



THE Absentee Shawnee News

hi si me ni ke se fe wa
paw-paw month

September 2019 • www.astrobe.com • Volume 30, No. 09

li si wi nwi
"Among the Shawnee"

Worldwide
Suicide
Prevention
Day 2019 is
September 10th

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DON'T MISS OUT!
Community meeting
recordings available
at www.astrobe.com

PRESORTED STANDARD
US POSTAGE
PAID
SPRINGFIELD, MO
PERMIT 96
RETURN SERVICE
REQUESTED

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



ASEDA into Industrial Hemp



Pictured above L to R is Aaron Fournier (Native American Hemp), David Deer (ASEDA), Henry Penix (Native American Hemp), Sec. John Johnson (AST), Rep. Atheda Fletcher (AST), Jeff Rabon (ASEDA), Michael Affentranger (ASEDA Board), Sandra Vaughn (ASEDA Board), and Treasurer Phillip Ellis (AST).

Recently, Congress passed the Farm Bill, which contained a provision fully legalizing industrial hemp production for tribes and states, undoing an 80-year-old prohibition. Hemp legalization opens up economic opportunities for tribes and tribal entrepreneurs across Indian Country looking to invest in or produce industrial hemp, which can be used for a wide variety of

everyday products like medicine, clothing, food, office supplies, and even automobiles. ASEDA has decided to be a leader in this economic opportunity, which makes AST one of first Tribal Nations in Oklahoma to get into Industrial Hemp.

Although hemp and marijuana are both considered cannabis, hemp is much different from marijuana in its function, cultivation and

Hemp, Page 8

BIA ROADS PROGRAM

If you have visited the Tribal Complex recently, then you have seen there are a few Roads projects on going. Under the direction of the Office of the Treasurer, these projects have been started and are on course to be completed within the scheduled timeframe. The Roads program has funded the maintenance and new construction on these projects in order to keep our tribal infrastructure updated and in current operational standards.



Complex Entrance

The Entry way to the complex will have new concrete poured and will have a more smooth transition from Gordon Cooper Drive into the complex driveway. Also the drainage under the entry way has been replaced and re-engineered so that any water will be properly diverted away from the roadway.

BIA, Page 8

Thunderbird Casino mural showcases prominent Native Americans

By Jesse Crittenden | Norman Transcript Staff Writer Aug 13, 2019



A new mural outside Thunderbird Casino, completed in July and designed by J. Nicole Hatfield and Brent Greenwood, showcases four portraits of prominent Native Americans in history. Photo by: Sherman Tiger ~ AST Media

Norman residents that have driven by Thunderbird Casino in recent days likely noticed an addition to their outside scenery.

The mural is painted near the entrance of the casino at 15700 OK-9 and features four abstract portraits of prominent Native American people in history. The casino finished the mural project in mid-July.

Artists J. NiCole Hatfield and Brent Greenwood designed the mural. Hatfield, who has ties to Comanche, Kiowa and Apache heritage, said she is proud of the mural and its representation of Native American culture.

"[Brent and I] love the way the mural turned out," Hatfield said. "I'm glad we were able to incorporate four people who have significant ties to Native Americans. We were also able to incorporate [Shawnee] clan animals, which are very important to the tribe."

From left to right, the first portrait in

the mural is of Tecumseh, a political leader and war chief for the Shawnee tribe in the late 1700s. According to history.com, "Tecumseh's political leadership, oratory, humanitarianism, and personal bravery attracted the attention of friends and foes. He was much admired by both the British and the Americans. After his death, a considerable mythology developed about him, and he has become an American folk hero."

The second portrait is of Te Ata Fisher, a member of the Chickasaw Nation known for her storytelling. In 1958, she was honored by the Oklahoma Hall of Fame, and in 1976 she received the Governor's Award (Oklahoma) and was named Woman of the Year by The Ladies Home Journal.

The third portrait is of John L. Sloat, a sergeant in the U.S. Army who was awarded both the Silver Star and Bronze Star medals for bravery, as well

as three Purple Hearts for his service in the Korean and Vietnam wars. He was inducted into the Oklahoma Military Hall of Fame in 2014 and died in 1919.

The final portrait is of Jim Thorpe, a member of the Sac and Fox Nation who is known primarily for his achievements in professional football and baseball in the early 1900s. He also earned gold medals during the 1912 Olympics in decathlon and pentathlon. History.com dubbed Thorpe as the "America's original crossover athlete" due to his success in several different sports.

Sam Caruso, Thunderbird Casino general manager, said he is proud of what the mural represents for the casino and the Absentee Shawnee Tribe.

"In an effort to fulfill our company mission, Thunderbird Entertainment, Inc. undertook the mural project to create a community project that would enhance the surrounding area and enrich the Absentee Shawnee Tribe," Caruso said. "Our goal was to partner with the Native American community to develop a piece of artwork that represented different aspects of the community."

"The resulting collaboration of Native American artists and TEC is a representation of sacrifice, culture, sport, art, and leadership that characterizes the Absentee Shawnee Tribe and surrounding communities," he said.

Hatfield has been an artist most of her life, and said the Thunderbird mural allows her to express herself and her heritage.

"I'm just glad that as an artist and a Native woman that I am able to represent myself and my tribe through my art."

For more information on Hatfield's art, visit www.jnicolehatfield.com.



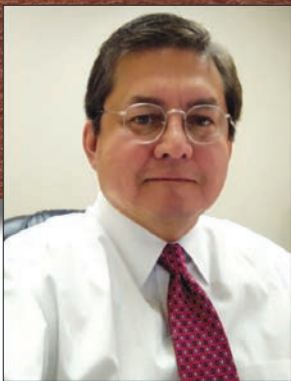
Edwina Butler-Wolfe
GOVERNOR



Kenneth Blanchard
LT. GOVERNOR



John Johnson
SECRETARY



Phillip Ellis
TREASURER



Atheda Fletcher
REPRESENTATIVE

Governor’s REPORT

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

Hello Tribal People!

My report this month will be about some current happenings that will affect our Tribe which is the Gaming Compact and implementing tutoring services for our American Indian Students which should be the main focus of educating our children to become self-sufficient as they become productive citizens in the future in their community. Our reports should be about what we can do for you as tribal people and not bashing someone in the newsletter. We hear enough of that in Washington DC as you turn the TV on to watch the news morning and nightly. We should be putting our efforts into what is going on right now at the Oklahoma State Capital with State Compacts.

Unfortunately now we are in Tribal Court with what has happened with the BIA Secretarial Election and the Tribal Election. We as a Tribe need to do what the Federal Law says. A dignified leader would follow the constitution and not violate federal law.

OKLAHOMA INDIAN GAMING ASSOCIATION

The OIGA Conference and Trade Show were held at the Cox Business Center in Tulsa, Oklahoma, July 22 – 24, 2019. OIGA marked 25 years of success this year.

Some of the topics that were included were the History of Sports Betting, the State Tribal Gaming in Oklahoma, International Vendor Licensing: Class II/Class III: The ongoing Exclusion of Technology: On July 23, 2019 a Tribal Leader discussion was held in conjunction with the OIGA 25th Annual Conference and Trade Show. There were 23 Tribal Elected Leaders that was present to discuss and respond to the Governor Kevin Stitt’s letter that was sent out to all the Tribal Nations in Oklahoma pertaining to the Gaming Compact that will expire at the end of 2019.

A letter was composed during this meeting and Tribal Officials present signed and letter was scheduled to be mailed out on July 26, 2019 to Governor Stitt. It reads as:

We, the undersigned Tribal leaders, respectfully represent that we intend to stand united in response to your recent statement that the Gaming Compact will expire at the end of this year. Additionally, we believe the following principles to be true:

1. The present Gaming Compact will automatically renew on January 1, 2020;
2. The rates under the present Gaming Compact should not change. They represent promises made by the State of Oklahoma and the Tribes. Promises we intend to fulfill now and in the future, and we expect the State to do the same: and
3. We recognize you have the right under the present Gaming Compact to request a renegotiation of rates paid under the Gaming compact. We recognize your right to make that request and would ask that you send your proposal to each and every Tribe together so that we may consider any proposal as a unified body of Tribal leaders.

We thank you and look forward to receiving your proposal.

The official count by Oklahoma Indian Gaming Association was 29 Tribal Nations drafted and signed letter.

Nations that signed:

- Choctaw Nation
- Chickasaw Nation
- Muscogee (Creek) Nation
- Iowa Tribe of Oklahoma
- Peoria Tribe
- Ottawa Tribe of Oklahoma
- Eastern Shawnee Tribe of Oklahoma
- United Keetoowah Band of Cherokee
- Cheyenne and Arapaho Tribes
- Osage Nation
- Fort Sill Apache
- Wichita and Affiliated Tribes
- Pawnee Nation
- Ponca Tribe
- Kaw Nation
- Absentee Shawnee Tribe of Indians of Oklahoma
- Delaware Nation
- Quapaw Nation
- Apache Tribe of Oklahoma
- Citizen Potawatomi nation
- Kiowa Tribe
- Cherokee Nation
- Miami Tribe of Oklahoma
- Wyandotte Nation
- Alabama/Quassarte Tribal Town Chief
- Kickapoo Tribe of Oklahoma
- Sac & Fox Nation of Oklahoma
- Shawnee Tribe
- Seminole Nation of Oklahoma

Tribes that was not listed:

- Caddo Nation
- Comanche Nation
- Delaware Tribe of Oklahoma (Bartlesville, Oklahoma)
- Kialegee Tribal Town
- Modoc Tribe of Oklahoma
- Seneca-Cayuga Tribe of Oklahoma
- Thlopthlocco Tribal Town
- Tonkawa Tribe of Oklahoma
- Otoe-Missouria Tribe of Indians

We will keep you updated as we receive.

HORSE SHOE BEND AFTER SCHOOL

Briana Ponkilla, CCDF Coordinator of Building Blocks and I are working together along with Lt. Governor

Blanchard and Treasurer Ellis to do some repairs of the after school portable building at Horse Shoe Bend, so that we can reopen the center for tutoring services. As I was touring the new high school at North Rock Creek School on August 6, 2019 our American Indian Parents was inquiring about tutoring services, we had to close toward the end of 2019 Spring session due to low participation. We are in hopes that all repairs will be completed after Labor Day and will be ready to open the doors in middle part of September. I have reached out to Mr. Blake Moody, Superintendent of North Rock Creek School and he has indicated that to let him know if there is anything he can do to help in reopening center. We are looking forward to helping our American Indian Students with tutoring services. We will take any student with a need of tutoring help. We will keep you updated as we get close of opening the doors.

Governor Meetings for July and August

JULY

16th 11:00 am OIGA Gaming Meeting Tribal Leaders - OKC

18th Directors Meeting

Present: Media, Social Service, Education, Absentee Shawnee Housing, OEH Executive Committee Present: Lt. Governor Blanchard and Governor Butler-Wolfe

Directors not present: AST Police, Cultural Preservation, Domestic Violence, Enrollment, Finance, Human Resource, ICW, Maintenance, MIS, Procurement, Reality, Title VI, Building Blocks, Health Executive Committee not present: Secretary Johnson, Treasurer Ellis, Rep. Fletcher

3:00 pm Education Budget Mid-year Review

19th 10:30 am Adult Protective Service Meeting with Social Service

3:00 pm Governor Budget Mid-Year Review

20th Elders Meeting - Shawnee

22nd 10:30 am BIA Meeting

23rd Oklahoma Indian Gaming Association Conference – Tulsa, Oklahoma

24th OIGA Conference – Tulsa, Oklahoma

31st 2:00 pm CTSA Meeting at Finley and Cook

AUGUST

1st Lunch Elaine Webster from Washington DC

5th 8:00 am Shawnee Middle School Presentation for Staff Development

6th 9:00 am CTSA Board Meeting, AST Complex

6:00 pm Grand Opening of North Rock Creek High School

13th 10:00 am CTSA Construction Meeting of new building

1:30 pm Tribal Court

19th 9:00 am Directors Monthly Meeting

21st 10:00 am Regular Executive Committee Meeting

The Governor Office has only one staff and that is the Governor, if you should call my office you may leave a voice message and I will get back with you. Please call Extension 6308 as that will come directly back to my office or you may call tribal cell number 405 481-0397 or email edwinab@astribbe.com or text message on cell number.

EXPRESSIONS

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

CONCLUSION:

I appreciate Tribal Members that have come by my office or called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere. My office is not behind locked doors.

Help me make a difference and stand beside me and let us Build for the Future (BFF)

Governor Edwina Butler-Wolfe

405 275-4030, Ext: 6308
405 481-0397 Tribal Cell Phone

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

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

Treasurer’s REPORT

Phillip Ellis
AST Treasurer

Fractionation

On August 3rd the Office of the Treasurer and the AST Realty Department held an educational session on fractionation or inherited undivided trust. Our Realty Department partnered with the local office of the Department of Interior to share information on how reservation land is owned, how to read your individual trust interest (ITI) report, who is eligible to inherit trust land and retain trust status, ways to avoid further fractionation of reservation land, and Individual Indian Money (IIM) account. One of the key points made in the meeting was the importance of a written will. The Office of the Treasurer has decided to offer this educational session on an annual basis as a form of financial literacy for our members. If you were unable to attend and would like further information, please contact the Realty Department at 275-4030 x6420.

