ASEDA into Industrial Hemp

By Nguyen Crittenden | Norman Transcript Staff | Web Aug 13, 2019

Norman residents that have driven by Thunderbird Casino in past days likely noticed an addition to their outside scenery. The mural is pointed 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 is 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, who 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 2019.

The final portrait is of Jim Thorpe, a member of the Sac and Fox Nation is known primarily for his achievements as 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 different sports.

Sue 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 the characteristics the Absentee Shawnee Tribe and surrounding communities,” he said.

Hatfield has been an artist most of her life, and said that the direction of her art work 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.

BIA ROADS PROGRAM

If you have visited the Tribal Complex recently, you then have seen there are a few Roads projects on going in 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 tribal infrastructure updated and in current operational standards.

The Entry way to the complex will have new concrete poured and will be 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.

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September 2019

Governor’s Report

Hello Tribal People!

Our 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 who 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 our 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 night. 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 should follow the constitution and not violate federal law.

Oklahoma Indian Gaming Association

The OIGA Conference and Trade Show were held at the Gaylord Hotel 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, Class A Gaming and International Vendor Licensing: Class B Gaming. Some of the topics that were included were the History of Sports Betting, Class A Gaming and International Vendor Licensing: Class B Gaming.

We will keep you updated as we receive new information.

Rock Creek School and he has indicated that the school is ready to open the doors in middle part of September. I have reached out to Mr. Rock Creek School and he has indicated that the school is ready to open the doors in middle part of September. I have reached out to Mr.

As I was touring the new high school at Horse Shoe Bend, so that we could open the doors in middle part of September. I have reached out to Mr.

Some of the topics that were included were the History of Sports Betting, Class A Gaming and International Vendor Licensing: Class B Gaming. Some of the topics that were included were the History of Sports Betting, Class A Gaming and International Vendor Licensing: Class B Gaming.

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


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

1st 2:00 pm CTSA Meeting at Finley and Cook

Help me make a difference and stand united in this battle.

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 #608 as that will come directly back to my office or you may call tribal cell number 405 481-0397 or email edwinab@astribe.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 locked doors.

Governor Edwina Butler-Wolf

405 275-4600 Ext: 6308

405 481-0397 Tribal Cell Phone

Executive Committee

September 2019

Governor Edwina Butler-Wolf

GOVERNOR

LT. GOVERNOR

SECRETARY

TREASURER

REPRESENTATIVE

Briana Ponkilla, CCDF Coordinator

SCHOOL

HORSE SHOE BEND AFTER SCHOOL

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Consortium, I participated as a member of the OK Tribal Finance at a press conference. As a board Economic Impact study was released on July 18th the Oklahoma Native Oklahoma Economic Impact other tribal treasurers. Our finance I am able to meet and learn from the Oklahoma Gaming Association economic development topics. Tribal Tribal healthcare finance staff and nation leaders, tribal finance staff, Osage Casino & Hotel in Tulsa, the meeting was completed by an independent 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 have moved 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:

- Tribes have invested a total of $200 million for construction and maintenance of roads, bridges, and other transportation projects. Nearly 27,000 miles of roads are supported, and these are interstates and roadways used by ALL Oklahomans.
- In 2018 alone, $213 million was raised 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 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 that we are not only financially strong but run 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.

On Wed., July 31st we held the third quarterly Wills & Trust Clinic to 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 custody issues, changes, expulsion 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, 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 quarter 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 olc@oilsonline.com.

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 Cycle Management, Tribal Health Key Metrics, and Assisted Living At 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 conference member and member of the Executive Committee.
ATTACHMENT

Tribal Advisory Committee

September 2019

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—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. FDC—the US District Court of Appeals for the District of Columbia ruled that the Federal Communications Commission cannot make small 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 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 the companies. At this time, we will see how many tribes agree to get in this critical issue. The Cultural Preservation staff will continue to monitor and attend tribal meetings on this issue.

ConsultationThe CP Director and I attended the Texas Military Department and Texas Department of Transportation 2019 State Transportation Conference in San Antonio, Texas. 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 round table discussions. Expenses for this trip were fully covered by the TMD and TXDOT and consultation fees were paid to the AIST 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 included 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 Rodgersque.

