

The Absentee Shawnee News

December 2015 Volume 27 No. 43



"Among The Shawnee"

The Official Signing of Tobacco Compact



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Executive Committee



Edwina Butler-Wolfe

Governor



Issac 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 my Absentee Shawnee people!

It looks like the cooler fall weather has reached our area. So, now it's time to start pulling out sweaters and jackets. The warm weather seemed to linger in Shawnee and I am thankful for the change. For those of you outside of the Shawnee area I hope that you are enjoying mild weather and have begun to prepare for the upcoming cold, winter months.

The Month of November

As many of you are aware November was Native American Heritage month. November was declared Native American Indian Heritage month by former President George H.W. Bush in August of 1990 and was sponsored through the American Indian Heritage Foundation by founder, Pale Moon Rose. By nationally commemorating November as a special month for Native American's it afforded the opportunity to all Native people to share our culture and language, traditions, crafts, music, dance and special ways and the different aspects of our lives with those who are unfamiliar or unaware of the rich complexities and unique qualities of Native life.

General Council, the Constitution and Leadership

During the October General Council it was re-stated by you, my people, that we should make some changes in our finance department. I have been working diligently with the Executive Committee, Human Resources and the Attorney General on getting one particular issue resolved. The issue I refer to is the Controller. This individual was placed on 'administrative suspension' in November 2014 and continues to get paid to 'just' stay at home. I do not understand how a person who is not qualified, didn't complete requested training or education to be a Certified Public Accountant and during the course of her work allowed for multiple audit findings to occur continues to get paid for a full year. Although, I shouldn't be surprised as this appears to

be the way the Treasurer handles business transactions – passive/aggressive. I heard the concerns you expressed to the Treasurer at General Council and you are right to be concerned. Let's visit a moment on why:

1. She continues to disregard her constitutional duties as it clearly states in our Constitution in Article XIII – Duties of Officers, Section 4. The Treasurer – '...All expenditures shall be reviewed and approved or disapproved by the Executive Committee before payment...' This constitutional duty hasn't been met since she began.
2. A second violation of her constitutional duties is: '...The Treasurer shall keep and maintain an accurate account of all receipts and disbursements and shall report the accurate amounts of each account to the Executive Committee at each regular meeting.' To my awareness, she has only complied with this once since she took Office and a complete picture of our financial situation hasn't been provided.
3. Last year I voiced my concern about 'no' planning being done with programs. Instead the Executive Committee and those programs under their direct oversight were given a 3 year trend with the 'averaged' budget appropriated to us. The Treasurer and Finance sent out budgets this year on November 10 and those of you that have worked with budgets know this is a poor practice and leaves elected officials and programs little opportunity to adjust and prepare. Although this 3 year averaged budget practice is one that can be used to prepare for the budgeting process I have stated before that we need to consider additional factors into our budgets like: Inflationary factors; increased population; program growth and enhancement needs; staffing needs and cost of living allowances; special needs. There was no plan in

place again this year, or the year before, should the federal government shut down and the funding concern become a very real issue to the tribe.

4. It is still unclear whether the Finance department has established policies and procedures. The Treasurer hired her Aunt approximately 8 months ago for the expressed purpose of 'creating policies and procedures'. These policies have yet to be seen.

The Treasurer indicated during General Council that she has improved the financial processes and that she has had to train staff. I must admit I just don't see it. Nor do I see the 'Financial report to the AST people' she committed to creating and sending out.

As elected leaders we each have constitutional duties that are set and are to be used to guide us in our work for you, our people. It is my understanding that these duties are set for a purpose and the oath we each took is to be upheld. Under Article XIII, Section 1. of our Constitution my responsibilities are: 1) Call and preside over all meetings of the General Council and Executive Committee, as provided for in the Constitution; 2) Duties assigned by the Constitution – like Commander in Chief of the Police Department; 3) Such additional authorities delegated by General Council or the Executive Committee like program oversight responsibilities; 4) Responsible for executing policies established by the General Council; 5) A Semi-Annual Report is to be given to the General Council in April and October; 6) Give an oral report on all activities, meetings and conferences at the monthly Executive Committee meeting; 7) File an agenda with the Secretary; 8) Governor shall NOT vote except in the case of a tie. In each case I have been diligent about upholding both my constitutional duties and being true to my sworn oath of Office. I am here for you, my people, and am working to the best of my ability to meet my constitutional duties to do those tasks you have asked of me to complete during General Council and I do it ethically.

This is not the case of all of our elected leaders and that is why you may have seen articles in the Shawnee News Star, the Countywide News or in our last month's newsletter. When an elected leader is considered to not be upholding his or her constitutional duties and not vigilant in keeping their oath of office it is not me they are hurting. It is you, the people. If an elected leader is being held accountable by the Tribe then let me assure you there must be a good reason for it. It isn't about 'like or dislike' it goes back to constitutional duties and laws of the tribe and impact to the tribe. If we want our children to have funds for their education, our elders to have a variety of services offered to them and our tribe to be a leader among the Nation's then we need leaders and their staff to be held accountable and responsible for their actions. The job of a leader is 24/7 and to me that means being at the tribal complex and doing the business of the tribe, attending meetings and/or events as needed, dressing professionally and following through on commitments.

Meetings and Events

Since my last report in the November newsletter I have attended the following meetings and/or events:

- October 22 – Central Tribes of the Shawnee Area (CTSA) – Monthly Board Meeting
- October 23 – Halloween Carnival at the AST Police Department
- October 24 – General Council



Robert McSwain, Deputy Director Indian Health Service
Governor Butler-Wolfe
Representative Kenneth Blanchard

- October 28 – Reception for RADM Kevin Meeks, OKC Area Indian Health Service (IHS) Director and met with Robert 'Bob' McSwain, National IHS Director
- October 29 - Shawnee Health Clinic – Breast Cancer Awareness Event



Oklahoma Governor Mary Fallin
and AST Governor Edwina Butler-Wolfe

- November 2 – Tobacco Compact signing with Mary Fallin, Governor, State of

Oklahoma

- November 5-6 – Out of Office – Due to heart procedure
- November 9 – Return to Work
- November 10 – AST Thunderbird Gaming Commission Meeting
- November 11 – Education Meeting

Expressions

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

The month of December is a very special one to me and my family. It is one that is full of saving grace, love and hope. My prayer for each of you during the upcoming holiday season is that you find peace, love and joy with your families.

In Conclusion

I have 18 months left in Office and I find each day both challenging 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.

Lt. Governor's Report

(This article was put out at General Council meeting from the Lt. Governor's Office, as Lt. Governor was not present)

Welcome to everyone taking the time to attend the 76th Semi-Annual General Council. Since the last General Council, we have faced several internal issues ranging from the proper implementation of the Executive Committees' salaries to lawsuits to having our internal tribal issues publicized in the general public. From my perspective, putting our internal issues in the general public makes the tribe look very incompetent. I would like to congratulate those who went to a public newspaper because you didn't hurt one or two people; you hurt the four thousand plus members of this tribe. Now business from the outside world will not want to take a chance and work with this tribe. But actions like this have been a normal part of this administration. It appears that BFF (Building For the Future) is a false theme and which has become seek and destroy.

Many of the legal actions, investigation, and abuse of authority have come from one or two Executive Committee members with the help of the Attorney General. The cost of the Attorney General's fee continues to grow as the Governor uses them constantly for even minor things like reading letters. To me, this is a waste of the tribe's money. This is money that could go to other programs to help tribal members. With the exception of a few minor projects that began a few years ago, there has been little progress in new tribal ventures.

The Cattle Program has made it through another summer and continues to increase its head of cattle. I am providing a booklet to those who are interested with information on

the Cattle Program.

The construction of the ASTPD sub-station parking lot will resume on October 28th. The new daycare parking lot is complete, so whenever the building is completely finished, the new daycare can open. The Roads Program also assisted Cleveland County with the resurfacing of three county roads in the Little Axe area. We have partnered with Cleveland County to help maintain the county roads in this area for several years. We are working to do the same with Pottawatomie County in areas where our tribal members live.

Maintenance has continued to help tribal members with minor fixes to their homes. We hope by helping with these minor fixes we can keep tribal members from having to spend hundreds or thousands of dollars on repairs. During the summer we serviced several air conditioning units for tribal members. As fall and winter arrives, make sure to check and change your air filters in your HVAC units so they can work properly.

Thanks to the knowledge and dedication of program directors under my oversight, reports for each department will follow this report. Each program tries its best to take care of the needs of our Tribe and Tribal members.

If I have failed to mention any program or topic that you are interested in knowing more about, please come by or call the office. I will do my best to provide you with any information I can. As before, I ask that if you have questions regarding the programs under my supervision, or otherwise, feel free to contact me and I will be more than glad to try and answer your questions or point you in the right direction. We look forward to hearing from you with concerns and appreciation. My staff and I look forward to serving you to the best of our ability in the upcoming months.

I would like to thank those of you that put forth the effort to make this a successful, comfortable and informative meeting.

Respectfully, Isaac Gibson
Lieutenant Governor

Secretary's Report

All,

I just wanted to give you all an update regarding the Ramah Navajo Chapter Proposed Settlement that was mentioned at the October 24, 2015 General Council Meeting. I received some information regarding this Settlement and in conclusion, although unlikely, there remains the possibility the Settlement will be rejected, resulting in re-negotiations or litigation and further delay. Once we learn whether Judge Parker approves or rejects the Settlement at the January 26, 2016 hearing, we will know with more certainty when the tribe may expect to receive its share of the proposed Settlement Amount.

After January's hearing date, I should be able to give you more details. If you have any questions please feel free to contact my office.

Office: 405-275-4030x 6289

Email: johnraymond.johnson@astribe.com

Thank You
Secretary Johnson

Treasurer's Report

At the (10/24/2015) General Council meeting and recent EC Meeting (11/18/2015) The Tribal Treasurer Leah Bates, has stated that her office will mail out an financial report of Tribal finances to all Tribal members next week 11/23/2015.

Representative's Report

Greetings to the Tribal Membership

Recently I had the opportunity to participate in a two-day training session aimed at Strategic Planning for a group from the Tribal Government.

The group consisted of support staff and program directors of the various programs within the Tribe.

The program knowledge gained will be useful in our community analysis process to enhance our planning strategies. I thought the group performed well and should be commended for furthering their knowledge of the community planning process.

The subject matter was relevant, the presenters excellent and a good time was had by all in attendance. I'll be talking again about this subject in the future.

To contact me at the Tribal Complex, please write to Representative Ken Blanchard, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801, or by phone at 405/275-4030 ext. 6287.

