Seminole State College-NASNTI Hosted ‘Native Women Power’

Special Guest Speaker-AST Governor Edwina Butler-Wolfe


General Council Meeting Oct 28th, 10:00 a.m.
@ New AST Health Multi-Purpose Building, Shawnee, OK
Hello my friends, neighbors, relatives and Tribal people at large! I hope everyone is doing well. As you know our area schools have started their 2017 – 2018 school terms. While our students are getting back on track with the new school year, the Horseshoe Bend After School Program will start after the Labor Day Holiday beginning September 11, 2017. Students from Oklahoma Baptist University (OBU) will be back to tutor at the Horse Shoe Bend Center. If any of our tribal member students are in need of some extra help in their studies please notify: Tresha Spoon, Education Director, to set up tutoring sessions. It is my goal to see every Absentee Shawnee school age child be successful! When our tribal students succeed our Tribe becomes stronger.

In last month’s newsletter I reported that I attended the 2017 National Indian Gaming Association (NIGA) Summer Legislative Summit held in Washington, D.C. Also in attendance was Leslie Tanyan, Executive Director of the Absentee Shawnee Tribe Gaming Commission. The purpose of the legislative summit was to provide a forum for tribal leaders to engage Congress on Indian Country’s legislative priorities. A number of Congressman and Senators spoke to the issues facing American Indians in the United States. There were several tribal leaders outside of Oklahoma that attended as well along with other gaming representatives. Listed below are few of the issues affecting Indian Country that was discussed at the summit:

### Tribal Labor Sovereignty Act
Chief Boyd, CEO and Principal of TBE Architects, summarized the main issues that were discussed at the NIGA Summer Legislative Summit. According to Boyd, The National Labor Relations Board (NLRB) in 2004 overturned three decades of its own precedent and stated that tribal gaming facilities were under the National Labor Relations Act. In addition, the courts have upheld that decision. The result of NLRB’s decision is that Indian tribes are the only form of government in the United States not exempt from the National Labor Relations Act. The Senate and the House are now considering the Tribal Labor Sovereignty Act (TLSA) which is all about maintaining tribal sovereignty as established in the Constitution (Boyd, Chief. “Politics Takes Center Stage at NIGA’s 2017 Summer Legislative Summit”. Aug. 2017, pp.14).

According to Ernie Stevens, NIGA Chairman, “Tribal Leaders need to continue to press Congress to enact the Tribal Labor Sovereignty Act, which will amend the National Labor Relations Act (NLRA) to treat Indian tribes as every other sovereign in this Nation. The effort is not anti-labor. It is solely part of our mission to strengthen tribal sovereignty” (Stevens, Ernest L. “NIGA Summits Empower the Voice of Indian Country”. Aug. 2017, pp.16).

### New Markets Tax Credit and Low Income Housing Tax Credit
Boyd also stated Tribes should urge Congress and the Administration to provide tribal governments with direct access to the New Markets Tax Credit and Low Income Housing Tax Credit programs, among other federal initiatives. Direct access to these programs will spur public-private partnerships to help rebuild Indian Country infrastructure, small business development, and help address longstanding housing needs in Indian Country. (Boyd, Chief. “Politics Takes Center Stage at NIGA’s 2017 Summer Legislative Summit”. Aug. 2017, pp.14).

The most important part of this summit was the importance of tribes being vocal with this new administration and ensuring Indian Country is heard on any issues that affect us.

### Other Topics
Opioid addiction was discussed because of people over dosing, abusing and becoming dependent on opioids. Indian Country is currently battling this problem. Tribes must be vigilant to educate tribal members of this problem and strive to implement programs to help fight opioid abuse.

The pros and cons of medical marijuana were discussed during the summit with many people advocating the use of it in Indian Country. Representative Mark Wayne Mullin discussed his opposition to legalizing marijuana on the federal level. I am sure that we will hear more as time passes.

During the two day session, there were 21 Congressman and Senators addressing tribal leaders and other tribal representatives in attendance about the concerns and issues the new administration must pay attention to when working with Indian Country. The overall goal was to educate this new administration on the importance of tribal sovereignty and upholding trust and treaty obligations.

### Meetings attended for July and August
July
21st 9:00 a.m. United Indian Nation of Oklahoma, Kansas and Texas (UINOKT) held at Wichita and Affiliated Tribes Tribal Headquarters Anadarko, OK.
Governor's Report

24th – 26th Oklahoma Indian Gaming Association (OIGA) Conference at the Cox Convention Center.

31st 9:00 a.m. Executive Committee Exit Audit Meeting with Baker Tilly Audit Firm
11:00 a.m. Graduation for student internship program (Health)
1:00 p.m. Finance Training with Baker Tilly

August

4th AST Day (Absentee Shawnee Tribe) Tribal Offices Closed and Health Clinics
7th Special Executive Committee Meeting
8th 10:00 a.m. Teachers Service Meeting at McCloud Public School. Tresha Spoon, AST Education Director was in attendance at the meeting.
2:00 p.m. Bank Meeting- EC, Bank Board and AG’s
10th 10:00 a.m. Presentation by Robert Weaver Insurance (RWI).
11th 9:00 a.m. Jim Thorpe Academy, Shawnee, OK
15th 2:00 a.m. Shawnee School Administration Building, Shawnee, OK
16th 10:00 a.m. Regular Executive Committee Meeting
17th 11:00 a.m. Seminole State College- Speaker at the Native American Symposium- Native American serving Nontribal Institutions program at Seminole State College (NASNTI).

Other Topics/Expressions

Happy Birthday & Anniversary
To those who have had a birthday or anniversary I extend my warmest regards.