Oklahoma Tribal Finance Consortium



On July 25th & 26th I attended the Oklahoma Tribal Finance Consortium. The meeting was hosted by the Osage Nation at their Osage Casino & Hotel in Tulsa, OK. The meeting included over 150 attendees representing tribal nation leaders, tribal finance staff, tribal healthcare finance staff and educators on tribal finance and economic development topics. Tribal Healthcare included: Understanding Tribal Health Financial Statements, Tribal Healthcare Revenue Cycle Management, Tribal Health Key Metrics, and Assisted Living & Long Term Care. Tribal Economic Development topics included: Economic Nexus Law, Emerging Hemp Products in Indian Country, Fraud and Cyber Security Awareness and Prevention, Government Contracting – 8a Best Practice Accounting & Compliance, and the OK Native Economic Impact Study Results. At the consortium meetings, I am able to meet and learn from other tribal treasurers. Our finance and economic development leaders Oklahoma Economic Impact

On July 18th the Oklahoma Native Economic Impact study was released at a press conference. As a board member of the OK Tribal Finance Consortium, I participated as a committee member of the Oklahoma Native Economic Impact study.

The report was commissioned to evaluate and quantify the economic contribution of tribal nations within the state of Oklahoma. The study was completed by an independent third party, Dr. Kyle Dean with Oklahoma City University, which also works on the Oklahoma Indian Gaming Association economic impact study. The study was almost a yearlong in the process and all data were audited numbers, which is part of the reason why we used FY2017 data. Our tribe was one of the first tribal nations in our state to move forward on this vital study that helps tribal nations tell our story. The strategic partnerships we have created within our communities have led to millions of dollars of investments and have generated significant economic growth. And, in many cases, tribes are providing safety-nets for critical services as well as funding for infrastructure projects that might not otherwise have occurred. Some key points from the Oklahoma Native impact study include:

early learning centers and primary and secondary schools, but we fund millions of dollars in scholarships for higher education. In fact, more than \$1.3 billion has been paid in exclusivity fees for education since 2006. And in 2017 alone, \$198 million was paid in exclusivity fees and other support.

- This report tells us we are not only financially strong but rank as a top employer in the state. Tribes support 96,177 jobs! That represents \$4.6 BILLION in wages and benefits to Oklahoma workers.
- Tribes created a \$12.9 Billion dollar economic impact in 2017 through their business revenues and government expenditures.

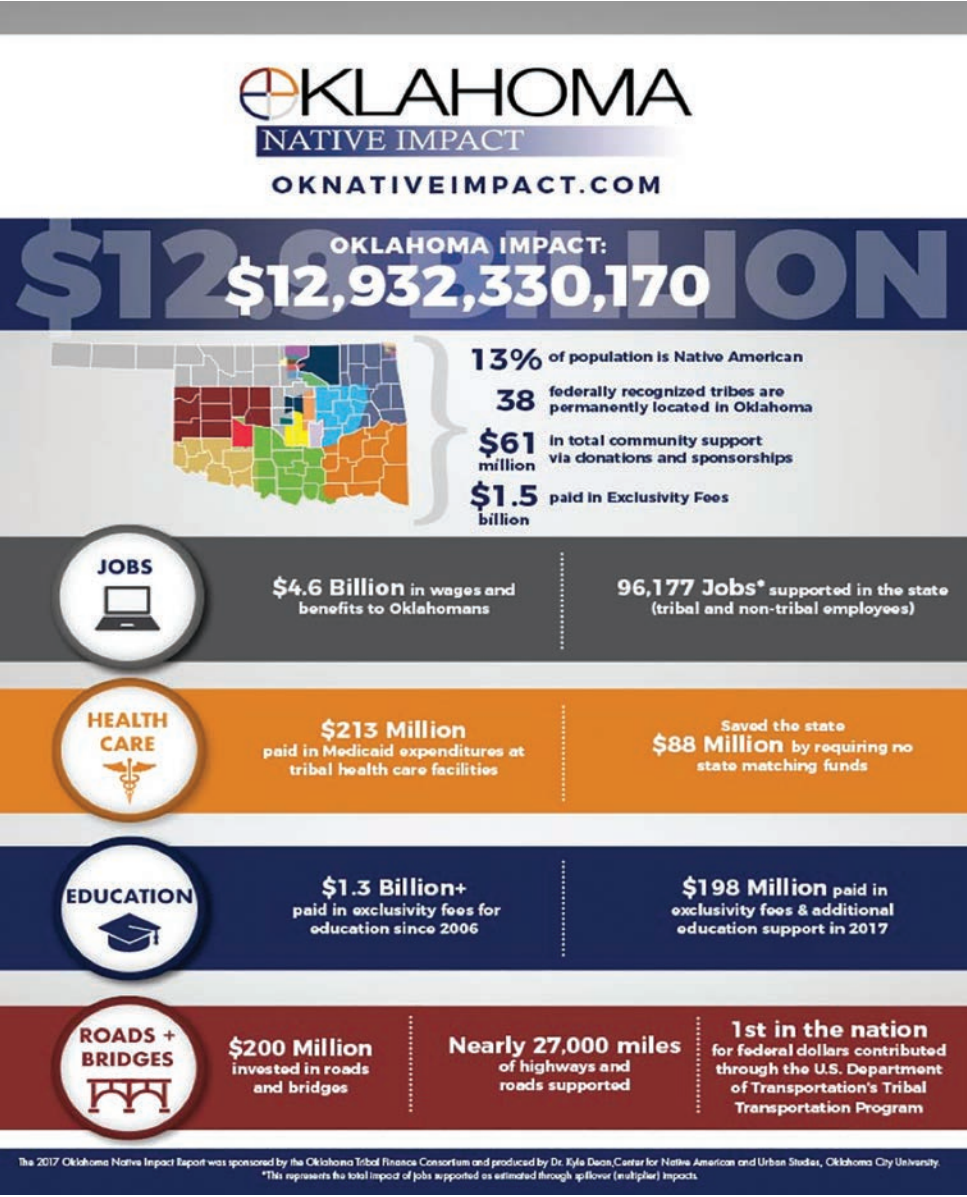
To learn more about the Oklahoma Native Impact, go to www.oknativeimpact.com.

Wills Trusts and Probates



On Wed., July 31st we held the third quarterly Wills & Trust clinic at our Shawnee Complex. The Office of the Treasurer has partnered with Oklahoma Indian Legal Services (OILS) to provide educational clinics to help prepare wills, trusts/probates, legal assistance with criminal charges, expungements of criminal records for Native Americans and disaster preparedness training. Oklahoma Indian Legal Services! OILS is a non-profit legal aid office that provides services to low-income Indians living in Oklahoma. The attorneys and staff at OILS represents Indian people in civil cases that are connected to their Indian status. This means that OILS’s clients are members of federally-recognized tribes who are facing problems that are related to that status. OILS specializes in the areas of law that impact Indian people because they are members of a federally-recognized tribe.

These cases include the Indian Child Welfare Act, probate on restricted lands, wills for elderly Indians on trust or restricted land, Indian housing issues, tribal sovereignty issues, and individual rights. OILS also provides community education about Indian law issues to Native American groups, tribal employees, and attorneys and judges nationally. OILS attorneys are recognized nationally for their expertise in property and particularly in the Indian Child Welfare Act. The first hour and a half is an educational session along with a general questions and answers portion. The last 4 hours are individual appointments to address individual needs and questions. The last quarterly education for this year will be on Wed., October 30th (10am – 3pm) and will be held at the Little Axe Health Center conference room. Please make sure to attend this vitally important education. To get an individual appointment or to get your will / probate started, please feel free to contact Stephanie Hudson (with OILS) at 405-943-6457 or email oils@oilsonline.com.



- Tribes have invested a total of \$200 Million for construction and maintenance of Oklahoma roads, bridges, and other transportation projects. Nearly 27,000 miles of roads are supported, and these are interstates and road-ways used by ALL Oklahomans.
- In 2018 alone, \$213 million was paid by tribes for Medicaid expenditures. More importantly, tribes saved the state of Oklahoma \$88 Million for the reduction of Medicaid matching payments that otherwise would have been paid by the State.
- Tribes place a high priority on education. We not only operate



ABSENTEE SHAWNEE TRIBAL MEMBERS

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

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

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

APPLICATION ALSO ONLINE: www.astrike.com

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

Domestic violence is not a Native American tradition.

STRONGHEARTS
Native Helpline

Need to talk? Get free help by calling
1-844-7NATIVE (762-8483)
available daily from 7 a.m. to 10 p.m. CST.

Callers reaching out after hours may connect with the
National Domestic Violence Hotline by selecting option 1.

Trust. Speak. Heal. Together. | strongheartshelpline.org

This project is supported by Grant Number 90EV0426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

Representative’s REPORT

Atheda Fletcher
Work PH: 405-275-4030 Ext. 6239
Cell PH: 405-287-5247
email: afletcher@astribbe.com

Greetings Tribal Members:

I hope everyone is recharging mind and spirit with this great summer sunshine and the great summer thunderstorms we have been getting! What a difference this year has been--with some of the tremendous heat, the rain just clears that heavy air like a charm! We are fortunate. The following is a brief report on activities since last month’s article.

Cultural Preservation.

FCC--The US District Court of Appeals for the District of Columbia ruled that the Federal Communications Commission cannot make smaller 5G towers exempt from a review process on tribal land. The court ruled that the July 2018 decision violated tribal rights under the National Historic Preservation Act to determine whether proposed structures such as cell towers and antennae will have an impact on historical and culturally significant land. Although this is a win for tribes, the appellate court declined to vacate the part of the rule dealing with review fees. It appears that if tribes are to get fees paid, the tribes must have a written contract with companies. At this time, we will have to see what next steps are required in getting a resolution to this critical issue. The Cultural Preservation staff will continue to monitor and attend tribal meetings on this issue.

Consultation--The CP Director and I attended the Texas Military Department and Texas Department of Transportation 2019 Tribal Consultation in Granbury, Texas in July. This was a two-day meeting to discuss with the TMD and TXDOT the involvement of tribes and building working relationships. The TMD’s goal was to identify levels of participation for the five year Integrated Cultural Resources Management Plan revision, establish contact for seasonal tribal field support for site monitoring, project monitoring, etc. Other topics involved maintaining proper contact information with tribal representative offices such as THPO, NAGPRA and tribal leadership. There were 11 different tribes represented and joint agencies were in attendance to host round table discussions. Expenses for this trip were fully covered by the TMD and TXDOT and consultation fees were paid to the AST tribe for our attendance. Also, I am pleased to announce that our CP Director, Andrea Ellis-Harrison, was selected to serve on the Tribal Advisory Board of TXDOT.

Gift Shop--I hope that many of you have had the opportunity to visit our gift shop at the Little Axe Clinic. We have now installed new display cabinets and continue to build new vendor relationships to diversify our merchandise selection for our customers.

As usual, we appreciate your support and if you have any suggestions or requests, please contact our Gift Shop Manager, Merry Rodriguez.

Library--Once again, the CP Department has been awarded the IMLS basic library grant for 2020. The award is \$10,000. Please come visit our library--we have a fine selection of books and our new Librarian, Casey Wilson, is available to answer questions or assist patrons as necessary.

The apron, can and moccasin classes have been rescheduled. Please contact Cultural Preservation Department for the new dates.

Human Resources. The HR Director will provide an update on HR activities in a separate article in this month’s edition.

Economic Development. It is exciting to see ASEDA in the forefront of this re-emerging industry! I have been eagerly checking our field to see the growth of our tribal hemp. It is coming along well. The seedlings are small for now, but recent rains have really helped the seedlings gain a foothold. The ASEDA projects and initiatives are important to the growth of our tribe’s economic development. I wish to thank all the individuals who have contributed to the mowing and support for getting this pilot program started.

Assisted Living Action (ALA) Committee. The ALA committee continues to assist WIPFLI as its staff works on the feasibility study. I will have more to report on the progress of the feasibility study in the next issue. In addition, I attended the OK Tribal Finance Consortium Conference that provided a wealth of knowledge on various topics. One presentation in particular, Elder and Vulnerable Adult Care—Continuum of Care Considerations, provided useful information as we journey down this path for an assisted living project. This informative presentation touched on statistics, program objectives, program opportunities, medical care management, funding and much more.

Gaming Commission

I attend the OIGA State Conference and Trade Show in Tulsa. This OIGA event is specifically devoted to all aspects of the Indian Gaming industry. At the OIGA luncheon, one of our young tribal Shawnee decedents, Dakota McDowell Wahpekeche, grandson of tribal member, Meredith Wahpekeche, was presented with a John Marley Scholarship award. Congratulations and good luck, Dakota! It is rewarding to see youth recognized and helped with their pursuit of high education.

As we approach the renewal of the State Gaming Compact, I have been attending

meetings with legislative representatives along with Treasurer Ellis and Secretary Johnson. We want to get to know them, establish open communication and provide them with our opinions and view of the tribe’s impact on our local communities and state.

I also attended the OIGA Special Membership Meeting in Tulsa on August 15 to discuss the State Gaming Compact. Please visit this website for more information: <https://www.unitedforoklahoma.com>

As we approach the renewal of the compact at the end of the year, as tribal leaders, we need to stand together. We



need Governor Stitt to recognize that the tribes are one of Oklahoma’s strongest assets and call that he stands with us.