Respectfully,
Ken Blanchard



L to R: Cary Waubanscum, Fox Valley Technical College Project Specialist; AST Tribal Representative Kenneth Blanchard; Lea Geurts, Fox Valley Technical College Project Specialist.

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.

Thank you...

The family of Anthony Matthews acknowledges with grateful appreciation your kind expression of sympathy. We want to Thank You from the bottom of our hearts for your prayers, visits, knowledge, patience, financial assistance, flowers, food and drinks, and last the Absentee Shawnee Tribe for the help of his funeral cost and his police escort, he loved being native.

*Thank You Again,
Kevin & Mary Matthews (Parents)
Pamela & Charles Lewis (Aunt & Uncle)*



AAA Oklahoma News Release



www.AAA.com
www.facebook.com/AAAOKlahoma
www.twitter.com/AAAOKlahoma

Chuck Mai – 405-753-8040 / 405-760-6007 – chuck.mai@aaaok.org
Cristi Goettel – 918-748-1072 / 918-845-4115 – cristi.goettel@aaaok.org

PREPARE NOW FOR WINTER DRIVING

Nov. 24, 2015 – With possible ice and snow in Oklahoma's forecast, now's the time to make sure you and your vehicle are ready for the weather. AAA estimates thousands of vehicles in the state are in need of preventive maintenance.

"During AAA's Car Care Check-ups, the most frequent problems we find are under-inflated tires, dirty oil and low fluid levels under the hood," said Chuck Mai, spokesman for AAA Oklahoma. "Taking action now can save trouble on down the road."

To help motorists get ready, get set and go during this year's winter driving season, AAA Oklahoma offers the following tips:

Get Ready: Before you drive long distances, check the weather conditions along your route. As a safety precaution, remember to bring a cellular phone and a winter driving kit that includes the following items:

- a flashlight with fresh batteries,
- a small snow shovel and brush,
- traction mats,
- an ice scraper,
- booster cables,
- a warm blanket,
- flares or triangle warning devices,
- heavy gloves,
- snacks and water,
- simple tools
- window washing solvent,
- paper towels
- and a first aid kit.

Get Set: Inspect your vehicle thoroughly before leaving your driveway. Ensure that your tires are properly inflated, fluid levels (including anti-freeze) are full, front and rear lights are operating, and belts and hoses are in good condition.

Keep in mind that one of the most common causes of cold-weather breakdowns is a weak or dead battery. Good indicators that your battery is weak and may need replacement include a starter motor that cranks the engine slowly when the ignition key is turned, or headlights that dim noticeably when the engine speed drops to an idle. If in doubt, have a qualified auto technician check it.

Go: Now that your vehicle has the green light, here are some winter driving tips to get you to your destination safely.

- When driving during slippery and icy conditions, slow down and keep a safe distance from other vehicles, minimize brake use and bear in mind that traction is greatest just before the wheels spin. Gentle pressure on the accelerator pedal when starting is the best method for retaining traction and avoiding skids.
- The most effective way to stop on ice and snow is to apply your brakes gently well in advance of the point where you intend to stop. With antilock braking systems (ABS), you may feel a pulsation in the brake pedal when coming to a stop. This means the system is operating as designed to prevent wheel lock up. Continue to apply firm pressure to the brake pedal until your vehicle comes to a complete stop.
- Keep your seatbelts fastened and make certain all passengers are securely restrained.
- When driving in falling snow or fog, lower your speed, use your low-beam headlights or fog lights and keep a safe distance from the vehicle in front of you.

AAA is North America's largest motoring, leisure travel and safety advocacy organization with nearly 56 million members. A not-for-profit, fully tax-paying auto club, AAA Oklahoma serves its 389,000 Oklahoma members with emergency roadside assistance, auto travel counseling and a wide range of personal insurance, worldwide travel and financial services at branch offices across Oklahoma and online at AAA.com.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

TRIBAL DAY OF ACTION!



ENROLLMENT EVENTS

Shawnee Clinic
Wednesday, November 4
9 a.m. - 4 p.m.

Little Axe Health Center
Thursday, November 5
9 a.m. - 4 p.m.

Learn about Medicare and explore your options!
See if you qualify for a no-cost plan on the Marketplace!

Consultations and enrollments courtesy of AST Health System Patient Benefit Advocates and OKINSUREME

For more information contact:

Connie Bottaro - Little Axe Health Center, Patient Benefit Advocate, 405.447.0300

Lela Culley - Shawnee Clinic, Patient Benefit Advocate, 405.878.5850

www.asthealth.org

Tribal Members Who Took Action During The 2015 AST Tribal Day Of Action Health Insurance Marketplace And Medicare Enrollment Event:



Portia Anderson and Tewanna Edwards learn about 2016 Health Insurance Marketplace and Medicare options from Connie Bottaro, Patient Benefit Advocate and Steve Goldman, Oklahoma State Health Insurance Marketplace Navigator during the AST Tribal Day of Action:

- Portia Anderson
- Tewanna Edwards
- Connie Bottaro, Patient Benefit Advocate
- Steve Goldman, Oklahoma State Health Insurance Marketplace Navigator



Tanya Richardson (OKINSUREME Insurance Agent) and Openia Hadjiconstantinou, AST Tribal Member



Billy Williams, AST Tribal Member and Connie Bottaro, Patient Benefit Advocate



Reign Howe, AST Tribal Member and Connie Bottaro, Patient Benefit Advocate

Election Commission

The Filing Period for Elective Office in 2016.

A tribal member may file for office, January 1 to January 10 (excluding Weekends and Holidays.) Hours to file are 8:00 a.m. to 12:00 p.m. (noon) and 1:00 p.m. to 5:00 p.m. Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2016.

EXECUTIVE COMMITTEE

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Lt. Governor	\$590.00	Two (2) Years
Treasurer	\$590.00	Two (2) Years
Representative	\$590.00	Two (2) Years

ELECTION COMMISSION

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Election Commissioner	\$215.00	Three (3) Years
Secretary	\$215.00	Three (3) Years
Commission Member #1	\$125.00	Two (2) Years

Fee amount: Basic Fee (Executive Committee \$500.00 and Election Commission \$125.00) plus cost of \$40.00 for Alcohol test, \$25.00 for Drug test and \$25.00 for Driver's License Verification (MVR.)

Tax Collections

FY-2015
YTD TAX COLLECTIONS
(thru 10/31/15)

Run Date:
11/17/15

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,309.86	\$98.49	\$32,618.91	\$119.48	\$12,469.19	\$6,240.39	\$5,322.62	\$5,825.51	\$1,059.20	\$5,255.54	\$0.00	\$0.00	\$70,319.19	2.93%
Gaming % of free cash	\$164,284.00	\$150,000.00	\$250,000.00	\$265,798.00	\$200,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$200,000.00	\$200,000.00	\$0.00	\$0.00	\$2,030,082.00	84.67%
Employee (1%)	\$41.05	\$0.00	\$11,691.21	\$0.00	\$11,597.06	\$36,303.24	\$3,817.41	\$19,742.45	\$12,900.47	\$10,019.03	\$0.00	\$0.00	\$106,111.92	4.43%
Severance (8%)	\$7,199.15	\$756.29	\$5,251.65	\$4,449.01	\$5,411.85	\$5,533.28	\$4,318.57	\$3,852.18	\$544.92	\$6,370.80	\$0.00	\$0.00	\$43,687.70	1.82%
Motor Vehicle	\$11,660.98	\$16,042.65	\$16,645.60	\$16,196.66	\$10,223.79	\$15,487.60	\$16,468.69	\$15,061.03	\$13,262.66	\$14,808.94	\$0.00	\$0.00	\$145,858.60	6.08%
Tobacco Refund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	0.00%
TOTAL TAXES	\$184,495.04	\$166,897.43	\$316,207.37	\$286,563.15	\$239,701.89	\$313,564.51	\$229,927.29	\$194,481.17	\$227,767.25	\$236,454.31	\$0.00	\$0.00	\$2,396,059.41	
Miscellaneous	\$305.00	\$125.00	\$120.00	\$182.50	\$92.50	\$145.00	\$145.00	\$250.00	\$165.00	\$65.00	\$0.00	\$0.00	\$1,595.00	0.07%
TOTAL COLLECTIONS	\$184,800.04	\$167,022.43	\$316,327.37	\$286,745.65	\$239,794.39	\$313,709.51	\$230,072.29	\$194,731.17	\$227,932.25	\$236,519.31	\$0.00	\$0.00	\$2,397,654.41	100%




TITLE VI MENU



Menu subject to change

2% milk served daily



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fish Coleslaw Hushpuppies Pie	2 Goulash Salad Bar* Cornbread	3 Grilled Chez Veggie Soup Pineapples	4 Scrambled Eggs Sausage Gravy Biscuits	5
6	7 Hamburgers Tom, Lett, Onions Fries Applesauce	8 Beef Tips & Noodles Veggies Crisp	9 Chicken Broc & Rice Casserole Tossed Salad*	10 Beans Steakfries Onions Cornbread	11 English Muffin Ham Scrambled Eggs	12
13	14 Chicken Fry Steak Mashed Pot/Gravy Veggies Apricots	15 Hot Ham n Chez Sandwich Mac Salad Chips/Mand. Oranges	16 Tamales Mexi-corn Chips n Salsa Cookie	17 Stew Chez Stick Crackers Pears	18 Cereal Toast	19
20	21 Title VI Closed Inventory & Cleaning	22 Title VI Closed Inventory & Cleaning	23 Title VI Closed Inventory & Cleaning	24 <i>Christmas Eve</i>	25 <i>Merry Christmas</i> 	26
27	28 Tuna Sandwich Lett, Tom Chips Orange	29 Wieners N Kraut Mac n Chez Green beans Prunes	30 Roast Red Pot/Carrots Bread Mixed Fruit	31 Ham Black-eyed Peas Au gratin pot. Cornbread		

NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM
BREAKFAST SERVED FRIDAYS 9AM TO 11AM

Piano & Guitar Lessons

\$10 Per Hour

Call Phil Bradley at 405-585-8801

DEL CITY LIBRARY PRESENTS
Science Sundays



Join us at **3 P.M.** on the first Sunday of each month as we make amazing scientific discoveries through unforgettable demonstrations and hands-on experiments!

