



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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September 2022

Tribe Breaks Ground on New After School Program Building



Left Photo L-R: Building Blocks II Director Barbra Pope; CCDF Grant Coordinator Briana Ponkilla; AST Treasurer Joseph Blanchard; AST Governor John Johnson; AST Secretary Alicia Miller; AST Representative DeWayne Wilson; AST Lt. Governor Ezra DeLodge; Executive Assistant to the Governor Alvina Barnes.

The Absentee Shawnee Tribe broke ground July 21st on the new After School Program Building. It will be located just south of Building Blocks. With over 11,000 square-feet, the new building will have a gym, new offices and classrooms for the After School program.

“Our goals through the CCDF grant, Building Blocks enterprise and the After

School Programs is to provide quality child care to Native and non-native children in our communities,” explained CCDF Grant Coordinator Briana Ponkilla. “We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best

every day.”

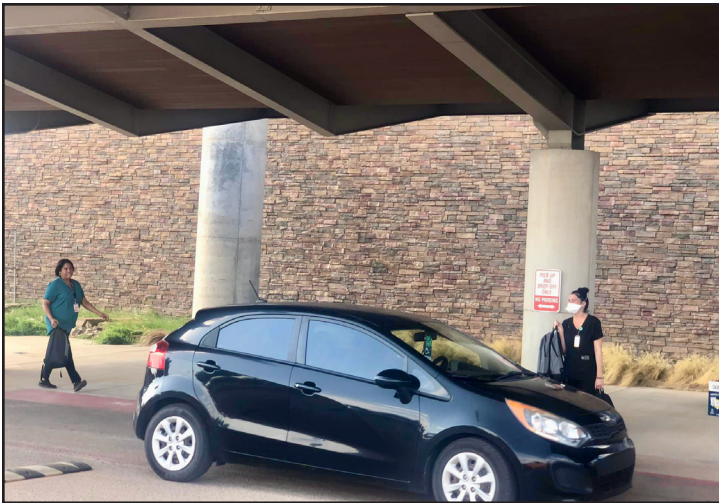
The current After School Program has been operating at a temporary location at 5812 S. Hwy 177 in Shawnee. The old program was located in the modular buildings across from Building Blocks II.

“Hopefully soon we will have a bigger and better program for our after school children. There are many exciting

things happening here at the tribe,” said Governor John Johnson, “I like seeing the leaps we are taking to improve our tribe and the expansion of programs that we can and will soon provide for our tribal members.”

The project is expected to open next summer.

AST Tribal Health System Holds Back to School Event



The Absentee Shawnee Tribal Health System held a back to school events at both the Little Axe Health Center and Shawnee Clinic on August 9th. This event was organized and sponsored by our Diabetes/Wellness department and Public Health Nursing department. Two hundred backpacks of school supplies were given out at each location.

NOTICE

89TH SEMI-ANNUAL GENERAL COUNCIL MEETING OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA WILL BE HELD ON SATURDAY, OCTOBER 1st, 2022 AT 10:00A.M. AT THE THUNDERBIRD EVENT CENTER IN NORMAN, OKLAHOMA



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Alicia Miller



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson

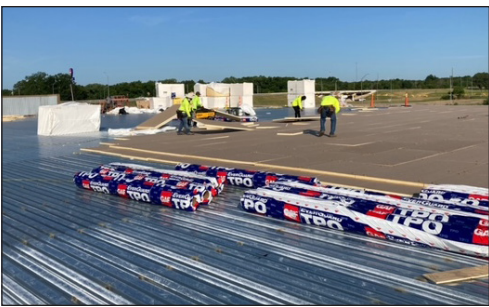


GOVERNOR’S REPORT

John Johnson, AST Governor

Hello fellow tribal members,
I hope this report finds you well. With the past triple digit temperatures, I know most people have stayed home and stayed out of the heat. Hopefully a cool down is on the way with rain.
I had the pleasure of attending The Gathering Business Summit, July 17th-19th. This Summit was presented by the American Indian Chamber of Commerce. The State Board President Mr. Baily Walker spoke about the outreach that the Chamber is doing. They are now extending into the international trade and commerce with the Indigenous communities of Canada and Australia. The Chamber will soon be visiting with Asia-Pacific Charter on how to develop opportunities

there as well. The steps that are being taken to advance Native American economic development are great.
The Oklahoma Tribal Finance Consortium held an awards banquet on August 9th in Tulsa. I attended this banquet and was able to speak with many other Oklahoma tribal leaders. Mayor Ed Bolt of Shawnee spoke about how the tribes contribute to Shawnee’s economy and well-being. After this banquet I attended the Oklahoma Indian Gaming Association (OIGA) conference and trade show.
The Tecumseh Square project is moving right along. Phase I of the project is near completion. The roof on this building had to be replaced before any other work can be done. See the included picture.



There is a lot of activity at the new after school program building site. We will soon see the building starting to take shape. I look forward to the new buildings, programs and activities that are becoming available for the Absentee Shawnee tribe.
As I close, I hope everyone had a great summer and you are getting into your routine as the kids go back to school. Before we know it, the holidays will be here and we will be starting a new year.

LT. GOVERNOR’S REPORT

Ezra DeLodge, AST Lt. Governor

Tribal Members,
Please see below for department updates. If you have any questions or concerns please contact me by email ezrad@astrobe.com, call my office 405-275-4030 x 6253 or cell 405-432-0733.
Maintenance:
The Maintenance staff has completed 33 work orders in the last month while staying busy mowing the campus grounds. I would like to thank the Maintenance and Housekeeping crews for all their hard work.
OEH:
In total for 2022 OEH has assisted Tribal members with 62 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.
For 2022, we have collected, processed, and recycled 30 bales of shredded office paper and cardboard equaling roughly 22.5 tons of recyclable waste that has been diverted from landfills.
Plans are being made for Cleveland County to begin roadwork at the Youth Camp, along with completion of the parking lot at the Youth Camp Dining Hall in the coming months. The completion of the entry gate at the camp will be scheduled around this construction.

We have put out public notice for invitation for bids for General Contractors/Construction Management for the Police Safety Center. We are meeting with interested bidders on August 17th for a pre-bid meeting to field general questions and take a site visit. After the meeting we will begin accepting bids from interested parties for the project.
We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number listed below.
Jarrod Lloyd
OEH&E Director
jlloyd@astrobe.com - (405) 214-4235
Self-Governance Department:
Roads:
We had a LRTP meeting on Aug. 12th at the Multi-purpose Building. I appreciate the two representatives from Cleveland County and one from ODOT for answering questions for tribal members. It was a very informative meeting and looking forward to making positive changes. We hope to have an updated inventory list and LRTP by the end of the year. If you have any questions please feel free to reach out to me at (405)275-4030 or TwylaB@astrobe.com
Land Management Program:

We continue to assist the Ag Department when needed. We are mainly working on cutting wood for this winter. We will post a flyer in October’s newsletter regarding wood for elders ages 55 and over. If you have any questions or concerns email me at cmartinez@astrobe.com or (405)395-8101.
Weatherization:
This program had to take a brief pause but we are slowly getting back on track. Assessments have started back up and the repairs are starting to be done. Thank you for being patient. Please keep in mind the elderly will be processed first. If you have any questions please contact me at dmarshall@astrobe.com or (405)827-4311.
Agriculture:
The agriculture department is making steady progress in maintaining cattle and planning for fall crop. We have been looking and planting different varieties of pumpkins such as Indian pumpkins and Jack-o lantern pumpkins. We have future plans of conducting cooking classes and different ways of preparing fall and winter crops. Cattle are steadily coming along as we continue to nourish and feed. If you have any questions please contact us at (405) 275-4300 EXT. 6263 or by email at agricultural@astrobe.com.
Respectfully,
Lt. Governor DeLodge

SECRETARY’S REPORT

Alicia Miller, AST Secretary

Ho wa se ke sa ke!
I hope everyone is doing well. These past few weeks have been really busy for everyone schedule-wise and especially for those who have started back to school along with the associated extracurricular school activities. I am enthusiastic for this academic year where students are taking steps to further their educational goals, becoming social in their social or academic clubs and playing their hearts out in the name of sports. I am especially excited because it is football, volleyball and fast pitch softball season signaling that fall is just around the corner.
Our children are important and we as a tribe want to celebrate, support and acknowledge their accomplishments every step of the way. They will soon become young adults and it is my great hope many will carry forward our Shawnee ways, our Shawnee language and hopefully become future tribal leaders.
Another avenue of support for our tribal children of different sorts is the Indian Child Welfare Act otherwise known as ICWA. This Act is a federal law passed in 1978. This law sought to keep Indian children with Indian families. Prior to the passage of ICWA, approximately 75-80 % of Indian families (living on reservations) lost at least one child to the foster care system, which is unfortunate in itself. Child Welfare agencies were often ignorant, indifferent of or insensitive to cultural differences regarding a Native child and parenting practices and, as a result, many unnecessary, and unwarranted, foster and adoptive placements were made. ICWA was enacted to protect the best interests of Indian children and to promote the stability and security of Indian tribes and families. It established minimum Federal standards for the removal of Indian children and provides guidelines for the placement of Indian children in foster or adoptive homes which reflect the unique values of Indian culture. A broad underlying premise of ICWA is that Indian tribes have sovereign rights and legal powers with respect to their Indian children and have a vital legal role to play in determining whether Indian children should be separated from their families and culture.

