



"Among The Shawnee"

The Absentee Shawnee News

AUGUST 2016

INSIDE THIS ISSUE

Volume 27 No. 51

- 2 - 3 EXECUTIVE COMMITTEE REPORTS
- 4 TAX COLLECTIONS
- 5 VETERANS ASSOCIATION COLOR GUARD
- 6 SWEARING IN PHOTOS

- 7 ELECTION COMMISSION
- 9 AST HEALTH SYSTEM
- 12 TITLE VI MENU
- 17 ELDERS COUNCIL TRIP PHOTOS
- 18 HEALTH FAIR PHOTOS

- 19 TECUMSEH DRAMA PLAY PHOTOS
- 20 - 21 AUGUST BIRTHDAYS
- 24 FITNESS CALENDER
- 28 DOCTOR'S NOTEBOOK
- 36 FOSTER CARE

Visitation to Homelands Tecumseh Drama Play

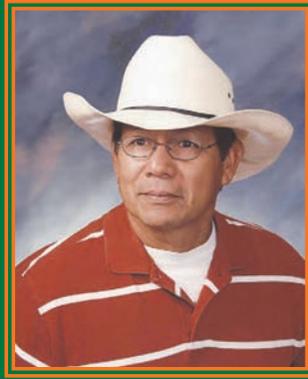


The AST Cultural Preservation Department took Tribal Elders to Chillicothe Ohio, to view the play Tecumseh, at Sugarloaf Mountain Amphitheatre. The Tribal members were treated to an VIP Experience which included; back stage tour, dinner at the Terrace Buffet and a meet & greet with the cast. *More photos from the trip inside the newsletter.*

Executive Committee



Edwina Butler-Wolfe
Governor



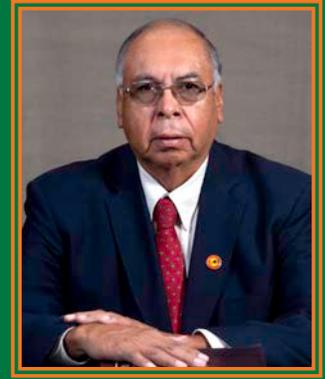
Isaac Gibson
Lt. Governor



John Johnson
Secretary



Leah Bates
Treasurer



Kenneth Blanchard
Representative

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

Hello friends, neighbors, relatives and Tribal members at large!

Here in the Shawnee area we have had a rise in local temperatures and it is being stated that we are going to be facing a 'heat dome'. We started out with some extended showers and then it became humid and hot. But thanks to those early showers we have been seeing an increase in our mosquito population. The City of Shawnee is trying to resolve this problem by spraying our City in sections and making tablets available to Shawnee citizens who have standing water. The recent Zika virus outbreak and ongoing developments with the West Nile Virus has made this process necessary to ensure and/or minimize the concern in our local area. I hope that your cities and/or communities, in your respective areas, are looking at how to best resolve this concern as timely intervention is important.

In case you may not recall who my two office staff is:

Twila Parker, an Absentee Shawnee tribal member, who is a full time employee and works as my Assistant. Twila holds a Master's degree in Human Resources from the University of Oklahoma and is retired from the US postal service after 30 years of service. She has served in the U.S. military and has been and still is on multiple boards and committees. Her extended family is long term residents in the Shawnee and Little Axe areas. Twila lives in Choctaw with her husband, Rusty, a retiree of Tinker Airforce Base and their son, Sean.

Lesa Shaw, a Choctaw tribal member, is a part time employee and works as the Senior Policy Analyst to this Office. Lesa holds a graduate certificate in substance abuse counseling from the University of Utah and a Master's degree in public administration from the University of Oklahoma. She has over 25 years of administrative experience. Lesa is in her second year of office as City Commissioner for Ward 5 in the City of Shawnee, an unpaid position. She sits on several committees and boards and continues to do consulting work. Lesa lives in Shawnee with her husband, Ron, an Osage Congressman and a physician and with her son, Chris.

This summer we were fortunate to get Faith Brown, a Kiowa tribal member and a certified school teacher, who during the school year is employed as a Language Arts Specialist in the Tulsa area, to come help us on a special office project for a couple of weeks.

June Election

On June 18th the tribe held their elections and I have learned that two

candidates are disputing the Election. This dispute is now in our tribal court system. The Election Commission, after being notified of the dispute, continued the swearing in of Anthony 'Tadpole' Johnson and Leah Bates. Due to this action I requested guidance from the Attorney General as employees needed to know who to report too. Once the dispute is resolved we can move forward to address upcoming fiscal year issues/concerns that require resolving through the assistance of newly elected officials. I look forward to the challenges and opportunities this will mean for our tribe.

Court & Petition Actions of Note

Jeff and Isaac Gibson

As you may be aware both Isaac Gibson (the recently elected Lt. Governor) and Jeff Gibson (former Representative and current TERO person) are being tried for embezzlement, fraudulent use of a credit card, misusing public monies, unlawful official action, and criminal conspiracy. On July 12th the Special Prosecutor of the tribe and the Gibson's attorney, Gary Pitchlynn came before Judge Haddox to discuss the upcoming October trial dates for both Gibson's. The items discussed during this hearing were the exhibits or physical or documentary evidence to be used during the trial(s) and potential witness lists. The two attorneys and the Judge determined it best to create two separate lists of exhibits for both Gibson's. A pre-trial date has been set for August 9th at 1:00 p.m. to further discuss the witness list(s) and exhibits.

Recently I learned of a petition the Gibson's have going around asking for tribal members to sign so that they can have me pay for their legal expenses. This petition mistakenly states that I entered into an agreement with a special prosecutor and that I am in violation of an order in a court case. It is unclear to me how I can one be in violation of an order of a court case and be held accountable for their legal fees as it's my understanding the tribe has been paying for their legal expenses. If you have questions in regard to who is currently paying for the Gibson's legal fees I suggest calling Leah Bates, our Treasurer, as she is constitutionally responsible for financial transactions of this tribe.

Other Topics/Expressions

Happy Birthday & Anniversary

To those who have had a birthday or anniversary I extend my warmest regards.

Condolences

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

Meetings that I attended this month:

JUNE 2016

- 15th Executive Committee Meeting 10:00 a.m. – Shawnee, OK
Thunderbird Entertainment Center (TEC) Board Meeting 2:00 p.m. – Little Axe, OK
- 16th Central Tribes of Shawnee Area (CTSA) Meeting 9:00 a.m. - Shawnee, OK
- 17th Informational meeting on Medical Cannabis - 11:00 a.m. (Connie Johnson) Shawnee, Ok
- 23th Meeting at the OK State Board of Education – OKC Capitol – topic: North Rock Creek High School
- 24th White Turkey Band Fundraiser – Shawnee, OK
- 27th AST Annual Audit Meeting – 2:00 p.m. – Shawnee, OK
- 28th Attended Funeral of Dustin Joe Burks, AST Reserve Officer – OKC, OK
- 29th Onsite visit to Convenience Store in Little Axe – topic: store financial reports
- 30th AST Tribal Complex/Health/Casino Tour – Eliza Robertson and Juliana Sepolueda of Columbia

JULY 2016

- 1st Tribe closed early – 4 hours of holiday leave was granted to employees.
- 4th Tribe closed for the July 4th holiday.
- 7th Met with RADM Meeks of the OKC Area IHS – in OKC
- 11th Oklahoma Rural Native American – conference call – Dr. Haidee Williams
- 15th AST Health Fair – Little Axe, OK
- 16th Elders Meeting – Little Axe, OK
- 18th Directors Meeting (Secretary Johnson, Tadpole Johnson and I) – 16 Directors attended
Those who DID NOT show: Finance, Procurement, Maintenance, OEH, MIS, Tax Commission, TERO

Upcoming Input Opportunities

Over the next few months you will be receiving information about two surveys. One is the national baseline study which is aimed at estimating an accurate national rate of violence against Indian women (VAIW) and the other is a community survey, funded through a tribal justice grant, asking you to provide your input which will assist the tribe in developing a five year strategic plan for our Public Safety department. The Community Survey will be posted on the tribe's website; in one of the upcoming newsletters and will be available at a table to be set up at our October General Council Meeting. I encourage you to take part in one of or both of these surveys as this will help us to improve service levels and hopefully improve your quality of life.

In Conclusion

I have 10 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF) - united and together!

Thank you for your support.

TREASURER'S REPORT

Per the July 2016 Tribal newsletter, the election results are official; thus, I want to say NEYIWA!!!! to everyone who believed in my skills, financial and management abilities, and dedication towards ensuring the Tribe continually

moves financially forward.

I have already begun working with departments regarding next year budgets, and continue to work on or with other finance/accounting projects.

I hope to eliminate any misunderstanding and confusion that, unfortunately, was portrayed during the campaigning of this position by providing verifiable information as I become aware of it.

Once again, I thank each and every one of YOU who took the time to vote, and who voted for me.

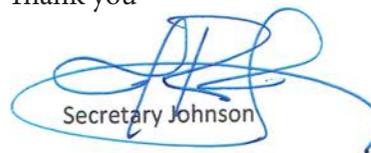
SECRETARY'S REPORT

Hello,

I just wanted to give a brief update on the Ramah Case Settlement, for those of you that want new information. As of July 18, 2016 there is no new information to share other than, 33 more tribes have been added to the Settlement making the amount of monies that the Absentee Shawnee Tribe will receive change. Yes, the settlement was finalized on April 25, 2016 but *that does not mean the Absentee Shawnee Tribe has received any of the claim monies*. We expect the United States Treasury Department to pay settlement amounts to the Class member (All Tribes) in Late July or August 2016. But once again FACTORS BEYOND OUR CONTROL COULD CHANGE THIS TIME FRAME. For more information you can visit the Ramah Class Action website at www.rncsettlement.com.

For any further questions, please see my assistant, Alvina Barnes at ext. 6275

Thank you



Secretary Johnson

TALKING LEAVES JOB CORPS A NATIVE EMPHASIS CENTER

Career Training at No Cost To Qualified Applicants!



Tours Every Thursday at 9:45 a.m.
(Except for Major Holidays)

Talking Leaves Job Corps Center
5700 Bald Hill Rd
Tahlequah, OK
74465

- 16-24 years old
- Need Career Training/High School Diploma/GED
- Meet income guidelines
- No pending legal matters



... Job Corps could be for you!
(Bus travels to OKC each weekend)

For more information
Call 405.424.1927

Career Technical Training

- Clinical Medical Assistant
- Culinary Arts
- Electrical
- Facilities Maintenance
- Office Administration
- Nurse Assistant/Home Health Aide

Placement assistance for
Military, Advance Training, College, or Employment in Your Career

Enrollment Department

New Employee



My name is Kim Creek. I am a member of the Absentee Shawnee Tribe. I have an Associate's Degree in Science from Oklahoma City Community College. I have two beautiful children and have been married for 3 years. I am excited to be working for Absentee Shawnee Tribe.