Jan. 4 • Air Pressure

Feb. 1 • Catapults

Mar. 3 • Fossils

Apr. 12 • Seed Bombs

May 3 • Insect Habitats

Jun. 7 • Volcanoes & Explosions

Jul. 5 • Rocketry

Aug. 2 • Density

Sep. 13 • Kitchen Reactions

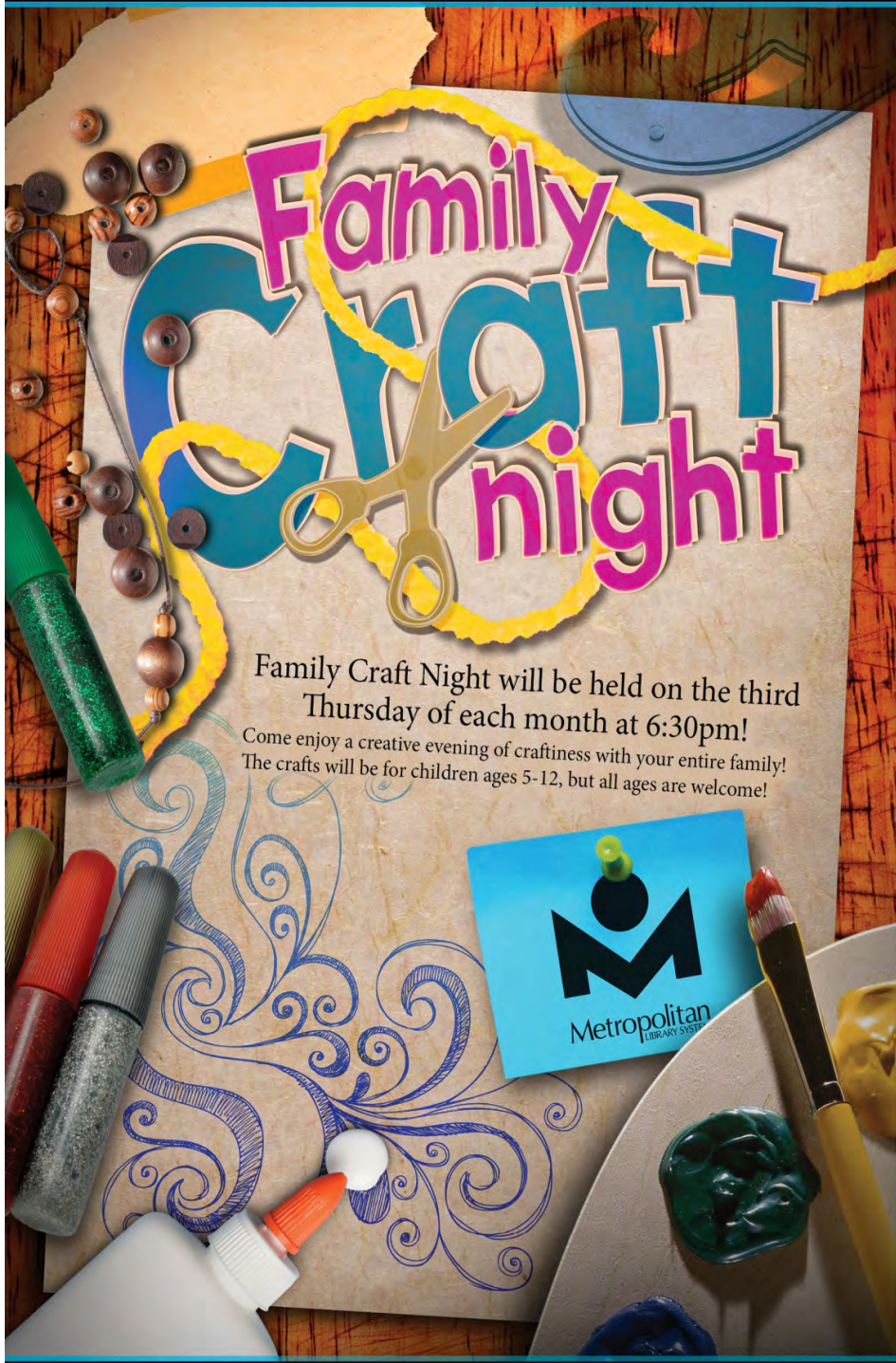
Oct. 4 • Color & Light Science

Nov. 1 • Electricity & Magnetism

Dec. 6 • Gingerneering



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



Family Craft Night will be held on the third Thursday of each month at 6:30pm!
Come enjoy a creative evening of craftiness with your entire family!
The crafts will be for children ages 5-12, but all ages are welcome!

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

January 15: Snow Globes

February 19: Sunshine/Science Crafts

March 19: Dr. Seuss Crafts

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

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.



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SafeTALK!



Learn to apply the TALK (Talk, Ask, Listen, Keep safe), to connect a person with suicide thoughts to suicide first aid intervention caregivers.

Wednesday, December 9, 2015

10:00am - 2:00pm

(lunch included)

Little Axe Health Center's

Main Training Room

(Entrance through Main doors)

Refreshments!

Door Prizes!

Presented by AST BH/MSPI (Meth Suicide Prevention Initiative) Grant.

For registration and information please contact: Jenifer Sloan
@ (405)701-7988

DISABILITY BENEFITS FOR WOUNDED WARRIORS

Military service members can get their disability claims processed quickly by Social Security.

Benefits available through **Social Security** are different than those from the **Department of Veterans Affairs** and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after **October 1, 2001**, regardless of where the disability occurs.



www.socialsecurity.gov

or call toll-free, **1-800-772-1213**

(for the deaf or hard of hearing, call our TTY
number, **1-800-325-0778**)

ELDERS COUNCIL

If you have a family member that is 55 or older and resides in a nursing home, assisted living or is homebound contact Meredith Wahpekeche at (405) 760-2601 or Betty Watson at (405) 637-5806

The Elders Council has a limited number of Christmas Baskets that will be distributed. They will need your name, address and phone number for delivery.

ATTENTION 55 YEARS OR OLDER

YOU ARE INVITED TO JOIN ABSENTEE SHAWNEE ELDERS' COUNCIL

If you are 55 years and older, we invite you to come and join us. We would like you, AST elders who have recently or who will be turning 55 years, to come check us out at either the AST Resource Center in Little Axe or the Title VI Building in Shawnee. We love to visit, eat and fellowship with each other so we invite you to come.

The AST Elders Council meet the third Saturday of each month, 10 AM to Noon with a potluck lunch. The meeting sites alternate each month between the Resource Center in Little Axe and the Title VI Building in Shawnee. PLEASE CALL FOR MORE INFO:

Mary Birdtail: 476-5603, Wynona Coon: 481-3506, or Kathy Deere: 816-7874.

Below is our Purpose Guideline:

PURPOSE: It shall be the responsibility of the Elders Council to define and make known to the Executive Committee, any economic and social needs of the Elders, to promote the delivery of supportive services, including health, nutritional services, personal care, chore services, and transportation. To provide guidance for the membership, Absentee Shawnee Tribe government on matters of history, tradition, and culture. We encourage elder participation and endeavor to strengthen connections among the tribal community nationwide. To promote and provide cultural enrichment programs to children and youth. To generate unity among tribal members and to support other programs that benefit the Absentee Shawnee Tribe (amended 03-12-2011).

We have a general fund budget that is allocated to the Elders Council for monthly expenses and we do monthly fund raising activities to sponsor activities that the Elders participate in throughout the year. We have sponsored and participated in these activities throughout the years:

- | | |
|--|------------------------------|
| Veterans' November Pow Wow | Tecumseh Frontier Days |
| Thanksgiving and Christmas dinners | Shawnee Christmas Parade |
| Indian Child Welfare Christmas Gifts | OKC Red Earth Parade |
| First Inaugural Ball for Newly Elected Officials | Thunderbird July 4th Pow Wow |
| 6 Nations of Canada, "Tecumseh" play | Crow Fair Pow Wow |

We recently sent a support letter for the Tribal Incentive grant and we are in the process of an ANA grant for the Shawnee language. These are just a few of the activities, the list is long and diverse.

NI YAWA
Absentee Shawnee Elders' Council

2016 AST Elders' Council Meeting Dates and Places

SATURDAY, JANUARY 16, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, FEBRUARY 20, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, MARCH 19, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, APRIL 16, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, MAY 21, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, JUNE 18, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, JULY 16, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, AUGUST 20, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, SEPTEMBER 17, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, OCTOBER 15, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, NOVEMBER 19, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, DECEMBER 17, 2016	AST RESOURCE CENTER, LITTLE AXE
NOTE: THESE DATES & PLACES ARE SUBJECT TO CHANGE	



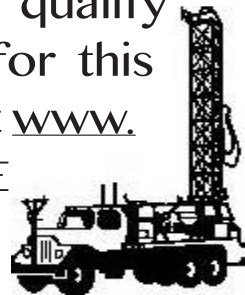
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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 Realty 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.astrobe.com and at the OEH&E building.



Office of Environmental Health & Engineering

•Tribal Housing Improvements Application

The Tribal Housing Improvement Program's goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most "in need" tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

- a. Handicapped/Disabled and Elderly
- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. Condition of Home

Other Programs available:

•Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents attached before the application will be processed.

Applications are available online on the website: www.astrobe.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

Absentee Shawnee Housing Authority



Programs Available

- Low Rent Housing
- Lease to Own Housing
- Down Payment & Closing Assistance
- Storm Shelter Assistance
- College Housing Assistance
- Emergency Home Repair
- Over Income AST Member Down Payment Assistance

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE,OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