Other. I attended the Press Conference for the release of the Oklahoma Native Impact Report at the Oklahoma History Center in Oklahoma City. This was well covered by the Oklahoma media. This report is a valuable tool that will give all Oklahomans the knowledge and understanding of all tribes’ impact and importance to the people of Oklahoma. Please take the time to review this information at oknativeimpact.com

Quote:

“We are made wise not by the recollection of our past, but by the responsibility for our future.”

Life Recovery Shawnee
A Christ-centered Addiction Recovery Support Group

Every Tuesday 7 PM
Open Door Church of God
1200 N. Tucker St.
Shawnee, Oklahoma


Call Ty Thorpe at 405-833-7366 for more information

METROPOLITAN LIBRARY SYSTEM PRESENTS:

BETWEEN THE COVERS BOOK CLUB

Bold, edgy and suspenseful romance!
Come read Between the Covers, a Book Club with ♥ Pick up a scavenger hunt questionnaire to test your knowledge about each month's book! Complete and return a correct questionnaire to the service desk for a reward!

3rd Saturday of each month @ 10am


Metropolitan



Del City Library | 4509 SE 15th St. | 672-1377 | www.metrolibrary.org



All Nations Bank
NEW HOURS
Shawnee (405) 273-0202
Effective August 12, 2019

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

Lobby: 9AM to 4 PM
WWW.ANBOK.COM

FDIC

OEH Thanks You for Your Participation!

The AST recycling program has been a real success and continues to get even better. In the past year we have received more recyclables at a higher rate than ever, and it's all thanks to you.

In one year we have collected approximately 35 tons of paper and cardboard. By baling these materials for sufficient transportation and recycling these materials, that saves the equivalent of 13,650 kWh of energy, or about 1,600 gallons of oil.

We encourage you to keep up the good work and remember that OEH accepts paper, cardboard, aluminum, and electronics for recycling. Cardboard containers are available at multiple locations around the AST Tribal complex.







Pendleton Teton Minnetonka

Handcrafted native products from all over!

2025 South Gordon Cooper • Shawnee, Oklahoma 74801
Monday-Friday 8AM - 5PM
&
Little Axe
Tuesdays and Thursdays 8AM - 12PM

Please call 405-275-4030 for additional details

BIA

Please remember as construction continues on the Entry way, the “Main Entrance” is for ENTRY ONLY. You may use the south driveway, James Edwards Drive, to EXIT the complex. Complex Striping



As the construction continues to progress, some maintenance is due on the driving and parking areas around the tribal complex. The East Parking Lot has been “striped” with new paint and new parking blocks and Handicap parking blocks have also been set. This minor upgrade has given the East Parking lot a very nice look.



Multi-Purpose Parking Lot
Thanks to Creator for giving us good weather, we are making good strides in completing the Multi-Purpose Parking Lot. As of August 12, all the ground work has been completed and the light



pole bases and electricity to the light poles have been ran. Concrete work will begin this week, so look forward to this project to be moving into the completion stages very shortly. In fact, as you are reading this article, the parking lot may already be completed. As the entry way to the complex is finished, crews will continue to perform repairs to other areas on the complex that are in need of repair work. Also, some maintenance work on our inventory roads were performed on Fishmarket Road and Kings Road. This was much needed repair work from the damage the rains earlier in the year had caused to the roads. The Absentee Shawnee Roads Program are working at getting things moving and looking to improve the tribes transportation needs.



We love you sissy!! From momma, Bubba and Lil bubba

UNITED *for* OKLAHOMA

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

Absentee Shawnee Tribe Constitution Review Committee Report

Greetings to all Tribal Members: This is an update of the AST Constitution Committee progress to date.

Our monthly meeting was held July 28, 2019, at the Little Axe Community Building at Little Axe, OK. Major discussion and action to select an attorney to assist the CCS Committee to review the draft of the Constitution prepared by the Committee. Originally OILS (Oklahoma Indian Legal Services) was contacted, however, we had not finalized an agreement with OILS.. It was the consensus of the committee to contact other attorneys. Several names of other attorneys were contacted and our Committee selected Robert D. Gifford to review, amend and assist the Committee to revise the draft AST Constitution.

We propose to have a revised draft of the AST Constitution available at the October, 2019 General Council for your review. Mr. Gifford and members of the CCS Committee will be available to address any question you may have.

We look forward to seeing you at the General Council meeting in October, 2019.


Dan Little Axe, Chairman

AST Constitution Review Committee

Absentee Shawnee Tribal Behavioral Health Grants



M.S.P.I. & NATIVE CONNECTIONS

YOUTH HAND GAMES


TUESDAY SEPT 17TH
LITTLE AXE RESOURCE CENTER
6pm to 8pm

JOIN US FOR AN EVENING OF YOUTH HAND GAMES HOSTED IN COLLABORATION WITH THE CITIZEN POTAWATOMIE NATION MSPI, NATIVE CONNECTIONS , TRIBAL YOUTH AND SHAWNEE INDIAN EDUCATION.

FOR MORE INFORMATION PLEASE CONTACT JENIFER SLOAN AT 405-878-4716 or Ann Marie Passarella 405-701-7987

1970 156TH AVE NE | NORMAN, OK

ade with FosterWyWall.com



HAPPY 5TH BIRTHDAY VANESSA CREEK

Love Papaw



Menu subject to change.
2% Milk Served Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AST Complex Closed LABOR DAY	3 Cold Cut Sandwich LTOP Chips Orange	4 BBQ Chicken Ranch Beans Winter Blend Mixed Fruit	5 Egg Roll Stir Fry Veggies Rice Apricots	6 Scrambled Eggs Sausage Gravy Biscuit	7
8 GRANDPARENTS DAY	9 Wieners & Kraut Green Beans Bread Applesauce	10 Tamale Refried Beans Salsa/Chips Pineapples	11 Chicken Fajitas Bell Peppers N Onions Tortilla Fluff	12 Ham Carrots Collard Greens Bread/Peaches	13 French Toast Bacon Blueberries	14
15	16 Hamburger LTOP Waffle Fries Mandarin Oranges	17 Chef Salad Chicken, Eggs, Chez Crackers Peaches	18 Pork n Potatoes Green Beans Crisp	19 MIPPA Grant promotion Bingo & Lunch 11am to 1pm LARC	20 Scrambled Eggs Sausage Gravy Biscuit	21
22	23 Steak Fingers Mashed Pot/Gravy Veggies Cookie	24 Baked Zita Broccoli Tossed Salad* Pears	25 Beans w/ Ham Steakfries Cornbread Mixed Fruit	26 Lemon Pepper Chicken Veggies Bread/Cake	27 Cereal Ham English Muffin Fruit	28
29	30 Chicken Wraps LTOP Chips Orange					

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

Human Resource REPORT

Elizabeth Snow
Director of Human Resource

The last several months have been productive for the Human Resource Department. We have made significant progress on a number of quality focused initiatives. The first phase, being our pilot training program for managers and key personnel. These trainings were held once a month and provided core skills for supervisors and lead staff. The framework of these trainings focused on skills to assist our supervisors with coaching employees, dealing with diversity, as well as conflict resolution in hopes to increase productivity and engagement for their departments. The overall response to these trainings was very positive. With an 87% participation rate from supervisors and a 94% positive rating from survey responses the pilot program will return again for another quarter. In phase 2 of these trainings, we will focus on strengthening the supervisor’s technical skills and dive deeper into the needs of our departments. Currently, the department is wrapping up the 401(K) transition to a new company, which was very successful. The plan has increased enrollment so far by 9% and lowered fees for employees, resulting in an increase in contributions to their retirement plans.

In addition, the department is on track to complete the Employee Handbook and update of policies and procedures by the end of year. With these updates we hope maximize efficiency and effectiveness by providing clear policies that clarify direction for all employees. This month we are hosting a mid-year InsureOK enrollment to capture any new employees that may benefit from this subsidy. InsureOK assists lower income families with benefit premiums as well as reimbursing sponsoring employers up to 60% of benefit premiums.

The Human Resource department is a part of an action team lead by the Representative, consisting of key personnel from, Cultural Preservation, and the IT department. This action team will focus on aligning the branding of the Tribal departments with a consistent visual representation of the Tribe in print and online and consistent with the Health Clinics. We project to have this first phase completed by the end of this year.

In the upcoming month, the department will focus on our Benefit Renewal for employees. We are currently reviewing our benefit plans to ensure that we are offering the best services to our employees as well as finding ways to lower costs for the Tribe. The staff is also preparing for the end of year audits, employee longevity awards and end of year projects.

While the end of year always brings an increase in productivity for the department we are still available to assist any Tribal member or employee with questions. We are committed to ensuring the assets and integrity of the Tribe are protected as well as continuing to serve our employees with kindness and professionalism. If you have any questions regarding the Human Resources departmental process, please feel free to contact us by sending an email to HR@astribe.com.

“Love your life, perfect your life, beautify all things in your life.” – Tecumseh

Help Wanted...

- RN Case Manager - Home Health**
Little Axe Health Norman, OK

Travel Coordinator Absentee
Shawnee Tribe Shawnee, OK

Gift Shop Clerk Norman, OK

Enrollment Director Secretary’s Office Shawnee, OK

ICW/PSSF Worker Indian Child Welfare Shawnee, OK

Executive Director Gaming Commission Norman, Ok

Child Care Development Fund Assistant Shawnee, OK

Surveillance Operator Norman, OK
- Enrollment File Clerk**
Shawnee, OK

Water Quality Specialist
Shawnee, OK

Receptionist/Phone Operator
Secretary’s Office Absentee
Shawnee, OK

Desktop Support Analyst Health Little Axe Health Center
Norman, OK

Food Prep Assistant Building Blocks Absentee Shawnee Tribe
Shawnee, OK

Security Guard Health Little Axe
Health Center Norman, OK
- Desktop Support Analyst**
Little Axe Health Center /
Norman, OK

Emergency Manager
Police Department
Shawnee, OK






Master Teacher AST Building
Blocks III Norman, OK

Food Prep Assistant Building
Blocks Shawnee, OK

Pharmacy Tech Little Axe
Health Center Norman, OK
- For more information go online to www.astribe.com**

Detailed information and a downloadable application are available at www.astribe.com/employment. Applications can also be picked up at the Human Resources Department located at the Absentee Shawnee Tribal Complex, 2025 S. Gordon Cooper Drive, Shawnee, OK.

Send completed applications and resumes to
email: HR@astribe.com fax: 405-273-2710 or mail to:
Absentee Shawnee Tribe-Human Resources Department 2025 South Gordon Cooper Dr. Shawnee, OK 74801




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
Aerobic/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	Aerobic/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	Aerobic/Strength Circuit 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
		Core-N-More 12:00 p.m.-1:00 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
			"HIIT" Thursday 12:00 p.m.-1:00 p.m. Buster Bread LITTLE AXE HEALTH FACILITY	
Resistance Training 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 Thursday at the Little Axe Health Center


High-Intensity Interval Training aka "HIIT" alternates between intense exercise and brief rest periods. These workouts are fast-paced, fun, and modified for a variety of fitness levels.

Absentee Shawnee Fitness




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

"Resistance Training"- Classic resistance training utilizing a variety of fitness apparatus, including resistance bands, dumbbells, kettlebells bodyweight exercises, and medicine balls.



"Core-N-More" blends elements of balance, resistance training, and functional movements all in one to provide you with a full-body workout.

Diabetes and Wellness



YOUTH MENTAL HEALTH FIRST AID

64.1%
of youth with major depression do not receive any mental HEALTH TREATMENT.
Mental Health America

1 in 5
teens & young adults lives with a mental HEALTH CONDITION.
National Alliance for Mental Illness

5.13%
of youth report having a substance use or ALCOHOL PROBLEM.
Mental Health America

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

The course will teach you how to apply the ALGEE action plan:

- Assess** for risk of suicide or harm
- Listen** nonjudgmentally
- Give** reassurance and information
- Encourage** appropriate professional help
- Encourage** self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

WANT TO TAKE THE COURSE?
Where: Absentee Shawnee Tribe Multipurpose Bldg.
When: Friday, September 13th, 2019 @ 8:00am
Register Here: <https://registration.xenegrade.com/adminsastraininginstitute>



MENTAL HEALTH FIRST AID®

Happy September!!!

Kids are back in School with more Holidays than we had!!!!
September 2nd we will be closed for Labor Day- no lunch will be served or delivered

Here's the U.S. Department of Labor's official tribute to U.S. workers on Labor Day:
"The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known, and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker."

September 11 marks the 18th year



September 8th Grandparents Day

Keep drinking that water

Buckle up!!

Any questions or concerns please feel free to call us at 405-275-4030 ext 6227

AST DIABETES AND WELLNESS

1970 156th Ave. NE Norman, Oklahoma // 405-364-7298



Classes currently offered at the Resource Center

Aerobic and Strength Circuits

High-Intensity Interval Training

Zumba Dance Fitness

Cardio Kickboxing

FITNESS CLASSES

AT THE RESOURCE CENTER



Free exercise classes offered Monday-Friday
(5:45 p.m. - 6:30 p.m. class available on Monday and Wednesday only)

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

A Diabetes prevention initiative provided by the Absentee Shawnee Diabetes and Wellness Program (405) 364-7298 or (405) 701-7977 or bbread@astribe.com/cwiens@astribe.com


THE TRIBAL LIBRARY IS NOW ARCHIVING PHOTOS!