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

Conclusion
My door is always open (unless I happen to be at or in a meeting) and I welcome your visits. Help me to make a difference – stand beside me and Let us Build for the Future (BFF) - unite and together!

Thank you for your support!

-Governor Edwina Butler-Wolfe

Governor Butler-Wolfe and Congresswoman Nancy Pelosi, California Democrat

- Governor Edwina Butler-Wolfe
Executive Committee visits Tinker AFB

Executive Committee would like to thank the following people for their time of making our visit to Tinker AFB productive:

Lt. General Lee K. Levy II, Commander
Air Force Sustainment Center
OC-ALC/OMO
Donald Satterlee, MPA
Building 3001

76 Maintenance Support Group
Kelly Butler
Building 3001

76 Maintenance Support Group
Joel Clay
Building 3001

76 Maintenance Support Group
Melanie Johnson
Building 3001

We would like to thank Eastman Switch (Kelly) for arranging and making this tour possible for the Executive Committee.

SHAWNEE CLINIC LOBBY PHARMACY HOURS

Shawnee Clinic Lobby hours for regular prescription fills & refills are from 7 a.m.-5 p.m. Due to reduced staff after 5 p.m., Pharmacy is limited to Shawnee Clinic Extended Hour patients and AST member Emergency Room discharge (limited) fills, please.

Thank you.

SHAWNEE CLINIC PHARMACY HOURS NOTICE

Shawnee Clinic Lobby and Drive-thru hours for regular prescription fills & refills are 7 a.m.-5 p.m. The Extended Hours Pharmacy is limited to Shawnee Clinic Extended Hours patients and AST member Emergency Room discharge (limited) fills only. Thank you.
We are growing by leaps and bounds!! We’ve had quite a few new children start attending in every age group. However, we still have openings available. Please feel free to refer anyone you know who may be looking for child care currently or in the future. We welcome visitors to come take a tour. Ideal times would be before 11:00 a.m. and after 3:00 p.m.

On July 27, 2017, we had our first of three DHS visits that will occur during our 6-month permit period. It went great! We had zero non-compliance issues. You can visit www.childcare-find.okdhs.org to view visit results on any facility, including ours. Just type Building Blocks in the box for Facility Name, then type in 73026 in the Zip Code box, and click on the Search button. Our facility will be displayed. When you click on our facility name, a Summary of Facility Monitoring report will appear. This page will describe any noncompliance, plan of correction, and date of correction.

We had our monthly fire drill on 7/25/17 @ 10:44 a.m. We have 14 staff and 21 children present. The children were in their classrooms. Complete evacuation off all children and staff took less than 1 minute.

We had an unexpected fire “drill” on 7/28/17 when some popcorn got burned in the employee breakroom microwave. This happened in the 1 o’clock hour. All of the children were napping. There was no real danger, but we didn’t realize that immediately. Therefore, we evacuated the building and the fire department came out. They checked the breakroom microwave and the area. Then we were cleared to go back inside.

It proved to be a blessing in disguise, as we found some weaknesses in our evacuation plan, especially because it was unplanned and occurred at naptime. We realized that the Toddler class needs more assistance than the Infant class, because the Infant class has evacuation cribs. Therefore, Chef Suzy will be one to assist the Toddler class in future evacuations. Upon review of the video, I’m extremely happy to report that the 4’s/5’s class had an evacuation time of 52 seconds. Ms. Diana and Ms. Julie had 11 sleeping children when the fire alarm sounded. They woke each one, got them lined up, grabbed their emergency backpack, and exited the building within that time. Additionally, the Infants had 3 babies and evacuated in about 45 seconds. WAY TO GO!!

Our monthly tornado drill was conducted on 7/31/17. We had 14 staff and 26 children present. All went very well. The children were calm and walked with their teachers to the tornado shelter. Everyone was accounted for and no one cried.

Thank you,
Billie Thompson
Building Blocks III Director
bthompson@astribe.com

Absentee Shawnee Tribe of Oklahoma
Building Blocks CDC
16051 Little Axe Drive
Norman, OK 73026
P: (405) 360-2710 F: (405) 360-2726

Dates to Remember:
September 1st – Closed for AST Employee event
September 8th – Grandparents’ celebration at 3:00 p.m. (snack time)
September 10th – Grandparents’ day
# Second Wind Tobacco Cessation Program

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

**Location:** Little Axe Health Center  
Behavioral Health Conference Room  

**Facilitator:** Marvin Smith, LPC/LADC, Therapist  

**Contact Information:** LA BH  405-701-7987
Greetings to all! With summer coming to a close and as we approach the fall season, days will get shorter and the temperatures will drop, but we will rejoice that FOOTBALL and BASKETBALL are once again on the menu. And, of course, how could we forget about “hunting season”—so wear your bright colors and avoid the thick forest. Who knows maybe some kind hunter might provide some venison for the Elders’ luncheon. For myself, I would like to see a bit of bison meat on the menu—wouldn’t that be special. Well so much for the food and sporting!

The Elders Council has been planning events that will carry through to the end of 2017. The Elders will have a fundraising event at the October General Council. The fundraiser will include a raffle for several high-value items and a 50/50 drawing. Raffle tickets will be sold at 3 tickets for $5.00. Members will be selling the raffle tickets prior to the General Council and at the General Council. The EC strives to provide good value for your price to enter the drawing—what can be better than taking a chance on winning a high-value item and supporting a group that delivers value for their own work; value to the tribe as well as the community. Help us make this fundraiser a success.