The Act recognizes the authority of both tribal and state courts to make decisions regarding the welfare, care, custody and control of Indian children. The Act also provides assistance to Indian tribes in the operation of tribal child and family service programs. In Oklahoma, ICWA serves as law the state must adhere to. Section 1911 of the Indian Child Welfare Act states "In any State court proceeding for the foster care placement of, or termination of parental rights to, an Indian child not domiciled or residing within the reservation of the Indian child's tribe, the court, in the absence of good cause to the contrary, shall transfer such proceeding to the jurisdiction of the tribe, absent objection by either parent, upon the petition of either parent or the Indian custodian or the Indian child's tribe."
There are many more aspects to this law but today this very law is under attack which means in-turn tribal sovereignty is threatened for all tribes who work to protect tribal children within their Indian Child Welfare departments. There is a pending legal challenge sitting at the U.S. Supreme Court. The case has been consolidated from Texas v. Haaland (2021); Cherokee Nation v. Brackeen; Haaland v. Brackeen to now Brackeen v. Haaland. Cases are brought by 3 states, Texas, Louisiana and Indiana. Arguments are set for November 9, 2022. Issues being argued are:
(1) Whether the Indian Child Welfare Act of 1978’s placement preferences — which disfavor non-Indian adoptive families in child-placement proceedings involving an “Indian child” and thereby disadvantage those children — discriminate on the basis of race in violation of the U.S. Constitution; and
(2) Whether ICWA’s placement preferences exceed Congress’s Article I authority by invading the arena of child placement — the “virtually exclusive province of the States,” as stated in Sosna v. Iowa — and otherwise commandeering state courts and state agencies to carry out a federal child-placement program.
The matter originally came up in a Texas District Court on an adoption petition filed by Chad and Jennifer Brackeen. After their effort was challenged by the Navajo Tribe, the Brackeens brought suit in the U.S. District Court in Fort Worth. The Cherokee Nation, Oneida Nation,

Quinault Indian Nation, and Morongo Band of Mission Indians intervened in the case. The U.S. District Court declared that the ICWA was unconstitutional and the case was appealed. The Fifth Circuit Court of Appeals reversed the District Court in a panel opinion. The full court, on rehearing, held that parts of the law, that set federal standards for lower and state courts, were constitutional; but that the parts of the law that required state agencies to perform certain acts were unconstitutional as a violation of the Tenth Amendment.
Anyone who knows anything about tribes, treaties and Indian law itself knows our government to government relationship is not based on skin color but our political status as Indian Tribes. The assimilation policies prove the detriment to our people by removing tribal children from their families and their tribal communities, thus, robbing Native children of their identities. Secretary Deb Haaland is going around the country now listening and documenting some of the horrors of federal and church operated boarding schools who practiced these policies leaving generational scars and seeking to locate where the children who never came home. These scars are deep and never healing.
Many tribes to date have filed Tribal Amicus Briefs as the U.S. Supreme Court is still receiving briefs. As oversight of the AST Indian Child Welfare Department, I did sign a tribal statement of commitment to the Tribal Amicus Brief and recently the State of Oklahoma submitted one against the tribes.
There are many imminent ramifications if court finds in favor of the appeal of Brackeen. We will work to prepare but there are some variables that are just still unknown. This is the time to get out and vote!!! We have important state elections coming up and in my previous article; I stressed the importance of registering and getting out to vote for the state/federal seats which are up for election. At this time, our sovereignty depends on it.
I look forward to seeing you at General Council on October 1st at Thunderbird Casino’s Event Center-Norman. Meeting will begin at 10:00 A.M.
Si li no ke ka no la. Ne yi wa.
Alicia Miller
Tribal Secretary

TREASURER’S REPORT

Joseph Blanchard, AST Treasurer

Hey Everybody,

I hope all is well with you and your family. We are now entering my favorite time of the year as school has begun; practices and games are in full swing, and we get to attend football and fast-pitch softball. Many of us will watch our favorite players and teams weekly, and of course, we’ll cheer on the Sooners on Saturdays... Boomer! I’m a good sport and will even clap for the little brother Cowboys.

This month, I’ll be brief in my report as the schedule has been extremely packed due to all the activities (business) going on and being completed at the Complex. To begin, besides handling normal responsibilities, I had the opportunity to attend the National Self Governance Conference. While there, I was able to

establish relationships with other leadership from across the country, especially those who have similar issues as our Tribe. Upon my return, I shared with the Executive Committee what I had learned and passed along the contact info for several organizations to the appropriate oversight. I believe these can be beneficial to some of our departments and programs. Of these, there were three I felt would be vital to success: University of Arkansas; Indian Agriculture Council; and USDA.

These are all interconnected since they relate to food, production, and land management. The University created a Native Food Initiative over a decade ago to provide technical assistance and advice to Tribes and Indian Farmers on the best use for their properties. I was able to reconnect with them as I used to be involved with them previously. The

Ag Council is a coalition of these groups spread across the U.S. which advocates on behalf of these individuals and provides a voice to USDA. The final piece involved me conversing directly with the USDA Southwestern Regional Director. During consultation, he overheard me speaking about the AST Food Pantry and the Tribe’s wish to move it towards certification for the Commodity Program. He gave me his business card and agreed to provide whatever resources we would need to complete the application and this process.

I recently had a meeting with All Nations Bank President, Stephen Smith, where he gave an update on their progress and projections for the remainder quarter. Upon release of the sanctions, they no longer have additional expenses and restrictions. Additionally, they were able to clear out problems created

during the previous administration. He also answered questions about the chatter in the Banking world about the looming recession and how long prices will be affected. I want to remind folks to be frugal (cheap) with their income and excess funds. This will be important when things become extreme since there isn’t a safety net for us to rely upon.

As I complete this month’s submission, I want to express my well wishes to those who have been hospitalized, ill, or lost loved ones. Likewise, I want to say “Thank you!” to those who continue to provide advice, support, and words of encouragement. If you wish to speak with me on more personal matters, do not hesitate to call my office, send me an email, or schedule an appointment.

Neyiwa!
Joseph H. Blanchard

REPRESENTATIVE’S REPORT

DeWayne Wilson, AST Representative

Hello Tribal Members,

I hope all is well and in good health. Let’s not forget and be mindful that the COVID- 19 Pandemic still exists and continue to take your precautions when we are out doing your daily activities. I did reach out and meet with Chairman Darwin Kaskaske of the Kickapoo Tribe of Oklahoma. We discussed topics of how we have dealt with the pandemic, programs, and grant opportunities. It felt good to express and discuss concerns and just to reach out to our neighboring brothers. On July 23rd in Durant, Okla., I attended along with other Executive Committee members, Thunderbird Casino Strategic Meeting. Thunderbird Casino hosted this event who also requested our presence as well as our input. My prayers continue to go out to the tribal families that are sick or have lost loved ones.

Education Department;

In the Workforce Development and Career Initiative (pilot program), we have

hired a Tribal member for the Workforce Project Coordinator position to oversee the HVAC Program. The new Workforce Project Coordinator is Mr. Connor Edwards. Mr. Edwards shows a lot of enthusiasm and initiative toward helping fellow Tribal members. If you are an Absentee Shawnee Tribal member and have interest in obtaining a HVAC Journeyman license, contact the Workforce Project Coordinator Office at (405) 275-4030, Ext 6439. Again, we are currently accepting applications for Workforce HVAC Program. We continue to advertise for this program on our tribal websites and newspaper. Finally, we have interviewed for the HVAC Mechanic position and we hope to have that position filled in the near future.

Cultural Preservation Department;

The ANA/ Language Grant continues to be a priority. We are still discussing the ANA representatives the possibilities of contracting the Linguist position and just hire a Project Coordinator for which ANA approved our request. Presently, we are looking at another funding source to supplement the salary of the Project Coordinator position. We are present-

ly scheduling meetings with Media and MIS departments to put components of our language on the Tribal website. We are also discussing how we can sell Gift Shop merchandise on a protected website that has the application/ experience.

