASSISTANT

GENERAL DESCRIPTION

The purpose of the position is to provide high-level administrative support by conducting research, preparing statistical reports, handling information requests and performing clerical functions such as preparing correspondence, receiving visitors, arranging conference calls and scheduling meetings.

RESPONSIBILITIES

- Manage and maintain ASEDA Staff schedules and meetings.
- Communicate with media on needs for public relations activities inclusive of storylines, photo opportunities, etc.
- Create and implement community related activities for presentations, mail-outs, conferences, etc.
- Prepare responses to correspondence containing routine inquiries.
- Open, sort, and distribute incoming correspondence, including faxes and email.
- Maintain ASEDA Staff schedules and meetings.
- Manage and maintain ASEDA Staff schedules and meetings.
- Perform general office duties such as ordering supplies and maintaining records.
- Travel on occasion, with or without ASEDA Staff to various meetings.
- Make travel arrangements for ASEDA Staff.
- Other duties as assigned by ASEDA Staff.

EDUCATION REQUIREMENTS AND QUALIFICATIONS

Bachelor's Degree (preferred) and a minimum of two years of professional or technical administrative experience in business or public administration or an equivalent combination of education and experience, substituting one year of qualifying experience for year of the required education. Must possess excellent written and verbal communication skills. Must have excellent computer skills. Must be able to pass a criminal background check.

Native American Preference/EOE/Drug Free Workplace

ABSOLUTE SHAWNEE TRIBAL MEMBERS

Applying for Tribal Energy Assistance (T.E.A)

A one-time yearly payment of $100.00 per residence

Eligibility

- Enrolled Absentee Shawnee Tribe
- 18 years of age or older
- Utility bill in your name and/or spouse's name (spouse must reside in home)
- Total residence income (must not exceed a monthly net pay of $2,400.00)

Required Documentation

- Social Security Cards (all members residing in the residence)
- Cobb Cards (all members residing in the residence)
- Current utility bill/waiver disconnect notice
- Current 30 days income verification (i.e. check stub, social security, unemployment, tax etc.)
- Unemployment applicants must complete self-certification form provided by care provider

Applications Online: www.astribe.com

Have application completed and all required documents before submitting to social services.

NEW

FOSTER CARE LICENSING COMMITTEE

QUALIFICATIONS OF COMMITTEE MEMBERS

(a) A Committee Member may be a member of the Tribe.
(b) No person shall be barred from serving on the committee because who is an employee, or operates a Foster Home under a State or Tribal license.
(c) Each Committee Member shall be at least eighteen (18) years of age and legally capable of entering into a binding contract.
(d) No person who has been convicted of a felony or other crime involving embezzlement, fraud or moral turpitude shall serve on the Foster Care Licensing Committee. As of May 30th 2001, background checks will be necessary for each new and/or reappointed existing committee member.
(e) Each Committee Member shall take an oath to support and defend the constitution, rules and regulations of the Absentee Shawnee Tribe.
(f) It is strongly recommended each Committee Member complete the application process to become an Emergency Protective Foster Home and therefore be licensed through the Tribe.

Applicants can apply by picking up the application with your letter of intent at the Secretary’s office.

The Education Department is seeking up to three (3) Members to serve on the Education Committee.

Please contact the Education Department with any questions at tresham@astribe.com or (405) 275-4030 Ext. 6242

As of August 2019 Advertising Rates/Placement have changed for the Absentee Shawnee Newsletter.

The paper is no longer able to continue with free advertising space. Thank you! Your continued support and understanding is a valuable asset!
I have a proven track record for getting things accomplished. For the past year and nine months, I have:

- **Enhanced our Cultural Preservation Department:**
  - Continued work to preserve the Shawnee language.
  - More tribal member activities.
  - Improving connections with local high schools to engage youth.
  - Cooperative work with other Tribal Nations.
  - Expanded the Gift Shop to Little Axe Clinic:
    - Added new vendors for better pricing and merchandise selection
    - Increased revenue
- **Continue to support and push for the completion of Phase II of the Youth Camp.**
- **Spearheading an Assisted Living and Independent Living Project.**
- **Manage the VITA Free Tax Service Program for Tribal Members and Employees.**
- **Unprecedented accomplishment through Human Resources securing over $200,000 to the tribe in 2019. On target for over $200,000 in year 2020. Resulting in over $400,000 during my 2 year term. These funds are reserved for tribal members’ and employees’ wellness services.**
- **Delivered programs that enhances overall Tribal Operations:**
  - Employee training programs and lowered turnover rates (which is a high cost to the tribe if not managed).
  - Reduced 401k service fees by 15% and improved 401k and benefits delivery.
- **Reduced legal service costs for Gaming Commission by more than 50%. A savings of approximately $30-50,000 annually.**
- **And most recently, I have assisted our Tribe in dealing with the COVID19 response efforts. Our Emergency Management Response Team has met daily to discuss the implementation procedures that will mitigate the spread of the virus. We are also working collectively on the submission of federal applications for COVID-19 response reimbursement funding and other programs. I can assure you I am doing everything I can to ensure the Absentee Shawnee Tribe receives our portion of federal funding.**