A Little Note from The Tag Office

Did You Know.....

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

Tax Collections

FY-2016 YTD TAX COLLECTIONS (Thru 6/30/16)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$5,925.93	\$6,695.50	\$1,102.06	\$11,858.67	\$3,055.61	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$35,267.31	2.90%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$100,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$950,000.00	78.02%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$14,605.02	\$10,799.58	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$74,412.55	6.11%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$461.01	\$2,698.05	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$8,415.18	0.69%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$12,420.36	\$12,691.64	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$84,052.89	6.90%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$14,653.05	\$16,595.49	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$64,304.57	5.28%
TOTAL TAXES	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$203,998.11	\$145,840.37	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,216,452.50	
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$65.00	\$205.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,213.45	0.10%
TOTAL COLLECTIONS	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$204,063.11	\$146,045.37	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,217,665.95	100%



On Tuesday July 19th, 2016

The Smithsonian's National Museum of the American Indian (NMAI) along with the Cheyenne & Arapaho Tribes co-hosted an event, to consult with Tribes in creating the National Native American Veterans Memorial to recognize the proud service of all of our Native American Veterans. They're will be more consultations throughout the country to gather input for the project and seek support for the memorial. The projected completion date is November 2020. The AST Veterans Association where invited to help post the colors for the event.



L to R; The Cheyenne & Arapaho Tribes Color Guard, Eddie Hamilton-Governor C & A Tribes, Cornell Sankey Lt. Governor C & A Tribes, AST Color Guard.



Newly Elected Officers Swearing in Ceremony

June 30, 2016



ELECTION COMMISSION

From the Election Commission

The Election was held on **June 18** and the unofficial results were posted.

On **June 23** protests were filed by both Twila Parker and Sherman Tiger. Their protests was “based on the Absentee Shawnee Tribe of Oklahoma, Election Ordinance, last modified on June 20, 2015, Article IX- Voter Eligibility, Section 1-(D), (E), and (F) being followed to determine voter eligibility and whether the cross check process outlined in Article IX, Section 2(B) was adhered to.”

The scheduled Oath Ceremony was held on **June 27** with Isaac Gibson and Mary Birdtail declaring their Oath of Office.

After the Oath Ceremony, the Election Commission met to decide if the protests were valid or invalid. The decision was made that the protests were invalid and the election will stand. All parties were notified of the decision.

The administration of the Oath to Leah Bates and Anthony Johnson was scheduled for Thursday, **June 30**. The Oath was administered to both.

On the afternoon of **June 30** both Sherman Tiger and Twila Parker filed an appeal in tribal court. The court date is yet to be set.

The Election Commission was informed by Representative Anthony Johnson that he was notified by the Governor that he was not legally sworn in and was not eligible to make decisions.

The Election Commission was taken to court in Case CIV 2016-35 Kenneth Blanchard vs. Election Commission. In court cases CIV 2016-57 Sherman Tiger and CIV 2016-58 Twila Parker filed an appeal in Tribal court on the decision of the Election Commission to uphold the election and certify the results. It left the Election Commission owing attorney fees in the amount of \$10,149.66 for the Blanchard case and the cost has not been determined yet for the other two cases. These extra expenses will be paid out of General Funds. The Governor informed the Election Commission to use an outside attorney instead of the Attorney General’s office in the above mentioned court cases.

Realty Department

Reminder:

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

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

LAND BUY BACK PROGRAM

The Department of Interior recently advised they are expanding their schedule for implementing the Land Buy Back Program and adding 63 additional locations for the period of 2018 through 2021. This program began making offers in 2013. It has paid over \$740 million to individual landowners and restored the equivalent of nearly 1.5 million acres to tribal governments. This expansion brings the number of locations being planned for the program to 105. This total includes 96 percent of all landowners with fractionated interests and more than 98 percent of both purchasable fractional interests and equivalent acres in Program eligible areas. There are currently about 245,000 landowners holding approximately 3 million fractional interests across Indian Country.

The intent of the Buy Back program is to partner with tribal governments to stimulate new opportunities so that tribes can operate more efficiently, enter into community discussions and create plans that ensure lands stay in trust. The Program implements the land consolidation component of the Cobell settlement which provided \$1.9 billion to purchase fractional interests in trust or restricted land from willing sellers at fair market value within a ten year window. If a fractional land interest owner decides to sell their fraction you will receive a payment directly into your individual Indian Money (IM) account. The lands purchased through this process are immediately restored to tribal trust ownership to benefit the community and tribal members. In the upcoming months a Program representative will be communicating with our tribe on the process and its implementation.

Our tribe is on the new expanded Program list and members with eligible fractional interests are encouraged to call the Trust Beneficiary Call Center (Call Center) at 888-678-6836 and indicate whether you are a willing seller and/or to update contact information. By registering as a willing seller it does NOT commit you to selling your land, nor will it guarantee an offer will be extended; it merely identifies your interest and assist in advancing planning. ***Individual landowners can contact the Call Center, Office of the Special Trustee or BIA office to learn more about your land and options available to you. You can also visit the Program site at: <https://www.doi.gov/buybackprogram/programimplementation-schedule>.***

AST HEALTH SYSTEM - AUGUST 2016

Both the NYPD (Native Youth Preventing Diabetes) Camp and the PINS (Prevention in Native American Students) programs went extremely well this year and we are proud of the huge turnout we received and of the support of staff and volunteers! We hope to make next year's events even bigger and better than the outstanding ones this year! The 3rd Annual Health System Health Fair on July 15th from 1-4 PM, was also a huge success, thanks mainly to our team of volunteers, employees, vendors, the support of the EC and Health Boards! Each year it continues to get bigger and better as well, and I'm really proud of our health system for pulling off another quality event!

Elder care and high risk fall patients as well as homebound tribal members are always a concern to the Tribe and Health System. The health system remains a full partner with the Tribe in caring for and coordinating care for any tribal member that is homebound and has needs that we can help with or service within our scope and authority to do so as a health and wellness system. If you know of any tribal member who is homebound and needs assistance medically, please contact administration at (405) 701-7621 so we can assist as best possible with resources or coordinate assistance for these members in need.

We have added several specialists to the staff to make it both more convenient to access specialty care on-site as well as save contract health funds in doing so, allowing tests to be accomplished on-site and integration of the patient's health record into the health system's database for the

primary care providers to better manage care of the patients. Some of our specialists also are on staff at several area hospitals, and pull surgery call. This sometimes causes them to be late for appointments, but all specialists deal with this and we are not immune to it. I ask that you please be patient and understanding in the rare, but possible times, this may occur. Every effort is made to advise the patients when this occurs, but sometimes due to timing and cell phone connectivity notification to the health system by the specialists have a lag time. We are improving everything we do, with the patient always being the center of attention.

The health system's most valuable resource - our people - and they continue to display excellence for our tribal health system! I'm extremely proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month in July for health was Mrs. Deidre Yarbrough, Public Health, for her work as project officer for the health fair; Team of the Month: The Health Fair Planning Committee; and the Special Leadership Award: Dr. Karen Holubec-Sorsby, Dental, for going above and beyond in patient care regarding a tribal youth member whereby she went way beyond the extra mile to take care of a dental emergency. The health employees continue to accomplish outstanding feats for our patients and for each other, taking care of our internal and external customers/patients. Thank you all for making an important difference in the lives and health of all of our health system's patients!

Additional health related information:

- **PlusCare Clinic** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to existing AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405) 447-0477. Hours of operation are M-F 9 AM to 9 PM M-F 9 AM to 9 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas).
- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.
- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.
- **If you need CPR training**, please contact the AST Health System's Public Health Office at (405) 447-0300 for scheduling and training opportunities.
- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.
- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with

consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.

- **The AST Anti-Bullying Prevention "HOTLINE"** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.

- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program's Website: <http://www.asthealth.org/aca> (Please visit our site today to find out what you need to do to protect yourself and your family)!

- **Emergency After hour Pharmacy Access:** If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.

The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday-Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.

- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.

EMERGENCY MANAGEMENT

IMPORTANT NOTICE TO TRIBAL MEMBERS, TRIBAL MEMBER EMPLOYEES

The May/June 2015 flooding and tornadoes resulted in a FEMA disaster declaration DR-4222. With this declaration is a Grant for Disaster Case Management which is being administered by Oklahoma State Emergency Management Department. This funding is designed to assist in the long-term care of families impacted by this event.

Two Oklahoma communities in particular, Cache and Lexington, were hit very hard by this tragedy, and Oklahoma Emergency Management is looking to lend assistance to those families in any way possible through their many resources. If there are any tribal members that were impacted by the effects of the May/June 2015 flooding and tornadoes, there is assistance available.

Linda Garcia, Public and Individual Assistance Tribal Liaison, Department of Emergency Management, State of Oklahoma, cell phone: 918-640-7806, email: linda.garcia@oem.ok.gov. Ms. Garcia is the contact person for this program and you can contact her directly.

Prepare for Emergencies Now: Information for People with Disabilities

Preparing Makes Sense for People With Disabilities, and Access and Functional Needs. There are 3 Steps to consider in this process:

1. GET A KIT of emergency supplies – Basic Supplies
 - Water – 1 gallon per person per day for at least 3 days (72 hours) for drinking & sanitation
 - Food – At least a 3 day supply that are nonperishable and a can opener
 - Battery powered or hand crank radio and extra batteries
 - Flashlight & extra batteries
 - First Aid Kit
 - Whistle to Signal for help
 - Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Local Maps
 - Pet Supplies for your pet/service animal, food, extra water and supplies
2. Make a Plan for What you will do in an emergency
 - Create a Personal Support Network – a list of family and friends keep list in emergency kit
 - Develop a Family Communication Plan – plan on how you will communicate during emergencies
 - Deciding to Stay or Go – if you are instructed to evacuate by officials, make arrangements for transportation assistance in advance
 - Consider your Service Animal or Pets – if you leave for safer place such as a shelter find out in advance if the shelter will take animals
 - Staying Put – there may be certain situations when its best to stay where you and avoid any uncertainty outside
 - Evacuation – plan on where you will go and how you will get there, check in advance for shelters that meet needs of person with disabilities and access; have more than one destination to evacuate to
 - Fire Safety – plan two ways out of every room; check for items that may block your escape path
 - Finances – arrange electronic payments for your paycheck and federal benefits or use prepaid debit card if you don't have a banking account
 - Include Medications and Medical Supplies – if you take medicine or use medical supplies on a daily basis, make sure you have what you need to me it on your own for at least a week
 - Include Emergency Documents – include copies of important documents in your emergency supply kit such as family records, medical records, wills, deeds, social security number, charge and bank account information, etc. Place them is a waterproof container
3. Be Informed About What Might Happen – It's important to say informed about what might happen and know what types of emergencies are likely to affect your community. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on scene. Above all, stay calm, be patient, and think before you act. With these simples preparations, you can be ready for the unexpected.