Gaming Commission;

During August, 9-11, members of the Gaming Commission staff and I attend the 2022 OIGA Conference in Tulsa, Okla. The training sessions during this conference was informative and the opportunity to see/ observe the new surveillance technology products. These new technology products are important so the Tribe/ Casino know of future up- grades that are available. I continue to attend the Gaming Commission meetings. It also a good opportunity for the Gaming Commission to network with other tribal Gaming Commission depts. as well as the NIGC.

Youth Camp;

There has been a lot of construction at the Youth Camp during this reporting period. Construction has started on the Playground project and once completed, the construction company will start working on the Tennis/ Basketball courts.

During our meetings with Cleveland County representative and our approved inter- local agreement with them, we feel we will save some cost on the up- keep of the Youth Camp Road. This is exciting news. As I reported last month, we have been approved by the BIA/ Southern Plains Regional Office to continue with the Youth Camp Road Project with BIA funds.

As for Public Law 102-477;

Presently, we continue to discuss if Public Law 102- 477, to determine if it is a right fit for our Tribe. We have asked certain Department Directors to attend webinars with Mrs. Ida Doyle. We then had these director to evaluate other Tribes 477 plans, so that we have their input and recommendations.

Again, if you have any questions or concerns about the programs or positions mentioned in this news article, feel free to contact my office at (405) 275-4030, Ext.6239 or by email: dewayne.wilson@astribc.com.

Respectfully,
DeWayne Wilson
Tribal Representative

ABSENTEE SHAWNEE TRIBE

HOMEOWNER ASSISTANCE FUND (HAF)

SERVICES OFFERED

- Mortgage Payment
- Insurance Payment
- Property Charges, such as Property Taxes
- Utility Payment, such as electric, gas, home energy, water, sewer, solid waste disposal, and internet
- The maximum amount for this one-time assistance per household is up to \$8,000.
- All assistance will be issued directly to companies indicated by the applicant.

FOR MORE INFORMATION

CALL (405) 275-4030

Ashlynn Gouge, ext 6446
HAF Lead Specialist
AGouge@astribc.com

Taylor Masquas, ext 6440
HAF Specialist
TMasquas@astribc.com

ELIGIBILITY



- Applicant or Spouse must be at least 18 years of age. (Co-habitant applicants do not have to be legally married.)
- Applicant or Spouse must be a homeowner, meaning a property deed must be provided with the county clerks stamp from the county in which the applicant resides.
- Applicant or Spouse must be a member of a federally recognized tribe.
- If Absentee Shawnee tribal member, residence can be anywhere within the US.
- If tribal member of other tribe, residence must be within Pottawatomie County.
- Annual household income cannot exceed 150% of the area median income.
- Applicant must be able to attest to financial hardship after January 21, 2020 due directly or indirectly to COVID-19.

AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households on Tribal lands when they are struggling to afford internet service.

The benefit provides:

- Up to \$75/month discount for households on qualifying Tribal lands;
- a \$30/month discount for qualifying households that are not on qualifying Tribal lands; and
- a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider when the eligible household contributes at least \$10 but less than \$50 toward the purchase.

WHO IS ELIGIBLE?

A household is eligible if one member of the household participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations.

OTHER WAYS TO QUALIFY

Households on Tribal lands can also qualify for the benefit if one member of the household has an income that is at or below 200% of the Federal Poverty Guidelines or meets any of the following qualifications:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision
- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

TWO STEPS TO ENROLL

1

Go to AffordableConnectivity.gov to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must **both** apply for the program **and** contact a participating provider to select a service plan.

LEARN MORE

📞 Call 877-384-2575, or

🌐 Visit fcc.gov/acp



WE ARE HIRING!

The AST After School Program in Shawnee, OK is looking for part-time Tutors to help school age children with homework and after school activities.

OPEN POSITIONS

- ASP Driver (2)
- ASP Tutor (3)

APPLY NOW!

WWW.ASTRIBECOM

QUESTIONS?

Phone: 405-445-6000
Fax: 405-878-0156
Email: ASTChildCare@astribc.com

Join Your Team





CULTURAL PRESERVATION DEPARTMENT

TRIBAL HISTORIC PRESERVATION BOARD (THPB)

FIVE (5) KNOWLEDGEABLE TRIBAL MEMBERS WHOSE INSIGHT & EDUCATION WILL CONTRIBUTE TO THE WORK OF THPB STAFF ON SECTION 106-RELATED TOPICS, AS OUTLINED IN THE NATIONAL HISTORIC PRESERVATION ACT, THROUGH MEANINGFUL DIALOGUE AT BOARD MEETINGS. HONORARIUMS ISSUED TO ACTIVE THPB MEMBERS.

Send your Letter of Interest & Resume to:

Tribal Secretary
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
secretary@astribc.com

FROM THE ELECTION COMMISSION:

Please see below decision regarding the Lt. Governor position. Supreme Court case is also included for your information.

On March 15, 2022, the Absentee Shawnee Supreme Court ruled that the Lt. Governor cannot be filled by an election until 2024. This means that the Lt. Governor position is not vacant. It also means that the Election Commission cannot call an election for the Lt. Governor position in 2022. The next election for the Lt. Governor position cannot occur until 2024. Until that time, the current occupant of the Lt. Governor seat will remain as Lt. Governor.

The case is Executive Committee v. Election Commission, No. ASSC-2021-01 (Abs. Shawnee 2021).

<div><p>FILED in the Office of the Court Clerk</p><p>MAR 15 2022</p><p>Absentee Shawnee Tribal Court Court Clerk</p><p>IN THE SUPREME COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA</p><p>THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA EXECUTIVE COMMITTEE,</p><p>PLAINTIFF,</p><p>vs.</p><p>THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA ELECTION ORDINANCE AMENDMENT, LAST AMENDED MAY 10, 2019,</p><p>DEFENDANT,</p><p>and</p><p>THE ABSENTEE SHAWNEE TRIBE ELECTION COMMISSION,</p><p>DEFENDANT.</p><p>Case No. ASSC 2021-01</p><p>OPINION</p><p>This case having been brought before this Court, having exclusive jurisdiction over the matters of the action presented; the Plaintiff, The Absentee Tribe of Oklahoma Executive Committee, being represented by Randal D. Homburg, Attorney General, Absentee Shawnee Tribe of Oklahoma; the Defendant, The Absentee Shawnee Tribe Election Commission, being represented by Clint A. Cowan, of the Fellers Snider law firm; the issues having been briefed and an oral hearing was conducted on February 11, 2022.</p><p>The Plaintiff seeks in its Petition a declaration regarding an interpretation of the current Article VIII of the Constitution, in light of Articles VI and VII, and for injunctive relief. This Court previously granted Plaintiff a Temporary Restraining Order. The Defendant Election Commission filed its Answer to the Petition and its Counterclaims. Service appears to have been</p></div> <div>Page 1</div>	<div><p>The Executive Committee filed this action on December 16, 2021, objecting to the actions of the Election Commission and seeking injunctive relief, taking the position that Ken Blanchard’s term of office as Lieutenant Governor does not expire until 2024, and there is no “annual election” scheduled until 2023, at the earliest.</p><p>Article VIII of the Constitution states:</p><p>“ARTICLE VIII- VACANCIES</p><p>SECTION 1. Vacancies in any elective office shall be promptly filled by the remaining members of the affected body appointing a person who qualifies pursuant to Article XIV. Such appointee shall serve until a replacement is duly elected at the next annual election and installed in office, except as it relates to filling a vacancy in the office of Governor in Section 2 of</p><p>SECTION 2. An appointee shall not be used to temporarily fill a vacancy in either of the two (2) highest ranking positions on an elective body. Rather, it shall be the responsibility of that body to temporarily shift its members so that appointees shall serve in position of lesser rank.</p><p>Section 3. In the event two (2) vacancies exist in the Executive Committee, the authorities of that body are limited to the payment of utility bills and salaries until those vacancies have been filled by appointment.”</p><p>THE COURT FINDS AND IT IS HEREBY ORDERED that the filling of any position can only be conducted during a “next annual election” where the candidate is “duly elected”. No current Executive position has a term due to expire in 2022. There is no such “annual election” until the end of the term expiring in 2024.</p><p>S:\wpdocs\LITIGATE\Absentee Shawnee Supreme Court 2022 Opinion Jts. docx.docx</p></div> <div>Page 3</div>
<div><p>lawfully made.</p><p>The pertinent facts in the case appear to be undisputed. Lieutenant Governor Ken Blanchard commenced his term of office in June, 2020, the four (4) year term set to expire in June, 2024. Ken Blanchard thereafter died in March, 2021. Upon the death of Ken Blanchard the Executive Committee caused to be shifted the Executive Committee pursuant to Article VIII, thus filling the office of Lieutenant Governor and leaving the position of Representative vacant. In June of 2021 the Executive Committee appointed DeWayne Wilson as Representative. In the Fall of 2021 the Election Commission notified the Executive Committee of its intention to conduct an open election for Lieutenant Governor in the Spring of 2022, and to publish notice of the open position in the <i>Absentee Shawnee News</i>. In response the Executive Committee notified the Election Commission that there was no “annual election” in accordance with the term “Annual election” under Article VI, KINDS OF ELECTIONS, at Section 7(a), which states:</p><p>“(a) Annual Election: Held on the third Saturday in June <i>primarily for the purpose of electing persons to fill those positions whose terms expire for the given year.</i> (Emphasis added). It is conducted by the Election Commission. Voting is by secret ballot at polling places. Absentee voting is permitted. Unless provision is made in the Election Ordinance for a run off, the outcome of the election shall be decided by plurality.”</p><p>The Election Commission posted on a FACEBOOK account a document titled PUBLIC NOTICE, showing the position of Lieutenant Governor up for election in 2022, and accepting applications from January 1 through January 10, 2022. On December 16, 2021 the same Notice was published in the <i>Shawnee News-Star</i>.</p></div> <div>Page 2</div>	<div><p>The Plaintiff Executive Committee is granted permanent injunctive relief, prohibiting the Defendant Election Commission from taking any actions to fill Ken Blanchard’s elected position as Lieutenant Governor, until a time commensurate procedurally with the expiration of the four (4) year term when the next scheduled election for Executive Committee would occur.</p><p>JAMES T. STUART, JUSTICE</p><p>MICHAEL P. WARWICK, JUSTICE, CONCURS BRANDI NOWAKOWSKI, JUSTICE, CONCURS</p><p>S:\wpdocs\LITIGATE\Absentee Shawnee Supreme Court 2022 Opinion Jts. docx.docx</p></div> <div>Page 4</div>