Library—Once again, the CP Department has been awarded the Small 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 ASEDIA in the forefront of this re-emerging industry! I have eagerly been 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 ASEDIA projects and activities are important to the growth of our tribe’s economic development. I wish to thank all the individuals who have contributed to the moving and support for getting this pilot program started.

Funding and Feasibility Studies Acquired. The Tribal Advisory Committee (TAC) continues to assist WIPFLI as its staff continues to assist WIPFLI as its staff

Aided Living Action (ALA) Committee. The AILA 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 attended the OKGIA State Conference and Trade Show in Tulsa. This OKGIA event is specifically devoted to all aspects of the Indian Gaming Industry. At the OKGIA luncheon, one of our young tribal Shawnee deceased, Dakota McDowell Walpeke, grandson of tribal member, Meredith Walpeke, was presented with a John Marley Scholarship award. Congratulations and good luck, Dakota! It is rewarding to see youth recognized and supported in their pursuit of higher 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 OGIA Special Membership Meeting in Tulsa on August 13 to discuss the State Gaming Compact. Please visit this website for more information. https://www. unitedindiansokahoma.com

As we approach the renewal of the compact at the end of the year, 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.”

Gaming CompactAt the end of the year, we will have to see what next steps are needed for the Gaming Compact. I have been attending the appellate court declined to vacate this decision. Although this is a win for tribes, we cannot make smaller 5G towers exempt from a review process. The Federal Communications Commission cannot make small 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 this decision. Although this is a win for tribes, we cannot make smaller 5G towers exempt from a review process.

We have now installed new display cabinets and continue to build new vendor relationships to diversify our cabinets and continue to build new vendor relationships to diversify our...
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

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 if getting things moving and looking to improve the tribes transportation needs.

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 Stalls and Handicap parking Stalls have also been set. This minor upgrade has given the East Parking lot a very nice look.

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

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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

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Absentee Shawnee Tribal Behavioral Health Grants

M.S.P.I.
& NATIVE CONNECTIONS
YOUTH HAND GAMES

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

JOIN US FOR AN EVENING OF YOUTH CULTURAL HOSTED IN COLLABORATION WITH THE CENTER PERTHONIAN INK MOUTH AND NATION, OKLAHOMA NATION TRADE AND NATIVE HAND EDITION.

FOR MORE INFORMATION CALL JENNY SIMS AT 405-507-1639 OR JIM MURPHY 405-707-0857

1930 3616th Ave NE | Norman, OK

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Executive Committee

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Menu subject to change. 2% Milk Served Daily

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UnitedForOklahoma.com
Help Wanted...

Eliz 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 key 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. A new 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 respondents 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 the year. With employee engagement as a top priority, we hope to 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 80% of benefit premiums.

The Human Resources department is a part of an action team lead by the representative from Human Resources, Personnel from, Cultural Preservation, and the IT department. This action team will focus on realigning the branding of the Tribal departments with a consistent visual representation of the Tribe in the Tribal departments with a consistent visual representation of the Tribe in the Tribal departments with a consistent visual representation of the Tribe in the Tribal departments with a consistent visual representation of the Tribe in the Tribal departments with a consistent visual representation of the Tribe.

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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

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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

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
(9:00 a.m. - 7:00 p.m. and 5:45 p.m. - 6:30 p.m.)
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) 701-1977 or lbread@astribe.com/cwilson@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.
application. Most notably, hemp lacks the high concentration of tetrahydrocannabinol, or THC, that is responsible for the “high” that one feels from marijuana. For practical purposes, industrial hemp is defined as the part of a cannabis plant containing less than 0.3% THC and will now be considered an agricultural commodity just like any other. The part of the cannabis plant with more than 0.3% THC, on the other hand, will still be considered “marijuana” and remain a Schedule I substance under the Controlled Substances Act. The new law also broadens the definition of industrial hemp to include “all derivatives, extracts, cannabinoids, isomers, acids, salts, and salts of isomers” of hemp. This definition opens the door for participation in the fast-growing cannabidiol (CBD) industry used by consumers to treat seizures, pain, anxiety, and other ailments. Industrial hemp is from the plant species Cannabis sativa and has been used worldwide to produce a variety of industrial and consumer products. Hemp is a source of fiber and oilseed grown in more than 30 nations. Cultivated industrial hemp plants usually consist of a spindly main stalk covered with leaves. Considered a low-maintenance crop, hemp plants typically reach between 6 to 15 feet in height. Depending on the purpose, variety and climatic conditions, the period between planting and harvesting ranges from 70 to 140 days. One acre of hemp can yield an average of 700 pounds of grain, which in turn can be pressed into about 22 gallons of oil and 530 pounds of meal. The same acre will also produce an average of 5,300 pounds of straw, which can be transformed into approximately 1,300 pounds of fiber.