Come to the Cultural Preservation Building and have your pictures scanned and handed right back to you.

Together we can make a living history.

We would like to film our people's history in their own words and keep it here at the library for future generations to be able to access, and learn from.

For more information
Casey Wilson 405-275-4030 ext. 6416
email: cwilson@astribe.com



O.I.L.S Clinics

Presented by : Office of the Treasurer and Oklahoma Indian Legal Services, Inc.

O.I.L.S offers educational clinics for multiple services to help tribal citizens.

- * Prepare wills/probates,**
- * Legal assistance with criminal charges**
- * Expungements of Criminal Records for Native Americans**
- * Disaster Preparedness training**

Wills/Trusts/Probate Clinic Dates	Locations
Wed., April 24 th (10am to – 3pm)	Health Center Conf. Room – Little Axe, OK
Wed., July 31 st (10am to – 3pm)	Multi-Purpose Building – Shawnee, OK
Wed., Oct. 30 th (10am to – 3pm)	Health Center Conf. Room – Little Axe, OK

General Information will be provided from 10:00 AM – 11:30 AM

Appointments will begin at 11:30 AM- 3:00 PM

Please call Stephanie Hudson at 405-943-6457 to get appointments.

Please RSVP with the Office of the Treasurer.

(405) 275-4030 Ext 6309

Lunch will be provided by the Office of the Treasurer.

Absentee Shawnee Housing

2019 PROGRAMS



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

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

Absentee Shawnee Behavioral Health

STRENGTH OF TRADITION PROJECT

Funded through SAMHSA Native Connections Grant in providing support by:

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

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

Linda Gouge
Grant Coordinator
(405)701-7988

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

Victoria Andrews
Grant Assistant
(405)701-7995



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



ELDER INTAKE FORM

TODAY’S DATE_____ REFERRAL SOURCE_____

LAST NAME_____ FIRST NAME_____ MI_____

DATE OF BIRTH_____ MALE___ FEMALE___ VETERAN___ YES___ NO

STREET ADDRESS_____

CITY_____ STATE_____ ZIP CODE_____ PHONE NUMBER_____

SINGLE___ MARRIED___ DIVORCED/SEPARATED___ WIDOWED___ WIDOWER___

SPOUSE’S NAME_____ SPOUSE’S DATE OF BIRTH_____

NAME OF EMERGENCY CONTACT (1) _____ PHONE_____

NAME OF EMERGENCY CONTACT (2) _____ PHONE_____

PRIMARY LANGUAGE ENGLISH___ TRIBAL___ OTHER_____

HOUSING___ HOUSE___ APARTMENT___ COMMUNITY HOUSING___ OTHER EXPLAIN_____

COMPOSITION___ LIVES ALONE___ LIVES WITH SPOUSE___ LIVES WITH FAMILY/FRIENDS___ OTHER EXPLAIN_____

NUMBER IN HOUSEHOLD_____ WHO HELPS_____

HEALTH HISTORY___ ASTHMA___ ALZHEIMER’S___ ARTHRITIS___ CANCER___ DEMINTIA___ DIABETES___ CHRONIC PAIN___ HEARING AID___ CHOLESTEROL___ BLOOD PRESSURE

PRIMARY TRANSPORTATION___ Own Car___ Friend___ Public Trans. ___ Senior Tran’s___ Family

PROSTHETIC DEVIECS___ Walker/Cane___ Wheelchair___ Hearing Aid___ Glasses___ Dentures___ None

ARE YOU ENROLLED WITH A DIFFERENT TITLE VI PROGRAM?___ YES___ NO

IF YES, NAME OF PROGRAM & WHERE LOCATED:_____

HEALTH CONCERNS_____

SERVICES CURRENTLY BEING RECEIVED_____




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.”



If you have a Brownfield site that you would like to develop, 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

Absentee Shawnee Tribe Behavioral Health Services



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

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

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

For further information, contact:

Shawnee Behavioral Health Services: John 405-878-4716

Little Axe Behavioral Health Services: Dara 405-701-7987

Tax Commission

Fiscal Year 2019 - YTD Tax Collections (through 7/31/2019)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$15,159.46	\$6,077.15	\$6,493.92	\$281.15	\$7,957.40	\$12,864.12	\$13,343.16	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$62,176.36	3.22%
Gaming % of free cash	\$250,000.00	\$200,000.00	\$200,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$200,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,500,000.00	77.62%
Employee (1%)	\$11,753.43	\$11,899.70	\$11,971.43	\$16,436.01	\$8,133.19	\$18,649.81	\$12,509.91	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$91,353.48	4.73%
Severance (8%)	\$0.00	\$3,007.53	\$2,016.58	\$2,574.50	\$1,190.03	\$0.00	\$2,733.49	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$11,522.13	0.60%
Motor Vehicle	\$15,068.14	\$14,524.56	\$20,576.88	\$15,171.04	\$18,086.25	\$18,124.76	\$19,456.19	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$121,007.82	6.26%
Motor Fuel Taxes (Qtrly.)	\$43,765.11	\$0.00	\$0.00	\$39,615.49	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$83,380.60	4.31%
Tobacco Refund	\$8,835.92	\$8,098.21	\$7,795.54	\$7,228.12	\$10,015.42	\$10,704.41	\$9,145.53	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$61,823.15	3.20%
TOTAL TAXES	\$344,582.06	\$243,607.15	\$248,854.35	\$281,306.31	\$295,382.29	\$260,343.10	\$257,188.28	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,931,263.54	
Miscellaneous	\$130.15	\$82.50	\$170.00	\$212.50	\$260.00	\$152.50	\$277.80	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,285.45	0.07%
TOTAL COLLECTIONS	\$344,712.21	\$243,689.65	\$249,024.35	\$281,518.81	\$295,642.29	\$260,495.60	\$257,466.08	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,932,548.99	100%

Now Accepting Credit/Debit

Effective May 1 2019, the tag office will be accepting credit/debit cards. Please note: a convenience fee of 2.75% will be added.



ASTHS September 2019 Monthly Update

The AST Health System appreciates the Treasurer’s Office and the Secretary’s Office as well as support from the Representative’s Office to finally complete the concrete pavement of the Health Multi-Purpose Building (MPB)! Fall is right around the corner and summer will be coming to an end soon (or we hope so with the extreme heat and humidity this year)! Back to school is in full swing now with the Zombie 5K Walk/Run for your life in October again at the lake, and we continue to expand our services and access to health programs - all to serve you better every day! We continue to add new specialists to our staff in order to provide you better access to care! This makes it both more convenient to access specialty care on-site as well as save contract health funds for help covering other needs of our AST tribal patients, thus allowing the primary care providers to better manage care of their assigned patients onsite and with our new state of the art electronic health record system.

We continue to work with the other Health Program Directors in the Shawnee Service Unit (SSU) as a Coalition to improve patient care and experiences for our area and our patients with best practices and innovative cooperation on community

health programs. We appreciate the leadership and support of the AST Tribe and other tribes in working together to better all of our programs and services in our area and with collaboration on future grants and other efforts for the SSU!

We are always thankful and very proud of our outstanding star performers, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee Awards and awardees are listed below. The AST Health System always strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

Health Employee Awards of the Month for August 2019

Employee of the Month
Autumn Felton, Executive Assistant

Team of the Month
Health Maintenance Team

Special Leadership Award
Connie Bottaro, Patient Benefit Advisor



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

Executive Director



Absentee Shawnee Tribal Taxes

A variety of tribal taxes are currently assessed and collected by the Absentee Shawnee Tax Commission to generate revenue used by the Absentee Shawnee Tribe ("the Tribe") to benefit our Tribal Members. These tribal taxes, their due dates and reporting and payment requirements are outlined below. If you have questions or need assistance with your tribal taxes, please contact the Absentee Shawnee Tax Commission by phone or at the address found at the bottom of this document. You can also visit our website for more information.

Sales & Lodger's Tax

The Absentee Shawnee Tribe levies a **6% Sales Tax** on the gross receipts of anyone engaging in business within the Tribe's jurisdiction, including receipts from:

- Performing services
- Selling tangible personal property
- Leasing or renting tangible personal property, lodging or hotel rooms
- Admission fees to any place of recreation or entertainment

An additional **5% Lodger's Tax** is imposed on gross taxable rental receipts from hotels, motels, resorts, lodging houses, or other premises occupied for fewer than 30 days. **Both Sales and Lodger's Taxes may be passed on to consumers.**

Severance Tax

The Absentee Shawnee Tribe levies an **8% Severance Tax** on the gross market value of all oil and gas products severed from the land within the Tribe's jurisdiction. The tax is not levied upon any Indian royalty payments.

To calculate the **Severance Tax**, you must first calculate the volume of oil and gas products separately, as outlined in the table below. Multiply the total volume of each by their gross market value, then subtract any allowable Indian Royalty Deduction to arrive at the total taxable amount. Multiply the total taxable amount by 8% to arrive at the amount of tax due.

Total Product Volume

×

Gross Market Value

-

Indian Royalty Deduction

=

Total Taxable Amount

Total Taxable Amount

×

8%

=

Total Severance Tax Due

How to Calculate Total Oil Volume
The total volume of severed oil taxable products—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—is measured either according to current contracts of sale between the operator/producer and the purchaser; or in barrels of 42 U.S. gallons of 231 cubic inches per gallon, at a temperature of 60° F, per U.S. Geological Survey regulations.

How to Calculate Total Gas Volume
The total volume of severed gas taxable products is measured at the wellhead—before any deductions are taken for processing, transportation, industry-standard shrinkage, etc.—in units of 1,000 cubic feet (MCF) and corrected to standard temperature and pressure, per U.S. Geological Survey regulations.

Possessory Interest Tax (PIT)

The Absentee Shawnee Tribe levies a **1% Possessory Interest Tax** on the value of property that is being leased within the Tribe's jurisdiction, including:

- Interests held under lease
- Interests held under an easement or right-of-way, including all improvements, equipment, fixtures and other tangible personal property held or used by the taxpayer in connection with the taxable use of such realty

The **Value of Leased Property** is determined on the date of acquisition, and on January 1 of each year thereafter, according to the method for determining market value under the Oklahoma Statutes and regulations (68 OS § 2802).

Vehicle Registration & Taxation

Enrolled Absentee Shawnee Tribal Members residing in Oklahoma have the option of registering their vehicles with the Tribe, including all passenger automobiles, motorcycles, motorized bicycles, farm trucks, and commercial and recreational vehicles. The Absentee Shawnee Tribe imposes a **1.25% Vehicle Excise Tax** on the retail purchase price the first year a vehicle is registered, plus a **\$10 Lien Processing Fee** on all vehicles that are financed, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

Vehicle Purchase Price

×

1.25%

+

Vehicle Tag Price

+

\$10 Lien Processing Fee

=

New Vehicle Registration Fee

Vehicle Registration Tags can be obtained in person from the Absentee Shawnee Tax Commission office at the address below. Tag prices vary depending on the age and type of vehicle; please contact the Absentee Shawnee Tax Commission for specific vehicle tag pricing.

Earnings Tax

The Absentee Shawnee Tribe levies a **1% Earnings Tax** on earnings paid to anyone employed within the Tribe's jurisdiction, which means that all employers within the Tribe's jurisdiction are required to withhold 1% of each employee's gross earnings each pay period.

Employee Notification: Employers must report to the employee, on pay stubs or in writing, the amount of earnings tax withheld each pay period. They must also disclose the full amount of earnings tax withheld and paid to the Absentee Shawnee Tax Commission on an annual basis. Employers must maintain employee timesheets and payroll records for three years.

Application for Business License

All businesses located within the Tribe's jurisdiction must obtain a business license from the Tribe for a \$100 fee. The Application for Business License, available from the Absentee Shawnee Tax Commission, must be renewed each year by January 1.

Sales & Lodger's Tax Reporting, Payment & Penalties

The Sales & Lodger's Tax return must be submitted to the Absentee Shawnee Tax Commission by the 15th of the following month. For example, for gross receipts collected from March 1-31, the tax return would be due April 15. Businesses that fail to file and pay this tax on time will be assessed 12% annual interest on the total amount due, plus a penalty of 2% of the tax due per month, up to a total of 12% of the total tax due.

Designation of Agent Form

A person responsible for meeting all obligations of the Severance Tax, including reporting and payment of the assessed tax, must be designated in writing. The necessary Designation of Agent Form is available from the Absentee Shawnee Tax Commission.

Severance Tax Reporting & Payment

Reporting and Payment of the Severance Tax to the Absentee Shawnee Tax Commission is due within 45 days following the end of the calendar month in which the taxable product was severed. For example, if taxable products were severed in March, the tax return and payment would be due by no later than May 15.

Application for Registration (PIT)

All businesses within the Tribe's jurisdiction that hold possessory interests must submit an Application for Registration (PIT) to the Absentee Shawnee Tax Commission. There is no fee. Updates only need to be submitted if there is a change in information.