December 2015 Birthdays

Adams, Alexis Pearl
 Adams, Misty Dawn
 Aguirre, Carlos Eriberto
 Alae, Beverly Jo
 Alford, Blake Tyler
 Allen, Annabelle Marie
 Anderson Reading, Alecia Dawn
 Armstrong, Hobart
 Ash, Roger Wayne
 Atabaigi, Roberta Lynn
 Atwood, Crystal Dawn
 Ayers, Delana Sue
 Ballard, Debra Ann
 Ballard, Donald Gene
 Barnett, Laketa Kaye
 Bates, Aria Belyn
 Bates, Howard Eugene
 Bender, Maecie Raelene
 Berry, Dakota Trah
 Bierd, Jamie Chereese
 Bigpond, Bobby Gene
 Blackburn, Leland Paul Neasbitt
 Blanchard, Ashley Gabrielle
 Blanchard, Camenah Joe
 Blanchard, Crystal Raylene
 Blanchard, Erika MaCale
 Blanchard, Johnathan Cole
 Blanchard, Mya Aileen
 Blanchard, Sustina Marie
 Bond, Delsin Wyatt
 Bradley, Micah Joel
 Bradley, Phillip Monroe
 Bradshaw, Mitchell Bryan
 Breeding, Matthew Thad
 Brokeshoulder, Elk Eli
 Brokeshoulder, Glenda Mae
 Brokeshoulder, Katrina Sue
 Brokeshoulder, Vickie Robin
 Brophy, Callie-Kaye Ellice
 Brown, Braxton Gilbert
 Brown, Charlotte Elaine
 Brown, Cochanna Christine
 Bryant Jr., Robert Wesley
 Bui, Noreen Fay
 Bui, Wiley The
 Bullen, Shelly Lisa
 Bump, Tonya Lynn
 Butler, Wosey Jane
 Byers, Sherry Levon
 Byington, David Adam
 Carpenter, Whitney Rochelle
 Chafin, Sierra Nicole
 Charley Whatley, Marrissa Ashley
 Chisholm, Keegan Conner
 Coddington, Emily Elizabeth
 Coddington, Krystal Renee
 Cody, Dakota Hunter
 Coffee, Larry Ben
 Colbert, Braylon Dean
 Colungo, Wilma Wildena
 Conner, Robert Neal
 Coon, Vanessa Rae
 Cooper, Beverly Rose
 Cortez, La Donna Marie
 Cravens, Christopher Dale
 Creek, Christopher Samuel
 Creek, Jaxon Lee
 Creeping Bear, Bobby
 Crosswhite, Donna Elaine
 Crow, Kimberly Kay
 Csoma, Amber Blanchard
 Cuellar Jr., Clifford Eugene
 Darrington, Taliyah De' Vine

Daugherty, Samuel Edwin
 Davis, Holly Ann
 Davis, Julius Alexander
 Davis, Rex Keith
 Davis, Serenity Jean
 Day, Anthony Lee
 Day, George Michael
 Deer, Alena Rose
 Deere, Alyssia Lynn
 Deere, Gabriel Xavier
 Deere, Kathleen Ann
 DeLodge, Genesis Octavia
 Delodge, Wayne Lee
 Douglass, Christian Jayce
 Downs, Che` Kyle
 Duran, Anthony George
 Ellis Jr., Michael Frank
 Ellis, Ciara Renee
 Ellis, Jessica Marie
 Ellis, Justin Lee
 Ellis, Matthew Drew
 Elsloo, Lyla Lee
 Engledowl, Alexia Michelle
 Engler, Alicia Diane
 Evans, James Steven
 Evans, Steven E
 Farris, Stacey Lynn
 Feltou, Aidan Michael
 Florick, Krista Leann
 Foreman, Carole Jean
 Foreman, Elysabeth Lesleigh
 Foreman, Zelda Mae
 Fowler, Joanna Marie
 Frye, Zoe Ann
 Galloway, Daisy Jade
 Galloway, Kory Damien
 Galloway, Skylar Matthew
 Garretson, Christopher Ronald
 Garretson, Janis Marie
 Gibson, Davanee Mina Paralee
 Gibson, Garret Henry
 Gibson, Lita Danielle
 Gibson, Lousetta B.
 Gibson, Willie Ray
 Goodwin, Alissa Mae
 Graham, Jordan Michael
 Grant, Jayden Dewayne
 Grass, Billie Jean
 Grass, Gage Owen
 Griego, Aiyanna Che'la
 Gurrola, Arturo Jr
 Guzman, Ginger Gaile
 Hackbarth, Riley Rain
 Hadjiconstantinou, Ty Lucas
 Hall, Sarah Jean
 Harrison, Andrea Layne (Ellis)
 Hartley, Carolyn Curtis
 Harvey, Lisa Michelle
 Harvey, Nevaeh Nicole
 Hatcher, Wade Jeffrey
 Haumpy Sr., William Allen
 Hawk, Jordyn Marie
 Hayes, Jackson Elias
 Haymond, J- Lynn Lanea
 Hernandez, Landon Jayse
 Herrera, Precious Lara
 Hill, Dominick Allen
 Hill, Keevan Jones
 Holt-Belvin, Brittani Maelynne
 Hood, John Michael
 Huckaby, Mary Louise Tyner
 Innis, Quanah Guy
 Isaac, Frances Jane

Jackson, Cheyenne Marie
 James, Constance Logan
 James, Gregory Dale
 Jantz, Evan Blake
 Jimerson, Magan Christina
 Johnson Jr., Anthony David
 Johnson, Brodie Wade
 Johnson, Byron Mack
 Johnson, Camille Marie
 Johnson, Fawntayne Catara
 Johnson, George Benjamin
 Johnson, Guenevere Tess
 Johnson, James Christopher
 Johnson, Kayla Ryan
 Johnson, Marlene Jane
 Johnson, Steve Allen
 Kaniatobe, Guy Willis
 Kastl, Scott Christopher
 Keith, Blake Garrett
 Kennedy, Deborah Leigh
 Kent-Larney, Flora Jean
 Kilmer, Sandra Lynn
 Kishketon, Malaki Allen
 Kisor II, Jesse Devon
 Kringlen, Faibian Eugene
 Lamb, Caden James Charley
 Landrum, Rachel Erin
 Larney, Darnell Maxine
 Lemke-Rochon, Andrea Kay
 Lester, Mackenzie Danielle
 Limon, Jennifer Nell
 Little Axe Sr., Ricky Lee
 Little Axe, Jaydell Chance
 Little Axe, Kamyrah Lemarea Illiana
 Little Axe, Maxine
 Little Axe, Slayer Dane
 Little Axe, William Dennis
 Little Charley, Newman
 Little, Richard Wayne
 Littlebear, Calvin
 Littlebear, Jonathon
 Littlebear, Patrick
 Littlebear, Paul Jaccob
 Littlebear, Susan Gail
 Littlebear, Waleen Tenae
 Littlecreek, Ronnie Joe
 Littlecreek, Sarah Denae
 Locke, Tristan Daniel
 Logan, Glenda Sue
 Longhorn Jr., Keith Warren
 Longhorn, Kaselyn Diane
 Longhorn, Stuart Kyle
 Longman Sr., Clyde Bennie
 Longman, Collin Jay
 Longman, John Wayne
 Lopez, Ruby Ann
 Lowe, Preston Gavin
 Mack, Makenna Dawn
 Mammen, Deann Marie
 Martinez Jr., Timothy Andrew
 Martinez, Efen Adam-Dean
 Martinez, Shawnee H.
 Martinez, Tewa Marie
 Masquat, Dana Lanelle
 Maxfield, Joseph Thad
 McBride, Anthony Daniel
 McBride, Damien Nicholas
 McBroom, Garrett Allen Trece
 McCoy, Ramona Cadue (Sloat)
 McCulloch III, Grant Howard
 McGuffin, Vickie Ann
 McGuire, Mary Ann Masquat
 Megehee, Dakota Micheal

Merrell, Cass Adam
 Merrell, Cruz David
 Miller, Alicia Le Waine Edwards
 Miller, Madilyn Neveah
 Mills, Hanna Frances
 Mitchell, Qiana Skye
 Mizell, Janice Maria
 Molina, Deanne Jo
 Mooneyham, Andrea Gail
 Moore, Alexander Lee
 Morgan, John David
 Morlan, Debra Jean
 Morris III, John Gilbert
 Morris, Cecilia Renee
 Murdock, Brian Lee
 Neash, Alecia Lucinda
 Neash, Bobby Joe
 Neash, Nekkia Christine
 Nelson, Debra Ann
 Neske, Kyle Logan
 New Moon, Melissa Elaine
 Nicholson, Lee Anna
 Odell, Travis Dewayne
 Oles, Robin Jewel
 Olsen, Tonya Lynn
 Ontiveros-Adame, Tina Marie
 Onzahwah, Brian Neil
 Parker, Hunter Caleb Chase
 Parker, Teresa Erin
 Patton, Erionna Marie
 Pawpa, Jacey Tatum
 Perry, Savannah Jade
 Pewenofkit, Jay Patrick
 Pickens, Irma Juanita
 Pine, Jacob Lawrence
 Pitchford, Chayton Baeze
 Pitner, Shane Thomas
 Ponkilla, Orrin Heath
 Price, Ciara Davon Delodge
 Price, Ethan Daniel
 Puckitt, Cody Michael
 Purcell, Desmond Lee
 Ramirez, Alejandro Andres
 Ramirez, Ailye Tatum
 Reid, Parker Gabriel
 Robertson, Drew Hayden
 Robertson, Kyle Scott
 Robinson, Star Dionna
 Rodas, Klay Arnoldo
 Rolette Sr., Larry James
 Rolette, Lawrence R.
 Rolette, Ryan Adam
 Rolette, Tiffany Renee
 Rutledge, James Aiyden
 Ryan, Crystal Gay
 Sanchez, Sofia Magdalena
 Sanchez, Tommy Shawnego
 Schmidt, Sammie Anne
 Self, Katelyn Lynel
 Shawnee, Aria Nicole
 Shawnee, Carrah Dawnell
 Shawnee, Corey Wayne
 Shelton, Jonell Lynne
 Sherrill, Cody Michael
 Shields, Ty Xavier
 Simpson, Caden Marshall
 Simpson, Thurman Ray
 Sinks, Tammy Relin
 Sloat, Arthur Wayne
 Sloat, Jennifer Lauren
 Smith, Cheryl Renee
 Smith, Kyle Lee
 Snow, Brianna Margaret-Faye