Our first guest speaker is scheduled for the August meeting. Mariah Lee from Life Safety Monitoring will talk about the company’s products and its services. The company’s services provides 24/7 emergency response support. This includes advantages for seniors and can help seniors remain independent in their own homes. For the September meeting, we will host two guest speakers from: 1) OKHCA, Living Choice and 2) AARP. I am currently on the hunt for a speaker covering the topic of genealogy and how to start a family tree. Plans are to host guest speakers at each monthly meeting. Topics will vary and I hope to build a schedule that can be shared in our monthly Elders Corner.

As usual, we will host our annual Thanksgiving and Christmas luncheons at our regular monthly meetings and planning is underway. We are also organizing preparations for the Christmas baskets and Christmas candy sacks. More information to come later.

I enjoy ending my articles with quotes that are thought provoking. Many of the quotes will come from famous leaders and I hope everyone enjoys them. I offer the following: If we open a quarrel between past and present, we shall find that we have lost the future.

Until next time,
Athed Edwards-Fletcher,
Secretary
Fall is almost here! As we close out the summer, we are excited about back-to-school, the upcoming 4th Annual AST Run for Your Life Zombie 5K, and the continual expansion of our services and access to health programs – all to serve you better every day! As we prepare for the fall season, please remember to practice proven hygiene and infection control procedures such as frequent hand washing, getting your annual flu shot, limiting your public exposure if you should become ill with a fever, and encouraging others to adhere to these protocols as well. It is our responsibility as a health system to be the example of infection control for our patients, community and loved ones.

The inaugural 2017 AST Health System Internship Program was an unequivocal success. We hosted a graduation luncheon for our six AST young men and women, who successfully completed rotations throughout the health system. The internship program aligns with our strategic plan of investing in our young tribal members through education, mentorship, and the creation of career opportunities through service to the tribe’s overall health. We are extremely proud of these emerging young professionals and hope we see them again in our health system as they continue with their education and career goals.

The health system’s administrative leadership team and health board members attended the AST Leadership Dinner on the evening of Wednesday, August 23rd. Key tribal organizational leaders, both past and present, attended this honorary event. A recent health employee morale event was held at the Bricktown Ballpark on August 26th. In addition to ASTHS employees, our esteemed health board members and executive committee members also joined in on representing our tribe’s commitment to tribal health and wellness.

Elder care and advanced aging concerns such as fall risk, monitoring loved ones who live alone, and homebound health care, remain critical priorities to the tribe and the health system. The health system has and shall continue full partnership with the tribe in serving and coordinating medical care for any tribal member with a homebound medical need that falls within the scope and authority of our health and wellness system. In August, the ASTHA/LSWN Health Boards Chairman, Mr. Switch, and the Executive Director, Mr. Rogers, both updated the tribal elders about our various health programs, both implemented and developing, and how these efforts serve to improve health care delivery to the tribe’s elders and members. If you know any tribal member who is homebound and needs medical assistance, please contact our health administration office at (405) 701-7621 and we will be happy to assist with the best possible resources and coordinated care.

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

August Employees of the Month

Employee of the Month
Laurie Webber, Shawnee Clinic Contract Health

Team of the Month
Little Axe Radiology Staff

Special Leadership Award
Dr. Anita Blick-Nolan & Cindy Lonsbury

Despite personal trials and adversity, these dedicated health team members demonstrated unwavering strength of character while delivering unsurpassed compassionate service to our patients. Our health system employees continue to accomplish remarkable feats for our patients and one another. I can’t say it enough, thank you all for your continued commitment to making a positive impact in the health and lives of all our health system’s patients!

Mark E. Rogers, MAL, FACHE, CMPE
Executive Director
BRING US YOUR USED MEDICAL EQUIPMENT!!!

The AST Health System is accepting used durable medical equipment items for re-use. We can shine up that old walker, wheelchair, cane, or CPAP breathing machine and make it serviceable again.

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

For more information, call 405-447-0300 (Little Axe) • 405-878-5850 (Shawnee)
Absentee Shawnee Tribal Members with Vision Insurance:

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

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

Absentee Shawnee Tribal Members without Vision Insurance:

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

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

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

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

Additional products/charges outside of the allowed benefit schedule:

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

*No combining of discounts allowed
*Insurance benefits must be exhausted first before discounts can be applied.
*Patient’s co-pay portion cannot be discounted.
**REALTY DEPARTMENT**

**Reminder:**

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

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

**PROBATE MISSION STATEMENT**

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

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

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

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

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**IF YOU’D LIKE TO SUBMIT AN AD OR ARTICLE:**

Give us a call at (405) 598-1279 or (405) 481-0558

or send us an e-mail to

stiger@astribe.com

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

*Unfortunately, we can only accept one picture per birthday person, not per birthday wish.*
School & Campus Preparedness
Parents Urged to Have Back-To-School Plans

Children can be especially sensitive to the emotional stress of an emergency. Parents can help prepare children by including them in the planning process and answering their questions about safety. Make sure your children take part in your preparation process.

Students from pre-kindergarten through college soon will head back to school. As families prepare for the new academic year, parents are encouraged to include emergency preparedness in their back-to-school plans.

Emergencies can occur any time of the day or night, including when children are in school. The start of a new school year is the perfect time to make sure parents know your school’s plans for keeping students safe during an emergency and discuss with your child about those plans.

Here are several back-to-school planning tips for parents of school-aged children, including:

- Find out where children will be taken in the event of an evacuation during school hours.
- Ensure your emergency contact information is updated and is on file at your child’s school.
- Pre-authorize a friend or relative to pick up your children in an emergency and make sure the school knows who that designated person is.
- Teach children with cell phones about ‘Text First, Talk Later. Short, simple text messages, such as “R U OK?” and “I’m OK,” are more likely to get through than a phone call if phone service is disrupt ed following an emergency. As phone congestion eases, you can follow up with a phone call to relay more information.