ASEDA has partnered with Native American Hemp, based out of Oklahoma to begin their transition into the Industrial Hemp arena. In accordance with the Oklahoma Industrial Hemp pilot program, ASEDA has planted 10 acres at the Hardesty property off of Highway 177 in Shawnee. ASEDA is glad to report that as of 08/08/19 it has helped nine Native Americans find employment with another local industrial hemp farmer that ASEDA has established an alliance with to help plant and water the hemp crop. Of the nine, four are Absentee Shawnee Tribal Members, earning wages of $10.00 per hour.

Please bring the following to your appointment:

- Drivers License or Tribal or State Issued ID.
- Full Names and Dates of Birth of your children and grandchildren.
- Any paperwork regarding your Indian land.

For more information on your Indian land, contact:

OST Beneficiary Call Center at
1-800-678-6836

American Indian Wills Clinic

JODI MARQUETTE
AMERICAN INDIAN WILLS CLINIC

Friday, October 18, 2019
Anadarko, OK – BIA Courtroom

Friday, November 8, 2019
El Reno, OK – Redlands Community College

Friday, November 15, 2019
Oklahoma City, OK – OCU School of Law

The American Indian Wills Clinic

Will provide no-cost estate planning services to Tribal Members who live in Oklahoma.

Wills and other estate planning documents will be drafted by appointment only.

To learn more about options for making arrangements for your Indian land,

Please call (405) 208-5017 to make an appointment!

This Project was made possible, in part, by a generous grant from the Oklahoma Bar Foundation.

Advertise your business with the Absentee Shawnee Tribe Newspaper

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

Make sure you get your next issue!

Issues come back to us not being delivered... make sure your address is correct!

Don’t miss a minute of tribal news and information!

Anyone needing to be on the mailing list Please Call!

UPDATE your address Call Sherman Tiger
AST Media Director
405-598-1279
stiger@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

### Absentee Shawnee Housing 2019 PROGRAMS

- Low Rent Housing
- Lease to Own Housing
- 35,000 Down Payment & Closing Assistance - AST Members ONLY
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing
- Tribal Housing Assistance - AST Members ONLY

FOR INFORMATION ON OUR SERVICES

**PLEASE CALL 405-273-1050 OR COME BY OUR OFFICE**

**LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.**

**WEBSITE: www.absenteehousingauthority.com**

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**ELDER INTAKE FORM**

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**LAST NAME** | **FIRST NAME** | **M** | **F** | **VETERAN** | **YES** | **NO**

**DATE OF BIRTH** | **STREET ADDRESS** |
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**CITY** | **STATE** | **ZIP CODE** | **PHONE NUMBER** |
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**SPOUSE’S NAME** | **SPOUSE’S DATE OF BIRTH** |
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**NAME OF EMERGENCY CONTACT** | **PHONE** |
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**PREFERENCE LANGUAGE** | **OTHER** |
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**NUMBER OF HOUSEHOLD** | **WIND HELPS** |
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**HEALTH HISTORY** | **EMERGENCY ALGORITHM** | **APPARENT NATURE** | **SERIOUSNESS** | **Emotional** | **DIABETES** | **CHRONIC RHEUMATOID ARTHRITIS** | **HIGH BLOOD PRESSURE** |
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**PREFERENCES** | **SELF EXPLANATION** |
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**PHYSICAL******* | **MIDWEST**** | **SOUTHWEST** |
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**MISLEADING**** | **SOUTHWEST**** | **SOUTHWEST** |
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**NUMBER OF KIDS** | **WIND HELPS** |
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**ARE YOU ENROLLED WITH A DIFFERENT TITLE OF PROGRAM** | **YES** | **NO** |
|--------------------------------------------------------|--------|-----|