PIT General Property Summary / Detailed Property Value Report Forms

The value of possessory interests must be reported to the Absentee Shawnee Tax Commission each year by January 15.

PIT Tax Reporting & Payment

Possessory Interest Tax must be reported and paid to the Absentee Shawnee Tax Commission by no later than February 15 each year.

Lien Processing Fee - \$10

Vehicles that are being financed are also subject to a \$10 lien processing fee, which is paid to the Absentee Shawnee Tax Commission rather than to the State of Oklahoma.

New Vehicle Registration: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Notarized vehicle title
- Notarized bill of sale or purchase agreement
- Lien Entry Form (if you are making payments)
- Lien Release Form (if previous owner had lien)

Annual Vehicle Registration Renewal: Required Documents

- Valid Oklahoma driver's license
- Proof of insurance
- CDIB/Enrollment card
- Previous year's vehicle registration

Earnings Tax Reporting & Payment

Earnings Tax returns are due from employers to the Absentee Shawnee Tax Commission by the 15th of the month following the month in which the tax was withheld.

Pendleton
Teton
Minnetonka

Handcrafted
native products
from all over!

2025 South Gordon Cooper • Shawnee, Oklahoma 74801
Monday-Friday 8AM - 5PM
&
Little Axe
Tuesdays and Thursdays 8AM - 12PM

Please call 405-275-4030 for additional details

Free Music Lessons

Keyboard

Guitar

Bass

Percussion

Ukulele

Voice

Open to all Native Americans
w/ CDIB#

SHAWNEE BEHAVIORAL HEALTH BUILDING

CALL: 405-878-4716


New Hours: Mon 11am-7pm

Wed 11am-6pm

Fri 2:30pm-7:30pm

OPIOID / HEROIN
AWARENESS
COMMUNITY OUTREACH

The Bureau of Indian Affairs (BIA), Office of Justice Services (OJS), Indian Police Academy (IPA) and Division of Drug Enforcement (DDE) will be holding a Opioid/Heroin Awareness Community Outreach meeting.



Bureau of Indian Affairs
Office of Justice Services
Division of Drug
Enforcement
3100 West Peak Boulevard
Muskogee, Oklahoma 74401
Phone: 918-781-4650

Opioids/Heroin in Indian Country

September 19, 2019

10:30 a.m - 12:00 p.m.

Hosted by AST Tribal Opioid Response (TOR) Grant
Please contact for questions or information Crystal Springer, TOR
Grant Coordinator (405) 701-7987 or email cspringer@asttribe.com

To be held at the following location:
Absentee Shawnee Tribal
Health Multipurpose Building
2029 James L. Edwards LN
Shawnee, OK 74801

The Opioid/Heroin in Indian Country will include:
> Identification and Effects of Opioids/Heroin drugs
> Fentanyl and causes of overdoses
> Combating opioids/heroin at the community level
> Investigation and Prosecution of Opioid/Heroin drug cases

This community outreach will consist of the OJS Division of Drug Enforcement and United States Indian Police Academy presenting information on the opioid/heroin trends we are seeing around the country that may effect your reservations in the future. DDE would like to hear from attendees on the opioid/heroin trends they are seeing in their specific areas, what is currently being done to address the drug issues and what they feel they need to address them.

This seminar should be attended by community members, tribal employees, community stakeholders and law enforcement staff. If you have any questions, please contact the United States Indian Police Academy office at (575) 746-5641. We look forward to visiting with you.

TUESDAY, OCTOBER 1st, 2019


SAVE THE DATE

5th ANNUAL AMERICAN INDIAN
DOMESTIC VIOLENCE AWARENESS
DAY OF UNITY


Absentee Shawnee Tribe Health Multipurpose Building
2029 S. Gordon Cooper Drive | Shawnee, OK 74801
1:00 pm - 3:30 pm

“ENDING VIOLENCE TOGETHER”


Host:
Absentee Shawnee Tribe
Domestic Violence and
Family Services



Sponsor:



NATIVE
ALLIANCE
AGAINST
VIOLENCE
oknaav.org



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

September 2019 – Scheduled Closings

Dates Closed:	Time(s) Closed:	Locations:
Wed., September 4th (1 st Wed of Month)	Noon to 5 PM	All AST Health facilities CLOSED -Shawnee Clinic OPEN at 5 PM until 8 PM (last patient at 7:30 PM). -PlusCare OPEN at 5 PM until 8 PM (last patient at 7:30 PM).
Mon., September 2 nd (Labor Day)	All Day	ALL AST Health facilities CLOSED
Fri., September 27 th (annual CME event)	All Day	All AST Health facilities CLOSED -Shawnee Clinic OPEN at 5 PM until 8 PM (last patient at 7:30 PM). -PlusCare OPEN at 5 PM until 8 PM (last patient at 7:30 PM).

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

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health System” and ASTHS website at www.asthealth.org

VACCINES
FOR TEENS

Keep your adolescent
vaccinations up to date

Kids grow out of many things, but vaccines aren’t one of them. Every year in the U.S., 2.5 million people die from vaccine-preventable diseases. Because adolescents are at risk for many of these serious diseases, immunization is especially important. Ask your healthcare professional about all recommended vaccines to protect your child.

Did you know that in the U.S.:

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%?


CDC-recommended vaccinations for adolescents:

AGES	Every year	flu vaccine
11-12 years	• HPV (2 doses) • Meningococcal ACWY • Tdap	
13-15 years	• Meningococcal ACWY (if not previously vaccinated)	
16 years	• Meningococcal B* • Meningococcal ACWY booster	
17-18 years	• Td booster every 10 years	

ASK YOUR HEALTHCARE PROVIDER if your adolescent needs a catch-up vaccine to protect them from

• Hepatitis A
• Hepatitis B
• Chickenpox

• Polio
• Measles, mumps, rubella (MMR)
• Pneumococcal disease*



UNITY
United for adolescent vaccination

For more information, visit www.unity4teenvax.org

* Adolescents may be vaccinated with a 2-dose MenB vaccine, and the preferred vaccination age range is 16 through 18 years.

Cultural Preservation

September Save The Dates

Cultural Corner

Upcoming events

Cultural Preservation has a few shenanigans planned for the month!

Please make a note of the dates if you are interested in anything. We will be hosting a fundraising event for the upcoming **ELDERS TRIP**. We will have a benefit spaghetti lunch available at the Little Axe Community Building on September 9, 2019. That evening we will host a dinner/bake sale/bingo benefit in Little Axe. We will host the same event in Shawnee for lunch, dinner, and bingo/bake sale on September 16, 2019.

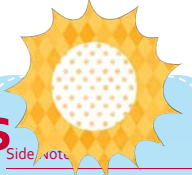
On September 20, 2019 we will have an **ART SHOW** at the Cultural Preservation building. We will be accepting any form of art you may (paintings, sketches, ribbon work, leatherwork etc.) have for viewing, you may pick up your item(s) after the show. Please submit your art for the show no later than September 19, 2019.

Friday September 27 and Saturday September 28, 2019 the department will host a **GARAGE SALE!** Come on over to the Cultural Preservation Center and check out our goods!

We need your help!

"Pi pe ya ge ka si wi ne wi to wa ke ti we ko pa, ka ki ka ya ke mi ke ne ge yi ni ke ka me se la ti ya se si wi ne wa we yi ne ka ha wa se ke ge ti wa la mi ke ke ta la ni wa mi ke." "The Elders said to learn the Shawnee Language, teach your children be proud to be an Indian and take care of your people." . Our team is looking for elders to help us make a video about what it means to be Shawnee. **Ka fe we ke ho se ta fi ke ke po ni ke?** How many grandchildren do you have? Together we can make sure no child gets left behind.

Ne yi wa,
the Cultural Preservation team



Side note: Cultural Preservation has an open door policy, whenever you have a few spare minutes, come on by!

Indian dice tournament-TBA

Grab your language CD counting in Shawnee.

Check out our new inventory in the gift shop, we have shipments in from Teton, Mt. Shasta Naturals, and Nu Trendz. If you have any items you would like to sell to us we would love to check them out! Also, we have new handmade items in store!

Important Dates

- 09/09 fundraising lunch/ dinner/bingo/bake sale(LittleAxe)
- 09/16 Fundraising lunch/ dinner/bingo/bake sale(Shawnee)
- 09/20 Art Show
- 09/27 Garage Sale
- 09/28 Garage Sale

Absentee Shawnee
Cultural Preservation
2025 S. Gordon Cooper Dr.
Shawnee Ok, 74801
405-275-4030
Casey Wilson , Ext. 6416



HO-EH! CASEY WILSON NE TA SE FO, SI WI NE WI NE LI. Hello!
My name is Casey Wilson, I am from the Shawnee Tribe. It is my pleasure to serve at the Cultural Preservation Department as the librarian. It honors me to bring a few Shawnee words to the tribal members. A counting CD will be available during the month of September at the library for tribal members. Feel free to stop by any time and pick one up and check out our new items in the gift shop!

- | | | | |
|----|------------------|-----|----------------------|
| 1. | NE KO TE-1 | 6. | NA DO TA WI FE WE- 6 |
| 2. | NE SE WE- 2 | 7. | NE SE WI FE WE-7 |
| 3. | NE FE WE- 3 | 8. | FE WI SE KE FE WE-8 |
| 4. | NE YA WE-4 | 9. | FE WI SE KE FE WE- 9 |
| 5. | NE YI LI NE WE-5 | 10. | MA TI FE WE-10 |

Phrase of the month-

GI KE WE YA FI NI TI MI GE KO-everybody help each other.

NE YI WA, NE WE KI NI KE NO KE NA HI LE WA LA MI KE.
Thank you all my friends and relatives.



ICW

Looking for Foster Parents

“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.



Oklahoma Department of Rehabilitation Services

Visual Services www.okdrs.gov

Providing a variety of free services to blind and low vision Oklahomans!

What we do:

- Provide blind and low vision job seekers with assessments and services to obtain skills and accommodations needed for successful employment.
- Provide transition school-to-work services for school age individuals.
- Provide assistance with higher education opportunities.
- Provide blind and low vision individuals with training to allow them to live independently in their home.

Please contact us at 1-800-487-4042. We are located at 1000 W. Choctaw, Suite 4, Chickasha, OK 73018.

We are here to serve you and empower Oklahomans with disabilities!

Nido P. Tomagos, M.S.
Division of Visual Services
Vocational Rehabilitation Specialist III
405-574-1704



Cell: 405-544-6804
Fax: 405-222-5728
1000 W. Choctaw
Suite 4
Chickasha, OK 73018
ltomagos@okdrs.gov

Oklahoma Department of Rehabilitation Services



BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

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.

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300
BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)
BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes.



WWW.ASTHEALTH.ORG

A slight change in times, the same great care.



NEW HOURS STARTING IN JULY.

In July, our **Shawnee Walk-in Clinic, PlusCare Clinic** and **pharmacies** will begin **NEW hours of operation**. We think this will help us be even more efficient in our services. And as always, we're here for you.

PLUSCARE CLINIC

8 a.m.- 8 p.m. Monday-Friday (Last patient accepted at 7:30 p.m.)
9 a.m.-5 p.m. Saturday-Sunday (Last patient accepted at 4:30 p.m.)

SHAWNEE WALK-IN CLINIC

8 a.m.-8 p.m. Monday-Friday (Last patient accepted at 7:30 p.m.)
9 a.m.-5 p.m. Saturday (Last patient accepted at 4:30 p.m.)

LITTLE AXE HEALTH CENTER PHARMACY

7:30 a.m.-8 p.m. Monday-Friday
9 a.m.-5 p.m. Saturday-Sunday

SHAWNEE PHARMACY

7:30 a.m.-8 p.m. Monday-Friday
9 a.m.-5 p.m. Saturday

All will be closed the first Wednesday of every month from noon-5 p.m.
All will be closed the following holidays: New Year's Day, Easter Sunday, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day



Absentee Shawnee Tribal
HEALTH SYSTEM
Prevention. Progress. Pride.



LITTLE AXE

After School Program 2019/2020

Join us at our New Location @ Brendle Corner



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

Duration: Starts August 19th and will run through the school year.

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



Open to All students in Middle School and High School

Open to Absentee Shawnee Tribal Students K-5th with a



EVERYTHING IS OFFERED WITH NO CHARGE....LITTLE AXE BUS WILL TRANSPORT STUDENTS TO BRENDLE CORNER COMMUNITY BUILDING LOCATED OFF HIGHWAY 9, JUST EAST OF 192ND. PARENTS ARE RESPONSIBLE FOR PICKING STUDENTS UP BY 6:30PM.

For more information and sign up please contact Blake Goodman at (405) 364-7569 or bgoodman@astribes.com





September is... **Better Breakfast Month**
www.NationalDayCalendar.com

BETTER BREAKFAST MONTH

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

It's that time of year again. Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. It's important to take stock of how to start off the day. Consuming a well-balanced breakfast in the morning gives our bodies energy to get our day started the right way. Kids who have a healthy meal before school starts consistently perform and behave better at school. Having breakfast as a family every morning to talk about daily plans and promotes healthy eating. Breakfast is essential, but don't skip the fun of preparing breakfast with your kids!