Students headed off to college also need to be prepared for emergencies. Many college campuses offer email and text messages to alert students of potential dangers, such as severe weather and other threats. Encourage your college student to sign-up for such alerts. Some colleges also provide alert messages for parents so they also are aware of potential dangers on campus. In addition, make sure your student knows the emergency plans for their dorm or apartment building.

Contact information:
Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: lday@astribe.com
Shawnee Chief Tecumseh was among the 7 honorees announced at the Walk the Walk event in the Wright Dunbar Historic Business District on May 12th, 2017. He is the first Native American to be inducted into Dayton Region’s Walk of Fame. The other Honorees are; Oscar and Marjorie Boonshoft, Brigadier General Benjamin O Davis Sr., Cathy Guisewite, The Honorable David L. Hobson and Allison Brooks Janney.

The Honorees will be celebrated at a luncheon on Thursday, September 28, 2017 at the Sinclair Conference Centre.

Since 1996, over 160 outstanding individuals and groups and their contributions to the Miami Valley have been memorialized at the September event and with granite stones on West Third Street in the Wright Dunbar Historic Business District between Broadway and Shannon and along Williams Street.

Info by –Lisa Grigsby
# Tax Collections

## FY-2017

**YTD TAX COLLECTIONS**

(through 8/31/2017)

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<tr>
<th>TAX 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>YEAR-TO-DATE</th>
<th>% OF TAXES COLLECTED</th>
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<td>Sales (6%)</td>
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<td>$1,249.55</td>
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## EMERGENCY NUMBERS

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<td>405-273-1727</td>
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<td>405-273-2157</td>
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<td>OGE</td>
<td>405-272-9595</td>
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<td>CANADIAN VALLEY</td>
<td>1-800-522-6870</td>
<td>Power Outage</td>
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<tr>
<td>DEPT. OF ENVIRONMENTAL QUALITY HIGHWAY PATROL</td>
<td>1-800-522-0206</td>
<td>State of Oklahoma</td>
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<tr>
<td></td>
<td>405-425-4385</td>
<td>Road Conditions</td>
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Membership Ordiance Community Meeting Dates

Please join us for some informational meetings on what needs to be amended in the membership ordinance. These meetings are to inform tribal members and allow them to ask all the questions they would like about the rough draft of the membership ordinance.

September 9th from 10 AM to 12 PM at Little Axe Resource Center

If you have any questions about the meeting please feel free to contact the Enrollment Department.

A Little Note from The Tag Office

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

Who are the children in need?
• Native American children in custody of tribe or state.
• Native American children ages 0-17.
• Native American children in sibling groups.
• Native American children with special, physical, or emotional needs.
• Native American children mixed with another ethnicity.

TRIBAL FOSTER CARE HOMES ARE NEEDED FOR OUR TRIBAL CHILDREN

WILL YOU OPEN YOUR HOME TO A CHILD IN NEED?

IF YOU ARE INTERESTED IN BECOMING A FOSTER CARE HOME PLEASE CONTACT:
JULIE WILSON 275-4030 EXT. 6376
<table>
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<th>Wednesday</th>
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<td>Labor Day AST Complex Will be Closed</td>
<td>Beef Fingers Mashed Pot/Gravy Beets Bread/Apricots</td>
<td>Chicken Strips Mashed Pot/Gravy Veggies Plums</td>
<td>Enchilada Casserole Mexi-Corn Salad Bar*</td>
<td>Ham English Muffin Boiled Egg</td>
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<td>12</td>
<td>13</td>
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<tr>
<td>Happy Grandparents Day</td>
<td>Pork Chop Veggies Bread Mandarin Oranges</td>
<td>BBQ Chicken Coleslaw Pot. Salad Bread/Peaches</td>
<td>Baked Zita Tossed Salad* Greenbeans Pudding</td>
<td>Beef Tips Rice Carrots Fruit</td>
<td>Scrambled Eggs Biscuit Sausage Gravy</td>
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<tr>
<td></td>
<td>Manwich Tator Tots Veggies Orange</td>
<td>Baked Potato Chez, onions, ham Broc n Chez Pudding</td>
<td>Title VI will be closed Attending OKC State Fair</td>
<td>Chicken Pot Pie Veggies Biscuit Applesauce</td>
<td>Bagel Cream Chez Cereal</td>
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<td>28</td>
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<td>30</td>
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<tr>
<td></td>
<td></td>
<td>Ham Scalloped Pot Veggies Bread/Mixed Fruit</td>
<td>Beef Stroganoff Veggies Tossed Salad* Pineapples</td>
<td>Chicken Fajitas Bell Peppers &amp; Onions Tortilla Pears</td>
<td>Beans w Ham Steakfries Onions</td>
<td>Scrambled Eggs Bacon Toast Hashbrowns</td>
</tr>
</tbody>
</table>

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

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM
BREAKFAST SERVED FRIDAYS 9AM TO 11AM

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

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

Come and apply
Starting in May thru September 2017

The L.I.H.E.A.P Program will pay for your Electric Bill

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

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

Oklahoma Tobacco Helpline
1-800-QUIT NOW
1-800-784-8669 OKhelpline.com

GET FREE TOOLS AND SUPPORT TO QUIT TOBACCO YOUR WAY
PATCHES | GUM | LOZENGES | PHONE COACHING

visit spthb.org or tset.ok.gov for more information
FOURTH ANNUAL ZOMBIE RUN 5K

SAVE THE DATE
OCTOBER 27TH
ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION

Absentee Shawnee Tribe Community Meeting

AST Health Multi-Purpose Building

Shawnee, OK
September 30th 2017
10:00 A.M.-12:00 P.M.

