



THE ABSENTEE SHAWNEE NEWS

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April 2024

AST After School Program Hosts Grand Opening



On March 1, the Absentee Shawnee Tribe held a ribbon cutting ceremony and open house for the newly built After School Building in Shawnee. The building is located south of Building Blocks II.

The After School Program had been operating at a temporary location at 5812 S. Hwy 177 in Shawnee. Previously they were located in modular buildings. The After School Program Shawnee was started in 2015 due to the growth of Building Blocks school age children. Former AST Governor Edwina Butler-Wolfe obtained the portable army surplus buildings that were used for many years.

The new building was built using CCDF (Child Care Development Fund) and CRRSA (Coronavirus Response and Relief Supplemental Act Funds) grant funds. Construction started July 2022 and was complete January 2024.

With over 11,000 square-feet, the facility contains a gym, classrooms and offices for the After School Program. Currently 11 children attend and the goal is to grow to 50.

“Our hope is that this building becomes a beacon for all who attend; for future generations to learn and grow.” said 477 Director Briana Ponkilla. “We hope that this serves as a light for everybody else to use and we hope that we are able to continue to grow tribal childcare in the future.”

The festivities featured current AST tribal leaders along with former AST Secretary Alicia Miller; OKC Indian Princesses; native dancers and Drum Group Ottertrail.

Childers Architects designed the building and Goldsby Construction was the contractor.

From The Election Commission

UNOFFICIAL ELECTION RESULTS ABSENTEE SHAWNEE ELECTION COMMISSION PRIMARY ELECTION – MARCH 16, 2024

This is to announce the UNOFFICIAL ELECTION results of the March 16, 2024 Primary for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant to the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

EXECUTIVE COMMITTEE

LT. GOVERNOR (4 Year Term)

Yvonne Diane Ponkilla	1163	Votes
Ezra DeLodge	88	Votes
Leland Blanchard, Sr.	19	Votes
Isaac Gibson, Jr.	90	Votes

TREASURER (4 Year Term)

Joseph Blanchard	210	Votes
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REPRESENTATIVE (4 Year Term)

Anthony “Tadpole” Johnson	162	Votes
Eileen Pearce	79	Votes
DeWayne Wilson	119	Votes

ELECTION COMMISSION

DEPUTY COMMISSIONER (3 Year Term)

No Filing

COMMISSION MEMBER #1 (3 Year Term)

Brandi Routledge-Hunt 1 Votes

We, the Officials, are responsible for declaring the above election results do hereby claim the above statements are true and correct to the best of our knowledge.

James Spybuck, Jr., “Acting” Commissioner	Shirley Adkins, “Acting” Deputy Commissioner
Charlotte Ellis, “Acting” Secretary	Brandi Routledge-Hunt, Commission Member #1
Zackery Smith, “Acting” Commission Member #2	James Palinkas, Judge

Date: March 16, 2024

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, (Print Name) hereby certify that I am or will be an Eligible Voter of the Absentee Shawnee Tribe on or before June 15, 2024. I cannot physically be present to cast my vote at the **June 15, 2024 Annual Election**; therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____

Address: _____ (first) _____ (middle) _____ (maiden) _____ (last)
City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the **Election Commission** by the deadline date of **May 26, 2024**

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

Fax to:
Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 6271
Toll free number 1-800-256-3341 ext. 6271

Email to:
election.commission@astrobe.com

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

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

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission Representative

92nd Semi-Annual General Council Meeting
Saturday, April 27, 2024 - 10:00 am
AST Multi-Purpose Building - Shawnee, OK



GOVERNOR
John Johnson



Lt. GOVERNOR
Ezra DeLodge



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
DeWayne Wilson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello Tribal Members,

April showers bring May flowers!!! Spring has arrived, if you plan on planting a garden now is the time to do so. Watch for updates from the Agriculture department, they will be handing out seeds to help jump start your own garden. The Lt. Governor, Treasurer and I attended the Oklahoma Legislative Summit in Oklahoma City. We met with other Tribal Leaders, Oklahoma Leaders and Oklahoma Congressmen. During this summit I introduced myself to Attorney General Gentner Drummond and personally invited him to visit campus. He accepted this invitation and stopped by for a brief visit on March 14, 2024. It was an honor to have him here.

On May 1, 2024 there will be an open-

ing ceremony for the LA Clinic expansion, you all are welcome to attend. It will be held in Little Axe at the clinic at 1:00pm. You may start to see work begin on Tecumseh Square; well, this new project is being funded by the 102-477 program. It is now going to be for a centralized location and more office space for the program. Should you have any question you may contact the 477 office.

The 92nd Semi-Annual General Council meeting will be held on April 27, 2024 at 10:00am in Shawnee at the Multi-purpose Building. I hope you plan to be there.

Should you have any questions or concerns you may contact myself or my staff at the information listed below:

governor@astrobe.com 405-275-4030 ext: 3500

alvinab@astrobe.com 405-275-4030 ext: 3501

Thank you



Pictured L-R: Attorney General Gentner Drummond, AST Governor John Johnson and AST Lt. Governor Ezra DeLodge.

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 3503 or cell 405-432-0733.

OEH:

In total for 2024 OEH has assisted Tribal members with 18 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2024, we have collected, processed, and recycled 10 bales of shredded office paper and cardboard equaling roughly 7.5 tons of recyclable waste that has been diverted from landfills.

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

BIA Roads

I met with Abby Thompson, Pottawatomie County District 3 Commissioner on Wednesday, March 6th. She is very interested in working with the tribe on future projects. District 3 has put out bids for Brangus Road and had bid opening on March 12th at 9am. This project should start in April and be completed by the end of May depending on the weather.

Cleveland County District 2 has just finished working on Route 9327 which

is Franklin Road 180th to Pottawatomie County Line Road consisting of 2 miles.

Cleveland County District 3 is currently working on Route 9344 which is Banner Road 180th to Pottawatomie County Line Road consisting of 2 miles.

Any questions or concerns please email me at TwylaB@astrobe.com or call (405)275-4030.

Land Management

Wood deliveries have ended. We had a total of 21 elders that requested wood this past winter. Land Management along with the help of Maintenance has started clearing out the area around Tecumseh Square. They will also continue to help Realty with fencing when needed.

Respectfully,

Lt. Governor DeLodge

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,

I hope everyone had a wonderful Easter to spend time with your loved ones on a special day. If you didn't get to attend the annual AST Easter egg hunt I hope you get to attend next year. My apologies for it being on a Sunday for our tribal members that attend church we will make better accommodations for all next year. Also I'd like to thank our Executive Committee members along with all the departments that donated eggs and prizes for our Easter event it wouldn't have been successful without you all. I really appreciate all you have done. It's been a very busy past two months for my office aside from our regular daily duties we coordinated the Tax preparation, Easter egg hunt, and of course General Council coming up. I look forward to seeing all the tribal members that can attend. I was very thrilled to see our AST After school building completed and open for business. Unfortunately due

to covid I wasn't available to attend the ribbon cutting ceremony. I am very excited for the future of this program and our children that attend.

Tax Preparation Services- First off I would like to thank my group of volunteers Donna Woodfork, Gregory Reading, Jan Raft, Stacie Lewelling, Dena Baker, and Tina Ontiveros without them the tribe would not be able to provide these services to our community. We were able to serve 91 clients 55 being AST tribal members as of February 24- March 14 with the numbers rising April 13 being our last day providing services.

Domestic Violence- I got a chance to attend the NAAV (Native Alliance Against Violence) summit held in Tulsa Oklahoma with my staff of great women March 13-15. It was a great event to attend the different speakers was knowledgeable and gave me information and resources so I can assist my department to be better for our victims that need assistance for our services.

ICW- We are still currently getting

them settled in the new building we hope to be complete very soon we will keep everyone updated.

Before I move on I would like to take time brag on my Domestic Violence and ICW staff and Directors. Since I been in office I had the privilege to attend a couple of meetings and conferences. To see how they are respected, seeing, and hearing them getting accepted in different groups within the community of their job is amazing they do a wonderful job for our tribe and are very passionate. Thanks for a job well done keep it up.