Breakfast food can be anything you want it to be, within reason of course. Cereal is the most common breakfast food. However, if you wake up with a hankering for a slice of leftover pizza, enjoy it! Pizza is good for you when consumed in moderation. For years, eggs got a bad rap on the food pyramid. Recently, eggs have been proven to provide essential vitamins and minerals needed to promote a healthy diet.

A complete breakfast should contain a balance of all the major food groups. Protein, dairy, fat, and carbohydrates. These elements are vital to maintaining stamina and fending off hunger throughout the day. Though carbs and fats are needed in the daily intake of nutrients, it's important to not overindulge in these two areas. However, a little bit won't hurt you.

HOW TO OBSERVE
Start your day with a complete breakfast. Set a time aside for the family to grab a quick bite to eat before everyone heads out the door. Share recipes with friends and family on healthy ideas for breakfast. Celebrate Better Breakfast Day September 26. Use #BetterBreakfastMonth in social media correspondence.

HISTORY
Originating during World War I, the United States government encouraged citizens to eat a Better Breakfast. The program gained momentum again during World War II. Then, in 1951, the Cereal Institute promoted Better Breakfast Month for the first time in September. Research gathered by the institute suggested that breakfast was the most important meal of the day. They selected the month to coordinate with children returning to school and businesses gearing back up after the lull of summer vacation. As a result, September became the ideal time to promote the benefits of a healthful and delicious breakfast.

Article obtained from: <https://nationaldaycalendar.com/better-breakfast-month-september-2-2/>

- On behalf of your Diabetes & Wellness Program

For questions or scheduling please contact 701-7977



Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

Upcoming safeTALK training

Date: September 24, 2019 8:30am MP Bldg.
Location: 2029 S. Gordon Cooper Dr. Shawnee, OK
Hosted by: Absentee Shawnee Tribe MSPI grant
Provided by: Chickasaw Nation MSPI grant

To inquire or register, call Jenifer Sloan @405.878.4716 or email jsloan@astribes.com

safeTALK works. Learn more and see the evidence at www.livingworks.net/safetalk

AST Diabetes and Wellness

SEPTEMBER HEALTHY COOKING DEMO

Join us for this FREE event!!

When:
Thursday, September 12th,
at 2pm

Where:
Diabetes & Wellness Demo Kitchen at
Little Axe Clinic

**Free Recipe Cards and Samples
Provided**

Questions? Call the AST Diabetes & Wellness Program at 405-701-7977.





Join us for a...

FREE Healthy Cooking Demo

When: Thursday, October 10th at 2pm
Where: AST Diabetes & Wellness Kitchen at Little Axe Clinic

Free Recipe cards and samples provided.

Questions? Call the AST Diabetes & Wellness Program at 405-701-7977

Need A Realtor?

- ♦ Assistance to individuals and Tribes with buying and selling real estate on the open market.
- ♦ Native owned business with experience with tribal down payment assistance programs and loans specifically for Native Americans with a CDIB card. We can help you navigate through the loan process with a lender.
- ♦ Our services are FREE to buyers. We can show you how to save money in buying or selling real estate.

*Licensed in Oklahoma



Teri Reed
Branch Broker/Owner
405.417.1849



Metro Brokers - Realty Solutions
teri@okrealtysolutions.com
www.OkRealtySolutions.com
Buy/Sell Your Next Home Here!

A Native Owned Business

September

National Recovery Month-Join the Voices for Recovery:
Together We are Stronger

National recovery month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) it is a national observance held every September to educate people about substance abuse and mental health treatment services that are available to those with either substance abuse or mental health disorders to assist them to live healthy and rewarding lives. This is actually the 30th year for Recovery Month. It is a time to celebrate the achievements and triumphs made by those in recovery. The 2019 Recovery Month's focus is on community members, first responders, the healthcare community, and youth as well as all various entities that support recovery efforts. The theme for 2019 is "Join the Voices for Recovery: Together We are Stronger," chosen to emphasize the need to share resources and build networks across the country to support recovery. Please take the time to visit SAMHSA's website, where I found this information about 2019 Recovery Month. You will find helpful information and resources as well as listings of events that are being held to support and celebrate Recovery month all across the state. Please plan on attending an event or, even better, recognize and personally celebrate someone you know that is in recovery for their courage

and commitment to live their best life. I personally want to say that I celebrate, congratulate and value each and every person who is celebrating recovery this month and every day of recovery from here on after. Absentee Shawnee Tribal Health System, as a part of Behavioral Health Services has an ongoing, Open, Wellbriety Meeting. This group meets every Thursday from 5:30-6:30pm at the Shawnee Multipurpose Building (east of the Shawnee Clinic, Bldg 16) For further information about this group, contact 405-878-4716. The Group Facilitator is John Soap LPC. Behavioral health services are provided by licensed professionals, including: resource/referral information; crisis intervention; child, adolescent, adult and family counseling; support groups and drug and alcohol assessments are offered at both the Little Axe and the Shawnee locations within the Absentee Shawnee Tribal Health Systems. Please call 405-701-7987 for the Little Axe Behavioral Health Clinic or 405-878-4716 for the Shawnee Behavioral Health Clinic.

Written and submitted by
Ann Marie Passarella LPC and LADC
MSPI Outpatient Therapist

Let your voice be heard.

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

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

Together, we will fulfill our mission.

LITTLE AXE HEALTH CENTER

15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

SHAWNEE CLINIC

2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

PLUSCARE CLINIC

15702 East State Highway 9
Norman, OK 73026
405.447.0477

Authorized by

AAAHC

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

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HEALTH SYSTEM

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WWW.ASTHEALTH.ORG

Protect Your Family with

THE HPV VACCINE

HPV IS A COMMON DISEASE AND CAN HAVE serious consequences

IN THE U.S...

Approximately

79 MILLION

people have been infected with HPV

14 MILLION

new HPV infections occur every year

80%

of sexually active people will contract HPV over their lifetime

BEING INFECTED WITH HPV CAN LEAD TO...

CERVICAL CANCER

GENITAL CANCER

THROAT CANCER

ANOGENITAL CANCER

GENITAL WARTS

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

PROTECT YOUR DAUGHTER

Each year, there are 12,000 CASES OF CERVICAL CANCER leading to OVER 4,000 DEATHS IN WOMEN

PROTECT YOUR SON

Each year, there are 9,300 CASES OF HPV-RELATED CANCERS IN MEN

THE HPV VACCINE

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

THE HPV VACCINE CAN...

ONLY PREVENT infections, NOT TREAT THEM

Reduce Risk of HPV-related cancers BY UP TO 99% when fully protected with the recommended doses

Prevent your child from SPREADING HPV to future sexual partners

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.

11-12 YEAR OLDS develop a higher level of the protective antibody that the body generates after immunization, compared with older adolescents and young adults. This may result in longer lasting immunity.

THE HPV VACCINE IS SAFE AND EFFECTIVE

Clinical trials and ongoing research have shown the HPV vaccine's protection remains strong for at least 10 YEARS. There is no evidence to suggest this level of protection changes over time.

Since the vaccine was licensed, ONLY 0.0003% of patients reported side effects – and most of those were "non-serious" symptoms such as headache, nausea and dizziness.

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.

IMMUNIZATION for WOMEN

Immunizationforwomen.org/HPV/patients

The American College of Obstetricians and Gynecologists WOMEN'S HEALTH CARE INITIATIVE

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 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/PBA 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. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS

Purchased Referred Care is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 17. 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.

EMERGENCY AND URGENT CARE SERVICES

PRC for a currently enrolled AST citizen 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 PRC 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 PRC within 72 hours, your bills will not be paid.

3. 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.

4. 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.

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.

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 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. 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/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 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.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES

Little Axe Health Center & Shawnee Clinic

Glendine Blanchard, PRC Director
Darla Gatzman, PRC Specialist
Lena Carroll, Claims Processor
Jennifer Wells, PRC Technician
Kareena Deere, File Clerk

REFERRAL MANAGEMENT

Little Axe Health Center

Debi Sloat, PRC Deputy Director/RN
April Parton, PRC Health Specialist/LPN
Jayne West, PRC Specialist, Medicaid Patients
Melinda Ferrell, PRC Specialist

REFERRAL MANAGEMENT

Shawnee Clinic

Flo Mann, PRC Specialist, AST Patients/LPN
Laurie Webber, PRC Specialist, IHS Patients/LPN
Carrie Stanley, PRC Specialist, Medicaid patients/ Medical Assistant

LITTLE AXE HEALTH CENTER PRC

405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

SHAWNEE CLINIC PRC

405.878.5850 (Primary)
405.878.4702 (Secondary)

ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

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2019 AARP Oklahoman Indian Elder of the Year!

The Absentee Shawnee Veterans Association had a meeting on August 14, 2019 at the Little Axe Clinic where we learned that Vice Commander Walter Larney has been selected for the 2019 AARP Oklahoma Indian Elder of the year. The 11th annual Oklahoma Elders Honors proceeding will take place on Oct. 1 2019 at the National Cowboy Western Heritage Museum in Oklahoma city. For those tribal members wishing to attend this banquet for the Elders of the Year the registration number to call is 877-926-8300

Walter Larney received many medals during his time in the Marine Corps The Navy Achievement Medal with Combat “V”, Presidential Unit Citation, RVN Meritorious Unit Civil Actions Citation and RVN Campaign Medal. Walter Larney is married with four daughters and grandchildren

Walter Larney received Veteran’s high school diploma

Kimberly Sikes
Special to the Producer

Walter Larney served with the U.S. Marine Corps from February 27, 1969 until August 28, 1970 in Vietnam.

Because he dropped out of high school to join the Marine Corps, Larney received a Veteran’s high school diploma after he returned.

He had been interested in the service since he was in school and had to do a report on the wars of the United States. Though he read a lot about the Army and the Navy in his research, he was particularly interested in the part about the U.S. Marines.

Larney enlisted in the Marine Corps and went to Boot Camp in San Diego. Because his great-grandfather was a war chief, enlisting felt like he was carrying on the family tradition.

By September of 1969, he was in Vietnam.

While Larney was there, he lost a good friend, Samuel Yabarra. Yabarra was from Austin, Texas.

Larney received many medals during his time of service: The Navy Achievement Medal with Combat “V,” Presidential Unit Citation, National Defense Service Medal, Vietnam Service Medal with two Stars, RVN Cross of Gallantry Unit Citation, RVN Meritorious Unit Civil Actions Citation and RVN Campaign Medal.

The Citation for his Navy Achievement Medal reads:

“Lance Corporal Larney performed his duties in an exemplary manner. Constantly concerned for the combat readiness of his unit, he tirelessly trained his men and molded them into an effective fighting force capable of immediate response

to rapidly changing combat situations and tactics.

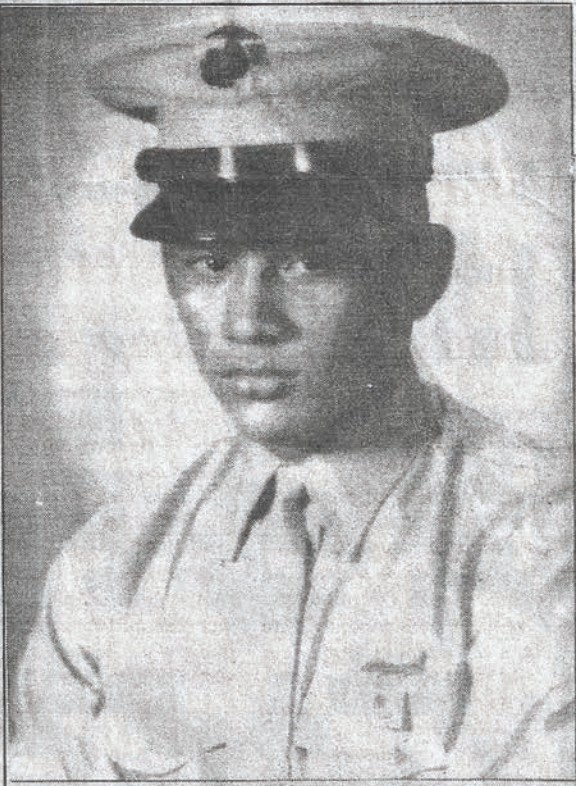
“Participating in several major combat operations, he repeatedly distinguished himself by his courage and composure under fire as he fearlessly moved to dangerously exposed vantage points to deliver effective fire at the enemy.

“On 5 May 1970, while Lance Corporal Larney was on a platoon-sized combat patrol, the Marines were pinned by intense fire from a North Vietnamese Army unit occupying fortified positions in a nearby treeline. Reacting immediately and with complete disregard for his own

safety, Lance Corporal Larney leaped to his feet and, firing his machine gun from his shoulder, temporarily silenced the enemy’s fire, enabling his platoon to assault and defeat the hostile unit.