Purpose:

Potential business for the Absentee Shawnee Tribe.

Federal Contracting, Department of Defense (DOD) Aerospace, Manufacturing and Data.

Presentation by:

Burke Thorpe

Davis Thorpe Company
<table>
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<td>Whitecloud, Bluesky Rain</td>
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<td>Sharpe Jr., Chevis Shenold</td>
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</tbody>
</table>
Congratulations!

ISAIAH AND CATLIN ESTTEP ON YOUR MARRIAGE

May it be long and prosper!!
Love you both,
Mom, Cody, Jordyn, Nanny, Pa Pa, and Pa Pa Daniel.

Happy Birthday

Thomas Bateman!
Love, Mom & Step Dad
Health Community Needs Assessment-2017

**Norman, Oklahoma** – The Absentee Shawnee Tribal Health System (ASTHS) will publicly make available its annual health Community Needs Assessment on September 5, 2017. The goal is to learn about the public health needs of our AST community and to strategically define programs to better serve you. Survey participants may choose to complete a survey either by paper or electronic version. Survey participants must be 18 years of age to complete and one survey per person, please.

**TO COMPLETE A PAPER VERSION OF THE SURVEY**
Available paper versions of the AST Health survey will be located at:
1. Shawnee Clinic (ADM Receptionist Desk & Patient Benefit Advocates)
2. Little Axe Health Center Administration (Receptionist Desk & Patient Benefit Advocates)
3. Title 6-Shawnee
4. Title 6-Resource Center (Little Axe)
5. AST Optometry (PlusCare building)
6. PlusCare Clinic (Patient Registration)

**TO COMPLETE AN ELECTRONIC VERSION OF THE SURVEY**
Available electronic versions of the AST Health survey can be obtained by:
1. Calling Mrs. Aly Miller, AST Health Project Manager, at (405)878-5850 or email her at amiller@astribe.com and she will forward to you the survey link (must have active email address); or
2. Follow the Survey Monkey link provided through the Demand Force patient newsletter email system.
3. Electronic versions will be available on the AST Health website at [www.asthealth.org](http://www.asthealth.org) on the Absentee Shawnee Tribal Health Facebook wall.

Please be aware all answers are anonymous and the electronic format allows for only one submission per IP address. If you should have any questions please feel free to contact Mrs. Miller at the information provided above. In advance, thank you for your time and as always, we strive to better our service to you.

NEW REGISTRATIONS

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

"TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS"

Note: You may be asked to provide supporting documentation for verification purposes.

RENEWALS

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

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

TAG PRICES

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PENALTY

$0.25 A DAY

RESIDENT PROGRAMS

- McKinley, Shawnee 74801
- To apply, plea
- 23
- (405) 275-4030 • Fax: (405) 214-4225
- $15
- $75

ATTENTION PARENTS!!!

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

Wava Anderson (918) 225 73069

The Absentee Shawnee Tribe’s Domestic Violence Program works with other shelters within
informational displays, and community events in order to provide more awareness to both Tribal
For any questions regarding any of the above services please contact the Absentee Shawnee

10% OFF ALL SERVICES
FOR TRIBAL EMPLOYEES & MEMBERS
Must present CDIB card or tribal employee ID. Not valid with any other offers.

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

TIRES | MAINTENANCE | REPAIR

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

Arrowhead Automotive Center is owned by the Eastern Shawnee Tribe of Oklahoma.

ATTENTION

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

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

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

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

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe’s Domestic Violence staff at (405) 273-2888.
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

Brandon Goodman
Fitness Technician

McKenna Watson
Fitness Technician

The AST Diabetes and Wellness Program

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

The AST Resource Center fitness room hours are:
Monday-Friday       6:00am - 9:00pm
Saturday            9:00am - 3:00pm
Sunday              CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

Buster Bread  
Fitness Manager

Chrissy Wiens  
Physical Activities Specialist

Brandon Goodman  
Fitness Technician

McKenna Watson  
Fitness Technician

AST Diabetes and Wellness Program

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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| Zumba Fitness  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Cardio Kickboxing  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Strength Circuit  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center | Zumba Fitness  
6:15 a.m.-7:00 a.m.  
Chrissy Wiens  
Little Axe Resource Center |
| Strength Circuit  
5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center | Aerobic Circuit  
5:45 p.m.-6:30 p.m.  
Buster Bread  
Little Axe Resource Center |

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

- **Zumba Fitness** - 6:15 a.m.-7:00 a.m.  
  Chrissy Wiens  
  Little Axe Resource Center

- **Strength Circuit** - 6:15 a.m.-7:00 a.m.  
  Chrissy Wiens  
  Little Axe Resource Center

- **Cardio Kickboxing** - 6:15 a.m.-7:00 a.m.  
  Chrissy Wiens  
  Little Axe Resource Center

- **Calisthenics Camp** - 2:30 p.m.-3:15 p.m.  
  Buster Bread  
  LITTLE AXE HEALTH FACILITY

- **Body Blast Dance Fitness** - 12:00 p.m.-12:45 p.m.  
  Chrissy Wiens  
  LITTLE AXE HEALTH FACILITY

- **Aerobic Circuit** - 5:45 p.m.-6:30 p.m.  
  Buster Bread  
  Little Axe Resource Center

Absentee Shawnee Fitness

Diabetes and Wellness
Iowa Tribe of Oklahoma Vocational Rehabilitation Program

“See the Person Not the Disability”

History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

Services That Can Be Provided:
Depending on an individual’s needs and goals, will determine which services are best for you. However, some services that we can provide include testing fees such as SATs & ACTs, assistive devices, evaluations, and various other services.