For more detailed information, visit www.ready.gov. **GET READY NOW.**

Contact information:

Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, or cell phone number 405-740-1562 and at this email address: lday@astribe.com.

INDIAN CHILD WELFARE (ICW)

The Absentee Child Welfare Department got the honor of speaking to our youth that participated in AST Summer Camp this year about the Indian Child Welfare Act. Tresha Spoon had gone over the act with them earlier and each child wrote about why they supported ICWA. Those responses are now displayed on a wall in the ICW department. Julie Wilson explained what the CPS/Foster Care worker does on a daily basis. Camp participants learned about the different types of child abuse that children can experience. Children learned why some adults abuse children. "PANTS" was discussed. "PANTS" is a program that discusses sexual abuse. **P**-Privates are private, **A**-Always remember your body belongs to you, **N**-No means No, **T**- Talk about secrets that upset you, **S**- Speak up someone can help. The ICW Department encourages parents to talk to their children about the dangers of sexual abuse and inform them of the tactics that an abuser will use when looking for child victims. While sexual abuse is often a difficult subject to discuss with our children it is an important one to discuss at an early age to ensure their safety.

If you have any questions about discussing Sexual Abuse with your child/children, please do not hesitate to call the ICW department.

EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-749-1591	Cleveland County
OG&E	405-272-9595 1-800-522-6870	Report Power Outage
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT. OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions



AST DAY



AUGUST 2016

August 5

2% milk served

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chef Salad w/ Ham Eggs & Chez Crackers/Pineapples	2 Baked Chicken Scalloped Pot. Veggies Mixed Fruit	3 BBQ Pork Sandwiches Baked Beans Watermelon	4 Spaghetti w/ meat sauce Brussel Sprouts Garlic Bread Cake	5 AST DAY COMPLEX WILL BE CLOSED	6
7	8 Egg Roll Stir Fry Veggies Rice Banana & Strawberry Glaze	9 Pork Chop Boiled Pot. Tossed Salad* Bread Applesauce	10 Chili Dogs French Fries Onions, Chez Cookie	11 Baked Potato Ham, Chez, Onions Brocc & Chez Vanilla Pudding	12 Scrambled Eggs Biscuit Sausage Gravy	13
14 National Navajo Code Talker Day	15 Kraut & Wieners Green Beans Bread Peaches	16 Pizza Tossed Salad* Mandarin Oranges	17 Goulash Squash Bread Mixed Fruit	18 Ham & Chez Sandwich LTOP Fruit Salad Chips	19 Scrambled Eggs Bacon Toast Tropical Fruit	20
21	22 Ham Black eye peas Sweet pot. Bread Pudding	23 Tater Tot Casserole Green Beans Pears	24 Turkey Wrap LTO Black-eyed Pea Salad Apple	25 Pinto Beans w/ ham Cornbread Steakfries Cake	26 Scrambled Eggs Biscuit Sausage Gravy	27
28	29 Hamburger LTOP Onion Rings Ice Cream	30 Chicken Fried Steak Mashed Pot/Gravy Veggies Applesauce	31 Fish Mac & Chez Coleslaw Mandarin Oranges	<p>LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM</p> <p>BREAKFAST SERVED FRIDAYS 9AM TO 11AM</p> <p>NOT GOING TO BE HOME!!! CALL AND LET US KNOW AT 405-275-4030 EXT 6227 or 6270 OR NOTIFY YOUR DRIVER</p>		

August 3rd, National Watermelon Day!!!



AUGUST 5TH AST DAY



this day AST complex will be closed and no meals will be served or delivered.

AUGUST 14TH Navajo Code Talkers Day



The Navajos are a tribe of the Native Americans who inhabited the western parts of North America. During the Second World War, American army found it extremely difficult to send coded messages through the cipher machines due to the dense jungles in the Pacific Islands. As days passed it became very important to send information to the air bases from the battle fields without passing thought the Japanese radars.

They offered to become code talkers and used Navajo language to transmit the English messages across the radio. Though the Japanese could hear them, they could not understand a word of it nor could they decipher it. This saved many lives which helped the USA to win the war. In recognition of their service to the nation, President Ronald Regan declared in 1982, that August 14th should be officially recognized as a day to honor Navajo code talkers

AUGUST 16TH - National Joke Day-A good laugh is the best stress buster that one can think of. There is no information regarding the origin of Joke Day. Nor is there any data on who was responsible for creating this day. However, Joke day does exist and it is observed on the 16th of August each year. So set aside your worries for a day, on the 16th of August, and get ready to laugh and share your laughter with others. Remember, laughter is, as always, the best medicine.

Remember to keep yourself hydrated, drink that water!!!! Stay cool and have a great summer!!

Any questions or comments or suggestions please feel free to call us at 405-275-4030 ext. 6227 - visit us on the tribal website astribe.com



OLYPMICS AUGUST 5 – AUGUST 21!!!! GO USA!! GO USA!!



HEALTH BOARD

There will be (2) two positions up for renew or new appointment on Health Board, if you wish to be considered for these openings, please submit contact information, attach a cover letter and resume to AST Secretary-2025 S. Gordon Cooper Drive Shawnee, Ok 74801. You may submit all documents by e-mail to secretary@astribe.com

Name: _____ CDIB#: _____

Address: _____

City: _____ State/Zip _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

Sec. 4 Qualifications:

At Least (2) two Directors must be AST Tribal members (18 years or older) with Health care experience. All others Directors must have sufficient professional experience in various fields (e.g. business, accounting, public service, law, administration, etc.) to contribute productively to the operation of the Board. All appointees are subject to a background check. No employee or staff member of the Absentee Shawnee tribal health care system may simultaneously serve on the Board.

2016 Employee BLS HCP CPR



Date	Time	Location
January 19, 2016	09:00am to 12:00pm	Conference Room B
February 2, 2016	09:00am to 12:00pm	Conference Room B
March 8, 2016	09:00am to 12:00pm	Conference Room B
April 12, 2016	09:00am to 12:00pm	Conference Room B
May 10, 2016	09:00am to 12:00pm	Conference Room B
June 14, 2016	09:00am to 12:00pm	Conference Room B
July 12, 2016	09:00am to 12:00pm	Conference Room B
August 9, 2016	09:00am to 12:00pm	Conference Room B
September 13, 2016	09:00am to 12:00pm	Conference Room B
October 11, 2016	09:00am to 12:00pm	Conference Room B
November 8, 2016	09:00am to 12:00pm	Conference Room B
December 6, 2016	09:00am to 12:00pm	Conference Room B

Please call Kathy at 7997 or email me at kheldenbrand@astribe.com or
 Call Gloria at 7600 or email her at gseeley@astribe.com or
 Call Deidre at 7190 or email her at dyarbrough@astribe.com

O I L S

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

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

Contact information:

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

AST PHARMACY

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system.

Deliveries of controlled medications are not allowed.

If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with your current cell phone number.

Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

If you have any questions at any time, feel free to call either Pharmacy or stop by and speak with one of our Pharmacy staff. We are happy to assist you with your pharmaceutical needs!

Hours of Operation:

Little Axe: Monday-Friday 8am-5pm

(7:30am-5:30pm Drive-Thru)

Phone-(405)292-9530

Shawnee: Monday-Friday 7am-5pm

Phone-(405)878-5859

We are open through the lunch hour!!

****BOTH PHARMACY DEPARTMENTS ARE CLOSED WITH THE CLINICS THE FIRST WEDNESDAY AFTERNOON OF EVERY MONTH TO COMPLETE ADMINISTRATIVE DUTIES. ****

Thank You,
AST Pharmacy Staff

AFTER HOUR PHARMACY NOTIFICATION

The Walgreens located at 100 12th Avenue NE in Norman, OK is **no longer contracted** with the AST Health System to pay for after hour emergency prescriptions due to losing its 24-hour service status.

Tribal members may now take prescriptions to:

Walgreens
615 W. Main St
Norman, OK
(405) 573-5019

Absentee Shawnee Tribal Health System Behavioral Health Services



Office Hours

Monday-thru-Friday

8:00 AM - 5:00 PM

Little Axe Clinic
15951 Little Axe Drive
Norman, OK 73025
Ph. 405-701-7987

Shawnee Clinic
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
Ph. 405-878-4716

Services are offered through:

Little Axe Clinic & Shawnee Clinic for all Federally Recognized Tribes.

AST BEHAVIORAL HEALTH SERVICES

For counseling information, contact:

Shawnee BH: Roberta Cooper (405) 878-4716
Little Axe BH: Rolanda Smith (405) 701-7987



Women's Health

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

Providing & Promoting Preventative Health for All Women

Services include:

- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

- Health Promotion
- Quitting Smoking
- Misuse of Alcohol and Drugs
- Nutrition
- Physical Fitness and Exercise
- Controlling Stress and Violence
- Prevention of Pregnancy
- AIDS and other Sexually Transmitted Diseases

Women's Health Services
Little Axe Health Center
15951 Little Axe Drive • Norman, OK 73026
405.447.0300 • Fax 405.701.7605
www.asthealth.org



TJS STRATEGIC PLANNING PROJECT COORDINATOR



Bozho!

My name is Gea Aitkens and I am the new Tribal Justice System Strategic Planning Project Coordinator for the CTAS Grant. I am from Mayetta, Kansas and an enrolled member of the Prairie Band Potawatomi Nation (PBPB). I graduated from Washburn University in Topeka, Kansas with a Bachelor's degree in Criminal Justice and have a minor in Human Services. Before coming to the Absentee Shawnee Tribe I worked as the Healing to Wellness Court Coordinator for the PBPB. Much of my previous work experience has been within the criminal justice field; where I have worked in Federal, Tribal and Non-Profit capacities.

I also wanted to give you a quick update of what exactly I will be doing and where we are at. The CTAS Grant awarded to the tribe is to help get a better picture of what is needed within the Tribal Justice System; along with community concerns about what could be better implemented through the programs under TJS. The grant supports the process of data collection on needs within community and tribal programs. The community will be asked to provide feedback through a survey process to provide us more information on what needs and concerns are in each community. With this information we will construct a report that can be submitted to the Bureau of Justice Assistance; this will assist in generating more dollars through other grants for the Absentee-Shawnee Tribe for programs under TJS.

I look forward to working with the Absentee-Shawnee Tribal community.