AST CCDF PROGRAMS

AFTER SCHOOL PROGRAM

LEARN, EXPLORE & GROW.

LI-SI-WI-NI
ABSENTEE SHAWNEE

GRADES
K-6
AGES 6-12

NOW ACCEPTING WAITLIST
APPLICATIONS FOR FALL 2022!
(LIMITED SPACES)

TO REQUEST A APPLICATION PLEASE
EMAIL:
ASTCHILDCARE@ASTRIBE.COM

WHAT WE OFFER:

- HOMEWORK HELP
- TUTORING
- SNACKS
- CULTURAL ACTIVITES
- MENTORING
- GAMES

FOR MORE INFORMATION CALL US AT
(405) 445-6000 OR VISIT WWW.ASTRIBE.COM

Education Department

The following are current programs administered by the Absentee Shawnee Tribe Education Department:

- **Academic (PK-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Johnson O’Malley Program:** assists Absentee Shawnee tribal members enrolled in any of our nine (9) school districts: Tecumseh, Bethel, Earlsboro, Wanette, Asher, South Rock Creek, Macomb, Dale, and Little Axe.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master’s degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program:** annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Applications are available and accepted beginning January 1st and the deadline for application submission is March 31st of each year.

All funding is based upon the availability of funds at the time of application.

Attention:
All applications and guidelines are available at www.atribe.com. Click on Services and select Education.

For more information, please call (405) 275- 4030, Ext. 6242 email Tresha Spoon at tresh-am@atribe.com.

Now Hiring



JOIN OUR TEAM!

* 100% EMPLOYEE PAID BENEFITS

- MEDICAL

- DENTAL

- VISION

* PAID WEEKLY

* BASE SUPPLEMENT INCENTIVE

* SIGN ON BONUS

* ATTENDANCE INCENTIVE

TO APPLY PLEASE VISIT: playthunderbird.com

THUNDERBIRD
CASINO

NORMAN | SHAWNEE

Absentee Shawnee Tribe of Indians of Oklahoma
2022 Summer ARPA General Welfare Assistance

The 2022 Summer ARPA General Welfare Assistance will be for enrolled Absentee Shawnee Tribal members ages 18 and over and must have been enrolled as of June 1, 2021.

Important Dates

Program Applications (begin accepting)	Monday, June 6, 2022
In-person Elder (55+) Application Assistance	Friday, June 10, 2022
1st check mail outs to begin <small>(checks will be mailed every 2nd and 4th Friday of the month)</small>	Friday, July 8, 2022
Program End	Friday, September 30, 2022 5 pm CST

ARPA General Welfare Assistance - Program Eligibility:

- Must be enrolled member of the Absentee Shawnee Tribe of Oklahoma *(on or before June 1, 2021)*
- Must be 18 years old and over to participate *(must be 18 on or before June 1, 2021)*
- Must complete a 2022 ARPA General Welfare Assistance Program application *(one per tribal member)*
- Current CDIB card *(attached with application)*
- Applications **MUST BE SUBMITTED ON OR BEFORE FRIDAY, SEPTEMBER, 30, 2022 5:00 PM CST**

REQUIRED DOCUMENTS:

- Completed 2022 ARPA General Welfare Summer Assistance Application *(one per tribal member)*
- Copy of updated CDIB
- Adult guardianship completing on behalf of an adult AST member, must provide a legal power of attorney to accompany application

Incomplete applications will be returned

ARPA General Welfare Application Submission Options: NO FAXES

- By mail to AST Enrollment Department, 2025 S. Gordon Cooper Drive, Shawnee, OK 74801
- By AST website electronic application *(no social media submissions)*
Drop box in Bldg 1, 1st floor *(outside of main reception office)*
- Black drop box in front of the Police Department labeled Enrollment
- By appointment, please call ahead to schedule with AST Enrollment Department
- By email to arpahelp@astribc.com

Cultural Preservation Department

Day to day operations have continued to be carried out by each program coordinator to ensure the department as a whole continues to function properly. Following is a breakdown of each departmental program's most recent activities.

Gift Shop

The Gift Shop is open! We have two locations for your shopping convenience. Our Shawnee Gift Shop is located at the complex in the Cultural Preservation building (building 6), and our Little Axe Gift Shop is located in the lobby of the Little Axe Health Center. We are open in Shawnee Monday – Friday 8 a.m. to 5 p.m. and once a month, usually at the end of the month, in Little Axe from 9 a.m. to 3 p.m.

SALE, SALE, SALE! We are still having a sale on some of our merchandise and have recently added new items. Some of the items include t-shirts, hoodies, and shoes. The items are priced to move, so please stop by and have a look!!

Some inventory that the gift shop recently received can be seen in the picture to the left. Other items we have received include car coats, polos, cardigans, blankets, bags, cups, and hats.

If you haven't been in our store recently, please stop by either location. Maybe you will find something you cannot pass on.

Library

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

THPO

The THPO Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal Agencies. Over the past month, the THPO Officer, Mrs. Devon Frazier-Smith, has received 400 new Section 106 projects for review. In conjunction with receiving projects, the program has consulted on 270 projects. These projects were completed in 17 of our 25 areas of interest/states. The THPO and Cultural Preservation Director has also taken part in 16 teleconference calls as it concerns Section 106 projects as well as NAGPRA cases. These calls were with such Federal Agencies as Ohio History Connection, TxDOT, Mark Twain NF, TVA, and FS Region 9 Tribal Homelands Working Group.

FCC/TCNS

The incoming workflow of new and modified telecommunications projects has been steady for the TCNS program. The program has been busy reviewing, researching and given recommendations to the telecommunications industry. Over the past month, the program has received 94 new telecommunications facility projects for review. These 94 individual projects will be completed in conjunction with 9 consulting firms in 10 of our 25 areas of interest/states.

In conjunction with receiving projects, the program has reviewed, researched and gave recommendation for the clearance of 88 telecommunications projects. These 88 individual projects were completed in conjunction with 9 consulting firms in 10 of our 25 areas of interest/states.

EVENTS

At the current time, we have no scheduled events, but we are still in the planning stages. We are also looking at dates for follow-up workshops. Please be on the look-out for announcements on the website and Facebook.

Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs to better serve the Tribal community. Please feel free to contact me, Carol Butler, at 405-275-4030 ext. 6245 or cbutler@astribc.com if you have any questions or concerns.

New National Maternal Mental Health Hotline

The new National Maternal Mental Health Hotline provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.

Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for months.

The National Maternal Mental Health Hotline's counselors provide real-time emotional support, encouragement, information, and referrals. Pregnant and postpartum women can get the help and resources they need, when they need it.

Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? You aren't alone. You aren't to blame. With help, you can feel better. **Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.** Learn more at www.MCHB.HRSA.gov/national-maternal-mental-health-hotline

Is it the baby blues or something more?