---

**VACCINES FOR TEENS**

*Keep your adolescent vaccinations up to date*

- **14 million people** are infected with human papillomavirus (HPV)—mostly teens and young adults—leaving them vulnerable to associated cancers later in life?
- **21%** of all meningococcal disease cases are preteens, teens, and young adults, ages 11-24?
- **Up to 200,000 people** are hospitalized annually due to flu-related complications?
- **There were an average of 200,000 cases** of pertussis each year before the Tdap vaccine was available, and since then, cases of the disease have decreased more than 80%?
- **80% decrease**

---

**CDC-recommended vaccinations for adolescents:**

<table>
<thead>
<tr>
<th>Ages</th>
<th>Every year</th>
<th>Flu vaccine</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-12 years</td>
<td>HPV (2 doses)</td>
<td>Meningococcal ACWY</td>
</tr>
<tr>
<td>13-15 years</td>
<td>Meningococcal ACWY (if not previously vaccinated)</td>
<td>Tdap</td>
</tr>
<tr>
<td>16 years</td>
<td>Meningococcal B*</td>
<td>Meningococcal ACWY booster</td>
</tr>
<tr>
<td>17-18 years</td>
<td>Tdap booster every 10 years</td>
<td></td>
</tr>
</tbody>
</table>

*Adolescents may be immunized with 2-dose HPV series, if the first dose was given age 9 through 13 years.

---

**Ask your healthcare provider** if you or your adolescent needs a catch-up vaccine to protect them from:

- Hepatitis A
- Hepatitis B
- Flu (influenza), trivalent, rubella (MMR)
- Pneumococcal disease*

---

**Remember the 4 vaccines**

- **HPV (Human papillomavirus)**—The vaccine is most effective at preventing associated cancers for both boys and girls when given during preteen years.
- **Meningococcal**—Two types of meningococcal disease vaccines protect against the most common serogroups. Teens should start the ACWY vaccine at 11-15 years old, with a booster dose between 16 and 18 years. They may also get the serogroup B vaccine at 16-18 years of age.
- **Tdap** (Tetanus, Diphtheria, and Pertussis [whooping cough]) and Td Booster (Tetanus and Diphtheria): Adolescents should receive a Tdap vaccine between the ages of 11-12. Regular boosters of Td vaccine are recommended every 10 years to protect those at risk.
- **Flu**—flu season typically starts in October, and the virus can mutate each year. Annual vaccination is recommended.
May 2020

PROTECT BOTH YOUR SONS AND DAUGHTERS FROM CANCER WITH THE HPV VACCINE

Each year, there are 12,000 cases of cervical cancer leading to 4,000 deaths in women.

Each year, there are 800 cases of HPV-related cancers in men.

THE HPV VACCINE

It is important to protect your child from the disease early.

The recommended age to receive the HPV vaccine is 11 or 12, however it is not too late for 13-26 year olds to get vaccinated as well.

You are the key to HPV cancer prevention.

Get your child vaccinated at the recommended age of 11 or 12 years. To protect them and their future partners from contracting HPV.

PROTECT YOUR DAUGHTER

PROTECT YOUR SON

HPV is a common disease and can have serious consequences.

In the US...

39 MILLION people have been infected with HPV.

14 MILLION new HPV infections occur every year.

80% of people who are infected will clear the virus on their own.

You can help others if you have HPV.

CERVICAL CANCER... HPV caused.

THROAT CANCER... HPV caused.

ANUS CANCER... HPV caused.

Shawnie’s Clinic
1151 Little Axe Drive
Norman, OK 73069
405-392-3610

Lobby: Mon–Fri. 8 a.m. to 5 p.m.

Extended Hours: Mon–Fri. 7:30 a.m. to 5 p.m.

No appointment is necessary.

Extended Hours: Mon–Fri. 7:30 a.m. to 5 p.m.

Seasonal flu shots available.

24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergency situation and require prescription medication that needs to be filled that same evening, AST Health is an authorized access to TRICARE Network. On-Call USO approved Walgreens locations in Shawnee and Norman. You will need to record your prescription, and the pharmacy is identified with your AST CCB and your copay information. Then, upon verifying your prescription, your Walgreens is ready to fill your prescription. Over the next few business days, you will have the convenience of choosing a Walgreens in transit with your AST pharmacy card. Walgreens provides locations nationwide.

Shawnee: 2574 SW 4th Street
Norman: 1109 Main Street

Our pharmacies are closed on the second and fourth Saturday of each month.

Ne Hi Ki Wa Sa Pa. We listen.

Tribal News

www.astrible.com

If you experience an emergency situation and require prescription medication that needs to be filled that same evening, AST Health is an authorized access to TRICARE Network. On-Call USO approved Walgreens locations in Shawnee and Norman. You will need to record your prescription, and the pharmacy is identified with your AST CCB and your copay information. Then, upon verifying your prescription, your Walgreens is ready to fill your prescription. Over the next few business days, you will have the convenience of choosing a Walgreens in transit with your AST pharmacy card. Walgreens provides locations nationwide.

Shawnee: 2574 SW 4th Street
Norman: 1109 Main Street

Our pharmacies are closed on the second and fourth Saturday of each month.