Solis, Adrianna Clavel
 Solis, Jose Maria
 Spears, Catherine Renae
 Spoon Jr, Carl David
 Spoon, Desirae Roxanne
 Spoon, Jilijan Jade
 Spoon, Michael Brody
 Spybuck, Barbara Ann
 Spybuck, Deborah Ann
 Spybuck, Nicholas Lawrence
 Squire, Christopher Lane
 Squire, Johnnie Larue
 Squire, Marvin Lee
 Stanley, Denelle Mae
 Starr, Jack Eugene
 Stevens Jr., Houston
 Stinger Jr., Jack Theophilus
 Stone, Sherry Darlene
 Sultuska Jr., Jerome Ray
 Switch, Ezequiel
 Switch, Herbert Clifford
 Teehee, Penny Lynn
 Tello-Faz, Jennie Rebecca
 Tenner, Kirsten Elizabeth
 Thompson Jr., John Michael
 Thorpe, Dara Beth
 Thorpe, Jamie Lee
 Thorpe, Matilda C. Masquat
 Thorpe, Preston Barrett
 Tiger, Ashlee Jean
 Tiger, Joseph Aaron
 Tiger, Kane Matthew
 Tiger, Lyric Danyl
 Tolbert, Justin Wade
 Torres-Salazar, Mary Ellen
 Valdivia, Shirley Ann
 Villalobos, Constantina H.
 Wabaunasee, Mary Ellen
 Walley, Dallas Jeffery
 Warrior, Whitney Michelle
 Warrior-Benson, Josiah Clark
 Watson, Zachary Miles
 Webb, Charles Kenneth
 Webster, Ryan Bennett
 Whims, Lawanna Jo
 White Sr., Robert
 White, Beckie Lynette
 White, Edward Leon
 Whittaker, Dominique Marie
 Wiles, Mitzie Arlene Little Creek
 Williams Jr., Joseph Edward
 Williams, Adrian Thomas
 Williams, Benjamin Michael
 Williams, Billy John
 Williams, Chance Michael
 Williams, Daniell Anissa
 Williams, Michelle Lee
 Williams, Okah Melina
 Wilson, Alvin Blaine
 Wilson, Dwayne Alan
 Wilson, Jessie Lee
 Wilson, Kaitlyn Nicole
 Wilson, Kamren Patrick
 Wilson, Raylin Amelia
 Wilson, Retha Ann
 Winrow, Ashley Dionne
 Wolf Jr, Eric Wayne
 Womack, Cody Lee
 Wyatt, Vance Allen
 Yeahpau, Trevian Alexander
 Youngbear, Curtis Joshua

**JILI LADE,
HAPPY 11TH
BIRTHDAY
TO MY LITTLE BEASTIE!!**



**YOU'RE GROWING UP
INTO A BEAUTIFUL
YOUNG LADY. I'M SO
VERY PROUD TO CALL
YOU MY DAUGHTER
AND MY BEST
FRIEND!!
I LOVE YOU,
Mom**

**Happy 11th Birthday
to my precious Granddaughter!!
Jiliyan Jade Spoon
I Love you to Mars and back again!!
Hugs and Kisses Princess!!
Lots of Love, Granny Low**

Happy Birthday to our Beautiful Sister!!
Hope your day is everything you want!!
Love, Big brother Justin & little brother Joplin

To my sweet niece Jiliyan
Your a very kind, loving, beautiful, awesomely
talented young lady.
Happy 11th Birthday!!
Love Always,
Aunt BJ & Cousin Chloe



**HAPPY 25TH
BIRTHDAY
"MOEMOE"
WE LOVE YOU!!!**

- GRANDPA, GRANDMA, MOM, MACK, BRYSON,
WILLON, SIS, TOM, SHELDON, SHELBY, SHELSEIE,
"DAEDAE", BUB, AND LEADRA

**Happy
11th
Reagan Elizabeth
Birthday!**




Alford

*Happy Belated
Birthday
to you on
your 11th
birthday.*

*Have fun
and stay
sweet like
sugar.*

**Hugs and kisses to you.
I Love You Bunches,
G-Low**

**HAPPY BIRTHDAY
TO MY HANDSOME GREAT-GRANDSON
BLAKE TYLER ALFORD**



I LOVE YOU BUNCHES G-LOW



**Happy Birthday
Son**

**Love
Mom and Uncle**

**HAPPY BIRTHDAY ALYSSIA!!
YOUR, FAMILY**

**Happy Birthday Melissa!!
Your, Family**

**HAPPY BIRTHDAY MAXINE!!
YOUR, FAMILY**

**Happy Birthday Delana!!
Your, Family**

**Happy Birthday Kathy!!
Your, Family**

Happy Birthday!!



AST HEALTH SYSTEM - DECEMBER 2015

November was another busy month for the health system. The Zombie 5K Run was a huge success, and fun was had by all who braved the rain and wind to attend this annual event. Our numbers of patient encounters continue to grow! In 2013-2014, we had approximately 25,000 patient encounters and in 2014-2015, we had approximately 128,000 patient encounters! Great going team health, we appreciate all of our outstanding providers and support staff for doing a tremendous job re-starting our health system! Training with FEMA's Crisis Response Team with Behavioral Health and the Oklahoma State Department of Health (OSDH) from Cleveland and McClain Counties on resource prioritization in servicing the community's needs for the Mental Health Workgroup also met at Little Axe Clinic. The clinic's Day of

Action for the Affordable Care Act (ACA) went extremely well in November, and the CMS Representative for the State of Oklahoma recognized the tribal health system for its community outreach efforts on their monthly White House phone call with President Obama! The Executive Director attended the annual Veterans Administration (VA) Honor Dance, which was another great opportunity for members and veterans of all tribes to come together and meet and share fellowship amongst warriors of several great nations and to learn more about the VA and each other. The Health System has received its final approval with AAAHC to move into the final phase of accreditation. An on-site survey will be completed soon to ensure all policies and procedures are being complied with as well as industry standards of practice

for our health system. Once the pending survey has been completed, the health system will final achieve this coveted accreditation! Great job to all of the AST Health Team, specifically our Patient Benefit Advisors (PBAs) and other volunteers who made this a great success! The flu season is here! It is imperative you get your flu shot. The Specialty Care Clinic continues to add providers, and the latest is Dr. Asim Chohan, Cardiologist, to our staff of providers. Dr. Chohan is a prominent leader in his field and will be seeing patients on staff during his scheduled dates beginning in December. Please join me in welcoming him to our health system! We will be providing the flu shot at both of our clinics with nurse visits, so call and schedule your shot today! Tests for the flu are indicating it has arrived already so please

ensure you and your family is protected. The health system encourages everyone in the community to stay healthy this year by utilizing good personal hygiene, especially with hand sanitation procedures. We are thankful and very proud of our outstanding star performers this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month for health was Dr. Marty Lofgren, Medical Director; the team of the month was the Mrs. Kasey Dean and Mrs. Aly Miller along with the Zombie 5K Team. The special leadership recognition award was presented to Physical Therapy (both campuses). Great going team health, you all make a difference for our health system and the health and wellness of all of our patients!

From the Doctor's Notebook

We come to the last in a series of articles about obesity by putting some things together into a plan that you can use. First we must revisit some basics.

First of all remember the number 3500 (give or take 100). Generally speaking 3500 calories are needed to build 1 pound of fat. If you consume 3500 Calories on average in excess of what you need to function day to day you will, essentially build 1 pound of fat. Why is this so? Quite simply the human body is a very efficient biological machine. It does not like to throw away energy. Fat is essentially stored energy. In the past hunter gathers did not have the luxury of driving down to McDonald's for a hamburger when they got hungry. There were times when food was scarce and a mechanism for storing energy evolved over

time. Some of us just have a little too much stored! Let's see how this works. Say you are an employee at Tinker and you sit at a desk most of the day.

Using a ballpark calculation, a female, 5'9" tall and weighing 175 pounds would need approximately 2489 calories in basic metabolic Calorie requirements per day (using the Harris-Benedict Equation if you're interested). Obviously there are variable. Like the state of one's thyroid function and use of insulin that can change this on a day to day basis. There are other calculators that will yield some slightly different numbers. Let us say then that on average you consume around 2600 Calories per day (this is not that hard to do). That is around 115 or so Calories in excess of your BME (basic

metabolic expenditure) per day. Dividing 115 into 3500 gives us 30. Thirty then is the number of days you needs to gain one pound by continuing at that rate of Calorie consumption. That equates to 12 pounds a year or 120 pounds in 10 years. Of course no one eats exactly the same number of Calories per day nor do they gain or lose exactly 1 pound a month. What I'm driving at is that weight gain occurs as a slow process over time, and it occurs as a result of too many Calories being consumed day to day over and above one's requirements. The problem is that with time comes age and as we age we need fewer Calories to maintain a basal metabolism. The other thing that comes with age is joint pain and similar maladies that make us less likely to get up and move like we did as children. If I haven't already

said so I should have, and that is that weight loss, like weight gain must be a slow, steady process that takes place over time. That time span can easily span several years, depending on the amount of weight to be lost. Only by losing weight slowly and steadily will that loss be sustainable because that slow weight loss comes only with change in lifestyle; day to day Calorie reduction, exercise, etc. You have probably seen "The Learning Channel" which had a program titled "The half ton man." Now that was impressive! You may have wondered how people can get to weigh up to half a ton.

When you see that you may also wonder - "Why can't they just cut all that fat off?" To put it bluntly - it would kill the patient. That is very poor form in my business. Physicians would

much rather get patients early who are trending toward being overweight and intervene with lifestyle measures (and occasionally medications) to meet the problem head on before it gets out of hand. My whole thrust is that Calorie reduction, and/or increased Calorie expenditure (or both) will result in weight loss. I just has too. Even modest losses of a pound or two a week can yield tremendous gains over time. Any good investment advisor will tell you that it is the small investment done consistently over time that yields the best returns.

Artificial appetite suppressants are not the answer. In recent years the FDA has allowed pseudoephedrine back on the shelves. Ephedra is a drug which is known to decrease appetite and has been popular with the literally hundred of weight loss products bought over the counter in the past. While this is supposedly not allowed any longer there are herbal stimulants that purport to bring about weight loss. They do this by sometimes unknown or little understood mechanisms. This alone should steer one away from this approach. There is no denying that anything that decreases appetite will have a positive bearing on weight loss. I do not recommend medications as the intervention.

Let's do some math now. It is time to turn the readers of this article into Calorie counting fanatics. You can count carbs, points, etc., etc., but if you just count calories you get down to the basics. It is the basics which are easier to get a handle on. Carbohydrates are just long chains of sugars. Besides, there is a problem with counting carbs (carbohydrates). Have you ever wondered about Celery? Celery is very high in carbohydrates but it is

virtually non-digestible by humans because we lack an enzyme which by the way cows do have (I've never seen a cow count carbs either so why should we start?). I want you to think about every Calorie you put into your mouth from now on. Here is a rule that you can remember because food processors do not always report nutrition in a consistent manner.

1 gram of Fat equals 9 calories

1 gram of Protein equals 4 calories

1 gram of Carbohydrates equals 4 calories
1 gram of Alcohol equals 7 calories

I also ask you to become very familiar with the Nutrition Facts that are found on food products. Get hold of a Slimfast bar and note that (if you look at the same one I'm looking at) it will be a 210 Calorie self contained meal. I heartily approve of Slimfast type products as long as they are not followed by a 400 Calorie dessert. In fact, a Slimfast bar and an apple (about 90 Calories) make a great breakfast for on-the-go folks like me.

Along with sensible eating I do recommend a good multi vitamin a day. Anyway, look at the "Nutrition Facts". This should be found on every processed food product packaged for individual sale. There are 5 grams of fat, 34 grams of carbs and 9 grams of protein.