Thank you,
Gea Aitkens

***Honoring Our Past
With Promise for
Our Future***

**LIFE is Beautiful
Living Meth Free**



**National Suicide
Prevention**

**1-800-273-8255
(TALK)**



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

AST Housing Authority

Rolling Hills Project

Construction has begun on the Rolling Hills project for the Absentee Shawnee Housing Authority. Phase one (1) has an anticipated completion date for the summer of 2017. The first phase in the development will construct 12 single family units **for elderly** with an equal assortment of 2 and 3 bedrooms with one property being fully handicap accessible. All homes will include storm shelters in the garage. The amenities in the project will be a walking trail and community center. The project is funded with a Title VI HUD loan guarantee.



AST Elders Council Trip to Branson, Missouri

AST Elders Council took a trip to Branson, Missouri, to see the “Moses” show. The live on stage theatre was extraordinary with live animals, 3D effects, excellent actors and actresses and we felt like we were in the parted sea! We enjoyed delicious meals, the bus ride while watching movies, great fellowship time, and listening to the oldies music. It was enjoyed by all who attended.

We would like to invite all AST members who are 55 years and up to come to our monthly meetings. We meet every third Saturday, 10 am either at Title VI Bldg, Shawnee, or Resource Center, Little Axe.

August 20, 2016, 10 am, Resource Center is our next meeting. Come and enjoy some fellowship, food, and fun.



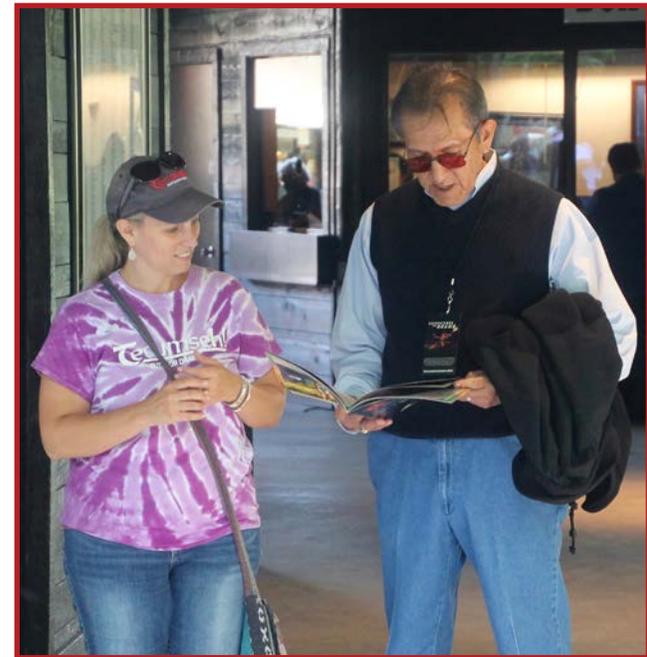
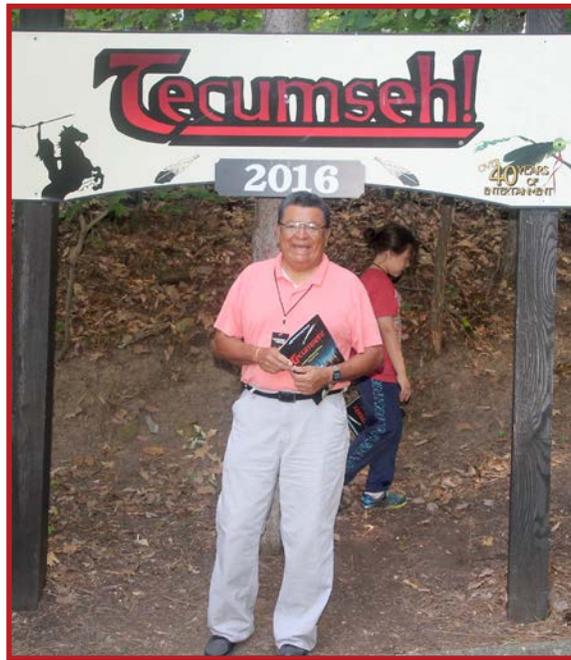
ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM'S THIRD ANNUAL

HEALTH FAIR

HEALTH AWARENESS FOR ALL GENERATIONS



AST Cultural Preservation Visitation to Homelands - Tecumseh Drama Play



AUGUST 2016 BIRTHDAYS

Aguinaga, Joanna Stevens
 Alae, Deena Shabnam
 Alford, Brandon Wayne
 Alford, Donald John
 Alford, Dylan James
 Alford, Janene Flora
 Allen, Zachary Jerald
 Almanza, Favian Dae
 Almanza, Lucy Jeslene
 Alfman, Colson Charles
 Anderson, Dakiah Ali
 Anderson, Jared Russell
 Atwara, Hawana Rain
 Atwara, Rae Lynn
 Balch, Tasha Jamie Renee
 Ballard, James Wesley
 Barbosa Jr., Francisco Lazaro
 Barbosa, Nafalie Cadence
 Barnes, Alvina Lynn (Wilson)
 Barnes, Jonna Kay
 Barriga, Calib Jay
 Barriga, Dana Michelle
 Barriga, Joshua Deen
 Beachem, Lois Marie
 Bella-Heim, Katherine Ann
 Berry, Michael Wayne
 Bettelyoun, Sonia Elaine
 Billie, Gabriel Lamont
 Blackbear, Kyler Jesse
 Blanceff, Tina Marie
 Blanchard, Caileah Ann
 Blanchard, Christopher Ray
 Blanchard, Henry Benjamin
 Blanchard, Jessica Marie
 Blanchard, Kaylee Dawn
 Blanchard, Kenneth Leland
 Blanchard, Leadra Danae
 Blanchard, Luann DeJores
 Blanchard, Ruth Evelyn
 Blanchard, Sandra Lynn
 Blanchard, Stacie Faye
 Blocker, Steven DeWayne
 Blood, Jeffery Lee
 Bond, James Phillip
 Boston, Sheila Marie
 Boston, Sheldon Shannon
 Bosworth, Donna Sue White
 Box-Kessler, James Steven
 Bradshaw, Karsyn Marie
 Brady, Crystal Sue
 Bread, Eli Emery Michael
 Bread, Kiley Madison Michael
 Breeding, Taylor Mae
 Britt, Nathan Scott
 Brokeshoulder, Riley Ann
 Brooks, Rosalind Janelle
 Brophy, Conri Kaleido
 Brown, Teresa
 Brown, Tracy Lynn
 Buckheart, Phillip Paul
 Byers, Dallas Landry
 Camp, Sarney
 Carlson, Adrianno McBride
 Carroll, Wessie Carmen
 Carter, Rosa Lee
 Casfeel, Serenity James
 Chambers, Diana Lynn
 Chisholm, Anita Sue
 Citty, Daniel Keith
 Citty, Rachel Danece
 Ciulla, Kayla Rena
 Clark, Autumn Marie
 Clinesmith, Jamie Lenea
 Cody, Kristen Renee
 Conley, Nicole Lynn
 Cope, Vincent Michael
 Copeland, Matthew Kyle

Cottrell, Lindsay Russell
 Creek, Kimberly Jolene
 Crowley, Aleycia Nicole
 Crowley, Isabel Deanne
 Crowley, Jessica Ann
 Crowley, Parris Rae
 Cruz-Larney, Pamela Guadalupe
 Cruz, Briel Lashelle
 Curtis, Kenda Janae
 Davis, Barbara Ann
 Davis, Darrol Evereff
 Dawsey, Vera Mae
 Day, Linda Lee
 De La Campa, Ginger Leanne
 Deere, Montana Christian Alex
 Dees, Travis William David
 Delodge, Cheyenne MacHelle
 Dodds, Clayton Robert
 Downey, Sheila Ann
 Draeg Wolf, Whirlwind
 Draper, Daria Dawn
 Durmon, Patrick Duane
 Edgmon, Kimberly Ann
 Elkins, David Preston
 Elmore, Braden Lee
 Embery, Lisa Marie
 England, Randall Blake
 Felton, Kai Neal Blaze
 Felton, Wyatt Cooper
 Finch, Courtney Shea
 Fixico, Angela Rochelle
 Foreman Sr., Leonard Dewayne
 Fowler, Sofia Evelyn
 Frazier, Kendell Terese
 French, Joseph Lee
 Frye, Michele Renia
 Fuentez, Adriana Esperanza
 Galyon (Cochrane), Joyce Ann
 Garretson, Shawnelle V.
 Garretson, Zachary
 Gibson Jr, Roy Gene
 Gibson-Hicks, Leila Kay
 Gibson, Ethan Leroy
 Gibson, Morgan Lee
 Gilmore, Tammy Kay
 Gilmore, Cynthia Jayden
 Goodman, Brandon Thomas
 Gouge, Marissa Janell
 Granstrom, Brandon Thomas
 Gray, Dora Estelle
 Greenfield, David Glenn
 Griffin, Armani De Jour
 Griffin, Corrine Sue
 Haney, Carolyn Ann
 Hanson, Melody Leann
 Harjo Jr., Victor Ray
 Harjo, Jason Michael
 Harjo, Kolbie Lee
 Harjo, Theresa Michelle
 Harvey, Jaron Scott
 Hastings, Michael Dakota
 Heatley Jr., Abraham Lee
 Hendricks, Rachel Anne Powell
 Hernandez, Alicia Marie
 Herrera Sr., Ruben Pilar
 Herrera, Jennifer Marie
 Herrera, Renee Christine
 Herrod, Lucas Andrew
 Hill, Scotty Lee
 Holderness, John Lennon
 Hood, Iyon Joseph Weslon
 Hood, Steven Mark
 Houston III, Gary Dean
 Houston, Jacob Lee
 Huckaby, Richard Allen
 Irvin III, William Jetson
 Jackson, Amanda Christine