Qualifications:
Must be an enrolled member of a federally recognized tribe, a junior or senior in high school, and must reside in one of the seven counties served by the Iowa Tribe Vocational Rehabilitation Program. You must also provide documentation of your disability and this can include a doctor’s statement or the IEP or 504 plan from your school.

Counties We Serve:
Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

History:
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Counties We Serve:
Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

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

Together, we will fulfill our mission.

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73061
405.447.0300

SHAWNEE CLINIC
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

PLUSCARE CLINIC
15702 East State Highway 9
Norman, OK 73061
405.447.0477

See the Person Not the Disability

Iowa Tribe of Oklahoma Vocational Rehabilitation Program
P.O. Box 728
Perkins, OK 74059

Contact: Christa McClellan
Phone: 405-547-5721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

Let your voice be heard.

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

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15951 Little Axe Dr.
Norman, OK 73026
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WE ARE ON THE INTERNET: www.bahkhoje.com

Sign up, stay connected.

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

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

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For more help, call your clinic, and we’ll walk you through it.
How Alcohol Can Affect Your Body Composition

Published on July 26, 2017 by Contributing Author to INBODY USA Marketing

Alix Turoff MS, RD, CDN, CPT is a Registered Dietitian and NASM Certified Personal Trainer. She sees patients privately and also works as a freelance consultant and writer.

If you begin a conversation about alcohol, you’re likely to get a chorus of varied opinions.

Your one friend swears that her daily glass of red wine will ward off cardiovascular disease, even if it’s at the expense of her six pack abs. Meanwhile, your gym buddy has a zero-alcohol policy in an effort to remain as lean as possible and avoid the dreaded “beer belly”.

Is it really possible to consume alcohol and still maintain a healthy body weight and composition? The answer is somewhat complicated and likely depends on your ultimate goals. To delve a little deeper into the relationship between alcohol and body composition please source the entire article at: https://www.inbodyusa.com/blogs/inbodyblog/how-alcohol-can-affect-your-body-composition?_ke=c3dhcmRlbkBhc3RyaWJIlmNvbQ%3D%3D

Or, contact your Diabetes & Wellness Team, 701-7977.

What’s the bottom line?

Can alcohol be included as part of a healthy diet without considerably deterring the drinker from achieving the body they want and work so hard for?

The answer is yes!

For optimizing weight and body composition, research shows that it is more important and beneficial to keep overall calories under control than to worry about alcohol being stored as fat.

When consuming alcohol, try to remember the following:

1. The metabolism of alcohol DOES affect fat metabolism but likely not more than other macronutrients. That said, try to avoid excess calories while to avoid fat storage and if drinking regularly, be sure to account for alcohol in your usual calorie intake.

2. If you’re trying to maximize your time spent in the gym and minimize the effects that a six-pack might have on your six pack, you might want to limit sugary mixers and cocktails and when choosing beer, stick to lighter versions.
Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

**Foster Care News**

**NOTICE**

Currently there are three (3) openings on the Foster Care Board. If you are interested in serving on the board, send your letter of interest to Secretary Dawsery at the Tribal Complex, 2025 S. Gordon Cooper Dr., Shawnee, OK 73801.

**WHAT IS A FOSTER CARE WORKER?**

Foster care caseworker training involves completing a bachelor’s degree program in social work through a college or university. Students take courses in psychology, abnormal psychology, sociology, economics, ethics, child welfare policies and complete a supervised internship.

The child’s Foster Care Worker needs to be a partner with the foster parents to ensure that each child receives the full spectrum of services provided and/or arranged by the Department.

Some aspects of this relationship include the following:

- Sharing information on an ongoing basis regarding the child’s individual needs, family situation and adjustment to the foster home
- Encouraging the foster parents to participate in the total service planning process
- Providing the foster parents the opportunity to discuss the child’s progress and any unmet needs which they assess
- Providing the foster parent with information, support, guidance and referrals to other professionals on the child’s behalf
- Helping the foster family, when necessary, to identify and obtain services for the foster child; e.g., medical, educational
- Ensuring that the foster family, on the child’s behalf, has access to all financial resources available to the child while in foster care.

A Foster Care Worker works in conjunction with Tribal Courts, Tribal Law Enforcement, Bureau of Indian Affairs, and other county services. Indian Child Welfare’s goal is to ensure the safety of our tribal children when they placed in foster care. The homes that our tribal children are placed in must complete Child Welfare Background Check, OSBI Background Check, Income Verification, Home Study, and a Physical. Our AST foster homes are licensed by our Foster Care Committee.

**Foster Care Payments are as follows:**

- 0-5 age $14.73 day $441.97 month
- 6-12 age $17.12 day $513.57 month
- 12 and over $19.30 day $579.13 month

In order to receive payment, all the above must be met and turned in to the state. Once processed, state payment will be issued.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.
APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)
(A ONE TIME YEARLY PAYMENT OF $150.00, PER RESIDENCE)

ELIGIBILITY
- ENROLLED ABSENTEE SHAWNEE TRIBE
- 18 YEARS OF AGE OR OLDER
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE’S NAME (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF $2,800.00)

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

APPLICATION ALSO ONLINE: www.astribe.com

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

OILS

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

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

Contact information:

Oklahoma Indian Legal Services (OILS)
4200 Perimeter Center Dr., Ste 222
Oklahoma City, OK 73112
Telephone: (405) 943-6457
Telephone: (800) 658-1497
Facsimile: (405) 917-7060

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

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

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

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

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

Facilitator: John Soap, LPC

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

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

For further information, contact:
Shawnee Behavioral Health Services: John 405-878-4716
Little Axe Behavioral Health Services: Dara 405-701-7987
Office of Environmental Health
Brownfield 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 possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

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

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

www.facebook.com/
ast.environmental.programs
Mid-year budget review

In July the finance department completed their mid-year budget review. The purpose of a mid-year budget review is to review:

- current year budget status,
- previous 6 month performance specific to budget spend,
- challenges and opportunities, and
- projection out to year end.