Ne Hi Ki Wa Sa Pa. We listen.
SAY YES TO SUN PROTECTION
SAY NO TO SKIN CANCER

Since exposure to the sun’s harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

• SEEKING SHADE
• WEARING PROTECTIVE CLOTHING
• APPLYING SUNSCREEN TO ALL SKIN NOT COVERED BY CLOTHING

THERE ARE TWO TYPES OF SUNSCREENS:

PHYSICAL SUNSCREEN
This sunscreen WORKS LIKE A SHIELD; it sits on the surface of your skin, deflecting the sun’s rays.

Look for the active ingredients ZINC OXIDE and/or TITANIUM DIOXIDE.

Opt for this sunscreen if you have SENSITIVE SKIN.

CHEMICAL SUNSCREEN
This sunscreen WORKS AS A SPONGE, absorbing the sun’s rays.

Look for one or more of the following active ingredients: OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE, and OCTINOXATE.

This formulation tends to be EASIER TO RUB INTO the skin without leaving a white residue.

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it’s BROAD-SPECTRUM, WATER-RESISTANT and has an SPF 30 OR HIGHER, it can effectively protect you from the sun. Make sure you reapply it every TWO HOURS when outdoors, or after swimming or sweating.

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

SUPPORT GROUP FOR SURVIVORS OF ELDER ABUSE, CHILDHOOD SEXUAL OR PHYSICAL ABUSE, DOMESTIC ABUSE, STALKING, SEX-TRAFFICKING AND FAMILY SURVIVORS OF HOMICIDE VICTIMS

TALKING CIRCLE
OUR SUPPORT GROUP ENCOURAGES PERSONAL HEALING WHILE PROVIDING YOU WITH SPACE TO SPEAK FREELY AND HONESTLY ABOUT LIFE EXPERIENCES WHILE PARTICIPATION IN A CULTURALLY SPECIFIC HEALING OPTION.

ALL GROUPS ARE CONFIDENTIAL & ALL ARE WELCOME

FIRST TUESDAY OF EVERY MONTH
6:00PM - 8:00PM (SHAWNEE)
PRE-REGISTRATION REQUIRED CALL FOR LOCATION AND DETAILS- ALL ARE WELCOME
EVERY FIRST TUESDAY OF THE MONTH

TRIBAL VICTIM SERVICES
WENDY STAFFORD
(405)695-9125

This project was produced by Native Health Innovations under HHS-5U79TS256380-04, awarded by the Office for Houses of Hope, Office of Victims Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this project are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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Make sure you get the Next issue!

Issues come back to us not being delivered... make sure your address is correct! Don’t miss a minute of tribal news and information! Anyone needing to be on the mailing list Please Call!

Sherman Tiger
AST Media Director
405-598-1279
stiger@astribe.com

SAY YES TO SUN PROTECTION
SAY NO TO SKIN CANCER

WHY ONE IN FIVE AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME...

ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.

This sunscreen WORKS AS A SPONGE, absorbing the sun’s rays.

Look for one or more of the following active ingredients: OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE, and OCTINOXATE.

This formulation tends to be EASIER TO RUB INTO the skin without leaving a white residue.

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it’s BROAD-SPECTRUM, WATER-RESISTANT and has an SPF 30 OR HIGHER, it can effectively protect you from the sun. Make sure you reapply it every TWO HOURS when outdoors, or after swimming or sweating.

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

SAY NO TO SKIN CANCER
May 2020 - YTD Tax Collections (through 3/31/2020)

The Absentee Shawnee Tribe has partnered with United For Oklahoma to educate Oklahomans on the critical role the tribes play in our state’s future.

These are the facts every Oklahoman must know.

Watch the videos and stay informed at:

UnitedForOklahoma.com

Fiscal Year 2020 - YTD Tax Collections (through 3/31/2020)

<table>
<thead>
<tr>
<th>Category</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
<th>TOTAL COLLECTED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales (6%)</td>
<td>$7,499.91</td>
<td>$8,834.40</td>
<td>$13,276.94</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$29,611.25</td>
<td>3.52%</td>
</tr>
<tr>
<td>Gaming % of free cash</td>
<td>$250,000.00</td>
<td>$300,000.00</td>
<td>$250,000.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$650,000.00</td>
<td>77.25%</td>
</tr>
<tr>
<td>Severance (5%)</td>
<td>$3,547.57</td>
<td>$0.00</td>
<td>$4,777.14</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$8,324.71</td>
<td>0.98%</td>
</tr>
<tr>
<td>Vehicle Motor</td>
<td>$14,622.44</td>
<td>$15,852.41</td>
<td>$23,203.02</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$65,832.29</td>
<td>7.79%</td>
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<tr>
<td>Vehicle Fuel Taxes (G)</td>
<td>$678.50</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$0.00</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$678.50</td>
<td>0.08%</td>
</tr>
<tr>
<td>Tobacco Refund</td>
<td>$6,540.57</td>
<td>$7,320.54</td>
<td>$8,961.01</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$22,882.73</td>
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<tr>
<td>Miscellaneous</td>
<td>$874.50</td>
<td>$69.15</td>
<td>$119.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$1,062.65</td>
<td>0.13%</td>
</tr>
<tr>
<td><strong>TOTAL TAXES</strong></td>
<td>$347,594.35</td>
<td>$251,745.37</td>
<td>$242,137.16</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$841,476.88</td>
<td>100%</td>
</tr>
</tbody>
</table>

The AST Tag Office has New Hours!