Enrollment- As of March 19, 2024 we have 4,658 Tribal Members.

Human Resources- As of March 19, 2024 we have 598 employees 60% are Native American. I would also like to congratulate our director Casey Adams-Beesley on passing the THRP exam.

I hope to see everyone at **General Council April 27th @ 10:00am at the Multipurpose building in Shawnee.**

Ne yi wa!

Secretary McGirt

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal Members, Family, and Friends:

Spring has sprung! We've had significant swings in weather patterns the last however many weeks so some of the plants and trees have already started blooming and budding. If you're like me, that means taking a higher dosage of allergy pills or medication. As we are about to enter the month of April, please keep a lookout for information from the various Departments and Programs as they begin to have more events and outdoor activities.

As I write this month's newsletter submission, the Primary Election will have concluded and results posted. As I mentioned in March, I look forward to continuing the progress we have made in the last 3.5 years. There has been tremendous growth in and around the AST Complex. As I understand, Phase III has been completed or is near completion for the Camp Nikoti site. Like you, I am waiting for the announcement of when this location will be up and running. The new AST After School Program building is done and there was a Grand Opening in March. Additionally, the new AST Police De-

partment building has been opened for operations and I expect a Ribbon Cutting sometime later this month.

These are all good things but I want to share a conversation I had recently while in DC, and then with some Tribal Members. I think it's relevant, especially since there has been some debate or comments on Social Media regarding the issue; Voter Registration and Voter Apathy. Prior and during the election cycle, there are all kinds of comments about Candidates, their qualifications, and who will do the best job for the Tribe. These are great things to discuss but it has little effect on our system, if the other 3000+ don't participate.

There are no limitations to cast a vote, other than submitting an Absentee Ballot, or show up at one of the two locations on the 3rd Saturday of March, and again, on the 3rd Saturday of June. You don't have to register or pay a fee; just show your Tribal ID or Driver's License. There is a cliché I think is appropriate here: "Insanity is doing the same thing over and over again, expecting different results." Here are some other comments to consider. "I'm one person, my vote doesn't matter." "I don't like the candidates so I'm not going to vote." "Why do I need to vote? They won't do anything anyway."

One may ask, "Why bring up this issue? Simple response...it's our Right to be able to vote. Yes, Native Peoples make up less than 1% of the population but we have the ability to intervene or create a ripple for those who underestimate us. National, State, and Local elections will be occurring over the next several months, plus selection of the President in November. We, as a Tribe, need to exercise this responsibility and elect those people sensitive to the needs of Indian Nations and who support Tribal Sovereignty. This one action will make our job as Executives simpler as we'll have "Allies" in the appropriate offices and know who we can rely on for this type of assistance. That being said, I encourage everyone to make themselves eligible by registering for the upcoming elections, especially those living within the Pottawatomie County area. A Sac and Fox Nation citizen, Freeland Wood, is running for Sheriff; as well as, former AST Governor Edwina Butler-Wolfe has announced her candidacy for the City of Shawnee Mayor.

Back in 2020, the reason I ran for my position was to help create "CHANGE"; to use my experience and skills to help improve our system; to help the Tribe become more effective and efficient.

(Continued on Page 3A)



TREASURER'S REPORT

(Continued from Page 2A)

There are those that don't agree but all one has to do is take a look around. I appreciate the work that's been put in but there is still more to be accomplished. There is one comment I think has merit and could generate good debate. If the People want to add criterion for future candidates, I would be happy to have those discussions. Other Tribal Governments have these as part of their membership requirements: Knowledge of your Tribe and customs; participation in your cultural traditions; must vote to be eligible to receive benefits.

As I switch gears, I want to clarify a comment shared with me this past month. The Executive Committee DID NOT pass any resolutions to INCREASE minimum education requirements to be considered a Candidate. The Election Commission, through their Ordinance powers, clarified the High School Diploma or GED issue. A couple years ago, there were individuals who wanted to run for office, but could not since they weren't able to present one of these two documents since the institution they attended was now defunct or no longer existed. If an individual has a Higher Education degree, such as an Associates, Bachelors, Masters, or PHD; it stands to

reason they had to have a Diploma or GED to be accepted to that institution in the first place. Instead of penalizing those people, they found a way to make them eligible.

In other news, please take notice, a resolution was passed last month to announce the date and time for the next General Council meeting. It is scheduled to be held here on the AST Complex, at 10 AM on April 27th. If you cannot attend but would like the General Council Booklet, call the Secretary's office to make a request for your copy. I look forward to seeing you there and visiting about your concerns.

As I close this edition, I do want to say

"Neyiwa!" to our electorate. Though I only needed one vote, I was overwhelmed upon receiving the news of how many voted for my re-election. I am grateful for the support, advice, and encouragement. I look forward to the opportunity to continue serving our People, future growth, and further improvements and expansion over the next four years.

Do not hesitate to call my office to set up an appointment or send me an email with your concerns. I can be reached at: (405) 275-4030 Ext. 3510; (405) 695-1487; or jblanchard@atribe.com.

Respectfully,
Joseph H. Blanchard

REPRESENTATIVE'S REPORT

DeWayne Wilson, AST Representative

Hello, Tribal members and I hope everyone is in good health. Spring is here. I hope everyone got out and Voted during our Primary Election. I hope to see everyone at General Council in April. My door is always open and as always Take Care of one another.

477 Program: Currently, they have 5 new adult cases for a total of 43 for the month of March. They also had one new youth case for a total of 5 for the 2024 year. Our total case load with 2023 and 2024 cases is 355 participants. On March 1st the 477 department assisted with the CCDF- After School Program ribbon cutting/open house. We are excited for this new building that can help expand the services for Native children. The 477 staff will continue to cross-train within the CCDF- After School Program department. This cross-training will help the staff be more efficient with assisting participants. New case management system is now up and running to help with reporting and case management.

CCDF-After School Program (ASP): After School employees are excited that we have moved into the new building and the kids are enjoying it. They have 18 kids enrolled. The ASP will be opened for the Spring Break Week. The ASP employees and children had a cultural day which was presented by the Cultural Preservation Department. ASP is taking waiting

list applications for our summer program that will start in June. The 477 Child Care Assistance program will be hosting training for our child care providers in April, 2024 for Child Abuse Awareness. They will have speakers from the ICW and DV departments and from the 477 Director.

Education Department: For the last few months, The Education Director chaired the 2024 CTAS Grant Committee. The Education Director scheduled meeting locations, calendar invitations and created the agenda for others department involved with FY 2024 grant application meetings. The Education and Tribal Youth Program staff uploaded and submitted their final CTAS FY 2024 Purpose Area 9 documents to the Grants department for submission by the March 12th deadline. The good news is the 2024 CTAS Grant was completed and sent in. The Education Director attended the ESSA Tribal Consultation which was at Deer Creek Public Schools for the following school districts: Anadarko, Cache, Carnegie, Chickasha, Cleveland, Crescent, Deer Creek, and many others. The Education department updated and released the 2024 Graduation Stole application on the Tribe's website. 40 stoles have been purchased and will be disseminated on a first come, first served basis. Education Director attended the virtual Office of Indian Education Project Directors meeting for the STEP Grant.

Workforce Program: Nothing new to report, The H/VAC mechanic and the H/

VAC interns continue to be busy completing work orders on the Tribal Complex and to Tribal member homes. In the near future, the H/VAC Department will be transitioning from heating to air-conditioning service. Let us know if we can be of service.