Jackson, Josiah Nicholas
 Jackson, Sakvra Maria
 Jimerson, Dante Romain
 Johnson Jr., Robert Anthony
 Johnson-Banks, Airen Nicole
 Johnson-Stephenson, Bryon Darius
 Johnson-Stephenson, Marissa Kaitlynn
 Johnson, Augustine
 Johnson, Carrielynn Melissa
 Johnson, Christina Michelle
 Johnson, Crystal Faith
 Johnson, Darrell Ray
 Johnson, Desiree Cathonel
 Johnson, Diana Kay
 Johnson, Nicholas Ray
 Johnson, Robin
 Johnson, Ronnie Gene
 Jordan, Betty Jean
 Josyftewa, Daniel Dakota
 Kaseca, Lynnlei Renee
 Kastl, Richard Dean
 Keith, Jaime Lee
 Kennedy, Rebecca Lea
 Kennedy, Willie James
 Kennell, Noah Lee
 Kilmer, Gregory Keith
 Kinnamon, Alisha Dawn
 Kinnamon, Dustin James
 Kirby, William Anthony
 Lamb, Weston Bobby Clayton Charley
 Langston, Nicole Leeann
 Larney Jr., Nathaniel Roy
 Larney, Darrell Wayne
 Larney, Santana LaRay
 Larney, Tava Dionne
 Latham Sloan, Stone Tecumseh
 Lee, Christopher Ashton
 Leadom, Daniel Clayton
 Liles, Tammy Gayle
 Little Axe, Angela Renae
 Little Axe, Barbara J White
 Little Axe, Chastity Lynn
 Little Axe, Jamison Sloan
 Little Axe, Milkah Dean
 Little Axe, Panther Sky
 Little Charley, Eldon
 Little Charley, Tvera Nicole
 Little Jim, James Allen
 Little Jim, Lorene Little Axe
 Little, Earl Lynn
 Little, Mark Anthony
 Littlebear, David Allen
 Littlebear, Patrick Dale
 Littlecreek, Cameron Joseph
 Littlecreek, Richard Lloyd
 Littlehead, Montana Dane
 Locke, Ericalee Dawn
 Logan, Kathleen June
 Longden, Marilyn Sue
 Longhorn, Gabriel Allen
 Longhorn, Keith Warren
 Longhorn, Patience Bruce
 Longman, Kirstain Page
 Lossie, Amy Laverne
 Lovins, Jo Ann
 Lowe, Trenton James
 Mack, Devin Lee
 Mack, Kylan Cole
 Mack, Trenden Derrick Lee
 Mann, Cecil Ray
 Mann, McCann Allen
 Mann, Michael Ray
 Mann, Stacy Diane
 Marquez II, Felipe Herrera
 Marquez III, Felipe Herrera
 Marshall, Briana Michelle
 Marshall, Laura Lee

Martinez Jr., Jose Martin
 Martinez, Goodchief Justice
 Martinez, Tecumseh Joaquin
 Masquas, Zariyah Jade
 Masquat, Cheryl Ann
 Masquat, Lindsay Marie
 Maxwell, Darrell Wayne
 McBride, Caroline Sue
 McBride, Michael Andrew
 McPherson, Joshua Alan
 Mezehee, Hunter Buck
 Mezyesi, Kevin Charles
 Miller, Stacy Elaine
 Miller, Tommy Dean
 Minesinger, Kenneth Scott
 Moody, Megan Marie
 Moore, Amanda Renee
 Moore, Brian Keith
 Moore, Christian Glenn
 Morris, Nikolai William
 Mossbacher, Myles Anthony
 Neese, Krystal Ann
 Nelson, Corey James
 Neugent, Victoria Ann Louise
 Neugent, Zaleah Vee
 Ortiz, Sylva Loumae
 Owens, Alisha Janae
 Panther, Jessalynn Rae Ann
 Parsons, Trysten Nathaniel Lee
 Pearl, Roger Allen
 Peetoom, Stephanie Dawn
 Perkins, Troy Dylan
 Presson, Elizabeth Ann
 Puckiff, Ryan Paul
 Ramirez, Angel Renee
 Ramirez, Librado Bryan
 Ramsey, Tycilla Renee
 Rapp, Michelle Lauren
 Rickard, Keely Danielle
 Ridenour, Lesley Paige
 Riedel, Jerri Annette
 Rodas, Owen Benjamin
 Rojas Jr., Antonio
 Rolette, David Wayne
 Roller, David Lee
 Roller, Susan Margaret
 Ross, James Edward
 Ross, Randall Lee
 Rudloff, Derek Chace
 Runsabove, Brock Allen
 Ryan, Cullen Patrick
 Salazar, Catherine Lynn
 Sallee, Melanie Rachele
 Sampson, Ayden Lee
 Sanchez, Janna Lee Anne
 Sanchez, Luisa Raquel
 Sanchez, Steven Mercedes
 Sanchez, Trevor
 Schwarz, Shawn Sigmund
 Scraper, Margaret Alice
 Serena, Shawn Lee
 Sevier, Jackson Kyle
 Shawnee, Jaylee Anne
 Shawnee, Lyndell Grant
 Shawnee, Lynessa Gail
 Sinks, Daniel Ray
 Sloan, Tava Adalya Marie
 Sloan, Virginia Michelle
 Sloaf, Brett Marshall
 Sloaf, Christopher Douglas
 Sloaf, Lorraine Gail
 Smith, Saydi Leigh
 Snake, Amber Larae
 Spoon Jr., Steven Paul
 Spoon, Alexis Cheyenne
 Spoon, Alyssia Shylarae
 Spybuck, Thomas Matthew

Squire Sr., Kenneth Dale
 Squire, Suzetta Ann
 Starr, Ashley Ann
 Starr, Esella Mia
 Starr, Jamie Dawn
 Stoliby, Allen Monroe
 Strain, Susan Elaine
 Stricklin, Olivia Sayson
 Sullivan Jr., Thomas Lee
 Susko, Kelly Anne
 Swenson, Londyn Alayne
 Swenson, Owyn Cruz
 Switch, Cara Cameron
 Switch, Melpherd Dewayne
 Tallchief, Sierra Marie
 Thompson, DeKaylie Talara
 Thorpe, Keaston James Guthrie
 Thorpe, Kyra Nicole
 Tiger Jr., Leonard Gene
 Tiger, Cierra Alayne
 Tiger, Lily Martha Ruth
 Tiger, Linda Kay
 Tiger, Mary Louise
 Tolbert, Jayvaughn Charles
 Tolbert, Jocelyn Renee
 Tucker, Xavier Mega
 Tullius, Ashley Nicole
 Turner, Aryana Janaye
 Vaughn, Ashley Nicole
 Vaughn, Sandra Kay
 Velez, Carol Ann
 Villalobos, Enrique Ivan
 Wahpekeche, Joaquin Noah
 Wakley, Brianna Morgan
 Warrior Jr., Manuel Anthony
 Warrior, Isaac Necon
 Warrior, Lydia Annelise
 Warrior, Samuel Adrian
 Watson, Gregory Doyle
 Wenholm, Tyson Riley
 West, Randall Aaron
 White, Darrel Lee
 White, Michael Brooks
 Whitten, Mikayla R. A. C.
 Whiffen, Tina Louise
 Williams Jr, Robert
 Williams, Charlotfe Virginia
 Williams, Deana Michelle
 Williams, Derrick Heath
 Williams, Jennifer Lee
 Williams, Kaysa Lyn
 Williamson, Jeanie Oldham
 Wilson, Anthony Eugene
 Wilson, Asa Lynch
 Wilson, Cheyenne Michelle
 Wilson, Debra Ann
 Wilson, Deja Lea
 Wilson, Espernsi
 Wilson, Mya Rose
 Wilson, Sarah Madisen Jane
 Wilson, Terry Blaine
 Wilson, Tiffany Michele
 Winrow, Myia Lashea
 Wolfe Jr., Zachary Paul
 Woods, Kaiflin Marie
 Woodward, Anthony Emmett
 Woodward, Blake Anthony
 Yates, Trevor Todd Thomas







Let us help...



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

Come and apply
Starting in May thru September
2016

The L.I.H.E.P Program will pay for



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

Department of Social Services
(405) 275-4030, Ext. 6225

Annette Wilson, Social Services



Education Department

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

These are brief descriptions of current programs. Program guidelines are available in hard copy at the Education Department office or for download at www.astribe.com.

- **Academic (K-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.
- **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. 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:
Applications for fall 2016 must be received or postmarked by June 15, 2016.

All applications and guidelines are available at www.astribe.com. Click on Services and select Education.

For more information, please call Tresha Spoon at (405) 275- 4030, Ext. 6242 or 1-800-256-3341 or email to tresham@astribe.com.

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 • Fax: (405) 214-4225

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

TAG PRICES

1-4 YEARS	\$85
5-8 YEARS	\$75
9-12 YEARS	\$55
13-16 YEARS	\$35
17- OVER YEARS	\$15

PENALTY

\$0.25 A DAY



Absentee Shawnee Housing Authority

EXISTING TO SERVE NATIVE AMERICAN FAMILIES HOUSING NEED WITHIN THE COMMUNITY



CURRENT PROGRAMS AVAILABLE

- LEASE TO OWN HOMES
- LOW RENT HOUSING
- DOWN PAYMENT & CLOSING ASSISTANCE
- STORM SHELTER ASSISTANCE
- COLLEGE HOUSING ASSISTANCE
- EMERGENCY HOME REPAIR
- TRANSITIONAL HOUSING
- OVER-INCOME RENTAL HOUSING

FOR MORE INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY THE OFFICE LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OKLAHOMA.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

Court Advocacy

Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 273-2888.

ATTENTION PARENTS!!!

CTSA **EARLY HEAD START** & **HEAD START** IS LOOKING FOR CHILDREN, AGES BIRTH TO 3 FOR OUR **EHS** PROGRAMS AND AGES 3 UP TO 5 FOR OUR **HEAD START** PROGRAMS!!!

Our goal is to meet the individual needs of all children, especially those with disabilities. If you have a child or know of a child that would enjoy a safe, interactive and engaging learning environment, please call or come by one of our locations today!

A fun and exciting program for your child to learn and grow! Our **qualified and dedicated staff** provide rich learning environments where parents are encouraged to volunteer! If you are interested in our program, please contact our office in your area to complete an application.

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

In our **Shawnee** location, we have two available options: Early Head Start (Birth to 3), & Head Start (3 up to 5). Both **Norman** and **Cushing** are strictly Head Start Programs (3 up to 5).

If you would like more information regarding our programs or to apply, please contact:

Shawnee Main Office: Enrollment Manager- Sherry Marsh (405) 275-4870 878-5820 1535 N McKinley, Shawnee 74801 McKinley, Shawnee 74801 sherrym@ctsahheadstart.org	Shawnee Center: Center Supervisor- Stacey Osborne (405) 1533 N McKinley, Shawnee 74801
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Cushing Center: Center Supervisor- Wava Anderson (918) 225-1029 (405) 447-0381 111 W Vine, Cushing 74023 Norman 73069	Norman Center: Center Supervisor- Amy Porter 516 Iowa St., Norman 73069
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Health/Mental Health/Disabilities Manager
Melanie Williams (405) 275-4870
1535 N McKinley, Shawnee 74801

**FAMILIES MUST LIVE IN THE FOLLOWING COUNTRIES:
POTTAWATOMIE, PAYNE, LINCOLN, & CLEVELAND
NATIVE AMERICAN PROGRAM (ALL ACCEPTED)**



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
<u>Chair Exercise for Elders</u> 12:00 p.m.-12:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>HIIT Training</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Circuit Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Circuit Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center	<u>Circuit Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center	

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

“Aerobic Circuit”- A time-efficient training system aimed at maintaining and improving cardiovascular fitness using a variety of functional body movements.