We are open through lunch! All day 8:00am - 5:00pm
May 2020

Absentee Shawnee Tribal Health System’s
2020 Summer Internship

If you are a Native American student who is seeking a future in a healthcare related field?

HERE ARE THE FACTS:

- We will have 6 internship positions available to Native American (AST Preferred) students—must have CDIB.
- The internship is a rigorous 8 week program, up to 20 hours per week, at $10.00 per hour, designed to familiarize you with a variety of professions and technical careers in the healthcare field.
  - The program starts June 1st through July 24th. Graduation will be July 24th, 2020.
  - Must have current GPA of 3.0 or above in either High School or College/Vo-Tech and a desire to serve in the healthcare field
  - Age range: 16-22 years of age (High School students preferred or College/Vo-Tech students 22 years or younger)
  - Must be available Tues-Thurs during normal business hours

Applications can be found on the AST Tribal Website at www.astribe.com under “Employment Opportunities”. Please submit a cover letter and resume along with the employment application located on the website.

APPLICATIONS WILL BE ACCEPTED MARCH 1-APRIL 30, 2020

If you have questions about the application or need assistance please contact Ms. Dayna Dick with AST Health Human Resources at 405.701.7638.

Please contact Mr. Mark Rogers, AST Health Executive Director, at 405.532.6286 with any questions or for information regarding this program.

P: 405.447.0300 F: 405.701.7631 WWW.ASTHEALTH.ORG

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

Program Services:

- Building Blocks Child Development Center II- Shawnee, OK- Tribally Operated Child Care Center
- Building Blocks Child Development Center III- Little Axe, OK- Tribally Operated Child Care Center
- AST Child Care Subsidy Program- Child Care Assistance
- AST After School Program- Horseshoe Bend Community- After School Care
- AST After School Program- AST Complex, Shawnee- After School Care
- For information about these services please visit the AST website at www.astribe.com/Childcare
- Contact information:
  - BBCDCII-Shawnee (405)878-0633
    Email: ecrawford@astribe.com
  - BBCDCIII-Little Axe (405)360-2710
    Email: rebeccaaj@astribe.com
  - AST Child Care Subsidy (405)432-8411
    Email: briana.ponkilla@astribe.com
  - AST ASP- HSB (405)432-8411
    Email: lanora.buswell@astribe.com
  - AST ASP-Shawnee (405)432-8411
    Email: lanora.buswell@astribe.com
ON JUNE 20TH VOTE SACHA ALMANZA
For AST Lt. Governor

HELLO AST VOTERS,

I hope this finds you well and you all are staying safe and well. First and foremost I would like to send condolences from my family to those who have lost loved ones during this pandemic, whether it be due to the virus or not. I am sorry for your loss and hope you are surrounded by comfort and support during this time. If you know anyone struggling, please reach out to them. Thank you.

Most recently, I have been involved in the AST Coronavirus Crisis Response Team disseminating information and resources to the public. Through feedback, answering questions, and gathering information for tribal members, I have been identifying ways to improve communication between officials involved in the crisis response and tribal members. I have a strong determination to prevail through difficult times our tribe goes through. I without a doubt am ready for that responsibility and will be dedicated to the services and support to our community.

ON JUNE 20TH, PLEASE VOTE FOR ME, SACHA ALMANZA, FOR YOUR AST Lt. Governor!

FOLLOW ME ON FACEBOOK: Sacha Almanza for LT. Governor of the Absentee Shawnee Tribe.

For any questions I urge you to please contact me: Salmanza4@gmail.com /405.633.1831

NEW ELECTION DATE IS JUNE 20TH!

A LEADER FOR POSITIVE CHANGE

EXPERIENCE

- Federal grants experience:
  - Nine years’ experience
  - Grant writing
  - Program administration
  - Program evaluation and improvement

- Professional Leadership Skills:
  - Effective communicator
  - Conflict resolution
  - Professional coaching and mentoring
  - Analytical thinker/decision maker
  - Progressive in approaches

- Educational experience:
  - Bachelors of Arts in Native American Studies
  - Masters of Business Administration in Healthcare Management

- Additional information:
  - Five years volunteering as advisor for a UNITY youth council to address Native Youth suicide
  - Nine years combined experience at AST
  - Over 17 years combined experience working with tribes
  - Constantly seeking opportunities for personal and professional growth

I SUPPORT...

- Transparency, unity, and integrity within our EC by:
  - Effective communication and teamwork
  - Proactive conflict resolution that includes providing our people with follow up communication to close the loop
  - Increased accountability for those who represent our tribe
  - Upholding our tribal constitution

- Economic Development:
  - To increase the tribe’s financial stability
  - To improve and provide program services for our people

- Education & Development to invest in AST People within our tribe by:
  - Educating our people on our AST constitutional rights for increased accountability for our EC and boards
  - Initiatives to support and invest in our tribal members seeking higher education
  - Support professional development opportunities for increased AST leadership

VOTE SACHA ALMANZA for AST Lt. Governor on JUNE 20th
**Elder Intake Form**

**TODAY'S DATE**________________________enos
**REFERRAL SOURCE**

**LAST NAME_________FIRST NAME_________MI_________**

**DATE OF BIRTH_______________________**

**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**

<table>
<thead>
<tr>
<th>ENGLISH___</th>
<th>TRIBAL___</th>
<th>OTHER_________</th>
</tr>
</thead>
</table>