Cultural Preservation: Please help me in welcoming Mrs. Sheila Burnside as the new gift shop manager. Sheila comes to us with 12 years' experience in management between casino management and gift shop management. In the coming months, she will be focusing on the re-branding of the gift shop and providing the gift shop online. The Tribal Historic Preservation Office and Language Program continue to work with the Ohio History Connection and the Ohio Department of Natural Resources on the display panels for the Great Council State Park. The Cultural Preservation and the State of Ohio agencies staff have been going through each panel and reviewing the words that have been written. At the writing of this article, we have gone through a majority of the panels with a few to finish. Also, the Language Program continues to provide translations in order to insure accuracy with our language and has insisted on the use of the Shawnee language in the interpretive center be shown in the Pi, Pa, Pe, Po orthography in order to make it understandable to visitors. Further, I am excited to share that the new park is set to open in early June! The Language Program continues to partner with departments and programs within the tribe

to provide Shawnee words and lessons to participants. Currently, the language program is working with the Education Department to provide language translations for the Dream Navigator booklet project.

Gaming Commission: The Gaming Commission is currently undergoing some modernization for the Licensing department which will make processing easier and faster. Along with the modernization, they are reviewing their policy and procedures to see if any changes need to be made. This April, the Gaming Commission will be attending the OTGRA Spring Conference at the Downstream Casino and Resort. The Gaming Commissioner continues to stay busy with the approval process on casino policies and procedures, licensing, and projects with electronic gaming machine updates.

Youth Camp: The construction on the Water Harvest project has started. In April, we hope to obtain the water tank for this project. Also, the winning bid for the Camp Nikoti lighting project has been chosen and we hope that construction will begin in April.

In closing, it is my pleasure to serve our Tribe as the Tribal Representative. If you have any questions or concerns regarding these programs or need my assistance, feel free to contact me at (405) 275- 4030 at Ext. 3512.

Ne Yi Wa,
DeWayne Wilson

Maintenance Report

I would like to introduce myself, my name is Lenard Mathews and I'm the new Maintenance Director. Please feel free to stop by and say hi and let me know if there is anything we may be able to help you with.

This past few weeks maintenance has been very busy on and off campus. Last week it was determined the gas lines on top of building 19 were severely rusted and leaking. The men in the HVAC department along with maintenance replaced all the lines on the roof, leak tested and put the equipment back on line by Thursday. It was a very large job and potentially saved the tribe in excess of \$5,000.00 not including the gas that was being lost through the leaks. I want to complement our team, job well done!

The department teamed up with the BIA group and started clearing all the trees and debris from Tecumseh square. The city has issued the tribe a permit to burn the debris in a pit on location. That will start the first clear low wind day we have and the fire department gives us the green light. The total clearing should be completed within a week. I want to compliment the BIA group for their hard work and working well with the maintenance department. All of this work has saved the tribe over \$20,000.00.

ICW had compiled a list of items that had to be completed in their new office space. The first item was roof repair. Maintenance jumped on the repair saving the tribe over \$800.00 in cost.

Second item was a shed that had to be removed on the back of the property. Maintenance very carefully tore the building down, saving the neighbor's shed and maintaining a positive neighbor relationship. This potentially saved the tribe \$800.00 to \$1,000.00.

Currently maintenance is working through other items on the list and will keep everyone updated on the progress.

This past week maintenance teamed up with OEH to tackle the sewer problem that had been plaguing the Brindle corner (after school program) building for a period of time. Vets septic tank service was called out and with their help dug up the discharge line and located break that was causing grey water to leach out on the ground. The repair was complete and the building is back up working properly. Going forward the sewer system will be inspected every three years to prevent any future problems. I want to compliment OEH for their willing to work with the maintenance department. Thank you!

Starting the week of March 18 Maintenance will be working at the same building "Brindle corner" to correct a major drainage problem that has been causing damage to the building. The ground east of the building will be reshaped to form a contour with a large French drain to carry the water away from the building and to the street. This will save the tribe about "\$12,000.00 to \$14,000.00.

In addition to all of this we have found the time to continue with taking care of most all work orders, clean and reorganize the maintenance building (18) and part of maintenance building two (18B).

We have had two training sessions along with two safety meetings. These are now being held weekly. I am very impressed with the attitudes and abilities of our people. They are doing an amazing job.

I would like to thank everyone for helping me get on board as maintenance director. But, I would not have been able to do the job without at least one key person helping. That person is Sheila Orphan. I want to thank her and say you do unbelievable job with very little recognition. Thank you for your support and dedication.



Oklahoma Tribal Legislative Reception



AST Governor John Johnson, AST Lt. Governor Ezra DeLodge and AST Representative DeWayne Wilson attended the Oklahoma Tribal Legislative Reception on February 28. The event, held at the Petroleum Club Event Center in Oklahoma City gave tribal leaders the opportunity to meet with state legislators.

WANTED

Highly Motivated 9th-12th Grade Students

BIA-BIE Youth Indian Police Academy

The Bureau of Indian Affairs and the Bureau of Indian Education are partnering to host the 2nd annual Youth Indian Police Academy for students enrolled in 9th - 12th grade. The Academy will occur at the Riverside Indian School Campus in Anadarko, Oklahoma, from June 16 through June 28, 2024.

At no cost to students, participants will receive assistance with traveling to and from the school, where they will stay in dorm rooms and be well-fed throughout their stay. Participants will receive uniforms and travel for field trips will be provided. Students will come away from the program with a meaningful life experience, new friendships, and awareness of career opportunities available to them as young adults.

Application Instructions:

Students wishing to attend the academy must write and submit a five-paragraph essay explaining who they are, their life goals, and why they wish to attend the Youth Indian Police Academy. Final essays need to be emailed to: Carla.Whiteman@bie.edu on or before **May 17, 2024**. Each essay will be reviewed by a selection panel who will select up to 28 students.

Guardians:

Upon student selection, guardians must complete an admissions package. The package will be emailed after selections are made. This includes providing student emergency contact, out-of-state student travel information, authorization for medical care of a minor, medical history, residential check list, parental consent form, photograph release form, school check out policy, student code of conduct, student policies, acceptable use policy, BIA consent to participate and a release from liability.

FACTS & TASKS

WHEN:
June 16, 2024 - June 28, 2024

WHERE:
Riverside Indian School
Anadarko, OK

SEND ESSAYS TO:
Carla.Whiteman@bie.edu

ESSAYS DUE:
May 17, 2024

HANDS-ON LEARNING EXPERIENCES INCLUDE:

- Nightly Team Building Events
- Tactical Training Exercises
- Accident Investigation & Crime Scene Labs
- Driving Under the Influence Simulations
- Special Weapons & Tactics Demonstrations
- Emergency Medical Services Certification
- K9 Demonstrations
- Field Trips for full-immersion Learning



Help us celebrate Earth Day on April 22.

Earth Day was first created in 1970 as a way to educate the public about environmental issues that were ongoing across our nation. The first Earth Day led to the creation of the United States Environmental Protection Agency (EPA) and the passing of other environmental laws including the Clean Water Act and Clean Air Act.

The Absentee Shawnee Tribe Office of Environmental Health and Engineering receives grants from the EPA that assist in recycling efforts as well as ongoing water sampling and monitoring to ensure our natural resources are protected for our future generations to enjoy.

Recycling containers are set up for public use at many of our facilities. These containers are for cardboard only. Through our recycling program, AST OEH has been able to prevent hundreds of tons of paper and cardboard from being sent to a landfill, which helps to conserve our natural resources and reduce our waste stream.

JOB FAIR

Meet with HR Representatives from Thunderbird Casino, the Absentee Shawnee Tribe and AST Health Systems.



NORMAN
SHAWNEE

100% Employer-Paid Benefits

- Medical
- Vision
- Dental
- Life

Additional Benefits

- Weekly Pay
- Base Supplement Incentive
- Attendance Incentive
- 401k with Employer Match

Saturday, May 11th, 10am - 2pm
Event Center | Thunderbird Casino

DRESS TO IMPRESS · INTERVIEWS ON THE SPOT



THUNDERBIRD
CASINO



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

CULTURAL PRESERVATION DEPARTMENT

The first months of the year have been full of transformations for Cultural Preservation. Following is a breakdown of each departmental program's most recent activities.

Gift Shop

Please help me in welcoming our new gift shop manager, Mrs. Sheila Burnside! Mrs. Burnside (hired February 2024) is an enrolled member of the Citizen Potawatomi Nation and Muscogee (Creek) Nation and Seminole Nation descendent.