All departments of all AST entities were asked to review their budget and project out any unusual expenditures for the remainder of the year. As tools to help our directors make effective decisions, each department director is provided their monthly budget report and their general ledger report. A new budget dashboard showing the fiscal year has been rolled out to some departments. It is anticipated that all AST departments will have this third financial tool by 2018.

Grants

In July a Financial Grant Management training was held specific to educate our Department of Justice (DOJ) grant recipients what to expect and how to prepare for an Office of Inspector General (OIG) audit. The In addition to OIG investigations, the OIG conducts audits to determine whether cost claims under DOJ grants were allowable, supported, and in accordance with applicable laws regulations, guidelines, and grants terms and conditions. The training provided information and resources to guide the attendees step-by-step through an OIG audit and provided specific guidance as to the financial grant management requirements.

The training focused on aspects of financial grant management including:

- Detailed and summary accounting records
- Federal Financial Status reports
- Draw down
- Payroll time and effort reports
- Financial risk assessments
- Direct Cost sampling and testing financial controls
- Inventory requirements
- Contractor compliance
- AST currently has the following DOJ grants: Domestic Violence, Violence Against Women, COPS Equipment, Justice System and SORNA (sexual offenders).

Audit

On July 31st, Baker Tilley presented to our EC the finalized 2016 audit report. The auditors outlined their internal control considerations and discussed their tests of compliance. The audit report showed NO findings which means:

- No significant accounting practices were outside of internal policies
No transactions were found that were both significant and unusual as it pertains to accounting policies.

Financial statement disclosures were consistent and clear.

No difficulties in performing the audit.

No audit adjustments.

No corrected misstatements.

No disagreements with management.

No material weaknesses or deficiencies in internal control over financial reporting.

No instances of noncompliance.

No relationships affecting auditor independence.

The finance department along with the health system finance team did a terrific job over the last 4 months during the audit process.

**Fraud training**

On July 27th, a fraud training class was held for AST departments. Fraud is a wrongful or criminal deception intended to result in financial or personal gain. Occupational fraud is the use of one’s occupation for personal enrichment through the deliberate misuse or application of the employing organization’s resources or assets. The class provided the following training:

- Fraud overview and basics,
- Fraud in property and procurement,
- Fraud in travel,
- Credit card fraud.

In conjunction with the EC, the finance department is leading the AST initiative on our internal fraud policy & procedures and fraud education to all directors and employees. There will be continued and recurring fraud training for all AST employees.

Financial controls to help protect AST assets include:

- Annual audit,
- Segregation of duties,
- Inventory controls, and
- Policies and procedures outlining internal financial controls.

AST’s audited general fund financials in comparison to 2015. The graph outlines the positive growth in the AST’s general fund balance. All general fund dollars are obligated to general fund department budgets and programs. The graph represents financial growth of fund balance respective to the percentage of general fund expenditures.

Our health system’s strong financial performance and growth over three years (2014-2016). The analysis of net position outlines unrestricted, restricted and net investment in capital assets. Because of the increase in third party collections, there is a positive growth trend on health’s unrestricted dollars. Because of improvements and additions to health services, there is a positive growth trend on net investments in capital assets.
I would like to enter the **AIAS Golf Scramble** / $100 per person or $400 per team of 4

**Entry Fee Includes:** Green Fee, Golf Cart, Raffle Ticket and Lunch  
**Deadline October 13, 2017 - NO entries accepted day of scramble**

**REGISTRATION INFORMATION**  
7:30 a.m. Check-In / 8:00 a.m. Shotgun Start – Scramble Format

**Contact Name/Company:** ____________________________________________

**Address:** __________________________________________________________

**Phone:** __________________________  **Email:** ____________________________

**SPONSORSHIP OPPORTUNITIES**

- **GOLD LEVEL Sponsorship - $3,000**
  - Includes: Company signage displayed on 3 holes/Eight player entry fees/3 extra raffle tickets per player/Recognition at awards presentation

- **SILVER LEVEL Sponsorship - $1,500**
  - Includes: Company signage displayed on 2 holes/Four player entry fees/2 extra raffle tickets per player/Recognition at awards presentation

- **BRONZE LEVEL Sponsorship - $750**
  - Includes: Company signage displayed on 1 hole/Four player entry fees/1 extra raffle ticket per player/Recognition at awards presentation

- **HOLE Sponsorship - $200**
  - Includes: Company signage displayed on 1 hole – Businesses may sponsor more than one hole

- **DONATE items for the Golf Gift Bags/Door Prize Drawing** to promote my business to the players. 75 gift bags will be assembled with identical contents, please plan on donating 75 of the identical item for the bags (koozies, rain ponchos, golf tees or balls, coupons, water bottles, etc.) Door prize drawings occur at the awards dinner, donated items have included: dvd players, and other electronics, golf gift certificates, restaurant gift certificates, retail gift certificate, concert/event/game tickets and more.