**HOUSING**

<table>
<thead>
<tr>
<th>HOUSE____</th>
<th>APARTMENT____</th>
<th>COMMUNITY HOUSING____</th>
<th>OTHER EXPLAIN_________</th>
</tr>
</thead>
</table>

**COMPOSITION**

<table>
<thead>
<tr>
<th>LIVES ALONE____</th>
<th>LIVES WITH SPOUSE____</th>
<th>LIVES WITH FAMILY/FRIENDS____</th>
</tr>
</thead>
</table>

**NUMBER IN HOUSEHOLD_______**

**WHO HELPS___________________________________________**

**HEALTH HISTORY**

<table>
<thead>
<tr>
<th>ASTHMA____</th>
<th>ALZHEIMER'S____</th>
<th>ARTHRITIS____</th>
<th>CANCER____</th>
<th>DEMENTIA____</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>DIABETES____</th>
<th>CHRONIC PAIN____</th>
<th>HEARING AID____</th>
<th>CHOLESTEROL____</th>
<th>BLOOD PRESSURE____</th>
</tr>
</thead>
</table>

**PRIMARY TRANSPORTATION**

<table>
<thead>
<tr>
<th>Own Car____</th>
<th>Friend____</th>
<th>Public Trans.____</th>
<th>Senior Trans.____</th>
<th>Family____</th>
</tr>
</thead>
</table>

**PROSTHETIC DEVICES**

<table>
<thead>
<tr>
<th>Walker/Cane____</th>
<th>Wheelchair____</th>
<th>Hearing Aid____</th>
<th>Glasses____</th>
<th>Dentures____</th>
<th>None____</th>
</tr>
</thead>
</table>

**ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM?**

<table>
<thead>
<tr>
<th>YES____</th>
<th>NO____</th>
</tr>
</thead>
</table>

**IF YES, NAME OF PROGRAM & WHERE LOCATED:___________________________________________**

**HEALTH CONCERNS________________________________________________________________**

**SERVICES CURRENTLY BEING RECEIVED________________________________________________________________**

---

**2020 MEETING SCHEDULE**

**AST ELDERCOUNCIL**

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 18</td>
<td>10:00 A.M.</td>
<td>Title VI Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>February 15</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe</td>
</tr>
<tr>
<td>March 28</td>
<td>10:00 A.M.</td>
<td>Title VI Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>April 18</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe, OK</td>
</tr>
<tr>
<td>May 16</td>
<td>10:00 A.M.</td>
<td>Title VI Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>June 27</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe, OK</td>
</tr>
<tr>
<td>July 8</td>
<td>10:00 A.M.</td>
<td>Title VI Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>August 15</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe, OK</td>
</tr>
<tr>
<td>September 19</td>
<td>10:00 A.M.</td>
<td>Title VI Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>October 17</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe, OK</td>
</tr>
<tr>
<td>November 21</td>
<td>10:00 A.M.</td>
<td>Multi-Purpose Bldg., Shawnee, OK</td>
</tr>
<tr>
<td>December 19</td>
<td>10:00 A.M.</td>
<td>Resource Center, Little Axe, OK</td>
</tr>
</tbody>
</table>

Meetings are scheduled for the 3rd Saturday of the month except for March and June, which are scheduled for the 4th Saturday due to possible elections.

---

**Office of Environmental Health & Engineering**

**Brownfield Tribal Response Program**

**What is a Brownfield?**

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

Do you have land that you want to use for a business, park, or for cultural purposes, but are worried about possible contamination? If so, you may have a Brownfield site.

Typical Brownfield Sites Include:

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

If you have a Brownfield site that you would like to develop, or if you know of a possible Brownfield site, please contact:

Absecon Shawnee Tribe

Brownfield Programs, 1970 156th Ave, NE, Norman, OK 73069

(405) 291-7785

Contact us via e-mail at ast.environmental@tribe.com

Follow us on Facebook or review our Facebook page at www.facebook.com/ast.environmentalprograms

---

**2020 MEETING SCHEDULE**

**AST DIABETES AND WELLNESS**

**1970 156th Ave NE, Norman, OK 73069 / 405-564-7390**

**Fitness Classes at the Resource Center**

Free exercise classes offered Monday-Friday

6:15 a.m. - 7:00 a.m. and 5:45 p.m. - 6:30 p.m.

A diabetes prevention initiative provided by the American Diabetes Association and the Shawnee Nation. For more information, call 405-564-7390.
During the COVID 19- the Title VI Staff and Health Staff have been very busy keeping the Elders fed. We have given meals out to the homebound and we started on March 23 to give out meals to all the Title VI Elders who can come get their meals. We have seven drivers to deliver meals in which they have delivered to at least 138+ homebound at five meals equals 690 meals plus there drinks and we have had an average of 70 elders to come to the Title VI site in Shawnee so that equals at least 350 meals plus drinks. We have been busy very busy and we get tired and we are willing to do what we can for the Elders. Wear your masks, wash your hands, keep your distance (6 ft.) drink your water, keep active (walk around the house with cans of veggies in your hands get to keep strong), call your family, facetime if you can, write letters (grandkids write your grandparents it will lift their spirits and good practice for you too.)