The Gift Shop is currently open, and we are still having an inventory clearance sale! However, please be aware, we are nearing the time we will be closing our doors for a period of time to prepare for a transformation.

The gift shop is located in building 6 just east of the new police station. Our current hours are 8 a.m. to 5 p.m. If you have any questions or concerns, please reach out to us.

Library

The Library is open! Hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Last month, activity in the library included 2 library visitors with a total of 4 books checked out. Also, 10 virtual books were checked out.

If you would like to view what books we have in the library currently, please visit https://www.librarycat.org/lib/ASTribe to view the catalog. Also, if you have a library card, please check out the virtual library (https://okvirtuallibrary.overdrive.com/)

Like with the Gift Shop, we will be rebranding the library. We want to carry more Native American and more specifically Shawnee books and resources. Please let us know your opinions of what you would like to see in the library.

THPO (Tribal Historic Preservation Office)

Our Tribal Historic Preservation Office (THPO) Program continues to make great strides and advancements. The THPO staff has steadily been receiving Section 106 projects from various Federal and State Agencies.

NAGPRA

In addition to Cultural Preservation Director, I currently hold the position of interim NAGPRA Coordinator. The last few months have been very busy for me. More and more agencies/museums/colleges both in the states and overseas have been reaching out.

Great Council State Park

We continue to collaborate with the Ohio History Connection and the Ohio Department of Natural Resources on content for the Great Council State Park Interpretive Center located in Ohio. As mentioned in the past months, the language program has been providing words and phrases that will be used on displays and panels throughout the Center.

Language

We are currently holding beta language classes to gather input about the content and structure of classes. We plan to hold these test classes over the next few weeks. So far, we have received valuable feedback about the lessons that we will adjust once we offer the classes to the public.

Further, besides collaborating with the Afterschool Program, we are also working with the Education Department to provide language translations for the Dream Navigator booklet project. Through this collaboration we will reach more tribal children to provide them with the opportunity to learn Shawnee and teach them about the Shawnee culture.

For general language questions and information, please contact the department by phone or email at ASTLanguage@atribe.com.

Your concerns are important to us. Ne yi wa 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. 3525 or cbutler@atribe.com if you have any questions or concerns.

Section containing Shawnee phrases and their English translations, such as 'K'te ki we ke s'fwa Planting Month (April)', 'Ho ta he k'te ki we ke s'fwa pe yi ta ge na ka hi ge ka pa ti mi We will plant corn in April.', and a QR code.

LEGAL NOTICE

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

Sidna Logan Vs John Logan Case No. JFD-2020-25

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS SHAWNEE, OKLAHOMA §.

Sidna Logan being duly sworn upon oath states:

That she/he is the Plaintiff Sidna Logan above-named, and that on the 2 day of March, 2020, said Plaintiff filed in this Court a Petition against Defendant, John Logan: 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, John Logan, 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)

s/e Sidna Logan PLAINTIFF

ARE YOU GRADUATING THIS MAY?



We want to honor the 2024 AST Graduates!

Send us your full name, hometown, high school/college, degree or major and a photo (JPEG) to media@atribe.com by April 15, 2024.

The graduates will be featured in the May 2024 Absentee Shawnee News.

NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@atribe.com

All articles for the next month's issue are DUE by the 15th of the current month.

Unfortunately we can only accept ONE PICTURE PER BIRTHDAY PERSON, not per birthday wish.



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 had an extra busy March! We celebrated Dr. Seuss and Read Across America week. Also, Easter was a blast with Egg Dying, Egg Hunts and Easter Parties. Thanks to everyone who participated in our reading adventures and Easter Celebrations.



It is officially Spring now. Be weather aware as storm season approaches. Building Blocks children are enjoying the sunny days and warmer weather. They enjoy getting to learn as they play outside.



We are currently hiring staff, if you are interested in applying visit <https://www.atribe.com/employment> for applications and to see what positions are available.



Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

Have an Awesome April.

2024 AST Annual Easter Egg Hunt



Adison Johnson Happy Birthday!
We Love you from Auntie Fallon
and Angel and all your cousins!!



Happy Birthday Fallon

Happy
Birthday



Tribal Member Earns Medals at State Swim Meet



Tribal member, Harper Brown, is a freshman at Bethany Public Schools. She and her relay teammates earned their way to the state 5A swim meet in February. Their team earned a medal with a 8th place win in the 400m freestyle relay. The Bethany female swimmers had the highest GPA of all schools, earning the title of 2024 Class 5A Girls State Academic Champions!

Harper is the daughter of Tara and Adam Brown, granddaughter of Phyllis Harp and great-niece of Kenneth and Serena Daugherty.



April is..

Sexual Assault Awareness Month

What is sexual assault?

Sexual Assault is sexual contact or behaviors that occur without explicit consent from the victim.

Some forms of sexual assault include:

Attempted Rape, Sex Trafficking, forcing to perform sexual acts, and unwanted sexual touching.

Sexual Assault Awareness Month was made official in the U.S. by President Obama in 2009*

If you or someone you know has experienced sexual violence, please call us at 405-273-2888 or email us at domesticviolence@atribe.com

<https://www.native-women-society.org/post/april-is-sexual-assault-awareness-month#:~:text=ln%202009%2C%20Barack%20Obama%20was%20without%20proving%20a%20solution.8>

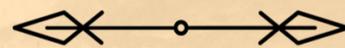
This project was produced by Tribal Victim Services under 2019-V0-6X-0157, awarded to the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this project are those of the contributors and do not necessarily represent the official position of the U.S. Department of Justice.

Ne mi ta Si wi nwi to wa
(I want to speak Shawnee)

Pre-recorded online lessons are now available to help tribal members learn to speak Shawnee.

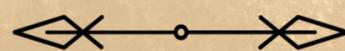
Each 15-20 minute lesson is broken into vocabulary, phrases, and brief conversations for each subject.

The lessons can be viewed multiple times and are available in printable form.



Lessons can be accessed under the LANGUAGE tab on the tribal member only page

<https://www.atribe.com/tmo-login>



For questions regarding online lessons, please email ASTLanguage@atribe.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	

**EARN 5.11%
APY INTEREST
ON YOUR AST
PREFERRED
CHECKING
ACCOUNT!!**

Our new and improved AST Preferred Account gives tribal members benefits such as:
No minimum balance to open, No monthly service fee, .25% rate reduction with auto debit on consumer loans, and EARN INTEREST ON YOUR MONEY AT A RATE OF 5.00% (ANNUAL PERCENTAGE YIELD OF 5.11%) WITH NO MINIMUM BALANCE REQUIRED!! CALL OR COME IN FOR MORE INFORMATION. Interest rate subject to change at any time.

All Nations Bank

Locations in Calumet and Shawnee Oklahoma
www.anbok.com | (405) 893-2240

Member FDIC

Tribal Member Corner:

April Article:
Tribal member corner:

A big shout out, for new voters from Texas. I hope more out of state tribal members, participate in the June election.

Members need email addresses of office personnel. Maybe this is something, can be posted on access tribal member website. I know there is a security risk with IT.

When we have the wills' clinic. Could we have someone assist with revocable trust, financial power of attorney and durable power of attorney for healthcare, documents?

Attend a worship service.

Congratulations to all runoff candidates!

Eileen Pearce
Contact: lapearce@att.net
Tribal member





ASTHS April 2024 Monthly Update

National Colorectal Cancer Awareness Month

Parenting a teen is not always easy. Youth need adults who are there for them – especially parents who will connect with them, communicate with them, spend time with them, and show a genuine interest in them. Talking with teens about sex-related topics, including healthy relationships and the prevention of HIV, other sexually transmitted diseases (STDs), and pregnancy, is a positive parenting practice that has been widely researched. A number of programs in a variety of settings (e.g., schools, parents' worksites) have been shown to increase the amount and quality of communication between parents and their teens.

Does Talking With Teens About Sex Make A Difference?