From our table above we see that each fat gram is 9 Calories (Big C Calories is actually little c calories x 1000; a Calorie is actually 1 kilo calorie but we say Calories to make things less complicated). You can use roughly 4 Calories per gram for carbs and protein. Doing the math gives you $5 \times 9 + 34 \times 4 + 9 \times 4 = 217$ which is pretty close to the 210 Calorie nutrition disclosure for a Slimfast bar.

Try this with a Hershey

bar. Now it doesn't take a genius to understand that there are more Calories in fat than in sugars (kinda reminds me of the old joke about "What has more weight, a pound of lead or a pound of feathers"). This doesn't mean at all that gorging on sugar all day long is going to be healthier than eating food cooked in lard. It simply means that pound for pound fat will put weight on faster than carbs or protein. Ideally one would consume only the basic metabolic expenditure of Calories per day in a balanced protein, carbs, and fat ratio. Unless you are a movie star and can afford a dietitian to cook your meals every day that just ain't going to happen. What should happen is that I have raised your awareness of what it takes to lose weight successfully and safely. With that awareness in place you are now equipped to approach dieting in a sensible and safe manner.

Let's put somethings together into a practical plan. Here's an example -

I am a man who is 68 years old, I am 69" tall. I can use the Harris-Benedict equation, or an online calculator to find that I need on average about 1800 Calories per day for my basic metabolic expenditure for a weight of 155 lbs, my target weight. If we add an additional 200 calories to make a reasonable fudge factor things are much easier to deal with. Now, let's say I have gained weight and now weigh 200 lbs. (not really but let's just use this as an example). That is a weight of 45 lbs over my target of 155. I know that 3500 Calories equals 1 lb. Somewhere there is a mismatch between the calories I need and what I am consuming. That is a given. Let's also say that my target to lose that 45 lbs is 24 months, give or take. That equates to about 24 pounds per year or just 2 lbs. per

month. That is reasonable and doable. I can reasonably figure that I must initiate a calorie deficit of 7000 calories (3500 calories per pound) per month to lose that weight.

Now, 7000 calories over 30 days is roughly 240 calories per day. That's not much more than a Hershey bar a day. For those who like the meticulous approach to weight loss, the above example will allow them to spend delightful hours balancing figures and messing with spread sheets. Personally, I don't want to do that. I have better things to do and likely so do you. Calorie deficit planning is just one way to put in motion a viable, slow, sustainable weight loss program. The biggest factor in weight loss planning then is Calorie awareness and this is where I want to take your thought process. Do not discount the amount of weight you can lose just by cutting out all of your 7-up, Dr. Pepper, or Pepsi drinks each day.

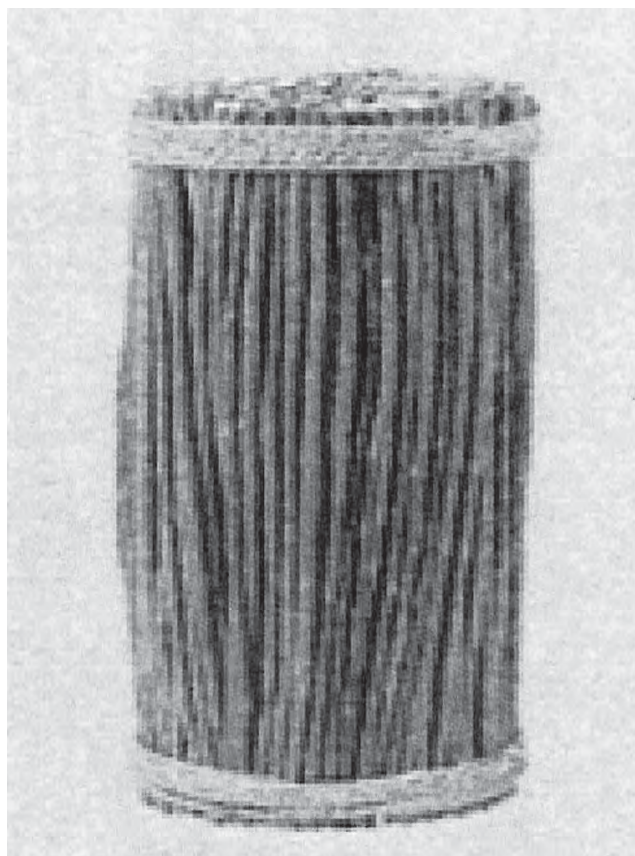
My discussion about weight loss is predicated upon having no serious medical problems that would make this an exercise in futility. The bottom line is this - In all things you do, do in moderation. Eat to live, don't live to eat. And remember that as you get older it takes less basal Calories to preserve metabolic function day to day. Please consult with your physician before starting any diet or weight loss program. With that now said I will sit back and relax with my cup of hot tea with cream and sugar and think about what we will talk about next time. You know, you can always write the AST News and let me know what subject you might be interested in for future articles.

NeYiWa

I am Bruce Stafford, Diplomate ABFM and I am proud to be LiSiWiNwi.

Mission Statement

To promote the wellbeing of the “whole person” within the context of their culture.



**A Single twig breaks but a
Bundle of twigs is strong**

Services

Supporting changes in the journey of life's transitions. The following services are offered:

- Resource/referral information
- Crisis intervention
- Child, adult, family and couple/marital counseling
- Therapy and Support groups (TBA)
- Drug and alcohol assessments
- Anger management
- Depression screenings
- Sweatlodge

HEALTH AUTHORITY, INC. / LI-SI-WI-NWI HEALTH INC.

Tribal Members please submit your resume and a letter of interest to be considered being placed on Health Board.

QUALIFICATIONS FOR HEALTH BOARD MEMBERS:

- There must be 2 tribal members with health care experience.
- All other directors must have sufficient professional experience in various fields (business, accounting, public service, law administration to contribute productively to the Board.
- Appointees shall have a background check and may not be a staff member or employee of the health care system.

THUNDERBIRD ENTERTAINMENT CENTER, INC. (TEC BOARD)

Interested Tribal Members to be consider for board position. Please send letter of interest and a resume.

QUALIFICATIONS:

- Must be eligible to obtain a gaming license from the Absentee Shawnee Tribe Gaming Commission and possess experience in gaming operations, business, finance, or law and of the following:
 - ☒ Degree in Business Administration, Accounting, Marketing, Law or an equivalent field (Bachelor's degree or higher);
 - ☒ Minimum three (3) years' experience in business management;
 - ☒ Minimum two (2) years' experience in casino operations; or
 - ☒ Knowledge of federal Indian law, the Indian Gaming Regulatory Act, and related statutes and regulations

Please send letters and resume to Secretary John Johnson Office:

2025 South Gordon Cooper Drive

Shawnee, Oklahoma 74801

Email: johnraymond.johnson@astribe.com

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/HealthFacility 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.*

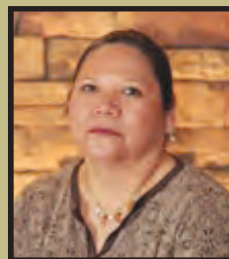
Contract Health Services for AST members *without* Insurance

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



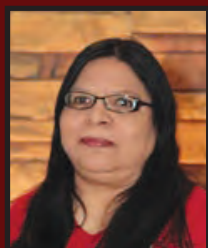
Laurie Webber

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

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



Debi Sloat



Glendine Blanchard



Sharon Ponkilla

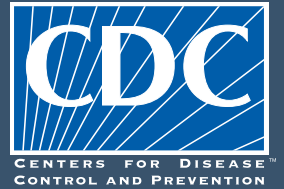


Darla Gatzman



Jayne Werst

DIABETES IN THE UNITED STATES



DIABETES

29.1
MILLION

29.1 million people have diabetes



That's about 1 out of every 11 people

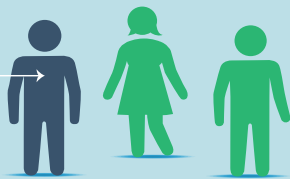


1 OUT OF **4**

do not know they have diabetes

PREDIABETES

86
MILLION



86 million people — more than 1 out of 3 adults — have prediabetes



9 OUT OF **10** do not know they have prediabetes



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years

5
YEARS

COST



\$245
BILLION

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of death for adults with diabetes is



50%
HIGHER



than for adults without diabetes

Medical costs for people with diabetes are **twice as high**

\$\$



\$

as for people without diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS



Register Now!!!
www.asthealth.org/patient-portal

New Patient Portal

Absentee Shawnee Tribal Health System

Little Axe Health Center
 Shawnee Clinic

FollowMyHealth™
 Universal Health Record

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

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

DID YOU KNOW??



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM

Prevention. Progress. Pride.

The Absentee Shawnee Diabetes and Wellness Department would like to share the new statistics on diabetes from the CDC. If you think you may have diabetes or may be at risk for diabetes, please contact us at 405-701-7977.



“Over 57% Pott. Co. residents reported not storing their Meds in a locked, secure cabinet or box”

Do's and Don'ts of safe storage and disposal

DO Properly discard medications that are no longer Needed or that have expired.

DO Keep track of how many pills you have during the course of treatment.

DO Lock up medications that are at risk for being abused- ask your pharmacist or other healthcare professional if the prescription medication prescribed to you or a Household member has abuse potential.

DON'T Throw medication in the trash or flush down toilet.

DON'T Leave medications that are at risk for being abused in plain sight or in places that aren't secure.

DON'T Repackage medication in unmarked containers.

Oklahoma SPF-TIG Project is funded by SAMHSA
 (Substance Abuse and Mental Health Services Administration)

Need a place to dispose your unwanted/unused medications?

You can drop off your unwanted/unused prescriptions anytime at these locations:

Tecumseh Police Department
 109 West Washington
 Tecumseh, Ok 74873

Shawnee Police Department
 16 West 9th Street
 Shawnee, Ok 74804

Pottawatomie County Sheriff's Department
 325 North Broadway Ave
 Shawnee, Ok 74801

Cleveland County Sheriff's Office
 128 South Peters
 Norman, OK 73069

Oklahoma University Police Department
 2775 Monitor Ave
 Norman, OK 73072

Norman Police Department
 201 B West Gray
 Norman, OK 73069

Moore Police Department
 117 East Main Street
 Moore, OK 73160



Absentee Shawnee Tribe of Oklahoma



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

BEHAVIORAL HEALTH WELCOMES NEW ADDITION



Norman, Oklahoma (November 10, 2015) - The Absentee Shawnee Tribal Health System is privileged to announce the addition of a new Behavioral Health Medical Director to the Behavioral Health team, Dr. Sean Whelan, Psychiatrist.