Not sure when everything will be back to normal, if there will be a normal until then our normal for now is on Monday's will be delivering to homebound, one hot meal and four frozen meals and we will be handing out to those who can drive to the site - five frozen meals from 10 am to 2 pm at the Title VI Building in Shawnee and please stay in your car we will come to you.

If you have any questions or concerns please feel free to contact us at 405-275-4030 ext 6227 or email me at dowings@astribe.com

May 16th Armed Forces Day

May 25, MEMORIAL DAY

May 2020

May 10th Mother's Day

May 14th Armed Forces Day

May 16th Armed Forces Day

May 17th Armed Forces Day

May 18th Armed Forces Day

May 19th Armed Forces Day

May 20th Armed Forces Day

May 21st Armed Forces Day

May 22nd Armed Forces Day

May 23rd Armed Forces Day

May 24th Armed Forces Day

May 25th Armed Forces Day

May 26th Armed Forces Day

May 27th Armed Forces Day

May 28th Armed Forces Day

May 29th Armed Forces Day

May 30th Armed Forces Day

Title VI

www.astribe.com
Dearest Absentee Shawnee Tribal Member,

For many years, The Title VI Department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Grant provides gas as a supportive service and for you to provide supportive service you must be a participant in the Title VI Program. The following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be a Title VI Member (have a current intake form on file FY-2020)
4. Must provide Proof of Residency (utility bill - in the applicant's name)
5. Handicap/Disabled
6. NO RENTAL PROPERTY WILL BE MOWED

As a Title VI Member, as long as you remain within the guidelines, you can submit your application and turn in your applications to the Title VI Department. As stated on the application, Maintenance will only mow and weed your applicants lawn. Maintenance will mow every two weeks, weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

This year, we are trying to get an early start on our grass mowing list. Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@astribe.com

Thomasine Owings
Title VI Department
Absentee Shawnee Tribe of Oklahoma
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801-0381

Title VI Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members,

For many years, The Title VI Department has provided gas to mow your lawns. We are updating the guidelines. The Title VI Department has provided gas as a supportive service and for you to provide supportive service you must be a participant in the Title VI Program. The following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be a Title VI Member (have a current intake form on file FY-2020)
4. Handicap/Disabled
5. Must provide Proof of Residency (utility bill - in the applicant's name)
6. NO RENTAL PROPERTY will be mowed

As a Title VI Member, as long as you remain within the guidelines, you can submit your application and turn in your applications to the Title VI Department. As stated on the application, Maintenance will only mow and weed your applicants lawn. Maintenance will mow every two weeks, weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

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Thomasine Owings
Title VI Department
Absentee Shawnee Tribe of Oklahoma
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801-0381

WHEN DO I CALL 911?

Public Health officials are asking for your help. Your local 911 system (Police, Fire and EMS) may become overloaded because of patients requesting assistance when it is not a real emergency.

During this national emergency, we know and understand how anxious and overwhelmed people can become. However, we ask that all Oklahomans follow the CDC guidance for COVID-19 and not call 911 when there isn’t a real emergency.

When to Seek Medical Attention:

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency:

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

We understand and appreciate how this guidance goes against everything that we have been taught and have come to expect from our all of our emergency services. However, the exposure risks are too high to risk calling EMS unless it is a true emergency.

STAY HOME.
STAY SAFE.
STAY INFORMED.

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336 OR 2-1-1
For COVID-19 information, call our AST 24-Hour Coronavirus (COVID-19) Information Number: (405) 695-1787 or the Coronavirus (COVID-19) Call Center: 1-877-215-8336

Twitter @ ASThealth & on ASTHS website at www.asthealth.org

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

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

Nutrition Facts: (per serving)

Southwest Tuna or Chicken Salad

Nutrition Facts: Southwest Chicken or Tuna Salad: (per serving)

Yield: 6 large servings

Ingredients:
- 1 1/2 cups old fashion or rolled oats
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 2 medium very ripe bananas, mashed
- 1/3 cup all creamy peanut butter
- 1/2 cup unsweetened almond milk or milk of choice
- 1 tablespoon maple syrup
- 1 tablespoon vanilla extract
- 1 tablespoon chia seeds (optional: if you do not have this ingredient)

Directions:
1. Preheat oven to 375 degrees F. Grease an 8x8 inch baking pan with nonstick cooking spray or coconut oil.
2. Combine the oats, cinnamon, nutmeg, baking powder and salt in a medium bowl; set aside.
3. In another medium bowl, mash the bananas well, then whisk in the peanut butter, almond milk, maple syrup, vanilla and chia seeds.
4. Whisk the dry ingredients into the wet ingredients and mix until well combined.
5. Pour into prepared pan and bake for 30-40 minutes or until top is barely golden brown and set.
6. Remove from oven and let sit for a few minutes to cool.
7. Topping suggestions: sliced banana, blueberries, strawberries, a dollop of peanut butter, dark chocolate chips, shredded coconut. YUMMMMM!

*Please note, you may choose the type of notifications/alerts you already have in your home.

Radiation: 157 cal, 3 g fat, 0 g sat fat, 1 g mono fat, 1 g poly fat, 0 g cholesterol, 150 mg sodium, 25 g sugars, 19 g added sugar, 21 g dietary fiber, 32 g total carbohydrate, 25 g net carbohydrate, 3 g protein

- Please note, you may choose the type of notifications/alerts you already have in your home.