- According to teens, the answer is “Yes”. In national surveys conducted by The National Campaign to Prevent Teen and Unplanned Pregnancy, teens report that their parents have the greatest influence over their decisions about sex – more than friends, siblings, or the media. Most teens also say they share their parents' values about sex, and making decisions about delaying sex would be easier if they could talk openly and honestly with their parents.
- According to many researchers, the answer is “Yes”. Studies have shown that teens who report talking with their parents about sex are more likely to delay having sex and to use condoms when they do have sex. Parents should be aware that the following important aspects of communication can have an impact on teen sexual behavior:
 - What is said
 - How it is said
 - How often it is said
 - How much teens feel cared for, and understood by, their parents

What Can Parents Do?

When parents communicate honestly and openly with their teenage son or daughter about sex, relationships, and the prevention of HIV, STDs, and pregnancy, they can help promote their teen's health and reduce the chances that their teen will engage in behaviors that place them at risk. Following are some actions and approaches parents might take to improve communication with their teen about these challenging, hard-to discuss health concerns.

Stay Informed About:

- Where your teen is getting information
- What health messages your teen is learning
- What health messages are factual and medically accurate

Your teen may be getting messages about sex, relationships, and the prevention of HIV, STDs, and pregnancy from a variety of sources, including teachers, friends, health care providers, television, and social media. Some of these messages may be more accurate than others. Don't assume that your teen's health education class includes the information you want your child to know – school-based curricula vary from state to state.

Identify Unique Opportunities To Have Conversations With Your Teen, Such As:

- In the car. The car is a private space where your teen doesn't have to look at you but can hear what you have to say.
- Immediately following a relevant TV show/movie. Characters on TV shows and movies model many behaviors, and certain storylines may provide the opportunity to reinforce positive behavior or discuss the consequences of risky behavior.
- Through text messaging, which may provide an easy and acceptable way to reinforce messages discussed in-person.

Have Frequent Conversations

Although you may know that having “The Talk” with your teen about sex and HIV, STD, and pregnancy prevention is important, having a series of discussions that begin early, happen often, and continue over time can make more of a difference than a single conversation.

Be Relaxed and Open

Talking about sex, relationships, and the prevention of HIV, STDs, and pregnancy may not always be comfortable or easy, but you can encourage your teen to ask you questions and be prepared to give fair and honest answers. This will keep the door open for both of you to bring up the topic. It's OK to say you're feeling uncomfortable or that you don't have all the answers.

Avoid Overreacting

When your teen shares personal information with you, keep in mind that he or she may be asking for your input or wants to know how you feel. Let your teen know that you value his or her opinion, even if it is different from yours.

Provide Opportunities for Conversations Between Your Teen and Health Care Professionals

By taking your teen to regular preventive care appointments and allowing time alone with the provider, you create opportunities for your teen to talk confidentially with doctors or nurses about health issues that may be of concern, including HIV, STDs, and pregnancy. Be prepared to suggest that you step out of the room for a moment to allow for this private time, as not all health care providers will feel comfortable asking you to leave the room.

What Topics Should Parents Discuss With Their Teens?

It's important that your conversations with your teen not focus just on the consequences of risky sexual behaviors. Many teens receive these messages in health education class or elsewhere. As a parent, you have the opportunity to have discussions with your teen about other related topics. You can:

- Talk about healthy, respectful relationships.
- Communicate your own expectations for your teen about relationships and sex.
- Provide factual information about ways to prevent HIV, STDs, and pregnancy (e.g., abstinence, condoms and contraception, and HIV/STD testing).
- Focus on the benefits of protecting oneself from HIV, STDs, and pregnancy.
- Provide information about where your teen can speak with a provider and receive sexual health services, such as HIV/STD testing.

How Can Parents Improve Their Communication Skills?

Various organizations have developed programs to help build parents' skills and improve parent-adolescent communication. These skill-building programs may be implemented in schools, health clinics, community-based settings, and even places where parents work. Parents, educators, health care providers, community-based staff, and employers can work together to promote positive communication between parents and adolescents about sex.

Where Can Parents Get More Information?

Centers for Disease Control and Prevention. Positive Parenting Practices: www.cdc.gov/healthyyouth/protective/positiveparenting/index.htm

Centers for Disease Control and Prevention. Teen Pregnancy: Parent and Guardian Resources: www.cdc.gov/teenpregnancy/parents.htm

Office of Adolescent Health. Talking with Teens. Teens and Parents Talking: www.hhs.gov/ash/oah/resources-and-publications/info/parents/get-started/quiz.html

Advocates for Youth. Parent-child communication: Promoting sexually healthy youth: www.advocatesforyouth.org/the-facts-parent-child-communication

The National Campaign to Prevent Teen and Unplanned Pregnancy. Parent-adolescent communication about sex in Latino families: a guide for practitioners: <https://thenationalcampaign.org/resource/parent-adolescent-communication-about-sex-latino-families>

U.S. Department of Health and Human Services. Healthfinder.gov. Talk to Your Kids about Sex: www.healthfinder.gov/HealthTopics/Category/parenting/healthy-communication-and-relationships/talk-to-your-kids-about-sex

As always, if you as a parent, feel uncomfortable still talking to your teen about sex or any of the topics related to sex, HIV, AIDS, or any of the things mentioned in this article, please make an appointment with your child's healthcare provider. They are here for you and for them. We never want you to feel uncomfortable and we never want your child to get the wrong answers from the wrong people. We can help you talk to your teen and we can make them feel safe about talking to you about these subjects. Call either the Shawnee Clinic or the Little Axe Health Center to make an appointment with your healthcare provider. We are here for you.

CONSTRUCTION UPDATE

Little Axe Health Clinic

- Primary Care – The front entrance is now open.
- Pharmacy Expansion – The Pharmacy has been relocated to its permanent location at the front of the clinic, however, the pneumatic tubes are still inoperable at this time.
- Remodel of current Primary Care for new PlusCare and Specialty Clinics – Specialty and PlusCare have both relocated to their new locations.
- Substantial completion/occupancy of the Little Axe Expansion is expected for April 2024! Grand opening of the renovated Health Center is scheduled for May 1st!

Shawnee Health Clinic

NEW SHAWNEE HEALTH CLINIC! (Coming Soon!) - 39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)

The feasibility study has been completed and an architect has been selected. Design phase has been initiated and a Request for Proposal (RFP) for Construction Manager has begun. Planning for Groundbreaking Ceremony is ongoing.

March 2024 Health Employee Awards of the Month

Employee of the Month: Kara Gouge, Medical Material Handler

Team of the Month: Medical Materials

Special Leadership Award: Tammy McElfresh, Lab Assistant II

Chris A. Larkin, MBA, FACHE, CHC
Executive Director



You are invited to

THE ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEMS

GRAND OPENING

OF THE

NEWLY EXPANDED LITTLE AXE HEALTH CENTER

PLEASE JOIN US IN CELEBRATING AND BLESSING OUR NEWLY EXPANDED BUILDING.

WEDNESDAY MAY 1, 2024
FROM 2PM TO 4PM IN THE AFTERNOON
AT THE LITTLE AXE HEALTH CENTER
15951 LITTLE AXE DRIVE
NORMAN, OK 73026



Monthly Closures

All AST Health facilities will observe the following hours on:

Wednesday, April 3rd:
CLOSED from 12PM- 5PM for in-service trainings and meetings

Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Visit asthealth.org or our Facebook page for updates!




WITH MOTHER'S DAY COMING UP, ONE WAY TO HONOR YOUR MOM - KE K'YI - IS TO MAKE HER A BASKET OR BRING MOM WITH YOU SO YOU CAN EACH MAKE YOUR OWN. AT THIS EVENT WE'LL LEARN TO MAKE A SMALL BASKET AND TOR WILL PROVIDE INFORMATION ON WAYS TO STRENGTHEN TRIBAL COMMUNITIES.

Limit of 10 persons per class.