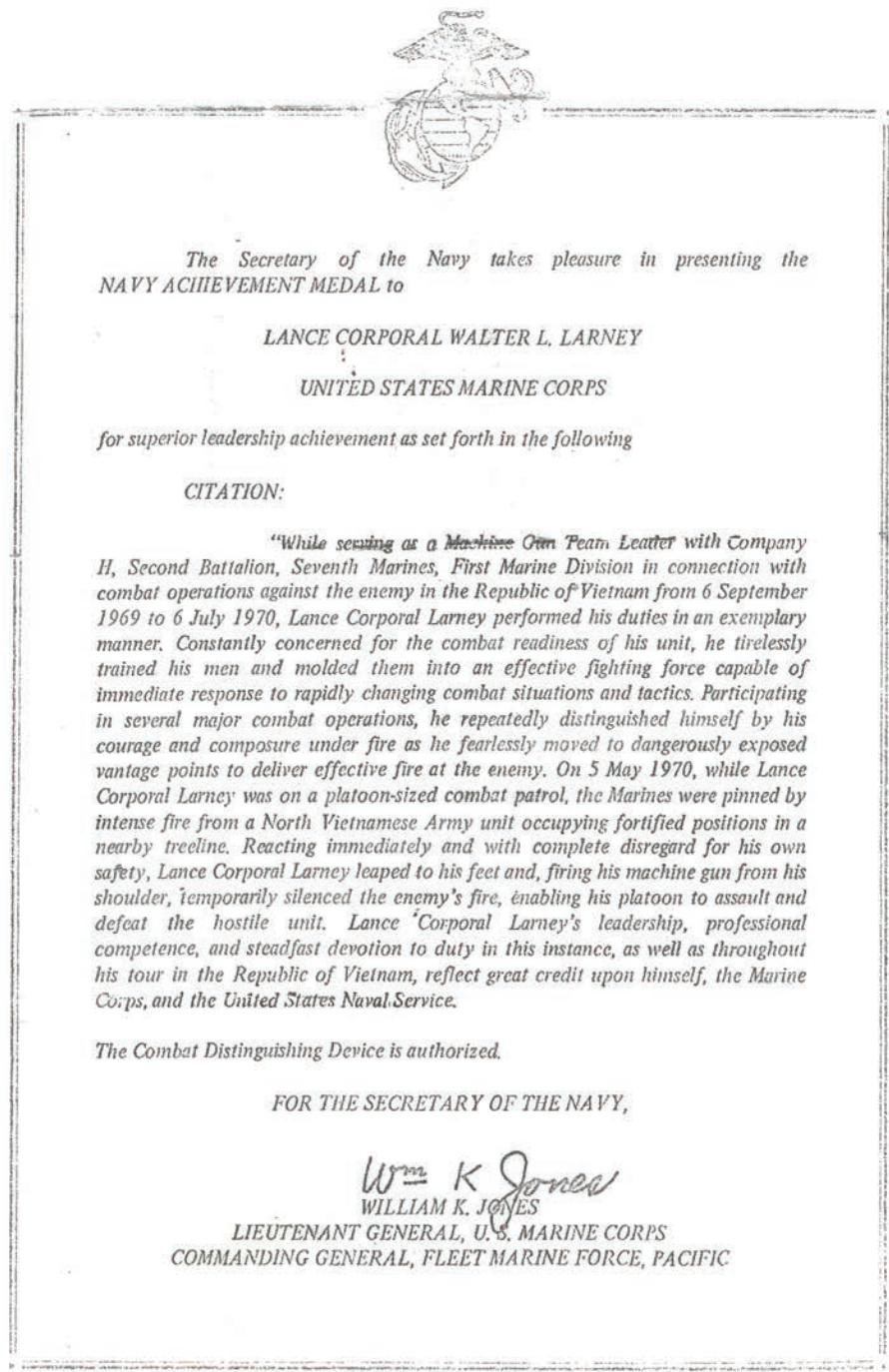
“Lance Corporal Larney’s leadership, professional competence, and steadfast devotion to duty in this instance, as well as throughout his tour in the Republic of Vietnam, reflect great credit upon himself, the Marine Corps, and the United States Naval Service.”


Larney is from Shawnee, has been married for 26 years and has four daughters and one granddaughter.



—Submitted Photo

Walter Larney dropped out of high school to join the Marines. He was later given a Veteran’s high school diploma for serving in the Vietnam war.





Absentee Shawnee Tribe Child Care Development Fund Programs


La-pe-we-ki-wa ho-ge-wa-pe-fa-yi mi-ti-ge

“Lifelong Learning Begins Here.”

Program Services:

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

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





Whatever you do, may
wisdom guide you...
Today and Everyday!

Alaee, Sheila Sepideh
Alexander, Lisa Marie
Alford, David Paul
Allen, Tasia Lynn
Applegate, Jason Grant
Arellano, Brayden Joe George
Arms, James Louis
Arms, Michael Brandon
Armstrong, Darrell Lynn
Atwood, Stephen Jacob
Barnard, Katrina Tate
Barnes, Jordan Tylor
Barriga Jr., Rogelio Alberto
Bateman, Thomas Albert
Bates, Charles Edward
Beaver, Matthew David
Bellin, Chance Andrew
Bellin, Jack Matthew
Berry, Shane Tecumseh
Bittle, Kyli Rose
Blanchard Jr, Reuben Caleb
Blanchard Jr., Leland Dale
Blanchard Sr., George Melvin
Blanchard, Chael Harper
Blanchard, Consuela Sirena
Blanchard, Craig Lewis
Blanchard, Jacob Dakota
Blanchard, Paulette Louise
Blanchard, Reuben Caleb
Blanchard, Summer Gail
Blankenship, Fabian Mae
Blocker, April Dawn
Bonds, Theresa Jo
Bosquez, Emilia Marie Nicole
Bowens, Kendra Rachelle
Bradley, Ernest Timothy
Brinkoetter, Karen Kay
Brown, Addilynn Emmalee
Brown, Rebecca Fay
Bruner, Rhiannon Lydia
Bullock, Valerie Yolanda
Bump Sr., Richard Dewitt
Burnett, Darrell Wayne
Burns, Alex J
Burns, Constance Darlene
Burns, Natasha Brooke
Butcher, Sallie Elizabeth
Callaway, Katie Mae
Cargo, Odessia Lynn
Carlson III, Dennis Roy
Carlson, Daniel Ray
Carnes, Haley Ann Marie
Carpenter, Cynthia Marie
Charley Whatley, Maddisson Noel
Charley, Garry Joe
Clark, Nathan Allen
Clinesmith, Brooklyn Makay
Cobell, Julee Rae
Coddington, William Luther
Cody, Donna Noreen
Colungo, Redena Sue
Combs III, Frederick Cecil
Conces, Susan Nicole Olivia
Coon, Ella Kay
Cortez, Stephen Kaleb
Cravens, Goldie Ann
Creek, Josephine
Creek, Ralph Samuel
Creek, Vanessa Fire
Crosswhite, Hunter Raven
Cuellar, Ronald Lee
Culwell, Bryson Gene
Cypret, Norman Wayne
Daniel, Dana Laree`
Deer, Brandon Jeremy
Deer, David Joel
Deer, Jalen Dean
Dibler, Bobby George
Downey, Cheyenne Rena
Downs, Debra Ann
Duncan, Carolyn Ann
Edgmon, Jeorgia Annabella
Elam, Marquese Dashawn
Ellis, Eric Wade
Ellis, MaKenzie Rae
Ellis, Richard Bryant
Ellis, William Bryant
Elmore, Christa Ann
Ferrell, Melinda Kay
Foreman, Stefany Elayne

Foster, Linda Jean
Fowler, Janyah Railyn
Frazier, Rickie Dewayne
French, Jeffery John
Fritsch, Jady Mark
Fuentez, Cruzito Damacio
Ganaway Jr., Mark Terrell
Garretson, Cody Ronald
Garza Jr., Gary Don
Gibson Jr., Isaac
Gibson, Edna Faye
Gibson, Grayson Wayne
Gibson, Jennifer Michelle
Gibson, Justin Ryan Hill
Gillespie, Tamara Sue
Gilman, Peter Howard
Gouge, Ashlynn Jean
Graham, Thomas Wendell
Grass, Brooklynn Rayne
Gregory, Samuel Edwin
Hackbarth, Marissa Lucille
Hadjiconstantinou, Openia Sue
Hale III, Phillip Wayne
Haley, Shirley Frances
Hall, Christayl Rachell
Harjo Jr, Benjamin
Harjo Jr., Burton Thomas
Harris, Suzy Diane
Harvey, Shelia Lynn
Haumpy Jr., William Allen
Haumpy, Talia Sharee
Hicks, Angelia Jean
Hill, Amanda Nicole
Hill, Dreyton Scott
Hixon, Carson Lee
Hobia, Kamryn Aurora
Holt, Kaylee Lilian
Holt, Trenton Riley
Hood, Malacki David Weslyon
Houston, Michael
Houston-Fenix, Lexus Nicole
Hurst, Brian Keith
Jacobs, Kasiana Marie
James, Billie Jane
James, Zachary Lee
Jimerson, Tyrone Dremain
Johnson, Brady James
Johnson, Brandon W. C.
Johnson, Eryn Edward
Johnson, Ki`Arra Joy
Johnson, Lewis Allen
Johnson, Locv Lee Jace
Johnson, Lyndsey Marie
Johnson, Sandra Kay
Johnson, Santana Little Bear
Jones, Kamora Monica
Jones, Tsegan Araujo
Jordan, Wendi Renee
Josytewa, Dakota Daniel
Kaseca, Kristin Nikole
Kaseca, Paul Daniel
Kelly, Gayla Ann
Kelly, Kellie Marie
Kickapoo, Roy Matteson
Killian, Angelic Marie
Kilmer, Aldon James
Kirby, Emma Grace
Kmatz, Jacob Alexander
Kowitz, Trentyn Mikal
Kupczynski, Coreena June
La Plant, Ryan Zachary
Langston, Zachary Daniel James
Laplant, Raymond Lowell
Larney, Darrell Scott
Lassiter, Mia Angelina Kayleigh
Lee, James Stacey Chang-Sun
Leedom, Donna Jeanne
Leupp, Lenora Little Creek
Limon, Justine Danielle
Little Axe III, Troy Lee
Little Axe, Brittany Elaine
Little Axe, Jason Randall
Little Axe-Sadongei, Carolyn
Little Charley, Paige Marie
Little Jim, Charles Kerwin
Little Jim, Jason Webster
Little, Christina Kathaleen
Littlebear, Kianna Carolyn
Littlecreek, Joshua Dwight
Livsey, Mckinzy Diane

Lockner, Krin Kimberly
Longhorn, Juanita Louise
Longhorn-Dees, Aireanna Belle
Longman, Anthony Lamont
Longman, Emily Redena
Longman, Jordyn Christian Spybuck
Longman, Shea Michael
Lopez, Angela Michelle
Louvier, Natasha Renee
Love, Faith Annaleigh
Lowe, Ariaah MaRae
Lowe, Brian James
Lowe, Caden Elijah
Lowe, Raelynn Mae
Mack, Zander Luis
Manley, Sue Ann Burkhart
Mann, Ethan Coe
Mann, John Edward
Martin, Juston Allen
Martinez, Brandon Paul
Martinez, Leo Littlecreek
Masquas, Jace Gabriel
Masquas, Jaylen Nathaniel
Mauldin, Charlotte Vada Renia
Mayfield, Destiny Renee
McAnally, Amber Chantel
McGirt, Douglas Burton
McGirt, Os`Keowv Nokose
McGirt, Vincent Carlos
McKinney, Lucia Jade
McMahan, Ashley Rae
McPherson, Jeremy Lee
Medina, Jocelyn Adelene
Miller, Esperanza
Monk, Riley JaLisa
Morrell, Kristy Ann
Morris, Brandon Zachary
Morris, Raymond Ray
Morton, Myla Brook
Moyer, Katherine Elizabeth
Murry, Stevey Raynae
Nance, Jada Karyn
Nance, Kameron Jace
Nelson Jr., James Bradley
Nelson, Telisa Renee
Nelson-Mann, Brady Charles
Neske, Christopher Hugh
Nice, Hunter Eli
Norton, Jai`Ahnna Anjali
Ochoa, Florence Pauline
Olinger, Stephen Garrett
Olivas, Elijah Tiger
Ongaco, Alexandra Renee`
Ortiz, Mariella Raelynn
Pack, Trace Matthew
Palacios, Phyllis Diana
Panther III, William
Panther, Raymond Dale
Panther, Sophia Aylin
Pierce, Mahkinlee Allyn
Ponkilla, Edmond Lee
Ponkilla, Timothy James
Porambo, Anthony Thomas
Poston, Teresa Sue
Powell, Robert M
Powell, Wesley Lynn
Prettyman, Faith Grinell
Proctor, Noah Gene
Purcell, Jason Lee
Reeves, Marian Louise
Roberts, Jimmy Dean
Routledge-Hunt, Brandi Faye
Rowan, Cobie Mae
Ruimveld, Shacoda Louis
Ruimveld, Shawn Wade
Ruiz, Kathlene Luiza Mae
Ryan, Danielle Marie
Salisbury, James Haydyn
Sampson, Sharon Louise
Schmitz, Tana Marie
Schnell, Jennifer Christine
Serena, Gary Allen
Sharpe Jr., Chevis Shenold
Shaver, Brittney Nicole
Shaver, Jordin Lei
Sherrill, Jocelynn Elyssa
Shupe, Joshua Michael
Simpson, Julian Elliot
Sloat, Alec Duane
Sloat, Colby Trae