**Absentee
Shawnee Fitness**

“Zumba Fitness”- Fitness, fun, and dance. Learn Zumba dance moves to get your heart rate pumping!

“Chair Exercise for Elders”- Low-impact strength training utilizing a chair for elders and beginner fitness levels.

“Cardio Kickboxing”- Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.



“High-Intensity Interval Training”- An time efficient interval training system aimed at developing cardiovascular and muscular strength.

**Diabetes and
Wellness**



Care on your schedule, that's the Plus.



Here for you, now more than ever.

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

EXTENDED HOURS:
5-9 p.m. Monday - Friday
9 a.m.-5 p.m. Saturday

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

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



SHAWNEE CLINIC

ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

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

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



WWW.ASTHEALTH.ORG

HOURS OF OPERATION:

9 a.m.-9 p.m. Monday - Friday
9 a.m.-5 p.m. Saturday - Sunday
9 a.m. -5 p.m. Holidays
(except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday of the month from noon-5 p.m.

First appointment - 9 a.m.
Last appointment - 8:30 p.m. Monday - Friday
Last appointment - 4:30 p.m. Saturday, Sunday & Holidays

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

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



PLUSCARE

LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.



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

WWW.ASTHEALTH.ORG



Vocational Rehabilitation Transitional Services

Iowa Tribe of Oklahoma

▶ **History:**

The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

▶ **Services we can provide:**

We assist with testing fees (ACT, SAT), provide work clothing for new jobs, tuition assistance, assistive devices such as hearing aids, walkers, wheelchairs, eye glasses, along with physical and mental evaluations.

▶ **Qualifications:**

You must be a member of a federally recognized tribe, a junior or senior in high school and must reside in one of the Iowa Tribe VR services area counties. You must also provide documentation from your doctor or physician noting your disability.



COUNTIES served by ITOVR

- KAY
- NOBLE
- PAWNEE
- PAYNE
- POTTAWATOMIE
- LINCOLN
- LOGAN



Iowa Tribe of Oklahoma Vocational Rehabilitation

P.O. Box 728
Perkins, OK 74059

Phone: 405-547-2402 ext 168
Toll free: 1-888-336-4692
Fax: 405-547-1090

E-mail: Christa Tsotaddle, Transitional Counselor
ctsotaddle@iowanation.org



"See the Person, Not the Disability"

Find us on the Web: www.bahkhoje.com

We Listen Ne-Hi-Ki-Wa-Sa-Pa

The AST Health System values
ALL feedback.
We will listen....



***Patient Advocate Jim Robertson 405-447-0300**

***Customer Service Line 405-701-7623**

***Patient Questionnaire located in each of our clinics or on our website**

www.ASTHEALTH.ORG

Little Axe Health Center

Absentee Shawnee Tribal Health System

15951 Little Axe Drive

Norman OK, 70326

405-447-0300

Shawnee Clinic

Absentee Shawnee Tribal Health System

2029 S. Gordon Cooper Dr.

Shawnee OK, 74801

405-878-5850



FollowMyHealth™
Universal Health Record



- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
- ...and more!

Register Now!!!

www.asthealth.org/patient-portal

New Patient Portal

Absentee Shawnee Tribal Health System

Little Axe Health Center
Shawnee Clinic

Visit your app store and install
the **Follow My Health** app



for real-time access to your
health information

For more information on how you can register for the new AST **"Follow My Health"** Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

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- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
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- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

**HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE
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Office of Environmental Health & Engineering

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THIP list all applicants by a priority list:

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- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. Condition of Home

Other Programs available:

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www.astribe.com.

Submit completed application to:

**Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801**

Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at
(405) 214-4235



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

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

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

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

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



From the Doctor's Notebook

Up until now we have been discussing various issues that are important for members of the Absentee Shawnee Tribe to be aware of. While those are important this article will begin a series of discussion on diabetes. This malady is, perhaps the most serious medical problem that I encounter daily at our outpatient clinic. Diabetes can be a devastating disease process if left untreated and that devastation is clearly felt among folks within the tribe. Unfortunately, while the symptoms of diabetes are well known, thirsty all the time, urinating more often, many folks either ignore those or simply delay going to the doctor. In some case I have found quite severe diabetes with involvement of the kidneys and other organs of the body. We don't want this to happen.

So far we have covered obesity and high blood pressure. I feel it is incumbent upon me to discuss diabetes now because of its possibly horrible effects on people with that. We will cover high cholesterol at a later date.

High blood pressure, high cholesterol, obesity and diabetes are four members of a very bad family, sort of like the relatives you don't ever want to see or hear from because they just bring trouble. We ought to be able to get a lot of mileage out of this series because these things tie several disease processes together and proper control can greatly minimize your risk of dying before your time. After all, haven't I been saying that all along? It is my job to show you how to keep from dying before your time.

Grandma used to call it sugar diabetes but the correct term is simply diabetes. This metabolic disorder affects millions of Americans but is very prevalent among Native American populations especially and is a disease of great concern to the healthcare community due to the significant toll it takes in death and disability each year. As I like to tell my patients, a diagnosis of diabetes is not a death sentence. Properly managed, those with diabetes can live to a very ripe old age. Yes, it does take effort to monitor blood sugars 3-4 times a day (if your doctor has you doing that) and to administer medications. As you will see in future articles, there are good reasons for keeping on top of this. What we would like to do, of course is change those things which can be changed in order to halt the progression in the first place. This is not always possible but in further articles we will discuss the so-called modifiable risk factors, not only for diabetes but several other disease processes.

As I mentioned before, diabetes is a metabolic disorder. It generally appears in two types, I and II. There was a time when type I was called juvenile onset or insulin dependent diabetes, and type II was called adult onset, or non-insulin dependent. Much of this is now academic because in many cases, even type II diabetes can progress to the point that insulin therapy will be needed to control blood sugar levels. As we find the epidemic of childhood obesity worsening we find that adult onset diabetes is no longer a good way to describe type II diabetes. But, what is diabetes, really? At the risk of oversimplification I will attempt to explain.

After a meal, the body's digestive process will cause levels of sugar (glucose) to rise in the blood. Glucose is the energy molecule used the brain, muscles and other organs of the body to provide energy. In the normal sense, the elevation in glucose causes certain cells in the pancreas to secrete insulin. Insulin secretion takes place both on demand and there is always a circulating level of insulin (baseline insulin) in the blood stream. Insulin is needed for certain cells in the body to take up glucose from the blood stream for use in building units of energy storage or to utilize right away, as in muscles at work. As a point of interest, the brain does not utilize insulin to take up glucose to supply energy. Insulin therefore is needed for expediting, as it were, the use of glucose for many bodily functions which lead to the production of energy. The lack of, or the failure to use insulin is the key feature of diabetes. The diagnosis of diabetes is made when a simple blood test reveals circulating levels of glucose above normal values. Interestingly enough, in the "old days" it was known (how, I don't know) that people with significant diabetes spill glucose in their urine. The physician would actually taste the patient's urine to detect that sweetness. Needless to say I do not do that.

Type I diabetes may appear suddenly and is generally, though not always as I said seen in younger persons. While the exact initiator is unknown, it is thought that a viral illness may trigger a process whereby the body attacks its own cells (a so called autoimmune process), namely those of the pancreas. When the insulin releasing cells of the pancreas are destroyed diabetes ensues. Recall that I said insulin secretion should normally take place in response to elevations in blood glucose. When there is a failure in insulin secretion in the pancreas blood glucose can rise to very high levels but those organs that require insulin to take up the glucose cannot do so. Thus there is plenty of food as it were for those organs; they just cannot get to it. A new onset type I diabetic will start to lose weight dramatically. Thirst and the desire to urinate will significantly increase. The body starts to break down stored fat to get energy (which really is already in the blood but unavailable). The energy molecules produced from the breakdown of fat are called ketones and are a dangerous sign that something is very wrong. When stored fat starts breaking down a dangerous condition known as metabolic acidosis ensues and folks get real sick in a hurry. If left untreated this leads to only one thing - death. The treatment for type I diabetes is insulin from the outset of the disease process. Proper administration of insulin and monitoring of glucose levels during the day totally controls this type of diabetes. Unfortunately, insulin dependent diabetes requires a high degree of surveillance.

During the early onset of type II diabetes, a situation is brought on by the failure of the organs themselves to respond properly to insulin which is circulating. Unlike type I diabetes, the evolution of this process takes place over months to years and the only clue may be an increase in thirst and/or urination. Weight gain is a common finding as well but is not the result of the diabetes but can be an initiator. Diabetes is a complex study in biochemistry but it has been pretty much shown through numerous studies of disease risk factors that obesity is one of the main initiators of the process. One may just reason this process out by understanding that the body's internal organs do not grow after a certain period in life but gaining a lot of weight forces those organs to work overtime. This is especially true of the pancreas. Interestingly enough, genetics also plays a role in the development of type II diabetes, more so than in type I diabetes. Type II diabetes in the earlier stages is treated with drugs that either modify the insulin sensitivity of target organs or cause more insulin to be secreted by the pancreas. New medications have a more complex mode of action. As I've already stated, type II diabetes can progress to where insulin is the only effective treatment. As one might guess, type II diabetes is by far the more common disease process in the obese population. This should explain why we physicians get very concerned about obesity as a modifiable risk factor for disease onset and progression. This is even more so in children, where there is literally an explosion of childhood obesity. Generally the progression of type II diabetes can be halted and there is even some thinking now that it can be reversed by significant weight loss and exercise.

By now you should have some idea of what diabetes is and an understanding of why type I diabetes must be identified and treated quickly. You should also understand that type II diabetes may go unrecognized for a long period of time and to the point that there may already be end organ damage due to high circulating levels of glucose in the blood. Every new patient coming to our clinic in Little Axe who has symptoms of diabetes will be screened by blood tests.

Let's continue our discussion next time by looking at just what it is that can complicate the picture of an untreated diabetic.

Here for your good health
Si Li No Ke,
Bruce Stafford, DO
Deputy Medical Director
Absentee Tribal Health System

Response to AST Newspaper Article (July 2016) open letter from Mr. Francis A. Tiger:

Two sides to a story. First of all, because of confidentiality I am not able to go into certain specifics as Mr. Tiger knows, but I can say that our Health System and the Tribe has provided services of various degrees to Mr. Tiger. Mr. Tiger stated that he has had to find other means of transportation because the department does not have adequate drivers. I believe Mr. Tiger is referring to the few times that he had to wait 15 to 30 minutes for the driver to pick him up from his appointment, but that does not constitute the need for more drivers. As I have explained to Mr. Tiger, on many occasions, we have at times a full schedule and may run a little late on pick up of patients from their appointments and reason being we are getting other individual to their appointments. Other circumstances may arise beyond our control, such as road construction, or anything happening to slow the traffic down causing a delay (like an accident). My drivers are dependable and many times go beyond the call to make sure members are taking care of.