Basketweaving

Shawnee			Little Axe		
April 6th	11a-2p	Multi-Purpose Bldg	April 13th	11a-2p	Community Bldg
Date	Time	Place	Date	Time	Place

AST Tribal Health Multipurpose Bldg
2029 James L Edwards Ln, Shawnee, OK 74801

AST Community Bldg, 50 feet west of TBird Express
TBird Express, 15700 OK-9, Norman, OK 73026

Shawnee (North)

AST Community Bldg, Horseshoe Bend
46309 Garret's Lake Rd, Shawnee, OK 74804

TO REGISTER, CONTACT THE TRIBAL OPIOID RESPONSE (TOR) OFFICE

Phone: (405) 561-7836
Email: TOR@ASTRIBE.COM



SEEKING HOPE

Dementia Caregiver Support & Services

Tune In to Our New Video!

Alzheimer's Disease Program Initiative (ADPI) Program is proud to share our new Music & Memory Testimonial video with you!

Scan the QR Code below to check it out!



405.827.8216
adpi@astribe.com
asthealth.org/seeking-hope
Funded by @ACLgov



U.S. Department of Veterans Affairs

ABSENTEE SHAWNEE TRIBE AND THE U.S. DEPARTMENT OF VETERANS AFFAIRS WILL BE HOSTING A:

PACT ACT : BRINGING VA BENEFITS HOME EVENT IN YOUR HOMETOWN



During the event,

- Speak with representatives
- Get answers to VA Benefits and Claims questions
- File your claim
- Get same day decisions when you share complete information
- Receive VHA Toxic Health Screens
- Widows unsure if you qualify for benefits, please come in and let us research it for you
- Were you exposed to burn pits, herbicides, or other toxins while in the military?
- If you have ever served in the military and have questions because you are not sure if you qualify, please come in and ask

THURSDAY, MAY 30, 2024
10:00 am—3:00 pm
Absentee Shawnee Tribe Multipurpose Building
2029 James L. Edwards Lane
Shawnee, OK 74801

For more information contact:
Mary Culley, 405-626-3426
mary.culley@va.gov
Connie Bottaro, 405-701-7629
cbottaro@astribe.com





Heal With CompleteCare

Home Health offers skilled care and support so you can live safely and independently in your home.

How?

Our nurses come to your home to check your vitals, discuss your medications, and help you better manage chronic diseases, such as heart diseases, diabetes, and more. Therapists can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

Best of all?

It's done under the guidance of your doctor!

If you would like more information, please reach out to one of our staff members at 405.701.7085!



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GRILLED CHEZ SANDWICH CHICKEN NOODLE SOUP/PEACHES	2 SPAGHETTI MEATSAUCE SALAD BAR* GARLIC TOAST	3 PORK LOIN ROASTED BROCCOLI ROLL CRISP	4 BAKED POTATO CHEZ, HAM, ONIONS BROC N CHEZ PUDDING	5 PANCAKES BACON FRUIT
8 CHICKEN POT PIE BISCUIT MANDARIN ORANGES	9 PORK CHOP MAC & TOM BREAD ICE CREAM	10 TACO SALAD LETT/TOM ONIONS/CHEZ SALSA/PEARS	11 HOT DOG PORK N BEANS CHIPS FLUFF	12 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
15 HOT HAM & CHEZ SANDWICH BEETS CHIPS	16 TURKEY ROAST CARROTS POT, ONIONS ROLL/FRUIT	17 CHICKEN PATTY SANDWICH MAC SALAD CHIPS	18 GOULASH SQUASH BREAD CAKE	19 CEREAL BOILED EGG MUFFIN
22 EGG ROLL FRIED RICE FORTUNE COOKIE	23 ENCHILADA CASSEROLE MEXI-CORN TOSSED SALAD*	24 TUNA SALAD SANDWICH CHIPS MANDARIN ORANGES	25 BBQ CHICKEN BAKED BEANS BREAD JELL-O	26 OATMEAL SAUSAGE PATTIES TOAST FRUIT
29 CHEF SALAD W/CHICKEN EGGS, CHEZ, ONION COTTAGE CHEZ PINEAPPLES	30 CHICKEN FRIED STEAK MASHED POT/GRAVY PEAS BREAD MIXED FRUIT	*MENU SUBJECT TO CHANGE*		

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM SHAWNEE SITE
LUNCH SERVED MONDAY – THURSDAY 12 PM TO 12:30 PM AT BRENDEL CORNER

BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM SHAWNEE SITE
BREAKFAST SERVED FRIDAYS 10 AM TO 10:30 AT BRENDEL CORNER

Absentee Shawnee Tribe of Indians of Oklahoma

2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801-0381

Title VI
Elderly Nutrition Program

Dear Absentee Shawnee Tribal Members,

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

Guidelines:

1. Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member, have a current intake form on file (FY-2024)
4. Must provide Proof of Residency (utility bill – in the applicants name)
5. Handicap/Disabled
6. NO RENTAL PROPERTY WILL BE MOWED

As a Title VI Member, as long as you are within the guidelines, you can put in your application and turn in your applications to the Title VI Department. As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will mow every two (2) weeks weather permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

This year we are trying to get an early start on our grass mowing list.

Any questions you can reach me at 405-275-4030 ext. 3614 or call 405-716-4941 or email me at dowings@astribe.com

Absentee Shawnee Tribe of Oklahoma
Title VI Department
2025 S Gordon Cooper Dr
Shawnee OK 74801
405-275-4030

CDIB # _____

Grass Mowing Application

D.O.B. _____

The following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member (have an current intake form for the current year 2024)
4. Handicap/Disabled
5. Must provide Proof of Residency (utility bill must be in applicant's name)
6. NO RENTAL PROPERTY will be mowed

The Absentee Shawnee Tribe Maintenance Department will ONLY mow and weed eat applicant's lawn. Maintenance will mow every two (2) weeks, weather permitting. Also, the maintenance workers will not trim trees or shrubs.

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 3614 or 405-716-4941

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MESSAGE PHONE: _____

EMAIL: _____

FINDING DIRECTIONS TO HOME:

***DISCLAIMER**

Maintenance will not move any items that are in the way of them mowing your yard so if you are able or can get some help in getting your yard cleaned, will be very much helpful in maintaining your yard.

ABSENTEE SHAWNEE 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 _____

EMAIL ADDRESS _____

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 _____

GRANDCHILDREN IN THE HOUSEHOLD? _____ IF YES, HOW MANY _____

HEALTH HISTORY ___ ASTHMA ___ ALZHEIMER'S ___ ARTHRITIS ___ CANCER ___ DEMENTIA
___ DIABETES ___ CHRONIC PAIN ___ HEARING AID ___ CHOLESTEROL ___ BLOOD PRESSURE

PRIMARY TRANSPORTATION ___ Own Car ___ Friend ___ Public Trans. ___ Senior Trans. ___ Family

PROSTHETIC DEVICES ___ 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 _____

PROVIDE THE DATE OF YOUR VACCINATION COVID 19
1st _____ 2nd _____ BOOSTER _____
Johnson & Johnson _____ FLU _____

NAME OF YOUR TRIBE: _____

We Are Hiring



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

Apply at www.astribe.com/employment

THE LEGEND HAS RETIRED



Purchased Referred Care (PRC) would like to express a bittersweet CONGRATULATIONS to Glendine Blanchard on her retirement on March 1, 2024. Glendine had worked for the tribe in various departments before joining PRC where she served as the Director of the department for over 18 years. We wish her all the best in her next adventures but will miss her humor and leadership in our department. CONGRATULATIONS GLENDINE, YOU'VE EARNED IT!!

Our new PRC Director Lawana Martin, BA, LPN and the rest of the PRC staff is available to assist with your healthcare needs and can be reached by phone at: 405-701-7951 or by email at: PRC@astribe.com.