Sloat, Garrett Davis
Smith, Kristi Dawn
Snake, Jana Rachelle
Soap, Jakobi Christopher
Soap, Wilson Lee
Spoon, Dakota Austin
Spoon, Eric Louis
Spoon, Kenneth Lee
Spriggs, Helen Wyatt
Spybuck, Justice Evan
Spybuck, Kase Brennon
Squire, Shawneecey Jordawna
Squire, Takota Lynn
Stallin, Kiara Daelene
Starr, Meranda Lynn
Stoliby, Sean Ryan
Switch, Eastman Kelly
Switch, Isaac Jay
Switch, Mrs. Lana Iris
Switch, Susan LeAnn
Tackett, Elliana Leighan
Tascier, Samuel Ethan
Terres, Paula Ailene
Thompson, Carter Dane
Thompson, Darian Andrew
Thompson, DeShayla Tamia
Thorpe, Grace Janette
Thorpe, Keenan Allen
Thorpe, Melanie Lea
Thorpe, Rachel Danielle
Thorpe-Emhoolah, Lorrie Ann
Tiger, Alisha Lynn
Tiger, Christopher Neal
Tiger, Clementine Cecilia Rose
Tiger, Darryl Dean
Tiger, Dion Henry
Tiger, Gladys Jean
Tiger, Mary Augustina
Tiger, Phyllis Gail
Tiger, Terrance Nathan
Torres, Hector Gene
Tsoodle, Teri Kaye
Tullius, Kaley Mariah
Tyner, Marcus Charles
Valdivia, Joseph Enrique
Valdivia, Ronald David
Vazquez, Tyler Keith
Wahpekeche, Meredith York
Wahpekeche, Silas Kane
Walley, Breanna Joy
Walsh, Malissa Lisa Renee
Warrior Jr., Lucian J.
Warrior Sr., Manuel Anthony
Warrior, Levi Stafford
Washington Jr., Eric Sean
Washington, Nicholas Shane
Watkins, Mickaela Marie
Watkins-Long, Natalia Grace-Christine
Watson, Betty Lou
Watson, Jo Ann Spybuck
Westberry, Amanda LeJean
Whims, Ethan Bradley
White III, Charles Daniel
White, Nina Renee
Whitecloud, Bluesky Rain
Whitecloud, Raqueal Amae
Whited, James Aaron
Wilburn, Joshua Wayne
Wilkerson, Lawrence Anthony
Wilkerson, Tammy Lynn
Williams, Christopher John
Williams, Kade Thomas
Williams, Kuruk James
Williams, Sonja Barbara Gosney
Williams, Taren Janea
Wilson Jr., Darrell Gene
Wilson, Patrick Loyd
Winrow, Rickie Dawn
Winter, Brendan James
Winter, Tammy Lyn
Winter, Tara Ann Nicole
Woods, Anna Marie
Wylie, Vickie Teresa
Yeahpau, Jeri Maye
Yones, Amber Marie



September is Suicide Awareness/Prevention Month

Worldwide Suicide Prevention Day 2019 is September 10th

My name is Ann Marie Passarella. I am a Native American woman. I am mother, grandmother, daughter, sister and friend. I am also a licensed mental health professional. I work as the outpatient therapist for the Methamphetamine Suicide Prevention Initiative (MSPI). This is a grant with behavioral health services within the Absentee Tribal Health System which is funded by Indian Health Services. I deeply care about all human life and am a person who is committed to working to improve the health and well-being of all American Indian and Alaskan Native (AI/AN) people.

I want to bring awareness and prevention of suicide for all people. My heart hurts to share these statistics regarding suicide within our AI/AN populations. The US Census Bureau estimates that 1.5% of the US population, which is around 4.5million, is identified individuals of AI/AN descent. 28.3% of AI/ANs are below the age of 18. Currently 1.1 million AI/AN are under the age of 24 and suicide is the 2nd leading cause of death for ages 10-24. The suicide rate of males is about 4 times higher than that of females. Suicide takes the lives of over 44,965 Americans every year. There is 1 death by suicide in the US every 12 minutes according to the Centers for Disease Control and Prevention (CDC). I share these statistics to make each and every one of us aware of this crisis. However, we also need to remember that each of these numbers represents a beautiful person that died too soon. These numbers represent the families and friends of these loved ones that are now living, and will forever live, with this loss. We need to continue to provide understanding, love and support to these loss survivors. At the end of this article, I will provide resources regarding support and education about suicide and some will be specifically for those who have lost a loved one.

We need to talk about suicide. Let me dispel a couple of common myths about suicide. Asking someone about suicide does not put the idea into someone’s head. Several studies examining this concern have demonstrated that asking people about suicidal thoughts and behaviors does not induce or increase such thoughts or experiences, in fact, asking someone directly, “are you thinking of killing yourself,” can be the best way to identify someone at risk for suicide. Another myth I want to dispel is the idea that people are threatening to die by suicide as an attention seeking behavior. Suicidal thoughts or behaviors are a sign of extreme distress and an alert that someone needs help. Any warning sign of suicide should never be ignored. Any talk of suicide must be taken seriously and requires attention. The National Institute of Mental Health (NIMH) has articles that support the statements in this paragraph.

Who is at Risk for Suicide?
All AI/AN people and especially those between the ages of 10-24 are at risk. Some of the main identified risk factors

for suicide are: a prior suicide attempt, depression and other mental health disorders, substance abuse disorders, family history of a mental health or substance abuse disorder, family history of suicide, family violence, having guns or other firearms in the home, incarceration, being exposed to others suicidal behavior, such as a family member, peer or media figure, medical illness, and being over the age of 60. Historical trauma also plays a significant role in increasing AI/AN risk for suicide. Trauma, according to epigenetics, can impact our genetic makeup over time as well as impacting up to 3 generations after us. The effects of Historical trauma are still affecting our native people today.

- What Can We Do?**
- Talk to them in private
 - Be direct. Talk openly and matter-of-factly about suicide. If someone is displaying warning signs open the conversation. Tell them you are concerned about them and tell them specifically what you have noticed that has made you concerned. Ask directly if they are thinking about killing themselves. Tell them you care about them.
 - Be willing to listen. Allow expressions of feelings. Accept the feelings.
 - Be non-judgmental. Don’t debate whether suicide is right or wrong, or feelings are good or bad. Don’t lecture on the value of life. Remember, they are in distress and need help.
 - Get involved. Become available. Show interest and support.
 - Don’t dare him or her to do it.
 - Don’t act shocked. This will put distance between you.
 - Don’t be sworn to secrecy. Seek support

National Suicide Prevention Week 2019 is September 8th through September 14th

- Offer hope that alternatives are available, but do not offer glib reassurance.
- Take action. Remove means, such as guns or stockpiled pills.
- Get help from persons or agencies specializing in crisis intervention and suicide prevention.
- Stay with them. Do not leave someone alone that has admitted to having thoughts of killing themselves. If you cannot get them to mental health services or the emergency room, then call 911.
- Call the National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**. I recommend that you save this number to your phone. A crisis can occur anywhere and at anytime.
- **Text TALK to 741741** to text with a trained crisis counselor from the Crisis Text Line for free. 24/7.
- If you are a parent or a guardian of adolescents, talk to them about suicide. Make sure they know the warning signs as well as where they can seek immediate help for themselves or a peer. Adolescents are much more likely to talk to each other first. Make sure your adolescents know about the National Suicide Prevention Lifeline number as well as the crisis text line information. Remember, suicide is the 2nd leading cause of death in ages 10-24.

- What are some protective Factors for Suicide Prevention?**
- Effective clinical care for mental, physical, and substance use disorders
 - Restricted access to highly lethal means of suicide. Think about gun safes and locked pill boxes
 - Strong connections to family and community support
 - Support through ongoing medical and

mental health care relationships

- Skills in problem solving, conflict resolution and nonviolent handling of disputes
- Cultural and spiritual connections that discourage suicide and support self-preservation

I want to stress, that most people who have risk factors for suicide will not kill themselves. The risk for suicidal behavior is complex. However if your loved one has mentioned suicide or you have observed warning signs, ask the question and it may be time to get them help.

I started this article by telling you about myself and some of the roles that I fill. I felt it important to share that I, my children, grandchildren, and many of my friends have risk factors as well as many of you, simply because we are native. Suicide does not discriminate. We must increase awareness of suicide as well as increase education on warning signs of suicide and what we can do if a person is considering suicide. If we work together to help stay connected and supportive of one another, we can make a difference.

Written by
Ann Marie Passarella LPC and LADC MSPI outpatient therapist AST Behavioral Health Services

Resources:
American Association of Suicidology (AAS). www.Suicidology.org
They have a handbook for survivors that can be found on their website. It is located under resources tab and entitled SOS Handbook.

American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community, empowered by research, education advocacy to take action against suicide. Under the “find support” tab there is a link for loss survivors which host multiple resources. One includes the New Survivor Outreach Program they just started in Oklahoma. <https://afsp.org/>

Suicide Prevention Resource Center (SPRC) www.sprc.org is the nation’s only federally supported resource center dedicated to advancing suicide prevention.

Oklahoma Department of Mental Health and Substance abuse provides information, resources and training. <https://ok.gov/odmhsas>

Indian Health Services. <https://www.ihs.gov/oklahomacity/>

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

Text TALK to 741741. Crisis Text Line Oklahoma Reachout Hotline: **1(800)522-9054**

AST Behavioral Health Services locations at Little Axe and Shawnee 405-701-7987

What are some of the Warning Signs of Suicide?

- Talking, writing, or posting on social media about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless or having no reason to live
- Experiencing or demonstrating drastic changes in behavior
- Changing eating and/or sleeping habits
- Withdrawing from friends and social activities
- Loses interest in hobbies, work, school, etc.
- Giving away prized possessions
- Taking unnecessary risks
- Talking or thinking about death often
- Is preoccupied with death and dying
- Losing interest in their personal appearance
- Increase in use of alcohol or drugs
- Planning or looking for a way to kill themselves such as searching online, stock piling pills or newly acquiring potentially lethal items (such as guns)

Honoring Our Past With Promise for Our Future

LIFE is Beautiful Living Meth Free



National Suicide Prevention

1-800-273-8255 (TALK)



**Absentee Shawnee
Health Systems
Shawnee & Little Axe**

IMPORTANT NOTICE!

The Criminal Court Dockets
have moved from
2nd Wed. afternoons at 1:30pm
to 2nd Wed. mornings 9:00am.

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.

ATTENTION TRIBAL MEMBERS!!!

The approved Legislative Resolution No. L-AS-2018-17 has been duly adopted by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma Authorizing and Approving an increase in the Burial Assistance amount for qualified and approved members to **six thousand dollars and no cents (\$6,000.00)**, effective October 1, 2018. If you have any questions, please contact the Social Service Department at (405) 275-4030, ext. 6225 or 6255. All the changes will be posted to the Absentee Shawnee Tribe's web site under service + Social Service.

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

IF YOU'D LIKE TO SUBMIT AN AD 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.



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OTHER ENTITIES & TOLL FREE	273-0202
All Nations Bank	273-0202	
ASEDA	878-6782	
Toll Free.....	1-800-256-3341	
Brendle Corner	447-3372	
Blake Goodman EDU	878-0633	
Building Blocks	878-0633	
(Elizabeth Crawford, Briana Ponkilla)		
Building Blocks III LA	360-2710	
(Rebecca Jones)		
Housing	273-1050	
Human Resources	275-1468	
Media	598-1279	
(Sherman Tiger)		
OEH/OEP	214-4235	
Police Dept.	275-3200 / 275-3432	
Thunderbird Casino NRM.....	360-9270	
Shawnee Casino	273-2679	
Tribal Store (Little Axe).....	364-0668	

LITTLE AXE CLINIC	447-0300
Clinic - Medical.....	447-0300	
L.A.Plus Care	447-0477	
Dental Clinic.....	307-9704	
Diabetes.....	360-0698	
Pharmacy	292-9530	
Resource Center.....	364-7298	
Chrissy Wiens PA Specialist		
Buster Bread Fitness Manager		

SHAWNEE CLINIC	878-5850
Clinic (Bldg. 17)	878-5850	
Pharmacy	878-5859	
Toll free.....	1-866-742-4977	
RhondaKaseca.....	878-4702	

***** EMERGENCY NUMBERS *****

EMERGENCY ASSISTANCE.....	911
HEARTLINE EMERGENCY.....	211
TRIBAL POLICE	405-275-3200
TRIBAL EMERGENCY MANAGER.....	405-740-1562 (Cell)
SHERIFF.....	405-273-1727
CITY POLICE.....	405-273-2121
CITY EMERGENCY MANAGEMENT.....	405-273-5272
COUNTY HEALTH DEPT.....	405-273-2157
SHERIFF.....	405-701-8888
CITY POLICE.....	405-321-1600
HEALTH DEPT.....	405-749-1591
OG&E.....	405-272-9595
800-522-6870	
CANADIAN VALLEY.....	405-382-3680
DEPT. OF ENVIRONMENTAL QUALITY.....	800-522-0206
HIGHWAY PATROL.....	405-425-4385

Police, Fire, Ambulance
State of Oklahoma

Absentee Shawnee
Absentee Shawnee

Pottawatomie County
Shawnee
Shawnee
Pottawatomie County

Cleveland County
Norman
Cleveland County

Report Power Outage
Power Outage

State of Oklahoma
Road Conditions