**For Support, Understanding, and Resources,
CALL OR TEXT 1-833-9-HELP4MOMS
1-833-943-5746**

Free - Confidential - Available 24/7

Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 878-0633
Fax: (405) 878-0156

Building Blocks II

Building Blocks has 48 children enrolled in the center currently. Many of our 4 & 5 Year Olds left us for Pre-K and Kindergarten. We will miss them and wish them much luck in their new adventures in school.

We are currently accepting waiting list applications for Ages 6 weeks through Pre-K/4 Year Olds. Please call to inquire about our wait list; we can email you one or you may come by to pick one up.

We wish all Grandparents a Happy Grandparents Day on September 11th

The First Day of Autumn is September 22nd. We are looking forward to some much cooler weather that fall brings. It is the season to watch for changing colors in nature.

Have a Happy September!



Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
16051 Little Axe Dr.
Norman, OK 73026
(405) 360-2710
Fax: (405) 360-2726

Building Blocks III



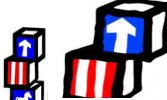
We are open to the public and ONLY accepting waitlist applications at this time. If you are interested in your child attending Building Blocks Child Development Center III, please call (405)360-2710.

We hope everyone has adjusted to the new school year! This month our students will be learning about “Life on a Farm”, “Life in a Circus”, “My 5 Senses”, and our school agers will focus on back to school activities/virtual days.

You can find us on Facebook @ AST Building Blocks Child Development Center III-Little Axe page to see all the latest updates.

Our center will be closed September 5th, in observation of Labor Day.

Please enjoy the pictures we captured over the past month.



Central Tribes Shawnee Area, Inc. (CTSA HEAD START)

Administrative Office 1535 N. McKinley Shawnee, OK 74801 P: (405) 275-4870 F: (405) 275-9684	Little Feet Big Steps 806 E. Grant Shawnee, OK 74801 P: (405) 878-5820 F: (405) 275-9684	Early Bird Head Start 111 W. Vine Cushing, OK 74023 P: (918) 225-1029 F: (918) 225-9969	Yellow Earth Learning Center 920884 S. HWY 99 Stroud, OK 74079 P: (918) 968-9445 F: (918) 968-1763
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Parents and Guardians...

Little Feet → Big Steps is enrolling **NOW**
for the 2022-2023 School Year!!!!

Early Head Start ~ Birth to 3 year olds
Head Start ~ 3 year olds – 5 year olds
Child Care ~ Birth to 5 year olds



At CTSA, our goal is to meet the individual needs of ALL of our children – *especially those with disabilities*. We offer a fun and exciting programs for your children to learn and grow!

Our qualified and dedicated teachers and staff provide rich learning environments at our centers, where families and friends are encouraged to volunteer and spend time with their child.

If you have a child or know of a child that would benefit from an interactive, engaging, stable, and safe learning environment – **please call today!!!**

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

Little Feet → Big Steps
806 E. Grant St
Shawnee, OK 74801
Ph: (405) 878-5820



Head Start → Ages: 3-5
Early Head Start → Ages: Birth to 3

**Extended Day Child Care
available to those who qualify**



Contact

Administration for Enrollment Questions
Ph: (405) 275-4870
melaniew@ctsaheadstart.org

CTSA Head Start/Early Head Start/CCDF Now Enrolling Children!!!

It is CTSA's mission to provide the foundation for the development of all children from birth to five years of age, and to help support their families' efforts in the development process. CTSA will strive for excellence to ensure school readiness, help create basic life skills success, and build strong partnerships with each individual child and family throughout each community.

Head Start (HS) programs prepare America’s most vulnerable young children to succeed in school and in life beyond school. To achieve this, Head Start programs deliver services to children and families in core areas of early learning, health, and family well-being while engaging parents as partners every step of the way. 3y to 5y olds

Early Head Start (EHS) programs were designed to nurture healthy attachments between parent and child (and child and caregiver). Services encompass the full range of family needs by focusing on intensive comprehensive child development and family support services to low-income infants and toddlers and their families. Birth up to 3 yrs old.



Our Locations

Little Feet Big Steps
806 E Grant
Shawnee, OK 74801
405-878-5820

*** We are hiring for multiple positions!**
HS → Ages: 3-5
EHS → Ages: Birth up to 3
** Child Care is available to those who qualify**


Yellow Earth Learning Center
920884 S Hwy 99
Stroud, OK 74079
918-968-9445

HS → Ages: 3-5
Child Care Room → Ages: Birth up to 3
** Child Care is available to those who qualify**

Early Bird Head Start
111 W. Vine
Cushing, OK 74023
918-225-1029
HS Only → Ages: 3-5



**HAPPY 1ST BIRTHDAY
COLSON MICHAEL!**
**LOVE MOM, DAD, AUTUMN,
AND MAE MAE.**


Happy Birthday



LOOK WHO'S TURNING 2
HAPPY BIRTHDAY, HARLAND!
**WISHING YOU A JOYFUL
BIRTHDAY & ALL THE HAPPY-
NESS IN THE WORLD!**
**WE LOVE YOU,
FAMILY & FRIENDS**

**HAPPY
BIRTHDAY**





**Happy Birthday
Josephine Creek**
**Hope you have a
Blessed Day. We
love you. From all
of your family.**


Happy Birthday



**Happy Birthday
Amanda L. Westberry**
**Hope your day is
Great. We LOVE YOU.**
All of your family.


HAPPY
BIRTHDAY


**HAPPY
Birthday**

**HAPPY 5TH BIRTHDAY
KADE THOMAS**
**LOVE, MOMMIE, BUBBA, MEEMO,
POP POPS AND UNCLE BEAR**

Absentee Shawnee Tribe's Domestic Violence Department



Our mission is to: Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.	We help with: Domestic Violence Sexual Assault Dating Violence Stalking Sex Trafficking
Our services are confidential and include:	
Safety Planning Emergency Assistance Court Advocacy Shelter Placement Assistance Referrals	Must be intimate partner related violence and the victim must be fleeing the home/situation
Who we serve: Natives and non-Natives LGBTQ2S+ Any Religion Any income level EVERYONE	Where we serve: Because we are federally funded we get to serve all populations within our *service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

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

Contact Us:
Office Line 405.273.2888
Fax 405.273.1192
Webpage <https://www.astribes.com/domestic-violence>
Link to intake <https://www.astribes.com/forms/victim-intake>
 @ASTRisingWarrior
For emergencies call 911 or AST PD @ 405.275.3200

IN THE TRIAL COURT OF
THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
SHAWNEE, OKLAHOMA 74801

In the matter of)
A.G.)
Case No. PG-2021-22)

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS)
SHAWNEE, OKLAHOMA) §.
Katherine Gould
being duly sworn upon oath states:


That she/he is the Plaintiff Katherine Gould above-named, and that on the 19 day
of November, 2022, said Plaintiff filed in this Court a Petition against
Defendant and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe
of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said
Plaintiff is unable to make personal service upon said Defendant,
within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service upon the
said Defendant by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206
and Section 209)



PLAINTIFF

Subscribed and sworn to before me this 16 day of January
2023.

Ashley Stanley
NOTARY PUBLIC


My Commission Expires June 23, 2024



 **Let us help...** 

**With one of your Cooling/
Heating/Water bill**
Through the LIHEAP or LIHWAP Assistance Programs
If you live in Pottawatomie or Cleveland counties
And enrolled with any federally recognized tribe.

**LIHEAP - Heating / Electric
LIHWAP - Water**



Applications can be picked up at the Social Service Department or printed
off the website of the Absentee Shawnee Tribe. For any questions please call:

Social Service Department
(405) 878-4723
Fax: (405) 273-7938
Email: awilson@astribes.com / NEdwards@astribes.com