**IF YES, NAME OF PROGRAM & WHERE LOCATED** | **HEALTH CONCERN** |
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**SERVICES CURRENTLY BEING RECEIVED** | **NEXT FOLLOW UP** |
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**Tribal Services**

September 2019

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**Absentee Shawnee Tribal Behavioral Health Services**

**WHITE BISON, INC.**

**A Cultural Approach to Personal Recovery**

**Substance Abuse**

**Wellbriety Group Meetings**

**Facilitated by John Seay, LPC**

**Every Thursday 5:30pm-6:30pm**

**Shawnee Multipurpose Building**

**Tribal Services Building**

**Phone: 405-781-3337**

**For further information, contact:**

Shawnee Indian Health Service: 405-781-3337

**Shawnee Indian Health Service**

**405-781-3337**

**Little Axe Health Services District**

**405-781-3337**

**Norman, OK 73069**

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**Absentee Shawnee Tribe Brownfield Tribal Response Program**

**Office of Environmental Health & Engineering**

**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 of, or potential exposure to, hazardous substances, pollutants, contaminants, or mixtures of petroleum or hazardous liquids or solid substances, produced, or in interconnected land.”

**Typical Brownfield Sites Include:**

- Old Dry Cleaning Businesses
- Oil/Gas Well Sites
- Oil Storage Facilities
- Barrels of Unknown Substances
- Former Cattle Dip Pit Sites
- A Large Amount of Tires
- Open Dump Sites
- Burned Homes
- Abandoned Factories/Buildings/Homes
- Toxic Waste (e.g., asbestos, lead, PCBs)
- Superfund Sites
- Contaminated groundwater
- Contaminated soil
- Contaminated air
- Contaminated soil plumes
- Contaminated groundwater plumes
- Contaminated surface water
- Contaminated sediments
- Contaminated soils
- Contaminated groundwater
- Contaminated air
- Contaminated soil

**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 Tribal Response Program**

**2025 S. Gordon Cooper Dr.**

**Shawnee, OK 74801**

**Phone: (405) 214-4235**

**AST Environmental Programs**

**www.absenteehousingauthority.com**

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---

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

**Little Axe Health Center**

**901/905 S Gordon Cooper Dr.**

**Shawnee, OK 74801**

**Phone: (405) 214-4235**

**Little Axe Health Center**

**901/905 S Gordon Cooper Dr.**

**Shawnee, OK 74801**

**Phone: (405) 214-4235**
The AST Health System appreciates the Governor’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 (MMPB). Fall is right around the corner and summer will be coming to an end soon (or we hope so with the extreme heat we have had this year)! Back to school is in full swing now with the Zombie SK Walk/Run for your life is 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 Patient Benifit Advisor Connie Bottaro, Patient Benefit Advisor Autumn Felton, Executive Assistant Employee of the Month Mark E. Rogers, M.A.L., FACHE, CMPE, CHC Executive Director for August 2019 - all to serve you better every day.

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 oil and gas products were severed in July, the Absentee Shawnee Tax Commission is due no later than May 15. Payment & Penalties

The Sales & Lodger’s Tax return must be submitted to the Absentee Shawnee Tax Commission by the 15th of the month following the calendar month in which the taxable product was severed. Payment of the Severance Tax return may be made by check or money order.

A person responsible for meeting all obligations of the Absentee Shawnee Tax Commission with regard to the jurisdiction of the sales tax is subject to the penalty of $250.00 per month for failure to file. The Application for Business License, available at the Absentee Shawnee Tax Commission and Tag Office, must be completed for each business entity. Effective May 1 2019, the use tax will be 2.75% will be added.

Now Accepting Credit/Debit

Effective May 1 2019, the Tag Office will be accepting credit/debit cards. Please note this change will only affect the 2019 tax year, beginning with the 2019 license fee.

The list of all taxes and fees levied by the Absentee Shawnee Tribe, including assessment of any and all exemptions is available at the Absentee Shawnee Tax Commission and Tag Office, and on this webpage.