Dr. Whelan has lived in Oklahoma since the age of 8. He graduated from Putnam City North High School, attended OSU and received a bachelor's degree in Psychology. He then went on to graduate from the OU College of Medicine before attending Residency there for Psychiatry. Dr. Whelan comes to us with a wealth of experience from the Oklahoma City VA Medical Center. He is married to Christina Whelan who is a clinical Psychologist. They have 3 small children ages 1, 3, and 4. In his minimal free time, he enjoys riding and racing motorcycles.

A psychiatrist is a medical doctor who specializes in the diagnosis, treatment and prevention of mental illnesses. Psychiatrists are qualified to assess both the mental and physical aspects of psychological disturbance. A psychiatrist has completed medical school and additional four or more years of residency training in psychiatry.

Because they are physicians, psychiatrists can order or perform a full range of medical laboratory and psychological tests which, combined with interviews/discussions with patients, help provide a picture of a patient's physical and mental state. Their education and years of clinical training and experience equip them to understand the complex relationship between emotional and other medical illnesses, to evaluate medical and psychological data, to make a diagnosis, and to work with a patient to develop a treatment plan.

Dr. Whelan can treat individuals who are the age of 18 years and up with issues such as depression, general anxiety, or obsessive compulsive disorders, schizophrenia, Alzheimer's and other dementias and attention deficit disorders to mention a few. Dr. Whelan is accepting new patient by calling (405)701-7987 at the Little Axe Health Center or (405) 878-4716 for the Shawnee Clinic.

Prevention. Progress. Pride.

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

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

WWW.ASTHEALTH.ORG

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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

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

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



EMERGENCY MANAGEMENT - NOVEMBER 2015 REPORT

Emergency Numbers

The Governor has requested that a list of emergency numbers has been included in this report. Any agencies like FEMA, Red Cross or other disaster related entities will be notified by the Emergency Manager to assist.

Community Outreach

Distribution to elders and families of clothing, misc items and protein shakes from Feed the Children in partnership with CPN outreach coordinator. This partnership allows Emergency Management to bring items to tribal elders and children and will be continuing throughout the year.

Meetings/Events

- Attended OK Regional VOAD Conference Oct. 8-9
- Attended monthly Intertribal EM Meeting in Miami, ok Oct. 13
- Attended OG&E Community Mtg, Shawnee Expo Oct. 14
- Attended Salvation Army's "Tactical Communications" OKC Oct 16
- Attended FEMA 581 Class, Emergency Ops for Tribes, CPN Tecumseh Oct. 27-20

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.	405-794-1591	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

CTSA Early Childhood Center

is seeking to hire a part-time
NUTRITION TECHNICIAN
for our Shawnee Location

The Nutrition Tech will provide support to the Lead Nutrition Tech, including dish washing, cleaning, serving and basic meal preparation.

Must be at least 18 years of age

Must have a high school diploma or equivalent

Must pass background investigation for licensed child care programs

Previous experience is preferred

Food handlers certification is a plus

All applications accepted with preference given to *qualified*
Native Americans and current/former HS/EHS parents

Apply today:

Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on *Forms*)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer

CTSA Early Childhood Center

is seeking to hire a full-time
Early Head Start Teacher
for our Shawnee Location

An Early Head Start teacher provides educational experiences to infants/toddlers in a classroom setting, using developmentally appropriate practices.

Early Head Start Teacher Minimum Requirements:

- Infant/Toddler CDA Credential or Certificate of Mastery in CD
- Previous work experience with young children
- Pass background investigation for licensed child care programs

All applications accepted with preference given to *qualified*
Native Americans and current/former HS/EHS parents

Apply today:

Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on *Forms*)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT

Child abuse prevention has historically been and remains one of the most basic aspects of American Indian culture. The practices of prevention, though not labeled as such, are embedded in centuries-old spiritual beliefs, child-rearing methods, extended family roles, and systems of clans, bands, or societies. This natural system of child protection and child abuse prevention has been threatened over time by forced assimilation, relocation, externally imposed social services, alcoholism, and poverty, but the traditions and values have survived. The old teachings, values, and family systems are still at the core of that child maltreatment prevention in Indian country, but more formal community responses are also in place.

The Absentee Shawnee Tribe has an Indian Child Welfare Department to ensure our tribal children's rights are protected if they have a child abuse/neglect case being heard in the State Court System. ICW staff also work our own tribal cases on Trust land, or in our Tribal Court System. Our children are our Tribe's future. Someday the journey that many of you have started will be completed by them. If you know of a child that is being physically, or sexually abused please contact the ICW Department at (405) 275-4030. If you do not want to give your name, you don't have to do so. Sadly, there are things that not all of us are guaranteed in life when we are children. A healthy childhood free of dysfunction insures a foundation for education and success. Let us all do our part to insure our children have this foundation.

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT IS OPEN TO ANY ABSENTEE SHAWNEE MEMBER WHO IS IN NEED OF OUR SERVICES. THE AST INDIAN CHILD WELFARE DEPARTMENT'S GOAL IS KEEP TRIBAL CHILDREN WITH THEIR TRIBAL FAMILY WHENEVER POSSIBLE. IF ICW HAS TO REMOVE A CHILD FROM THEIR HOME TO ENSURE THEIR SAFETY, WE LOOK FOR TRIBAL FOSTER CARE HOMES. WE ARE ALWAYS LOOKING FOR TRIBAL MEMBERS WHO ARE WILLING TO OPEN THEIR HOME TO NEGLECTED OR ABUSED AST CHILDREN. IF YOU ARE TRIBAL MEMBER AND IF YOU WOULD LIKE TO BECOME AN ABSENTEE SHAWNEE FOSTER HOME PLEASE CONTACT:

JULIE WILSON/FOSTER CARE 405-878-4702



Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

- Chief Seattle



December



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>Low Impact Chair Exercise</u> 12:00 p.m.-12:30 p.m. Buster Bread Little Axe Resource Center				<u>Core N' More</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY
				<u>Beginner HIIT (Interval Training)</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
		<u>Strength Training Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center	<u>Aerobic Training Circuit</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

"Core N' More" - A dynamic training session that will assist in developing strength and functionality within the "core" system.



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

"Chair Exercise" - Low impact strength training utilizing a chair.

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



"Beginner HIIT" - An time efficient interval training system aimed at developing cardiovascular and muscular strength.



**Absentee
Shawnee Fitness**

**Diabetes and
Wellness**

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**

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

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.

\$5.3 Million Awarded to Help American Indian Youth Become College-, Career-Ready

U.S. Departments of Education, Interior Partner to Announce Important Funding for Investments in Native Youth Success

The U.S. Department of Education today announced the award of more than \$5.3 million in grants to help Native American youth become college- and career-ready.

Under the new Native Youth Community Projects (NYCP) program, the Department is making grants to a dozen recipients in nine states that will impact more than thirty tribes and involve more than 48 schools. These awards are a demonstration of President Obama's strong commitment to improving the lives of American Indian and Alaska Native children and a key element of his Generation Indigenous "Gen I" Initiative to help Native American youth.

"These grants are an unprecedented investment in Native youth, and a recognition that tribal communities are best positioned to drive solutions and lead change," said U.S. Secretary of Education Arne Duncan. "These grants are a down payment on President Obama's commitment last summer at his historic trip to the Standing Rock Sioux Reservation in North Dakota to create new opportunities for American Indian youth to cultivate the next generation of Native leaders."

"The investments we're announcing today underscore the Obama Administration's commitment to self-determination by putting tribal communities in the driver's seat for developing a strong and prosperous future for Indian Country," said U.S. Secretary of the Interior Sally Jewell, who joined Education Secretary Arne Duncan in announcing the funding awards today and is responsible for the management of more than 180 Bureau of Indian Education Schools, three of which are recipients of these Native Youth Community Projects program grants. "These grants provide tools to tribes to not only assist in the transition from federal to tribal control of school operations and management but also ensure college-readiness for the next generation of Native American leaders."

Each grant will support a coordinated, focused approach chosen by a community partnership that includes a tribe, local schools, and other organizations. For example, the program allows tribes to identify culturally-appropriate, community-specific supports for college and career readiness—whether it's early learning, language immersion or mental health services.

The President's FY 2016 budget proposal calls for increased investments across Indian Country, including a total request of \$20.8 billion for a range of federal programs that serve tribes—a \$1.5 billion increase over the 2015-enacted level. The budget proposal includes \$53 million for fiscal year 2016—a \$50 million increase from this year's budget—to significantly expand the Native Youth Community Projects program.

For more on the Administration's investment in Native American issues, visit <https://www.whitehouse.gov/nativeamericans>.

Among the projects:

- Alaska Cook Inlet Tribal Council Inc., \$600,000—The Cook Inlet Tribal Council, in partnership with the Anchorage School District, will administer Journey Ahead, a middle-school intervention designed to improve the college and career readiness of Alaska Native and American Indian students in Anchorage. The project will stress outcomes key to developing college and career readiness, including academic achievement, attendance, and a respectful school climate with caring adults.
- North Dakota (Wahpeton) Circle of Nations School, \$440,217—The Circle of Nations School Native Youth Community Project will improve education indicators for college and career readiness through a community-wide approach providing academic, social, health, and other supports promoting school engagement and commitment to learning, which the project partners identified as the primary barrier among students at the U.S. Bureau of Indian Education-funded boarding school that serves students in grades 4-8.
- New Mexico Native American Community Academy Foundation, \$472,806—The Native American Community Academy Foundation (NACA) will expand its network of high-performing schools

dedicated solely to Indigenous education in Northwest New Mexico. Following a 3-year piloting phase, the NACA-Inspired Schools Network emerged out of community efforts to establish the first network of high-performing schools that seek to reimagine what Indigenous education and the school experience can be for Native students by creating schools of academic excellence and cultural relevance.

Following are all of the grant recipients and levels of funding.