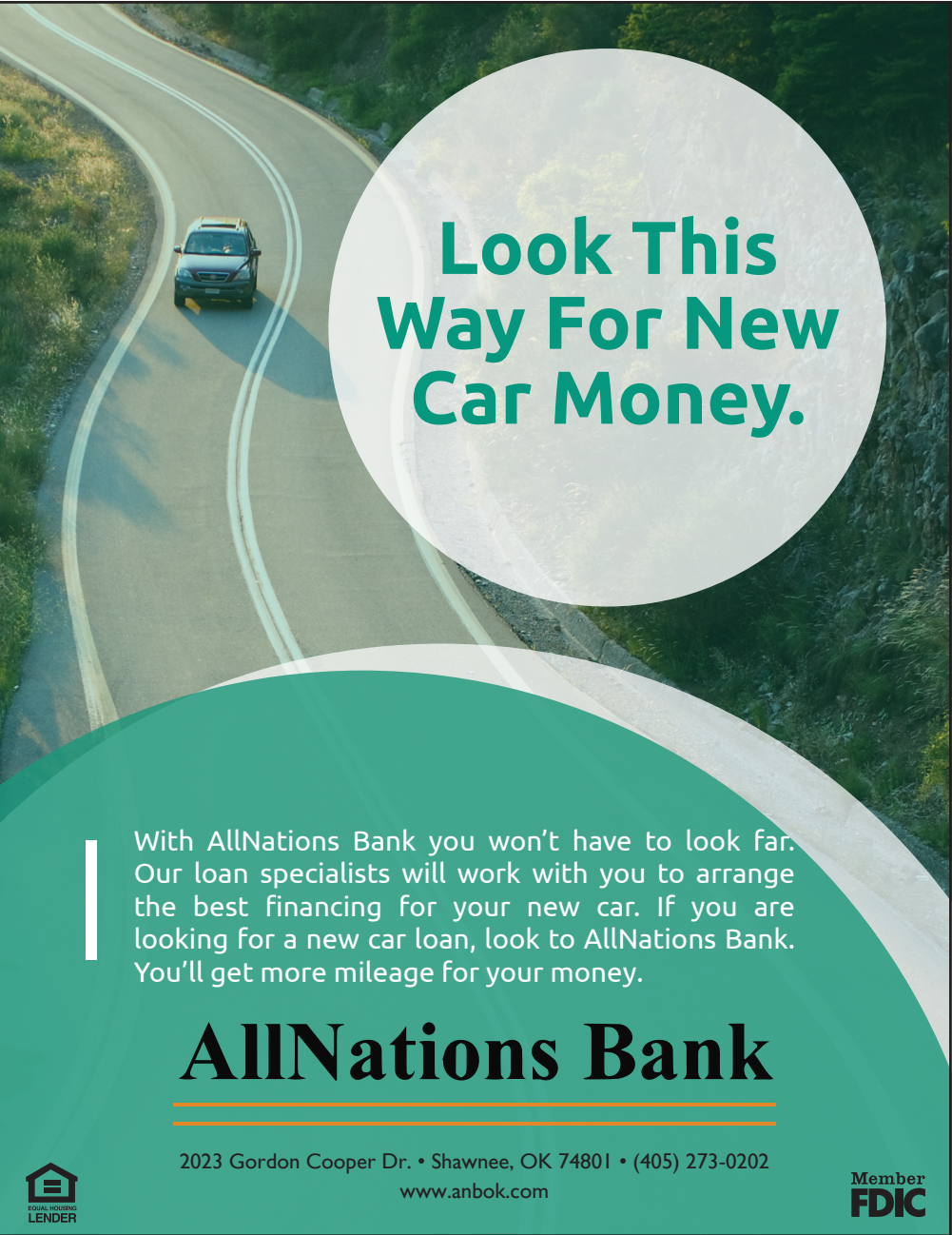


ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

AST Complex – (405) 275-4030	Toll Free - 800-256-3341
All Nations Bank.....	(405) 273-0202
Brendle Corner.....	(405) 447-3372
Building Blocks.....	(405) 878-0633
Building Blocks III LA.....	(405) 360-2710
Court.....	(405) 481-8575
Domestic Violence.....	(405) 273-2888
Enrollment.....	(405) 481-8650
Food Pantry.....	(405) 481-8640
Gaming Commission.....	(405) 360-9270 x1110
Housing Authority.....	(405) 275-1050
Human Resources.....	(405) 275-1468
ICW.....	(405) 395-4490
Media.....	(405) 598-1279
OEH/OEP.....	(405) 214-4235
Police.....	(405) 275-3200/275-3432
Social Services.....	(405) 878-4723
Tax Commission.....	(405) 481-8600
Thunderbird Casino Norman.....	(405) 360-9270
Thunderbird Casino Shawnee.....	(405) 273-2679
Tribal Store Little Axe.....	(405) 364-0668

The Absentee Shawnee Complex will be Closed
Monday, September 5, 2022
For Labor Day






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With AllNations Bank you won't have to look far. Our loan specialists will work with you to arrange the best financing for your new car. If you are looking for a new car loan, look to AllNations Bank. You'll get more mileage for your money.

AllNations Bank

2023 Gordon Cooper Dr. • Shawnee, OK 74801 • (405) 273-0202
www.anbok.com





107 North Kimberly
Shawnee, OK 74801
Phone (405) 273-1050
Website www.ashousingauthority.com

2022 Housing Programs

Low Rent

Lease to Own

Safe Shelter Housing

College Housing Rental Assistance

Down Payment Assistance

Home Rehab Assistance

Rental & Lease to Own for Over-Income

Tiny Home Purchase Program

Please visit our website or contact our office for further details on program requirements.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

www.asthealth.org

September 2022

Section B



ASTHS September 2022 Monthly Update

Congratulations to Health Interns 2022

The Absentee Shawnee Tribal (AST) Health System, offered internship positions with the prospect of attracting and locally growing our own talent for a career in a healthcare profession, either locally or within the state. This year, nine Native American students were selected to participate in the Summer Intern/Work-Study Program at the AST Health Facilities: Cynthia Bui, Samantha See, Logan Bush, Adino Morgan, Alena Deer, John Goombi II, Caitlin Anderson, and Tawny Billy. The students spent multiple days, up to 20 hours a week, working within the Health Systems primary care environment in a variety of support roles as an entry-level part-time employee. The Directors provided the mission, roles, and functions within the Healthcare setting and explained processes of patient services. Upon completion of the 8-week program, a Graduation Ceremony was held on July 29, 2022, to recognize each intern for their participation.



ASTHS INTERNSHIP PROGRAM CLASS OF 2022

Cynthia Bui
Destiny Branscum
Alena Deer
Caitlin Anderson
John Goombi
Adino Morgan
Logan Bush
Samantha See
Tawny Billy

Congratulations and good luck
on your future endeavors!



In addition, we are thankful for the support by the EC, Health Board, Department Directors, and Dr. Reading, Internship Manager, for his commitment during the summer program.

Again, congratulations to all interns for an outstanding job!

Please join us in congratulating our September Monthly Employee Award Winners. We are proud of our professionals and team players for all they do taking care of our patients!

September 2022 Health Employee Awards of the Month

Employee of the Month: Priscila Arthur, LAC Operator/Registration

Team of the Month: AST Health System Grant's Teams

Special Leadership Award: Teresa McIntyre, Director of Radiology

Dara Thorpe, MS
Interim Executive Director, AST Health System

Suicide Prevention Awareness Month

By Emily Earnest

Suicide Prevention Awareness Month is held in September to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide. This is a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Suicide is the second leading cause of death among young adults and for every youth suicide it is estimated that 100 to 200 others attempt suicide. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. There's a lot you can do to recognize and respond to the warning signs in yourself and people around you. Some are more overt but others can be more subtle so it is useful to be aware of and alert for the less obvious signs. Outward signs and symptoms include: past suicide attempt, talking about wanting to die or to kill oneself, mentioning specific plans or ways that one has thought about ending one's life, talking about feeling hopeless or having no purpose, feeling trapped, being a burden to others, giving away personal items or wrapping up loose ends, saying goodbye to friends and family, displaying extreme mood swings, increased use of alcohol or drugs, acting anxious, agitated, or reckless, sleeping too little or too much, withdrawing or feeling isolated, showing extreme anger or seeking revenge for perceived injustices.

It is estimated that 79% of all people who die by suicide are male. Although more women than men attempt suicide, men are nearly 4 times more likely to die by suicide. Suicide is the second leading cause of death among people aged 10-34 and the 12th leading cause of death overall in the U.S. The overall suicide rate in the U.S. has increased by 35% since 1999. 46% of people who die by suicide had a diagnosed mental health condition. While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% may have experienced symptoms of a mental health condition.

Suicide impacts communities as well. Annual prevalence of serious thoughts of suicide, by U.S. demographic group: 4.9% of all adults, 11.3% of young adults aged 18-25, 18.8% of high school students, 45% of lesbian, gay and bisexual high school students. The highest rates of suicide in the U.S. are among American Indian/Alaska Native and non-Hispanic white communities. Lesbian, gay and bisexual youth are 4 times more likely to attempt suicide than straight youth. Transgender adults are nearly 9 times more likely to attempt suicide than the general population. Suicide is the leading cause of death for people held in local jails.

The best way to help someone who might be struggling is to learn the signs and symptoms of suicidal thoughts and actions. Since these are sometimes subtle, you will need to trust your instincts. Remember, if you think someone is struggling, ask them directly and have resources on hand. Sometimes the small act of knowing someone cares is all they need. Be mindful that if someone has had suicidal thoughts or behaviors in the past, it increases their risk in the future, so try to stay connected and check in on them if someone you know has recently struggled. And lastly, if you're not sure what to do, get help: you can text START to 741741 or call or text 988 for a free and confidential conversation with a trained counselor anytime.