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 for the betterment of the tribal members. Please bring your tax documents and be prepared to answer any questions before you are able to file your taxes.

To calculate the Severance Tax, find your taxable volume of each category as outlined in the table below. Multiply the taxable product was severed. For example, if taxable oil and gas products were severed in July, the Absentee Shawnee Tax Commission is due no later than May 15. Payment & Penalties

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**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.

**Opioids/Heroin in Indian Country**

**September 19, 2019**

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

Hosted by AST Tribal Opioid Response (TORS) Grant

Please contact for questions or information Crystal Springer, TORD

Grant Coordinator (405) 701-7979 or email cspringer@astrib.com

To be held at the following location:

Absentee Shawnee Tribal

Health Multipurpose Building
2909 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 and how it may effect your reservation. 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 (357) 749-5641. We look forward to visiting with you.

---

**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.

**CDC-recommended vaccinations for adolescents:**

- **11-12 years**
  - HPV (2 doses)
  - Meningococcal ACWY + Tdap
- **13-18 years**
  - Meningococcal ACWY (if not previously vaccinated)
  - Flu
- **14 years**
  - Meningococcal B
  - Meningococcal ACWY booster
- **16-17 years**
  - Tdap every 10 years

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**Remember the 4**

- HPV (Human papillomavirus): The vaccine is most effective at preventing associated cancers for both boys and girls when given during preteen years.
- Meningococcal: Two types of meningococcal disease vaccines protect against the most common serogroups. Teens should start the ACWY vaccine at 11-13 years old; with a second dose at least 8 years later. (Only use ACWY vaccine if not previously vaccinated with the meningococcal B vaccine at 18-19 years).
- Tdap (Tetanus, Diphtheria, and Pertussis (whooping cough)) and Td booster (Tetanus and Diphtheria). Adolescents should receive a Tdap vaccine between the ages of 11-12. Popular boosters of Td vaccine are recommended every 10 years to protect those at risk.
- Polio: The first three doses typically start in October, and the virus can mutate each year. Annual vaccination is recommended.
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 ICW at the Cultural Preservation building. We will be accepting any form of art you may bring to the center, whether it be paintings, sketches, leatherwork etc. for showing in the gift shop. Please submit your art to the ICW before September 19, 2019. If you have any questions about the ICW event please contact Casey Wilson.

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

September Save The Dates

Cultural Corner

ICW

Looking for Foster Parents

“Share your Heart, Share your Home” ASTICW 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 405-385-4490 for more information.

Cultural Preservation

Oklahoma Department of Rehabilitation Services

What we do:

• Assist blind and vision impaired with accommodations and services to obtain skills and self-sufficiency.
• Assist with vocational and educational services for blind and vision impaired.
• Provide assistance with higher education opportunities.

Our team is looking for elders to help us make a video about what it means to be Shawnee.

The Elders said to learn the Shawnee Language, teach your children be proud to be an Indian and take care of your people.

How many grandchildren do you have? Together we can make sure no child gets left behind.

The Cultural Preservation team

ICW

Looking for Foster Parents

“Share your Heart, Share your Home” ASTICW 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 405-385-4490 for more information.

We need your help!

“The Elders said to learn the Shawnee Language, teach your children be proud to be an Indian and take care of your people.”

How many grandchildren do you have? Together we can make sure no child gets left behind.

The Cultural Preservation team
BETTER BREAKFAST MONTH

There is no better time to consider adopting the habit of having the entire family eat breakfast. 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 even gives you intense eating behavior more regularly throughout the day.

For that this year, Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. It is important to start them off in the right way this year. Joining a Better Breakfast Club in the Dry Bones Eating District, Little Axe is the perfect place to start. Breakfast offers a lot of nutritional benefits to everyone who tries it. It can be a lifesaver to those who are overweight. Breakfast can help you maintain your weight and lose weight if you need it. Breakfast can increase memory and concentration.

Join in on a Better Breakfast Club this year and enjoy all the benefits. It can help you get over the morning-dreading feeling of waking up and opening your eyes. However, on the flip side, it can also help you fight the Monday blues. The most important meal of the day is breakfast. It is the start to the day and helps you get ready for any activity.

September Health Cooking Demo

Join us for this FREE event!!