As for your follow up, it would have simply taken a phone call to the Clinic and explain you were in the ER over the weekend and need an appointment time to have your arm redressed then you wouldn't had to wait. A history and physical is required when you haven't been seen in a while. Patient protocol required by practicing/licensed providers.

Your reference to the "White Elephant" is not totally true either. We don't just feed it, and nothing happens. This clinic does provide services to a lot of people and it is generating revenue. Not saying the system is perfect, we continue to improve. Yes, to some it was not a needed project but we make the best of it and move forward. As for the doctors that are hired --- "Degrees" costs.

The other issues you referenced has to do with the Tribal government. I just wanted to clarify your assumptions regarding the health system services.

Wynona Coon

Wynona Coon

Transportation/Outreach Director

AST Tribal Member

AST Elder

SHERMAN TIGER

First, let me thank those of you who came out on June 18th and voted. I realize you had two choices and I am thankful that I was one of them. The vote was close. I received 199 votes and Tadpole Johnson received 238. Based on that close of a race I protested that vote because of the continued inconsistencies I have seen within our Election Commission processes and some of the troubling language within our Election Ordinance. There are certain duties and tasks that an Election Commission is tasked to do as is provided for within our Election Ordinance and I believe that at times those are not being followed consistently. Let me explore my concerns with you.

- The Election Commission sent me a certified letter, while I was out of state with the Culture/Preservation department, stating that I failed to clearly demonstrate the outcome of how the election was affected; and that they had determined the election valid. The first concern I have on this is: I was out of state till June 29th and didn't receive my 'certified' letter till then. My second concern is: There is no 'checks and balances' process in place that reviews the Election Commission's determinations. It stands to reason that of course the Election Commission is going to rule that they did things accurately.
- As soon as I got back into town I read my 'certified' letter and on June 30th 'disputed' the determination of the Election Commission. First concern: I paid \$500 for the Election Commission to review and provide me with a basis for their determination. None was forthcoming. On previous occasions the Election Commission has set down with candidates and gone over their reasons for coming to a determination. I appreciated that. That did not occur this time instead it seemed that a planned out of state excursion trip took priority for the Secretary and certain Election Commissioners. Second concern: the Election Commission swore in two officials even though I and Mrs. Parker filed a dispute in court. If you read in our Election Ordinance under Article XIV Settling of Election Disputes, Section 3 of that Article talks about when a person (me, in this case) is not satisfied with the Election Commission's decision. It gives me the chance to appeal it in tribal court which is what I'm doing now. I've briefly served on the Election Commission and it is my understanding that when the election is under protest and/or dispute you do NOT swear in officials. This Election Commission did. Again, this is another inconsistency. And one that I look to the court system to resolve as in Article XIII Installations of Elected Officers of the Absentee Shawnee Tribe, Section 3... 'the protested position(s) will be certified once protest(s) has been resolved according to Article XIV'. This is an issue the Court system will have to untangle for the Election Commission as the Election Commission swore in folks knowing a dispute was going on. Is it possible that we could look at creating procedures to remove Election Commission officials?

So, although the current election results may indicate I was not elected I still hold to the belief that if elected officials want to make a difference then they need to be able to distinguish between good management and bad and if they don't understand that then they have two choices: 1) step up and get the training, education and experience to make informed decisions or 2) hire well, qualified, experienced staff to help them. Our leaders should promote good policies and procedures and a strong financial reporting system being in place otherwise neither we, nor our children, nor our children's children will have a bright future at or in our tribe.

No ki Nee ye way!

Sherman Tiger

IF YOU'D LIKE TO SUBMIT AN AD OR ARTICLE:

**Give us a call at (405) 598-1279 or (405) 481-0558
or send us an e-mail to
stiger@astribe.com**

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

***UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON,
NOT PER BIRTHDAY WISH.***

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF \$150.00, PER RESIDENCE)

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2025 S. Gordon Cooper Dr.
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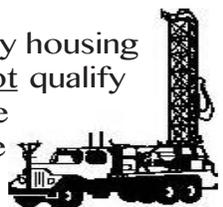
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**Absentee Shawnee Tribe of Oklahoma
Maintenance Department
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030**

Grass Mowing Application

The following are the requirements for this program:

1. Must be an Absentee Shawnee Tribal Member
2. Must be 65 years or older
3. Handicap/Disabled
4. Must provide proof of residency
5. All trash, branches, debris must be cleaned out of yard.

The Absentee Shawnee Tribe Maintenance Department will ONLY mow and weeds eat applicant's lawn Maintenance will mow every two (2) weeks. Also the maintenance workers will not trim trees, shrubs, etc. NO RENTAL PROPERTY will be mowed.

Any Questions contact Rita Harjo at (405) 275-4030 ext 6249

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MESS PHONE: _____

FINDING DIRECTIONS TO HOME:



Office of Environmental Health **Brownfield Response Program**

What is a Brownfield?



The EPA defines a brownfield site as “...real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or petroleum products, or is mine-scarred land.”



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

*Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235*

AST.Environmental.Programs@astribe.com

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

[www.facebook.com/
ast.environmental.programs](http://www.facebook.com/ast.environmental.programs)

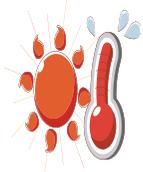


**ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT**

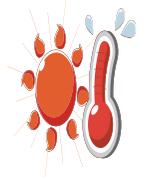


SORNA

**SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
EMAIL: SORNA@ASTRIBE.COM
TIPLINE 405-273-1249**



Outdoor Exercise & Heat Stress



AST Fitness & Wellness Tips by Chrissy Wiens

Summer is here! I know many of us have been longing for outdoor exercise! However, it is important to prepare yourself for the heat. Whether you are at the lake swimming, at the park walking or biking, or even working in the garden, exercising in the heat can be risky if you are not careful. Heat stress can be very dangerous and can cause problems for your health. Here are some signs and symptoms of heat stroke, heat exhaustion, dehydration, and heat cramps that may occur while being physically active in the heat.

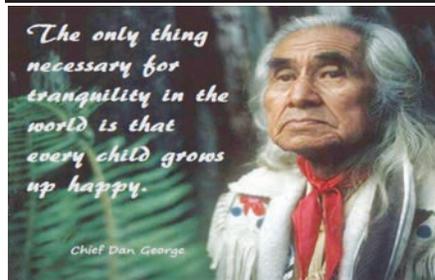
Heat Stroke: (Medical Emergency)	Heat Exhaustion: (Medical Emergency)	Dehydration:	Heat Cramps
The most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat.	The body's response to loss of water and salt from heavy sweating.	Dehydration occurs when you lose more fluid than you take in and your body does not have enough water to carry on its normal functioning. If you don't replace lost fluids, you may become dehydrated.	Caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.
Symptoms: Signs include confusion, loss of consciousness, and seizures. Heat stroke is a medical	Symptoms: Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.	Symptoms: Dry and sticky mouth, headache, dizziness, lightheaded, dry skin, sleepiness, fatigue.	Symptoms: Muscle spasms, pain in the abdomen, arms, or legs.

Emergency that may result in death! Call 911 immediately.			
First Aid: Call 911. Place victim in shady, cool area. Loosen clothing, remove outer clothing. Fan air on worker; cold packs in armpits. Wet worker with cool water; apply ice packs, cool compresses, or ice if available. Provide fluids (preferably water) as soon as possible. Stay with victim until help arrives.	First Aid: Have victim sit or lie down in a cool, shady area. Give victim plenty of water or other cool beverages to drink. Cool victim with cold compresses/ice packs. Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes. Do not return to physical activity that day.	First Aid: The person should drink at least 10 glasses of liquid a day to replace lost fluids. If the person is elderly, fluid replacement may need to be done slowly.	First Aid: Have victim rest in shady, cool area. Victim should drink water or other cool beverages. Wait a few hours before allowing victim to return to strenuous work. Have victim seek medical attention if cramps don't go away

We encourage you to exercise and perform outdoor activities, however just be aware of the outdoor temperature because you may not recognize any of these symptoms until it's too late. Heat stress may alter your coordination, reduce your alertness, and make you very irritable. Be sure to drink 10-16 ounces of cold fluid 15-30 minutes before working out. Continue to do so every 15 minutes during exercise, and maybe even add a small beverage with some electrolytes, potassium, or even a little sodium if you seem to be sweating a lot to prevent heat related illnesses.

All of us at the AST Diabetes & Wellness Fitness Center want you to be active and safe this summer. So, go exercise, have fun, and don't forget to take breaks to hydrate. Remember to listen to your body! You can't do your best if you don't feel at your best! Also remember that children and the elderly get dehydrated much faster than normal. Be sure to check them as well. If you don't want to be in the heat, swing by the AST Fitness Center and catch a work out indoors!

FOSTER CARE



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

GOT LOVE?

FOSTER A CHILD

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

ABSENTEE SHAWNEE TRIBE CHILD WELFARE
405-878-4702 (ext. 133)

IF YOU ARE INTERESTED IN BECOMING A FOSTER PARENT, PLEASE CONTACT JULIANN WILSON ICW/CPS/FOSTER CARE AT 275-4030, EXT. 133.

Racial disproportionality is defined as the over-or under-representation of certain groups (e.g. racial/ethnic, gender, age) relative to the group's proportion in the general population. Reports conducted in 2008 showed that, compared to other groups, Native American children were:

- 3 times more likely to be referred to CPS
- 1.6 times more likely to be removed from their biological homes
- Twice as likely to remain in foster care for over two years
- Less likely to be adopted and more likely to be in guardianships
- Less likely to be reunited with their biological parents

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place "our tribal" children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).