Brain-Body Connection

By Dr. Siavash Nael
Behavioral Health Medical Director

Our Brain is a complex sophisticated and exquisite network of cells and connections combined with neuro chemical reactions that all work in Harmony to guarantee not only a good mental health and functioning mind but control of our entire body system.

This delicate brain with average weight in adult of about 3 lb. and in newborn babies less than a lb. contains 86 billion nerve cells. Each cell connects to about 10,000 nerves through connections that is called synopsis and overall the brain has about 1000 trillion synapse and through this synopsis brain cells communicate all the time and enable us to live, communicate, feel, think, make a decision, behave in a certain way and function with rest of our bodies - in other words - the brain is in total control.

Therefore this magnificent 3 pound organ has to be cared for very carefully to attain a good mental health and balance of mind and life. As mentioned, a baby’s brain at birth is less than one pound but during the 1st year of the baby’s life the brain doubles in size and by kindergarten age 90% of brain growth has happened so it is very important to remember that babies and young children are watching us and absorbing anything around them as their brain grows to learn very fast. Developing the brain and laying the foundation for the rest of the life is important. Because of these phenomena, it is very important to create a stable, loving and nurturing environment for the children. Any unfortunate events improve once the growth process that later on mainly to brain dysfunction and also kind of emotional problems.

In order to have a good mental health many factors are at play including genetics, environment, nutrition, hydration (90% of a brain is water) and also learning, education, loving and nurturing. So a good and a balanced mental health start from birth and everything around influences growth and balance. Since our Brain is in control of our mind and body we should handle it with care.

For Centuries humans have been focusing and caring about our bodies and its function and elements without paying much attention to our Brain Health or “mental health “. Like any other part of our bodies, our brain is subject to wear and tear, overwork or under work, abuse and neglect when lacked throughout of our lives. This can create dysfunction imbalance and mental health problems that affect our thoughts, feelings and behavior which is labeled as mental disorder psychiatric problem or behavior problem.

It is not important what we call it because of the label or stigma of mental disorder causes visual downplay the significance of problem because of social stigma embarrassment procrastinated taking care of the problem instead people did became isolated or act out self -medicate and so many other maladaptive coping mechanism that made the problem more complex and chronic.

It has been well proven and documented that the earlier we detect the signs and symptoms of mental dysfunction and treat them adequately, the better we are to prevent further reoccurrence of the problems. In other words, if one waits and doesn’t pay attention to the problem, as time goes by the problem becomes more serious and more difficult to treat.

There are many signs that tell us the brain is not functioning well and balanced. The signs and symptoms can be simple or complicated. For example, anxiety, depression, moodiness, anger, outburst, fears and phobia which can lead to isolation, lack of motivation, excessive anger and avoiding impulsivity. It is very important to pay attention to the signs and seek help as soon as possible.

To get help you seek evaluation by a mental health professional. They are trained to make diagnosis and recommend appropriate treatment by obtaining a very detailed history of physical health including growth and development, psychological background, family and social background throughout different phase of individual life and recommend treatment including medication, counseling and family therapy to correct the illness.

We at the Behavioral Health Department at Absentee Shawnee Health System are fully staffed and ready to serve as a mental professional to our client’s. Our staff consists of 2 board-certified adult psychiatrist, 1 board-certified child psychiatrist, 1 psychiatric nurse practitioner, 1 registered nurse and 6 highly skilled counselors in both Little Axe clinic and Shawnee clinic.

Our administrative staff is available for you. To make an appointment with Behavioral Health, please call (405) 701-7987 for Little Axe or (405) 878-4716 for Shawnee.

Guidance to help you make informed decisions to prevent severe COVID-19

1 Know your risk

2 Protect yourself

3 Take action if exposed

4 Take action if you are sick or test positive

MMWR

AUGUST 11, 2022

Help Yourself, Help Your Tribe

SEE IF YOU QUALIFY FOR A \$0 COST HEALTH PLAN AT **NO COST** TO YOU OR YOUR TRIBE

Special Enrollment Periods

Contact a Patient Benefit Advocate
Little Axe Health Center 405.447.0300
Shawnee Clinic 405.878.5850

Did You Know?

- The Tribe is only funded approximately 40% of cost to render care to patients? Most people think it is funded 100%.
- To add services, equipment, or help more people, we need your assistance.
- By signing up for a zero cost plan, you allow the tribe to bill for services and to be reimbursed by insurance companies. This frees up more dollars to help those who are not eligible for a zero cost plan helping Purchased Referred Care dollars go further.

Prevention. Progress. Pride.

UPDATED PHARMACY MAIL POLICIES

Please be advised:

It is solely the responsibility of the patient to confirm the desired shipping address for mailing of any medication from our Health System Pharmacies. Failure to do so may result in shipping delays.

Please ensure all address changes are made directly with the pharmacy staff regardless of any changes made elsewhere in the health system. Not all systems communicate with each other if changes are made.

As our clinics continue to grow and mail volume increases, the above policies will help ensure you continue to receive prompt and accurate mail delivery of your prescription medications. We appreciate your anticipated assistance in this matter.

Thank you!

REFILLQUICK APP STEP BY STEP INSTRUCTIONS

- Download the RefillQuick App on your Apple or Android device
- Open the app and enter your preferred pharmacy phone number, this will be saved as your default pharmacy in the future: LAHC 405.292.9530 Shawnee Clinic 405.878.5859
- Enter your information in the refill request boxes and submit
- Once submitted you will see a prescription validation message. If you do not see this check your prescription numbers and for correct spelling of name

****For a “Pocket Profile” (list of all your medications) please request this verbally to our pharmacy staff.**

Working Together to Serve Our Veteran Warriors

VA Healthcare Services at ASTHS

- ✓ Primary Care Medical Services
- ✓ Behavioral Health Services
- ✓ Service-Connected Disabilities
- ✓ Dental Services
- ✓ Vision Services

VA disability assessments and re-assessment exams and VA Compensation and Pension Exams must be scheduled at a VA facility.

Did You Know?

American Indian and Alaska Native Veterans now have increased health care options through reimbursement sharing agreements with the VA, and you can choose to seek care through VA or through the ASTHS Tribal Health System for your VA healthcare needs? These agreements mean more resources are available to support the collective health and wellness of tribal veterans.

Office of Tribal Government Relations
va.gov/tribalgovernment | 405.456.3876

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www.asthealth.org

VA Benefits

ASTHS Patient Benefit Advocates and our local area VA Native American Nurse Navigator can help tribal veterans navigate VA benefits for which they may be eligible, such as health benefits, disability, pension, education and training, NA housing loans, survivors’ benefits, and more.

OKC VA Native American Nurse Navigator:
405.456.3808
Apply for VA Health Benefits:
800.827.1000
Apply for VA Benefits:
855.488.8441
www.va.gov

Little Axe Health Center
405.447.0300

Shawnee Clinic
405.878.5850

Caring for AMERICAS HEROES
www.asthealth.org

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.

Prevention. Progress. Pride.

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


September 2022

Aster



Love and patience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GRILLED CHICKEN BREAST VEGGIES BREAD PEARS	2 SCRAMBLED EGGS BACON TOAST
5 LABOR DAY AST COMPLEX CLOSED	6 CHILI HOT DOG CHEZ, ONIONS FRITOS COOKIE	7 BAKED CHICKEN VEGGIES PEACHES	8 PORK N POTATOES TURNIP GREENS BREAD CAKE	9 GRITS SAUSAGE PATTIES FRUIT
12 HAMBURGER LTOP PORK N BEANS ICE CREAM	13 EGG ROLLS STIR FRY VEGGIES RICE PINEAPPLES	14 CHICKEN POT PIE VEGGIES BISCUIT MANDRAIN ORANGES	15 ROASTED PORK LOIN VEGGIES RICE PUDDING	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
19 CHICKEN FAJITAS ONION & BELL PEPPERS TORTILLAS PINEAPPLES	20 TATER TOT CASSEROLE BEETS APPLESAUCE	21 CHEF SALAD HAM, CHEZ COTTAGE CHEZ PEACHES	22 TURKEY ROAST STUFFING SWEET POTATO CRANBERRY SAUCE	23 BOILED EGG SAUSAGE BISCUIT
26 HOOGIE SANDWICH CHIPS JELL-O	27 GOULASH ROLL TOSSED SALAD*	28 BEANS W HAM STEAKFRIES ONIONS CORNREAD	29 BBQ CHICKEN TOSSED SALAD* VEGGIES ORANGE	30 CEREAL FRUIT TOAST



MENU IS SUBJECT TO CHANGE

SEPTEMBER 5, LABOR DAY- TITLE VI WILL BE CLOSED NO LUNCH WILL BE SERVED OR DELIVERED

AST TITLE VI
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

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 _____

EMAIL ADDRESS _____


PROVIDE THE DATE OF YOUR VACCINATION COVID

19 1st _____ 2nd _____

BOOSTER _____

Johnson & Johnson _____ FLU _____

HEALTH JOURNEY.....