When: Thursday, September 12th, at 2pm
Where: Diabetes & Wellness Kitchen at Little Axe Clinic
Free Recipe Cards and Samples Provided

www.astribe.com

September 2019

A Native Owned Business

Metro Brokers - Realty Solutions
405-481-1494

Terri Red
Branch Broker/Owner

www.RealtySolutions.com
BuySellYourNextHomeHere!
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 in leading 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. I chose 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. In 2006, the White House declared September National Recovery Month, as a part of Behavioral Health Services has an ongoing, Open, Webinar Meeting. This group meets every Thursday from 5:30-6:30 pm at the Shawnee Multipurpose Building (seated at the Shawnee Clinic, Bldg 16). For further information about this group, contact 405-878-4716. The Group Facilitator is John Schae PCP. Behavioral health services are provided by licensed professionals, including: resource/financial; 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 Shawnee Absentee Tribal Health Systems. Please call 405-710-9787 for the Little Axe Behavioral Health Clinic or 405-673-4746 for the Shawnee Behavioral Health Clinic. Written and submitted by Martha Pasquarella LPC and LAS MSPP Outpatient Therapist. No part of this publication may be reproduced, stored in a retrieval system, posted on the Internet, or transmitted in any other way without the written permission of the publisher.

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 Robinson at 405.447.0590 or Customer Service at 405.701.7623. Complete a PATIENT QUESTIONNAIRE in one of our clinics or online.

Together, we will fulfill our missions.

PER BROWN
LITTLE AXE HEALTH CENTER
Norman, OK 73069
405-447-0320

SHAWNEE CLINIC
120 Center St.
Shawnee, OK 74804
405-673-8300

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.

EMERGENCY AND URGENT CARE SERVICES

PROTECT YOUR FAMILY WITH THE HPV VACCINE

HPV IS A COMMON DISEASE AND CAN HAVE SERIOUS CONSEQUENCES

IN THE US:
97 MILLION people have come into contact with HPV
80% of sexually active people will contract HPV over their lifetime

BEING INFECTED WITH HPV
GONOCITAL DISEASES CANAL DISEASES GENITAL CANCER HUMAN PAPILLOMA VIRUS

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

Each year, there are 12,000 cases of cancerous genital infections, of which 4,000 are cancerous.
Each year, there are 3,900 cases of HPV-related cancers.

THE HPV VACCINE CAN...
Prevent your child from future sexual partners
Prevent your child from HPV-related cancers
Prevent your child’s future heterosexual partner from contracting HPV.

THE HPV VACCINE IS SAFE AND EFFECTIVE
Clinical trials and ongoing research have shown the HPV vaccine is safe and effective.

THE HPV VACCINE CAN...
Prevent your child from future sexual partners
Prevent your child from HPV-related cancers
Prevent your child’s future heterosexual partner from contracting HPV.

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

THE ASSOCIATION BETWEEN HPV AND CANCER
HPV is a major cause of genital cancer and is also associated with anogenital cancer.
In the United States, anogenital cancers are one of the ten leading causes of cancer-related death.
Anogenital cancer affects both men and women.

THE HPV VACCINE
The HPV vaccine is a prophylactic vaccine that prevents infections caused by certain types of HPV.

THE HPV VACCINE CAN...
Prevent your child from future sexual partners
Prevent your child from HPV-related cancers
Prevent your child’s future heterosexual partner from contracting HPV.

THE RECOMMENDED AGES TO RECEIVE THE HPV VACCINE
The recommended age to receive the HPV vaccine is 11 or 12, however it is not too late before the 15th birthday to get vaccinated as well.

The recommendation has been raised by a full year to 11-12 years old to provide maximum protection to those who do not receive the vaccine in the recommended age range.

THE HPV VACCINE IS SAFE AND EFFECTIVE
Clinical trials and ongoing research have shown the HPV vaccine is safe and effective.

THE RECOMMENDED AGES TO RECEIVE THE HPV VACCINE
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The HPV vaccine is generally well-tolerated, with the most common side effects being pain, redness, and swelling at the injection site.

THE HPV VACCINE IS SAFE AND EFFECTIVE
Clinical trials and ongoing research have shown the HPV vaccine is safe and effective.