Radiation: 193 cal, 3 g fat, 0 g sat fat, 1 g mono fat, 1 g poly fat, 0 g cholesterol, 220 mg sodium, 25 g sugars, 19 g added sugar, 21 g dietary fiber, 32 g total carbohydrate, 25 g net carbohydrate, 3 g protein

Try using some of your pantry or freezer staples to make this yummy and easy recipe that can be customized based on what ingredients you already have in your home!
Purchased Referred Care News

The AST Purchased Referred Care Team is here to assist you.

Please follow the PRC guidelines. Keep a copy on hand and update your patient information. To update your patient information, please see patient registration.

Shawnee Clinic Purchased Referred Care Has Moved.

We are now located in Shawnee Clinic (Bldg. 17).
Our phone numbers have NOT changed.

Purchased Referred Care for AST Citizens with Insurance

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

1. To complete existing PRC patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal citizens, to become established for PRC services, please make an appointment to see the New Patient Coordinator/PA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

2. Notify PRC at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.

3. Inform provider/health facility that AST PRC is a secondary payer/payer of last resort.

4. In the event that you receive a bill from a provider, please provide a copy to PRC.

5. In the event that you receive a bill from a provider, please provide a copy to PRC. You may leave bills at the Little Axe Health Center PRC office or the Shawnee Clinic PRC office.

6. In the event that you receive a bill from a provider, please provide a copy to PRC.

Purchased Referred Care for AST Citizens without Insurance

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

1. You must pay for all resources available to you, such as: Medicare, Medicaid, Worker’s Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. PRC staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.

2. To complete existing PRC patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal citizens, to become established for PRC services, please make an appointment to see the New Patient Coordinator/PA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

3. You must utilize the services provided within AST health clinics prior to being referred out.

4. Referrals for outside services must be sent to PRC. Services must be medically approved by an AST Health provider and/or CMMR Committee.

5. An appointment will be scheduled, and a COB will be sent to the outside provider.

6. In the event that you receive a bill from a provider, please provide a copy to PRC. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

Import Contact Information

BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Gladys Blanches, PRC Director
Darla Guttman, PRC Specialist
Lauren Carroll, Claims Processor
Jennifer Wallis, PRC Technician
Kansenia Davis, File Clerk

LITTLE AXE HEALTH CENTER PRC
405.701.7951 (Please follow voice prompts)
405.447.0300 (Primary)

SHAWNEE CLINIC PRC
405.878.5850 (Primary)
405.878.4702 (Secondary)

REFERRAL MANAGEMENT
Little Axe Health Center
Dologi Sitout, PRC Deputy Director/RN
April Portrait, PRC Health Specialist/LPN
Joyce West, PRC Specialist, Medicaid Patients
Melinda Fulcher, PRC Specialist

REFERRAL MANAGEMENT
Shawnee Clinic
Flo Mann, PRC Specialist, AST Patients/LPN
Laurie Welker, PRC Specialist, IHS Patients/LPN
Carrie Smalley, PRC Specialist, Medicaid patients/Medical Assistant

EMERGENCY AND URGENT CARE SERVICES

For AST citizens with insurance, evidence must exist that a third-party resource has made the determination such services were “emergency care” or “urgent care.” Such evidence may include payment from private insurance.

For AST citizens with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
Native Connections Grant
Strengthening of Tradition Project

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

If you would like to know more about our program, please contact us:

Margo Waldin
Grant Coordinator
405-701-7905

Linda Goggi
Grant Project Specialist
405-701-7969

Oklahoma Department of Rehabilitation Services

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

Joplin Spoon

Joplin D. Happy 12th Birthday to my AMAZING, young man!! You’re growing up on me!! I LOVE YOU SO VERY, VERY MUCH!!

Love Always, Your Momma KoXOxO

Joplin

Auntie wishes you the Happiest 12th birthday!! You Deserve it!!! I LOVE YOU, VERY, VERY MUCH!!

XoXOxO

Aunt B & Cousins C&D

JOP- Happy Birthday little Brother! Hope your day is special just like you are!! Love and Hugs!!

XoXOxO

ABig Brother Justin and Big Sister Jiliyan

Happy 12th Birthday to my Amazing Grandson Joplin Dupre Spoon
Happy 12th
I love you bunches, Hugs & Kisses
Granny Low

Honoring Our Past
With Promise for Our Future

LIFE is Beautiful
Living Meth Free

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

Oklahoma Department of Rehabilitation Services

A guiding hand on your shoulder.

Behavioral Health Services

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here. The people are kind. If you need us, please call us, 8 a.m. to 5 p.m., Monday through Friday.
We need to VOTE for RESULTS! And not just TALK! 

ELECT 

BETTY L. WATSON

I am your Candidate for Treasurer, and I am also an Elder. As an elder, I know the importance of family and the responsibility of protecting and providing for the well-being of each of our family members. And, I see the whole Tribe as our family. We are in the midst of this invisible coronavirus crisis, and I am deeply concerned about the effect this will have on our health and the economic impact it will have on each tribal member and our Tribal financial resources. The economic security is uncertain and changes with each day for individuals and the Tribe. I want to maintain a secure harbor that each of you can depend on in your time of need.