As promised, this month I am providing more information that may be helpful in maintaining good health. The information presented in all articles is fact based and from credible sources. The goal of these articles is to spark interest and raise awareness of ways to maintain a healthy lifestyle—things one can do to improve health or just information that you may or may not know. Remember, “Knowledge is power”.

September is **DEMENTIA AWARENESS MONTH--**

You may ask, “Why is dementia awareness important?” Answer--It affects millions. No one is exempt. It is one of the most costly diseases. It is fatal. Currently, there is no way to prevent, cure or slow the progression of a form of dementia, and it is the sixth-leading cause of death in the United States.

Education is our best weapon—the best way to understand dementia is through arming ourselves with knowledge. Firstly, there are several types of dementia. Alzheimer’s is the most common form of dementia. Understanding this disease will pave the way to better caregiving strategies and a better quality of life for those living with dementia.

Following are a few facts relative to the **Native American** population--

- As many as 1 in 3 Native Americans will develop Alzheimer’s or some other form of dementia.
- By 2060, the number of Native American individuals aged 65 and older living with dementia is projected to increase 4-fold.
- Our Native population is growing rapidly. More than 5.2 million people in the U.S. identify as Native Americans.
- We are living longer. A child born in 2010 can expect to live 73.7 years. This is 30 years longer than a Native American born in 1969.

Because American Indian and Alaska Native people have a high risk of dementia, it is important to know the warning signs. Do you have any of these 10 signs? If so, talk to your doctor.

10 SIGNS OF THINKING OR MEMORY CHANGES THAT MIGHT BE DEMENTIA

Signs	Examples
1. Memory loss that affects your daily life.	<ul style="list-style-type: none">Forget events or important dates.Repeat yourself.
2. Trouble planning or solving problems.	<ul style="list-style-type: none">It may become harder to pay bills.Cook recipes you used for years.
3. Get confused about the time, date or where you are.	
4. Daily tasks are getting harder.	<ul style="list-style-type: none">Driving.Making grocery lists or going shopping.
5. Trouble with how your eyesight and thinking work together that gets worse.	<ul style="list-style-type: none">Tripping, falls, or problems with your balance.Spilling or dropping things more.
6. New trouble talking or writing.	<ul style="list-style-type: none">Harder finding the words you want to say.You might say “that thing on your wrist that tells time, instead of calling it a “watch”.
7. Lose and cannot find things.	<ul style="list-style-type: none">Can’t find the coffee pot that you use every day.Might put your car keys in the freezer.
8. Notice changes in mood or personality.	<ul style="list-style-type: none">Easily mad or sad in everyday situations.More fearful (scared) or suspicious (not trusting).
9. Act different and make poor choices.	<ul style="list-style-type: none">Spend money you do not have or be a scam victim.Stop washing up regularly or pay less attention to how you look.Forget to take care of your pet.
10. Pull away from friends and family because it is harder to keep up with things you enjoy.	<ul style="list-style-type: none">You may not want to do things, like sporting events, church, music or sex.

Many living with dementia may need substantial help and caregiving from their family, tribe, and community as Alzheimer’s and other dementias progress. Learning about the signs, symptoms, risk factors, causes, types and stages of dementia can help you support someone. Early dementia diagnosis gives you and your family a chance to get care and plan for your future.


Our Native American Elders play a vital role in the preservation of the culture because of the strong reliance on oral traditions. Our Elders have a wealth of experience--their stories are a valuable resource for the tribe. Let’s do all that we can to ensure a quality of life for as long as possible.

That’s a wrap for this time! I hope this information provides everyone with some valuable information. I did notice a September national observance that I was unaware of, “National Biscuit and Gravy Week”—wow, surprise!! There were a slew of others that are quite funny, BUT, let’s limit our biscuit and gravy and double time those healthy food selections for our brain and longevity. Until next time! Stay healthy, stay safe!

Atheda Fletcher
Principle Investigator
Alzheimer’s Disease Program Initiative

Special thanks to: Alzheimer’s Association, Centers for Disease Control and Prevention, International Association for Indigenous Aging for their contribution of facts for this article.

ABSENTEE SHAWNEE TRIBE BEHAVIORAL
HEALTH/SASP GRANT PRESENTS



WHITE BISON, INC.
A CULTURAL APPROACH TO PERSONAL RECOVERY
FROM SUBSTANCE ABUSE

IN-PERSON
WELLBRIETY
MEETINGS

Facilitated by: John Soap, LPC


EVERY THURSDAY EVENING AT THE SHAWNEE COMPLEX
MULTIPURPOSE BUILDING (2025 GORDON COOPER DR.)

BEGINNING JUNE 9TH, 2022
5:30 - 6:30PM

FOR FURTHER INFORMATION,
CONTACT:

Brendan (SASP Coordinator) or John
(Facilitator/LPC) at (405) 878-4716

MEDICINE WHEEL & 12 STEPS



The medicine wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

HOW THE PROCESS WORKS

The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

FOCUS

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

Step 1: Honesty

Step 2: Hope

Step 3: Faith

Step 4: Courage

Step 5: Integrity

Step 6: Willingness

Step 7: Humility

Step 8: Forgiveness

Step 9: Justice

Step 10: Perseverance

Step 11: Spiritual Awakening

Step 12: Service

TEACHINGS OF THE MEDICINE WHEEL

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. The purpose is the same in each culture. These teachings, when applied to one's life, have the power to influence significant change in attitudes, behaviors, values and intent. The Elders have shared a series of Teachings based upon the Natural Order of the way things should be. These are sometimes referred to as the "original instructions." These important Teachings are included in the Medicine Wheel and 12 Steps:

1.) 4 seasons of change

2.) 4 laws of change

3.) 4 directions of growth

4.) 12 principles for healthy living

5.) Reclaiming Our Power

6.) The 12 steps of recovery

7.) Nature's Way: Principles, laws, and Values

8.) Cycle of Life

9.) 8 feelings for healthy development

10.) Comfort Zones

11.) The Two Thought System: Love and Fear

12.) The medicine wheel

13.) The laws of the unseen world.

LITTLE AXE HEALTH CENTER.....405-447-0300

Administration	
Business Office	
Little Axe Dental	
Health Information Management	
Lab/X-Ray	
Optometry	
Patient Benefit Advocates	
Primary Care	
Public Health	
Security	
Electronic Health Record	
Physical Therapy	
Behavioral Health	405-701-7987
Little Axe Purchased Referred Care	405-701-7951
Diabetes & Wellness	405-701-7977
Pharmacy	405-292-9530
CompleteCare Home Health.....	405-701-7085
Transportation.....	405-701-7603

SHAWNEE CLINIC405-878-5850 OR 877-878-4702 TOLL FREE

Administration	
Business Office	
Health Information Management	
Lab/X-Ray	
Patient Benefit Advocates	
Contract Health	
Physical Therapy	
Primary Care	
Public Health	
Behavioral Health	405-878-4716
Diabetes & Wellness	405-701-7977
Pharmacy	405-878-5859 OR 866-742-4977 TOLL FREE
Transportation.....	405-701-7603

PLUSCARE 405-447-0477

GENERAL

AST Resource Center.....	405-364-7298
Corporate Compliance Hotline.....	405-701-7135
Patient Advocate	405-701-7623
AST Tribal Complex	405-275-4030
AST Tribal Police	405-275-3200
AST Housing	405-273-1050



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

**CALL TODAY TO
SCHEDULE YOUR FREE
MEDICARE ANNUAL
WELLNESS VISIT***

*Receive a free tote packed with essential tools to help you manage your health.



**CONTACT TRACI FAUST, RN, AT
405.701.7980.**

ANNUAL WELLNESS VISIT:

- Completion of personalized Health Risk Assessment.
- Medical & family history review.
- Updating list of current providers & prescriptions.
- Height, weight, blood pressure & other measurements.
- Cognitive impairment detection.
- Assessment of one's current health to highlight high-priority health risks.
- Screening for preventive services.
- Recognize possible gaps in a patient's healthcare.

CHRONIC CARE MANAGEMENT SERVICES:

- At least 20 minutes a month of CCM services.
- Personalized assistance from a dedicated healthcare professional who will work with you to create a plan of care suited to your specific healthcare needs.
- Coordination of care between your pharmacy, specialist, testing centers, hospitals, & more.
- Expert assistance with setting & meeting your health goals.
- Assistance finding resources in your community.
- Coordinate care with all providers to include specialist, primary care & hospital.