State	City (Area Served)	Applicant	Tribal partner	Amount
AK	Anchorage	Cook Inlet Tribal Council Inc.	Applicant	\$600,000
AZ	Phoenix	Phoenix Indian Center Inc.	Gila River Indian Community and Salt River Pima Maricopa Indian Community	\$495,060
CA	Happy Camp (Humboldt and Siskiyou Counties)	Karuk Tribe	Applicant	\$118,462
MT, OK	Northern Cheyenne Indian reservation in MT; and Little Axe, Bristow, Darlington, and El Reno School Districts in OK	Tribal Education Departments National Assembly Co. (Bureau of Indian Education partnership with Northern Cheyenne School in MT)	Northern Cheyenne Tribe, Absentee Shawnee Tribe, The Muscogee (Creek) Nation, and Cheyenne and Arapaho Tribes	\$554,115
NC	Hollister (rural southeastern Warren and rural southwestern Halifax Counties)	Haliwa-Saponi Indian Tribe Inc.	Applicant	\$204,197
NC	Pembroke (Robeson County)	Lumbee Land Development	Applicant	\$480,707
ND	Wahpeton (Across ND)	Circle of Nations School (Bureau of Indian Education operated)	Sisseton-Wahpeton Oyate	\$440,217
NE	Winnebago (Winnebago Indian Reservation)	HoChunk Community Development Corporation	Winnebago Tribe of Nebraska Education Department	\$519,033
NM	Albuquerque (Cibola County, Gallup, Navajo, Santa Clara Pueblo, and Shiprock)	Native American Community Academy Foundation (Bureau of Indian Education partnership with Santa Clara Day School)	Santa Clara Pueblo Department of Youth and Learning	\$472,806
OK	Tahlequah	American Indian Resource Center Inc.	Cherokee Nation Educational Department	\$584,009
OK	Tahlequah	Grand View School	Cherokee Nation	\$341,053
OK	Hominy	Osage County Interlocal Cooperative	Osage Nation and Otoe-Missouri Tribe.	\$498,710
			Total	\$5,308,369



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 on 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"

What Does Oklahoma's Child Restraint Law Mean for You?



Effective November 1, 2015

A child under eight (8) must be properly secured in a child passenger restraint system. The law previously applied only to children under age six (6).

- **0-2 years:** Must be in a **rear-facing** car seat until at least two (2) years of age, or until the child reaches the weight or height limit of the car seat.
- **2-4 years:** Must be in a car seat until at least four (4) years of age.
- **4-8 years:** Must be in a car seat or child booster seat until at least eight (8) years of age unless the child is taller than 4'9".
- **8 years or taller than 4'9":** Must be in a seat belt.



For more information and recommended best practices in child passenger safety, visit ohso.ok.gov



STRATEGIC PLANNING TRAINING AT GORDON COOPER



Sitting front row L to R-

Vanessa Ryder, Deputy Court Clerk; Unknown; Marla Throckmorton, Shawnee Clinic Administrator; Ronelle Bouchard, ICW Director; Sandra Burnett, Grants Department; Rachael Lankford, Human Resources; Alvina Barnes, Sec. Assistant; Tresha Spoon, Education Director.

Back row L to R;

Sherman Tiger, Media Director; Lea Geurts, Project Specialist FVTC; Cary Waubanasum, Project Specialist FVTC; AST Tribal Representative Kenneth Blanchard; John Soap, Behavioral Health; Leonard Longhorn, Representative's Assistant; Ken Jones, OEH; Jarrod Vasquez, TCAP Coordinator.

The TCAP Project Coordinator, Jarrod Vasquez, hosted a Strategic Planning Training at Gordon Cooper on November 12th and 13th which was provided by Fox Valley Technical College out of Appleton, Wisconsin. The focus of the training was Strategic Planning or future planning. Participants were provided with the training tools that make up a successful and effective strategic plan. The goal is to move forward with a plan in place that will illustrate improvement, direction and success that can be used in the different departments of the Absentee Shawnee Tribe.

KIEFER TROJANS

SOONER STATE FOOTBALL LEAGUE CHAMPIONS!



TAKOTA SQUIRE



Absentee Shawnee Tribal Member, Takota Squire helped lead the Kiefer Trojans Football Team to an undefeated 10-0 season and the Sooner State Football League Championship. Takota plays left tackle and defensive tackle for the Kiefer Trojans and is

currently in the 6th Grade. He is the son of Sharon and Kenny Squire.

We just wanted to say how much we love you & how proud of you we are!

Love,
Mom & Dad

Get the Party Started!

MARY KAY



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.

Party with a company women trust.

Creating products women love for over 45 years.



Get a **\$40** gift of beauty.

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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.
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Host a party that benefits your favorite charity.



Contact me to find out more!
 Delana Ayers
 405-432-7405
<http://www.marykay.com/dayers4>



Disney PIXAR

DECEMBER 13, 2015
 10:00 AM
 CINEMA CENTRE 8
 3031 N HARRISON
 SHAWNEE, OK 74801

AST

POPCORN & SODA PROVIDED 1 PER CHILD

AST CHILDREN RECEIVE \$25 WAL-MART GIFT CARD

MOVIE EVENT

THE GOOD DINOSAUR

ONE CHAPERONE WILL HAVE PAID ADMISSION TICKET FOR MOVIE
 GIFT CARDS CAN NOT BE PICKED UP PRIOR TO 12/13/15, ONLY PARENTS OF AST
 CHILDREN WILL BE ABLE TO PICK UP GIFT CARDS. YOU HAVE UNTIL END OF
 JAN/2016 TO CLAIM GIFT CARDS IN FINANCE OFFICE @AST COMPLEX
 CALL TWILA PARKER 405.275.4030 EXT. 6307 TO CONFIRM HEAD COUNT BY
 12/10/15

CHILDREN MUST BE ENROLLED
 MEMBER OF THE ABSENTEE
 SHAWNEE TRIBE OF OKLAHOMA
 CDIB REQUIRED AS PROOF

METROPOLITAN LIBRARY SYSTEM PRESENTS

Informal
SOCIAL SECURITY
 TIPS & TRICKS



from **EVERY 3rd SUNDAY** 3-4PM of each month
 Beginning May 17

If you have already been approved for consideration of one of the Social Security Disability Programs (Title II or Title XVI) and would like some tips and information for completing forms, please come join us!

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




DEL CITY LIBRARY PRESENTS:

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



80 YEARS - CELEBRATING 80 YEARS - CELEBRATING
 METROPOLITAN LIBRARY SYSTEM
 1965 - 2015

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

The Absentee Shawnee Tribe Native Language Survey

This survey is being conducted by The Absentee Shawnee Tribe to assess the current status of and interest in the Shawnee Language Revitalization.

- Indicate your age range:
 Under 18 18-29 30-39 40-49 50-59 60-69 70+
- Male Female
- Number of family members in your household: 1-3 4-6 5-7 8 & Over
- When you were a child, did anyone in your family speak Shawnee Language? (mark all that apply)
 Grandmother Grandfather Mother Father Aunt/Uncle Siblings You
- Who currently speaks Shawnee Language in your home now?
 Grandmother Grandfather Mother Father Aunt/Uncle Siblings You
- Rank your ability on Shawnee Language:
No ability -----> Fluent
- Understanding when someone else speaks
Ability to converse with others 1 2 3 4 5 6 7
Ability to speak in limited situations 1 2 3 4 5 6 7
Ability to recite vocabulary and phrases 1 2 3 4 5 6 7
Reading 1 2 3 4 5 6 7
Writing 1 2 3 4 5 6 7
- Are you interested in taking a class to learn Shawnee? Yes No
- Can you attend Language classes? Daytime Evening Weekend Not At All
- What is your biggest obstacle to attending classes?
 Money Childcare Transportation Schedule Embarrassed of mistakes
- What is your preferred method of learning?
 Listening to cd's/tapes Watching videos Formal classes
 Books/written materials Computer programs Listening/responding to a person
 Informal classes/workshops Learning from relatives

OPTIONAL:

Your Name: _____

Address: _____

Email: _____

Phone: _____

Thank you for taking the time to complete this survey. The information will be used in planning a Shawnee Language Program. Your name will not be used, unless you give us permission.

10/2015



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



Building Blocks News...

It's hard to believe that this year is almost over! I hope everyone had a wonderful Thanksgiving. Now onto Christmas!!

First, I'd like to welcome Heather Presley to Building Blocks. She is taking over as the Director at the Shawnee location, as I will be the Director of the Little Axe location. Heather has been learning our policies and procedures since she began working with us this past September. She's doing a great job and fitting in the Building Blocks' family wonderfully!

We also want to thank all of the families that joined us for our annual Thanksgiving luncheon. We had a great turnout!! Our kitchen staff (Ms. Sherrie, Ms. Sharon, and Nick) did an awesome job cooking delicious food for everyone. We love involving the families in activities and the children get so excited to spend time with their families at different events. It also gives our staff the opportunity to strengthen their relationships with the families that we serve.



Our annual Christmas program will be at Tecumseh City Hall on Friday, December 18, 2014 at 7:00 p.m. Each class will perform a Christmas song with their teachers. Please join us for the fun festivities!! Refreshments will be served.



Dates to Remember:

Friday, December 18th: Christmas program @ 7:00 p.m.

Thursday, December 24th: Closed for Christmas Eve

Friday, December 25th: Closed for Christmas Day

Thursday, January 1, 2015: Closed for New Year's Day

**WE WISH YOU ALL A VERY MERRY CHRISTMAS AND A
HAPPY & SAFE NEW YEAR!!!**

Thank you,
Billie Thompson Director

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



Absentee Shawnee Language Classes

FREE SHAWNEE LANGUAGE CLASS FOR NATIVE YOUTH

- Limited to the first 20 youth participants
- Must be 10—18yrs. Must have a CDIB card.
- Transportation may be provided after school from Little Axe Schools
- Classes will start in December dates (TBD) and run through the spring; classes will be held one day a week after school hours.
- Classes will be taught by AST Tribal Elders.

We find it to be very important to bring culture into prevention. This class is sponsored by the MYDNA SPF-TIG program & Diabetes and Wellness.

For more information or to get a registration form please contact Kasey Dean at 405-701-7993 or by email at kdean@astribe.com or Howard Brown at 405-701-7115.



Oklahoma SPF-TIG project is funded by SAMHSA (Substance Abuse and Mental Health Services Administration)



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.



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.

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 TRIBAL
POLICE DEPARTMENT



SORNA

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

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.*



Personal Banking:

AllNations Bank offers a wide range of products and services to meet today's consumer demand including our AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; Now Accounts & Consumer Loans including Auto, Boat and more. AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today's business needs including all types of Commercial and Small Business Loans; Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

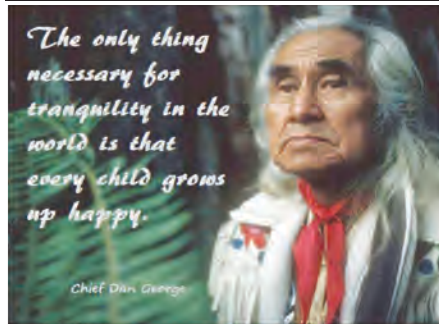
**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon

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?

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).

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)

"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.