"I don't want a family. I need one."
- Current Waiting Child

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

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET AND TURNED IN TO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!*

Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

1. Call the On-Call nurse at (405) 447-0300 option 9 for "triage".
2. Notify CHS on the next business day or within 72 hours after the ER visit. Notification does not assure authorization of payment. However if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance evidence must exist that the visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members *with* insurance, evidence must exist that a third party resource has made determination such services were "emergency care" or "urgent care" (such evidence may include payment from private insurance).
5. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*

Contract Health Services for AST members *with* Insurance

CHS for a currently enrolled AST member who resides in the defined catchment area who has insurance such as Medicare or Private Insurance:

1. Complete CHS Patient Update form and update all information every 6 months.
2. Notify CHS at least 48 hours prior to appointment date for a (COB) Coordination of Benefits to be sent to provider
3. Inform Provider/Health Facility that AST CHS is secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*

Contract Health Services for AST members *without* Insurance

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

1. You must apply for all resources available to you such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, Auto Insurance and other personal injury or liability coverage. PRC staff and/or Benefit Coordinators can assist with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. Complete CHS Patient Update form and update all information every 6 months
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills at the Little Axe Health Center or Shawnee Clinic.*



Contract Health Services is conveniently located at Shawnee Clinic-Building 16 and Little Axe Health Center



Flo Mann



Laurie Webber

**Shawnee Clinic
(405) 878-4702**

**Little Axe Health Center
(405) 447-0300**



Debi Sloat



Glendine Blanchard



Sharon Ponkilla



Darla Gatzman



Jayne Werst

SCRABBLE CLUB

Wordy people, unite! Challenge fellow wordsmiths to a lively game of Scrabble and keep your vocabulary honed.

Every 4th Tuesday of the month from 6:30pm-7:30pm

Games supplies provided

For Adults



DEL CITY LIBRARY | 4509 SE 15th | 672-1377 | WWW.METROLIBRARY.ORG

SCIENCE SUNDAYS



Join us as we build and learn about science with hands-on experiments and takeaways! Parents encouraged to participate!

January 3 - Electricity & Magnetism
February 7 - Machines
March 6 - The Sound of Science
April 3 - Air Pressure
May 1 - Bubble Science
June 5 - Fossils

July 3 - Rocketry
August 7 - Science of Magic
September 11 - Engineering
October 2 - Spooky Science
November 6 - Polymer Science
December 4 - Temperature



DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org

Children Reading to Dogs

EVERY 2nd & 4th THURSDAY 6:30PM

Join us on the 2nd and 4th Thursday of each month at 6:30PM for Children Reading to Dogs! Children will develop their reading skills and make a lifelong friend by reading to trained therapy dogs. All dogs and owners have completed therapy dog certification.



DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org



Absentee Shawnee Tribe Of Oklahoma
After School Program - Shawnee
2025 S. Gordon Cooper
Shawnee, OK 74801
P: (405) 878-0633 F: (405) 878-0156



The AST After School Program (ASP) - Shawnee has opened as of August 13, 2015. We will be accepting children who are in Kindergarten up to 12 years of age. We will be able to pick up from Shawnee or Tecumseh schools only. The cost is \$25 per child per week. This fee will be able to help with transportation costs, snacks and supplies the children may need.

We will only be open when the schools are open. At this time we will not provide services for school breaks including fall, winter, spring and summer breaks. The ASP-Shawnee will have tutors on hand to provide assistance with homework. We do have spots available; if you are interested please feel free to contact Briana Ponkilla at Briana.ponkilla@astribe.com or (405) 878-0633.



Little Axe After School Program 2015-2016

Come join us at the AST Resource Center!!!



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



Open to **All Middle School and High School Students**

Open to **Absentee Shawnee Tribal Students K-5 with a C.D.I.B.**



Everything is offered with no charge....Little Axe bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00pm.

Duration: Starts August 31st and will run through the school year. Monday-Thursday, 2:45pm-6:00pm



For more information and sign up please contact Blake Goodman at (405) 364-7569



Get the Party Started!



You can earn 10, 15, 20 percent or more in **FREE**† Mary Kay® products.

†Based on the actual sales total and the number of bookings from your event to use toward your choice of Mary Kay® products.

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*Suggested retail

Give the gift of girl time.

Pamper your friends with the feel-good fun of a Mary Kay® party.

It's all about you!

- Enjoy the personal attention.
- Receive a one-on-one consultation.
- Get skin care recommendations.



Contact me to find out more!

Delana Ayers
405-432-7405

<http://www.marykay.com/dayers4>

Party With a Cause

Host a party that benefits your favorite charity.



METROPOLITAN LIBRARY SYSTEM PRESENTS:

Family Craft Night

Get Your Craft On!

Create memories together with an evening of crafts designed for ages 5-12. All ages welcome.



Every 3rd Thursday of the month @ 6:30p

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



April 16: Rainy Day Crafts

May 21: Percussion Instruments

June 18: Summer Fun in the Car

July 16: Crafts that Blast Off

August 20: Back to School Crafts

September 17: Pirate Crafts

October 15: Spooky Crafts

November 19: Squawking Turkey Crafts

December 17: Winter Wonderland Crafts

Gov.	Governor Edwina Butler-Wolfe..... 6308
	Twyla Parker..... 6307
	Lesli Shaw..... 6269
Lt. Gov.	Lt. Governor Isaac Gibson..... 6253
	Andy Warrior..... 6309
	Mary Billy..... 6267
	Scott Miller (BIA Spec.)..... 6325
Secretary	Secretary John R. Johnson..... 6289
	Alvina Barnes..... 6275
	Jeff Gibson..... 6256
Treasurer	Treasurer Leah Bates..... 6239
	Donna Longhorn..... 6240
Rep.	Representative Ken Blanchard... 6287
	Diane Ponkilla..... 6335

RECEPTIONIST	Lea Bettelyoun..... 4030
ATTORNEY	Ray Campbell..... 6313
COURT	Kathy Brock (Court Clerk)..... 6241
	Jarrod Vasquez..... 6336
CULT. PRES. / GIFT SHOP	Receptionist..... 6243
	Leonard Longhorn..... 6310
	Carol Butler..... 6319
	Colleen Butler..... 6340
	Tracy Wind..... 6324
	(Gift Shop Manager)..... 6323
	Gift Shop..... 6245
	Gift Shop..... 6273
COMMUNITY DEVELOPMENT FINANCIAL INSTITUTION	Heather Napier..... 6264

DOMESTIC VIOLENCE/FAMILY SERVICES	Kimberly Stephens..... 6277
	Jackie Denny..... 6326
	Linda Gouge (Sexual Assault Adv.)..... 6298
	Melissa Lopez..... 6333
	DV Advocate..... 6224
	Lacey Carey..... 6315
EDUCATION	Admin Asst./Rec..... 6255
	Tresha Spoon..... 6242
ELECTION COMMISSION	Emily Longman..... 6271
ENROLLMENT	Joshua Littleaxe..... 6288
HORSE SHOE BEND	(After School Program Director)
	Edwina Butler-Wolfe..... 6308
	Stuart Rollette..... 585-1346

FINANCE	Genevieve Foster..... 6282
	Amy Hilderbrand..... 6280
	Courtney Green..... 6300
	Jenny Ware..... 6279
	Holly Davis..... 6265
	David Deer..... 6320
	Twyla Blanchard..... 6233
	Jennifer Hernandez..... 6228
	Shema Lincoln..... 6250
	Viviana Wilhelm..... 6397
	Misty Griffith..... 6290
	Glenna Jones..... 6338
	Sandra Burnett..... 6385
HUMAN RESOURCES	Cheri Hardeman..... 6252
	Elizabeth Clark..... 6296
	Rachael Lankford..... 6222
	Arlene Herrera..... 6346
	Casey Adams..... 6337
ICW	Ronelle Baker..... 6375
	Julie Wilson..... 6376
 6377

LITTLE AXE RESOURCE CENTER	Bucky Little Charley..... 585-8310
	Duke Blanchard..... 585-3669
MAINTENANCE	Cecil Walker..... 6316
	Reta Harjo..... 6249
	Stephen Fife..... 6234
	Donna Simon, Sherri Yetter, Isaac Bettelyoun, John Mann, Kevin Kaseca Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek..... 6331
MIS	Rico Coon..... 6328
	Michael Berry..... 6303
	Josh Gibson..... 6329
	Nishant Shrestha..... 6327
OEH	Ken Jones..... 8845
	Jarrod Lloyd..... 8844
	Dakota Blanchard..... 8843
	Evelyn Pabito..... 8847
	Rebecca Diven..... 8848
POLICE DEPT. 275-3200 / 275-3432
	Brad Gaylord (Chief)..... 6302
	Ric Mantooth..... 6278
	Richard Reeves..... 6266
	Jason Brinker..... 6259
	Scott Wilson..... 6232
	Steven Crisp..... 6278
	James Woolbright..... 6278
	Travis Dinwiddie..... 6278
	Joseph Abbiss..... 6278

LITTLE AXE CLINIC	Clinic - Medical..... 447-0300
	After hours..... 447-0498
	Clinic - Dental..... 307-9704
	Diabetes..... 360-0698
	Pharmacy..... 292-9530
	Resource Center..... 364-7298
	(Christy Wrens, Bester Bread, Blake Goodman)
SHAWNEE CLINIC	Shawnee Clinic..... 878-5850
	Clinic (Bldg. 17)..... 878-5859
	Pharmacy..... 1-866-742-4977
	Toll free..... 1-866-742-4977

PROCUREMENT	Asaycia Clayton..... 6291
	Sheelby Thorpe..... 6244
	Kayla Ketakea..... 6281
REALTY	Cecil Wilson..... 6246
	Lea Tsotaddle..... 6248
	(Probate)..... 6247
SOCIAL SERVICES	Annie Wilson (Director)..... 6225
TAX COMMISSION / TAG	Alicia Engler..... 6257
	Tara Battise..... 6237
	Shelby Kabalan..... 6258
TERO	Jeff Gibson..... 6284
TITLE VI	Thomasine (Doss) Owings (DIR)..... 6227
	Johmie Mae Bettelyoun..... 6272
	Donna Butler..... 6270
	Robert Schoolfield..... 6270
	Ted Watson..... 6270

OTHER EXTENSIONS	Bldg. 1 Conf. Rm..... 6294
	Bldg. 1 Break Rm..... 6305
	Gov. Bldg. 2 Conf. Rm..... 6330
	Fam. Svcs. Conf. Rm..... 6311
	Finance Conference Rm..... 6236
OTHER ENTITIES & TOLL FREE	All Nations Bank..... 273-0202
	ASEDA..... 878-6782
	Toll Free..... 1-800-256-3341
	Brendle Corner..... 447-3372
	Building Blocks..... 878-0633
	(Billie Thompson, Briana Ponkilla)
	Housing..... 273-1050
	Human Resources..... 275-1468
	Indian Child Welfare..... 878-4702
	Country Kitchen Restaurant..... 366-7220
	Media..... 598-1279
	(Sherman Tiger, Derek Hilderbrand)
	OEH/OEP..... 214-4235
	Police Dept..... 275-3200 / 275-3432
	Thunderbird Casino NRM..... 360-9270
	Shawnee Casino..... 273-2679
	Tribal Store (Little Axe)..... 364-0668

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



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

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

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RETURN SERVICE
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Volume 27 No. 51 August 2016