Our elected officials have a top priority in taking care of the needs of all tribal members, especially the Elders, the greatest “at-risk” age group. The EC must develop strategic plans to address the needs of families requiring immediate assistance in providing health and financial assistance for food and shelter due to loss of jobs and health. Also, I am concerned about the Tribe’s income that may be at risk if the closure of the casinos continues. The casino revenues are the major source of income the Tribe receives to support the general fund to help fund our tribal operations and needs beyond the BIA funding and grants. We must curtail the excessive spending of General Funds on land purchases and risky business decisions. We must conserve a tribal budget that will sustain the operation of the tribal government in an emergency like this for at least two years. Presently we do not have this cushion. WE MUST DEVELOP ADDITIONAL ECONOMIC DEVELOPMENT PROJECTS THAT WILL CREATE ADDITIONAL REVENUES FOR THE TRIBE.

I HAVE THE EXPERIENCE, KNOWLEDGE, AND WISDOM TO BE YOUR TREASURER AND MY PLATFORM IS SIMPLE, BUT IT TAKES THE OTHER EC MEMBERS TO MAKE IT WORK.

IF ELECTED, I WILL DO MY BEST TO KEEP MY PROMISE TO:

1. Uphold the Constitution and By-Laws of the Tribe and honor the wishes of the General Council. I will keep the General Council informed of major decisions affecting the Tribe and conduct the business of the Tribe with accountability and transparency.

Currently, there is no transparency in the actions of the Executive Committee in informing the General Council concerning the COVID-19 decisions made to protect the Tribe and its members and addressing the needs of the membership. Many do not have access to computers/Facebook but do receive the tribal newsletter.

General Council needs to be informed of significant decisions in purchasing land and expenditure of general funds.

2. Create business opportunities through ASEDA (the economic development arm of the Tribe). The income generated from ASEDA would go to the general fund to provide services and benefits for all tribal members regardless of where they live.

ASEDA needs to be re-evaluated, the original ASEDA was created as a federal charter under Section 3 of the Oklahoma Indian Welfare Act and voted by a referendum vote of the General Council. I understand two additional corporations exist, and they are AST Enterprises & OK ASEDA, Inc., both Oklahoma Corporations & need to be dissolved. The Federally chartered corporation ASEDA has more authority and opportunity for economic development growth. ASEDA and the C-Shoals are independent corporations created to generate income and operate independently from the Tribe. We cannot continue to put money from the General Fund into the Bank, C-store, and ASEDA to operate without paying the money back to the Tribe.

3. Identify and develop a Land Use Plan that would utilize the land the Tribe owns for the highest and best use. Develop a national marketing plan to entice companies and businesses to locate on our land that would create income and jobs for our Tribe. The land priority would be to put non-trust land into trust for the Tribe.

We have not developed a Land Use Plan for the trust and non-trust land. Non-trust land is land the Tribe pays property taxes every year. This is a liability as it is money we pay out of our general fund account. We cannot afford to keep paying on land that is not making an income for the Tribe. The EC has hired consulting firms in the past but did not get a viable plan for the use of the land.


Develop a strategic five (5) and ten (10) year strategic economic development plan that would include the local community and Tribe for economic, health, social, infrastructure growth for the Tribe. The Strategic Planning would include the key personnel to set of Tribe’s income producing assets mentioned above.

5. Identify and implement new economic development opportunities the Tribe has outside our present land base. This economic development will provide additional revenues that could be used for additional services, benefits, and per capita for all tribal members.

Details to be provided at a later date.

6. I want to explore the possibility of providing term life insurance for all elders 50 years of age and older that would provide surviving families left behind additional funds to pay additional expenses and debts of the deceased.

Our tribe is being financially challenged during this coronavirus crisis, and we need real leadership to make decisions that will give us financial stability. We need to elect a treasurer with experience, wisdom, knowledge, and confidence to meet the financial challenge in the months to come.

VOTE FOR ME, I WILL MAKE A DIFFERENCE AND CREATE ECONOMIC PROSPERITY FOR OUR TRIBE.

You can contact me via E-mail: bettyw6514@yahoo.com or by phone (405) 761-6958 with your comments and concerns. Thank you!
updated through enrollment, BEFORE any new registrations or renewals can be processed.

If you would like to submit a story or article
Give us a call at (405) 598-1279 or (405) 481-0588
or send us an email to stiger@astribe.com

All Articles for the Next Month’s Issue are DUE by the 15th of the Current Month.
UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.

ALBERTA SHAWNEE TRIBE – SHAWNEE DEPARTMENT EXTENSION (405) 275-4030

**IMPORTANT NOTICE!**

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

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**ALBERTA SHAWNEE TRIBE – SHAWNEE DEPARTMENT EXTENSION (405) 275-4030**

**EMERGENCY NUMBERS**

| **911** | Police, Fire, Ambulance |
| **211** | State of Oklahoma |
| **405-275-3200** | Absentee Shawnee |
| **405-740-1562 (Call)** | Absentee Shawnee |
| **405-273-1727** | Pottawatomie County |
| **405-273-2121** | Shawnee |
| **405-273-2727** | Shawnee |
| **405-279-2157** | Pottawatomie County |
| **405-740-1569** | Cleveland County |
| **405-727-8595** | Report Power Outage |
| **800-522-8380** | Power Outage |
| **800-522-4385** | Road Conditions |