**TEAM PLAYERS**

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**PLEASE ACCEPT**

- My enclosed check (make payable to) **OU Foundation – American Indian Alumni Society** for $___________
- My credit card as payment for **registration** and **sponsorship** totaling $___________

Credit Card payments must be made at the OU Alumni Association Office or by calling (405) 325-3453  
Mail checks to: OU American Indian Alumni Society – Attn: Noetta Harjo – 900 Asp Ave Ste. 427 – Norman, OK 73019

**Contact Noetta at noetta.harjo@gmail.com for more information.**
In May 2016, the Big Jim Youth Award Selection Committee identified the tribal youth who were to receive these prestigious awards for their High School Academic and Athletic performance. The selection committee for these awards consisted of individuals who are either educators, coaches, or affiliated in these areas or to the area of higher education within the state of Oklahoma. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all of the applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. “The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond” said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.

Academic Achievement, $1000.00 Scholarship
Athlete of the Year, $1000.00 Scholarship

**Matthew Drew Ellis**
Shawnee, Oklahoma
Parents: Kevin Ellis and Mary Ann Ellis
Attending: University of Central Oklahoma, Fall 2017
Major: Physical Education/Health
Accomplishments: All-Conference Basketball 2015, 2016, 2017 Oklahoma Native All State Association Games 2017

Essay: “My accomplishments come from always working hard, always doing things the right way, and never giving up… I had to step up early and help lead the team to one of its best seasons ever… The training I have been through for my sport shows countless hours upon hours of hard work. It shows that hard work really does pay off… I now have the knowledge to follow my dreams and know how to be patient and trust the process of it all.”

Academic Achievement, $1000.00 Scholarship
Athlete of the Year, $1000.00 Scholarship

**Koryne S. Coddington**
Corona, California
Parent: William Coddington and Vicky Coddington
Attending: Delaware State University, Fall 2017
Major: Biology, Nursing
Accomplishments: Triple Crown Championship, 2010 League Champions 2015 Participant in PGF Nationals, Orange County, CA 2013-2016

Essay: I have come to know what it means to succeed after many years of putting in hard work… This journey has not been easy and [was] very challenging… By age 15, and with the full support from my mother, I began my journey and dreams of playing collegiate softball with goals of earning a college degree in Nursing. I am very proud of how my mother has raised me and that she believes in my dreams, short and long term goals… It is my desire to learn and do academically well… I would like to accomplish spectacular things knowing that I can make a difference in expressing to all future Native American youth that it’s all possible to obtain your goals with faith and guidance to overcome obstacles along the way.”
Honoring Our Past
With Promise for
Our Future

LIFE is Beautiful
Living Meth Free

Absence Shawnee Housing Authority

Programs Available

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

FOR INFORMATION ABOUT OUR SERVICES
PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE
LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK
WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

National Suicide Prevention
1-800-273-8255 (TALK)
Absence Shawnee Health Systems
Shawnee & Little Axe
Here for you, now more than ever.

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

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

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

SHAWNEE CLINIC
Absentee Shawnee Tribal Health Authority, Inc.

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

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

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

Care on your schedule, that’s the Plus.

AN A F T E R H O U R S A C U T E C A R E F A C I L I T Y

HOURS OF OPERATION:
9 a.m. - 9 p.m. Monday – Friday
9 a.m. - 5 p.m. Saturday – Sunday
9 a.m. - 5 p.m. Holidays
(except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday of the month from noon-5 p.m.
First appointment – 9 a.m.
Last appointment – 8:30 p.m., Monday – Friday
Last appointment – 4:30 p.m., Saturday, Sunday & Holidays

Minor illnesses and injuries—an earache, a sprain, the flu—can sneak up on you. That’s why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

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

PLUSCARE
Li-si-wa-nwi Health, Inc.

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

W W W . A S T H E A L T H . O R G
White Turkey Band
Of
Absentee Shawnee 's
Veterans Pow-wow
Saturday, November 4, 2017
Thunderbird Casino @ Event Center

M.C.: Kelly Switch
Head Singer: Mike Kihega
Head Gourd: Micheal Tsotaddle
Head Lady: Alexis Tanyan
Head Man: Troy Tilley
Arena Director: Geremy Johnson
Co-Host: Absentee Shawnee Tribe Color Guard Association
Invited Color Guards: Sac & Fox Color Guard

Seminole Nation Honor Guard
All Veterans and Veteran Organizations Invited
All Club, Tribal and Organization Princesses invited

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

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

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

Schedule:
2 P.M. Gourd Dance
5 P.M. Supper
6 P.M. Gourd Dance
7 P.M. Grand Entry
11 P.M. Closing

Raffles and Cake Walks

Sponsors not responsible for accidents or theft (security will be pro-
vided). Thunderbird Entertainment is an Absentee Shawnee Enter-
prise and is not responsible for Accidents or Theft
CONTRACT HEALTH SERVICES NEWS

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

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

EMERGENCY AND URGENT CARE SERVICES

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

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

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16. 8:00 a.m. – 5:00 p.m., Monday – Friday. Closed on Holidays. All facilities closed the first Wednesday of the month from Noon to 5pm.

EASY ACCESS

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

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

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

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

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

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

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Karen Deere, CH Technician/Medical Records

SHAWNEE CLINIC CHS
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

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

REFERRAL MANAGEMENT
Shawnee Clinic
Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients’/Medical Assistant

LITTLE AXE HEALTH CENTER CHS
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

405.878.5850 (Primary)
405.878.4702 (Secondary)

405.878.5850 (Secondary)
405.878.5850 (Secondary)
405.878.4702 (Secondary)
405.878.5850 (Secondary)
405.878.4702 (Secondary)