Employee Attends Practice and SPTA Leadership Conference



Dr. Sarah Rhoades-Kerswill (Kiowa, pictured on right) and Dr. Stumblingbear-Riddle (OPA president-elect) attended the Practice and SPTA (State, Provincial and Territorial Psychological Associations) Leadership Conference in Washington D.C. as Oklahoma Psychological Association's Diversity Division chair. The Practice and SPTA Leadership Conference is the premier event for the American Psychological Association (APA) and SPTA leaders to co-create transformational impact for the psychology profession and critical societal issues. The conference brings together psychologists from the United States, territories, and Canada, along with APA governance, to strategize on issues important to practicing psychologists. The conference also fosters leadership and effective governance strategies for participating associations.

APRIL NEWSLETTER- TOR NEWS

Tribal Opioid Response Grant/Karen Kaniatobe, TOR Grant Project Coordinator

In February, TOR held a ribbon skirt class with Jennifer Onzahwah as the instructor. Each person got to choose their fabric and ribbon colors with the end result being a beautiful and uniquely made ribbon skirt to wear. While a ribbon skirt is traditionally a form of ceremonial dress for the Absentee Shawnees as well as that of some other tribes, it's been adopted by tribes nationwide as a way to show pride and honor in your cultural heritage in formal and everyday dress.

The goals of TOR's outreach classes are to share information about TOR services and to maintain a connection to cultural heritage and values as a prevention tool.

As we move into April (and May) the Tribal Opioid Response Grant project will be offering basket weaving classes in three locations: Shawnee, Little Axe, and Horseshoe Bend. If you're thinking of ideas for Mother's Day, then take this opportunity to show your mom (Ke K'yi) your appreciation by making her a basket. Even better, sons and daughters can take a class with mom for some quality time together. See our accompanying flyer for dates and other information.

Historically, Absentee Shawnees and other Tribes/Nations made baskets: for storage, to sift through grains or corn, to carry babies and for other purposes. In fact, check out Earnest Spybuck's painting,

"Shawnee Home Life About 1890." If you look closely, you can see several baskets on the ground next to the two women preparing a meal.



Photo: Courtesy of the National Museum of the American Indian

One of the greatest myths about Substance Use Disorder (SUD) or an addiction is that a person can stop misusing substances anytime they want to by using their own willpower. However substance misuse alters the natural pathways of your brain. It can only take one time or several times of opioid

(prescription or non-prescription) or methamphetamine use to change those pathways. Everyone's biological makeup is different and each person is affected differently. Your brain then signals you to crave and misuse the substance you may be trying to avoid. When addiction takes hold it takes away your self-control and your ability to make good decisions. Even when the consequences are terrible – job loss, children taken away, personal and family relationships are ruined, homelessness can occur, etc. - people with a Substance Use Disorder (SUD) will continue to misuse.

The good news is that a SUD is a condition that can be treated. To recognize you need treatment is the first step to recovery. When you're in the grasp of addiction, this takes an enormous amount of strength and bravery. When you're ready, the Absentee Shawnee Tribal Opioid Response (TOR) Grant Project can assist you in accessing services. The TOR staff is here to help you navigate through the system of available services to secure the best treatment and recovery options for you.

For questions and information, please contact our office at 405.561.7836 or email tor@astribe.com.



HEALTH BUZZ!!

APRIL is National Stress Awareness Month, Minority Health Month, and Move More Month. Not to mention – April Fool’s Day and Arbor Day! For us, the Alzheimer Disease Program Initiative staff, we immediately think of the stress that our dementia caregivers experience. Dementia caregivers report higher levels of stress, more depression and anxiety symptoms, and lower levels of subjective well-being than non-caregivers according to research studies.

Supporting a person with dementia requires time and energy. While it can be a rewarding experience, it can also be demanding and stressful. Knowing and recognizing signs of stress in yourself and someone you care about are the first steps toward taking action.

If you are a Caregiver for someone living with dementia, we offer the following valuable information that we learned from the Alzheimer Society of Canada:

SYMPTOMS OF STRESS

1. Denial... about dementia and its effect on the person with dementia.

“Everyone is overreacting; I know Mom will get better.”

2. Anger... at the person with dementia, yourself, and others.

“If they ask me that question once more, I will scream!”

3. Withdrawing socially... you no longer want to stay in touch with friends or participate in activities you once enjoyed.

“I don’t care about getting together with friends anymore.”

4. Anxiety... about facing another day and what the future holds.

“I’m worried about what will happen when I can no longer provide care.”

5. Depression... you feel sad and hopeless a lot of the time.

“I don’t care anymore. What is wrong with me?”

6. Exhaustion... you barely have the energy to complete your daily tasks.

“I don’t have the energy to do anything anymore.”

7. Sleeplessness... you wake up in the middle of the night or have nightmares and stressful dreams.

“I rarely sleep through the night, and don’t feel refreshed in the morning.”

8. Emotional reactions... you cry at minor upsets; you are often irritable.

“I cried when there was no milk for my coffee this morning. Then I yelled at my child.”

9. Lack of concentration... you have trouble focusing and you find it difficult completing complex tasks.

“I used to do the daily crossword. Now I am lucky if I can solve half of it.”

10. Health problems... you may lose or gain weight, get sick more often (colds or flu), or develop chronic health problems (backaches, headaches, high blood pressure).

“Since the spring, I have had either a cold or the flu. I just can’t seem to shake them.”

10 WAYS TO REDUCE CAREGIVER STRESS

1. Learn About Dementia

Knowing as much as you can about dementia and care strategies will prepare you for the dementia journey. Understanding how dementia affects the person will also help you comprehend and adapt to the changes. (SEEKING HOPE CAN HELP)

2. Be Realistic About Dementia

It is important, though difficult, to be realistic about dementia and how it will affect the person over time. Once you are realistic, it will be easier for you to adjust your expectations.

3. Be Realistic About Yourself

You need to be realistic about how much you can do. What do you value most? A walk with the person you are caring for, time by yourself, or a tidy house? There is no “right” answer; only you know what matters most to you and how much you can do.

4. Accept Your Feelings

When caring for a person with dementia, you will have many mixed feelings. In a single day, you may feel content, angry, guilty, happy, sad, embarrassed, afraid, and helpless. These feelings may be confusing, but they are normal. Recognize that you are doing the best you can.

5. Share Information and Feelings With Others

Sharing information about dementia with family and friends will help them understand what is happening and prepare them to provide the help and support you need. It is also important to share your feelings. This may be a close friend or family member, someone you met at a support group, a member of your faith community, or a healthcare professional.

6. Be Positive

Your attitude can make a difference to the way you feel. Try to look at the positive side of things. Focusing on what the person can do, as opposed to the abilities lost, can make things easier. Try to make every day count. There can still be times that are special and rewarding.

7. Look for Humor

While dementia is serious, you may find certain situations have a bright side. Maintaining a sense of humor can be a good coping strategy.

8. Take Care of Yourself

Your health is important. Do not ignore it. Eat proper meals and exercise regularly. Find ways to relax and try to get the rest you need. Make regular appointments with your doctor for check-ups. You also need to take regular breaks from caregiving. Do not wait until you are too exhausted to plan this. Take time to maintain interests and hobbies. Keep in touch with friends and family so you will not feel lonely and isolated. These things will give you strength to continue providing care.

9. Get Help

Support: You will need support that comes from sharing thoughts and feelings with others. This could be individually, with a professional, or as part of a dementia support group. Ask family and friends for help.

10. Plan for the Future

Planning for the future can help relieve stress. If possible, review finances with the person with dementia and plan accordingly. Choices for future health and personal care decisions should be considered and recorded. Legal and estate planning should also be discussed. Also, think about an alternate caregiving plan in the event that you are unable to provide care in the future.

Remember, the Alzheimer Disease Program Initiative team is here for you! We can help! Please contact us for more information about our two dementia caregiver support programs:

Savvy Caregiver in Indian Country and Music & Memory

Check out our webpage on the Absentee Shawnee Tribal Health System’s website, asthealth.org, click on “Programs and Preventions” and then “Seeking Hope”.

You can also contact me directly at (405) 561-7893.

HEALTH BUZZ!!

Hello Again!