THE RECOMMENDED AGES TO RECEIVE THE HPV VACCINE
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The recommendation has been raised by a full year to 11-12 years old to provide maximum protection to those who do not receive the vaccine in the recommended age range.
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 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 Citation and RVN Campaign Medal. Walter Larney is married with four daughters and grandchildren.
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 great with behavioral health services within the Absentee Tribal Health System which I deeply care about all human life and life of a person who is committed to working to improve the health and well-being of all American Indian and Alaska Native (AI/AN) populations.

I want to bring awareness and prevention of suicide for all people. My heart hurts to state these statistics regarding suicide within our AI/AN populations. The US Census Bureau estimated that 1.3% of the US population, which is around 4.5 million, is identified individuals of AI/AN descent. 28.3% of AI/AN are below the age of 18. Currently 1.1 million AI/AN make the age of 25. At 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. 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 human being that dies by suicide. These numbers represent the families and friends of 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 month, we will provide resources regarding support and education about suicide on 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 if they are thinking about suicide does not put the idea into someone’s head. Several studies examining this concept have demonstrated that people about suicidal thoughts and behaviors does not increase or reduce such thoughts or experiences. In fact, asking someone directly, “are you thinking of killing yourself?” is the best way to identify someone at risk for suicide. Another myth I want to dispel is the idea that people think about to die by suicide as an attention seeking behavior. Suicidal thoughts or behaviors are a sign of extreme emotional distress and that someone needs help. Any talk 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 people are at risk, 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 are some of the main identified risk factors between the ages of 10-24 are at risk.

What is at Risk for Suicide?

• 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 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 damn him or her to do it.
Don’t act shocked. This will put distance between you.
Don’t seem to be in a hurry. Seek support.

What are the warns 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
• 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 for and purchasing guns or stockpiling pills or newly acquiring potentially lethal items (such as guns)

What are some protective Factors for Suicide Prevention?

• Effective clinical care for mental, physical, and substance use disorders
• Restrict access to highly lethal means of suicide. Think about guns 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
• A strong social network with spiritual connections that discourage suicide and support self-preservation

I ask that you share this article by telling you about myself and some of the roles that I fill. I feel 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

A Native American woman speaking to a Native American audience.

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
• Restrict access to highly lethal means of suicide. Think about guns and locked pill boxes
• Strong connections to family and community support
• Support through ongoing medical and mental health care relationships

If you feel like you or someone you care about may be in crisis, reach out to others. If you or someone you care about is in crisis right now, there are ways for you to get immediate help, including the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Text TALK to 741741. I started this article by telling you about myself and some of the roles that I fill. 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.

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

A link for loss survivors which host advocacy to take action against suicide.

Accept a link for loss survivors which host advocacy to take action against suicide.

- TALK to 741741.
- Crisis Text Line
- Oklahoma Reachout Hotline: 1(800)522-9054
- National Suicide Prevention Lifeline: 1(800)273-TALK(8255)

If you or someone you care about is in crisis right now, there are ways for you to get immediate help, including the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Text TALK to 741741.
ATTENTION TRIBAL MEMBER!!

The approved Legislative Resolution No. HLR/2017 that has been duly adopted by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma Authorizing and Approving on an Increase in the Burden Assistance amount for qualified and approved members of the Absentee Shawnee Tribe to a total of $500.00 effective October 1, 2016. If you have any questions, please contact the Social Service Department at (405) 275-400, ext. 6225 or 6255. You can also be charged to the Absentee Shawnee Tribe’s tribal service.

When making your application for any assistance through the Social Service Department, please be sure to send all original COB, Drivers License and Social Security cards. Attach copies of your ID only if you are in the office copies will be made. Absentee Shawnee Tribe will not be responsible for ID in the mail. If you have any questions, please call (405) 275-4003, ext. 6225 or 6255.

JANUARY

Finance Director

Jenice Crowe
6233
Jennifer Crenshaw
6228
Trae Dickens
6279
Kady Hardin
6260
Courtney Green
6260
Holly Davis
6225
Tracy Dickson
6279
Kuddy Hardin
6260

Human Resources

Elizabeth Clark
6296
Sherry Clem
6226
Sherry Marsh (405) 2
1535 N McClain

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