In addition to our health article addressing Caregiver Stress, I thought it would be interesting to share a bit of news about what our dementia grants have been doing for awareness and sustainability of our programs, Seeking Hope.

We were fortunate to be awarded a second grant to help ensure that we continue to develop and grow our dementia services for our tribal members and communities. Our first grant is funded by the Administration for Community Living and our second grant is funded through the Indian Health Service. I am glad to report that we are making both entities proud of Absentee Shawnee Tribal Health System!

Dementia of all types is under-recognized, underdiagnosed, and undertreated in all populations and evidence suggests that this is very much true for our Native Americans. AST Health System is striving to build and grow our dementia services to better serve our people.

Due to our active work on dementia and caregiver services, we were fortunate to receive requests from two different groups to visit our health system during the month of March. These individuals will be working on the CDC’s Healthy Brain Initiative, Road Map for Indian Country. Dementia is a top priority as well with both of these groups, and they were very keen on visiting our health system to talk about our dementia work.

Carl V. Hill, PhD, Chief Diversity, Equity, and Inclusion Officer and Edie Yau, Director for the National Alzheimer’s Association (Chicago, Illinois), who are working in conjunction with the Centers for Disease Control and Prevent (CDC) visited our health system on March 8. Accompanying them were Neil Henderson, PhD, Emeritus, University of Minnesota Medical School, and Tom Teasdale, Presidential Professor Emeritus, Hudson College of Public Health.

Our second group was from the International Association for Indigenous Aging (IA2), Mr. Bill Benson is the Co-founder and President for IA2 and focuses on American Indian Elders and has worked in the aging field for more than 40 years at the local, state and national levels. He was accompanied by Jamie Ishcomer-Aazami, Chief Operating Officer, and Kelsey Donnellan, Director of Dementia and Alzheimer’s Disease Projects.

Both groups were extremely impressed with our health facility and the quality services that our health system provides. The tours of our health system are priceless opportunities in fostering relationships with outside entities. Because of our dementia work, we are bringing the spotlight on our quality facilities and services which in-turn brings more interest to our health system and more desire of others to support our efforts.

All of this interest is due to our dementia work, and we are so proud of our participants in our programs and we wish to thank each and every one for taking part in our programs; and a special thank you to the two families who took the time to provide a testimonial in their own words about their experience with our programs! If you have not had the time to view our Seeking Hope Testimonial video on our ASTHS website, Facebook, YouTube Channel, or AST website, please take the time to do so. Also, please look out for our second testimonial that will be releasing soon!

Going forward into 2024, the Alzheimer’s Disease Program Initiative staff is planning more fun events to be held throughout the year; so stay alert and healthy, and watch for our announcements! We love providing these opportunities to socialize, gain knowledge about dementia, provide information about our programs, and just have some fun (with great prizes!). I hope to see everyone at our events in the coming months! Stay tuned!!

We encourage you to take advantage of our Seeking Hope programs and reach out to us for any assistance or information needed. Your wellbeing is our utmost priority and we are here to support you every step of the way!

Best regards,
Atheda Fletcher
Alzheimer’s Disease Program Initiative (ADPI)
(405) 447-0300 or (405) 561-7893 • www.asthealth.org • www.adpi.com



Left to Right: Dr. Francisco, Lisa Harrington, Chris Larkin, Dr. Henderson, Edie Yau, Dr. Carl Hill, Dr. Teasdale, Atheda Fletcher, Dr. Marty Lofgren.



Left to Right: Jamie Ishcomer-Aazami, Atheda Fletcher, Bill Benson, Kelsey Donnellan.



HEALTH SYSTEM

Prevention. Progress. Pride.

2024 SUMMER INTERNSHIP

ARE YOU A NATIVE AMERICAN STUDENT WHO IS SEEKING A FUTURE IN A HEALTHCARE RELATED FIELD?

AVAILABLE INTERSHIPS: 8 INTERNSHIP POSITIONS

DATE RANGE: June 3rd – July 26th (8 week program)

HOURS: An average of 20 hours a week

PAY: \$13.00 per hour

I. ELIGIBILITY REQUIREMENTS

- Must be Native American (AST Preferred) with a valid CDIB card
- Current GPA of 3.0 or above preferred
- Must be a High School Senior (Class of 2024) or current College/Vo-Tech student
- Must be between the age of 18-24 years old
- Must be available Monday - Friday 8a-5p, there may be some evenings and weekends
- Must be available the first two weeks of the internship

II. HOW TO APPLY

Applications can be found on the AST Tribal Website at ASTRIBE.COM or ASTHEALTH.ORG under "Employment" or "Careers".

Please submit a **Cover Letter** and **Resume** along with the employment application found on the website.

III. QUESTIONS

If you have any questions about the application or need assistance please contact AST Health Human Resources at **405.701.7638**

APPLICATION DEADLINE APRIL 30TH 2024

P: 405.447.0300 F: 405.701.7631 ASTHEALTH.ORG



FRONT LINE INDIGENOUS PARTNERSHIP



FLIP Nursing Scholarship 2024

About the Scholarship

The FLIP program is proud to announce the 2nd annual FLIP Nursing Scholarship! We understand there are countless exams, study hours and dedication that go into completing a nursing program. Finances should not be a barrier to pursuing your educational and career dreams. The FLIP Nursing Scholarship Program will provide financial support for 4 bachelor or associate level American Indian/Alaska Native nursing students by providing a stipend of \$500 per month (prorated for number of days enrolled/month) and mentorship support while enrolled and in good academic standing at an accredited nursing school.

Application Deadline

- Thursday, July 1st, 2024

Important Requirements

- Completed Application form
- Two Essays and a 1 page Resume
- Two Letters of Recommendation
- Must be American Indian/Alaska Native and provide a copy of Tribal Enrollment Documentation
- Must be 18+ years of age
- Must be enrolled or have a letter of acceptance in an associate or bachelor's Nursing Program

Visit Our Website <https://www.the-flip.org/>
Call Us: 617-732-5069

APPLY NOW

Stress Less for a Healthier Heart

#OurHearts

Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better—and have a healthier heart, too!

Know How Stress Affects Your Body

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

Turn On Your Relaxation Response

Did you know your body also has a relaxation response? Your breathing slows and **blood pressure** and heart rate decrease. The good news is you can trigger that response.

Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images.

Here are a few relaxation response techniques to try. You can do these on your own or find a teacher or class to start. They may take some practice!

Progressive muscle relaxation

This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.



Meditation

This is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including through **mindfulness meditation**. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment



Guided imagery

This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden. Learn more about stress and try a **guided imagery session**.



Deep breathing

This is something you can do anytime, anywhere. Take in a slow, deep breath, let your stomach or chest expand, then exhale slowly. Repeat a few times.



Find Your Way to Healthy Relaxing

There's no one way to control stress. You may want to try a stress management program, do yoga, talk to a professional counselor, take an art class, or join friends for a brisk walk. Being in nature is very soothing for some people.

If you're short on time, make a list of three-minute activities you love. Add one to each day of your calendar. Consider:

- Listening to a favorite tune during lunch
- Stretching after a warm shower
- Catching a few minutes of the sunrise or sunset



Finding healthy relaxation exercises is just one way to protect your heart. Combine de-stressing with other **heart-healthy habits**: eat nutritious foods, move your body more and exercise, get enough sleep, and develop a strong social support system.

Know When It's More Than Just Stress

If you're feeling overwhelmed and unable to cope, are using drugs or alcohol more frequently, or are having suicidal thoughts, **seek professional help right away**. Resources are available from the **National Institute of Mental Health**.





www.hearttruth.gov

THANK YOU FOR YOUR SERVICE. WE'RE HERE FOR YOU IF YOU NEED US.




U.S. Department of Veterans Affairs

PACT ACT ELIGIBILITY

Were you exposed to burn pits, herbicides, or other toxins while in the military?

You may be eligible for VA health care and compensation. Learn more at VA.gov/PACT.



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- Check claims and appeal status
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- Education Benefits
- VA Health Care
- Veteran-Owned Small Business Support

