



"Among The Shawnee"

The Absentee Shawnee News

JANUARY 2017

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Absentee Shawnee Tribe Christmas Movie Event



Pictured: AST Treasurer Leah Bates, Dakota Blanchard, Twila Blanchard, AST Governor Edwina Butler-Wolfe, Twila Parker. More photos from the event inside on page 19.

Executive Committee



Edwina Butler-Wolfe
Governor



Isaac Gibson
Lt. Governor



John Johnson
Secretary



Leah Bates
Treasurer



Anthony Johnson
Representative

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

Governor's Report

Hello friends, neighbors, relatives and Tribal members at large! I hope that each of you and your family members had a wonderful Christmas and New Year.

The cold weather has hit us hard here in Shawnee and in Oklahoma at large. The temperatures have been bitterly cold – 8 degrees as our low so far. This type of cold has brought on an onset of maintenance concerns here at the tribe – frozen pipes, leaking roofs and a number of other maintenance problems related to the age of our buildings and the condition they are in. Yesterday I saw the Lt. Governor and several of his Maintenance crew out running ‘snakes’ to clear out sewage back up in several of our buildings. These efforts are appreciated and hopefully the long standing needs of the tribe’s buildings will begin to be taken care of.

Per Capita

The Ramah Navajo settlement funds have been disbursed as a one-time per capita payment to eligible tribal members. If you should have any questions please direct those to John R. Johnson, Secretary, at 405-275-4030, Ext. 6289 or Leah Bates, Treasurer, at 405-275-4030, Ext. 6239. I express my thanks to the Finance and Enrollment staff for getting these actions taken care of.

Noteworthy Resolutions

A Special Executive Committee Meeting was called on November 29, 2016 by the Lt. Governor, Secretary, Treasurer, Representative. At this meeting they (excluding me) endorsed the following resolutions:

- The Absentee Shawnee Tribe approving the provision of prescription drug services to Non-Indian beneficiaries limited to employees and their families with insurance coverage provided through the tribal policy. (E-AS-2016-49)
- Authorized approving and establishing a Compact Negotiation Committee to re-negotiate the Self-Governance Compact between the AST & USA naming the Executive Committee members and the following individuals as members of the Negotiation Team: Mark Rogers, Marla Throckmorton, Melpherd Switch, Alyssa Campbell,

Jennifer Harman and Scott Miller. (E-AS-2016-50) *The Negotiation Team is composed of some individuals who have limited to no prior experience in negotiating Compacts.*

- Authorized and approved the offices of the Treasurer and the Secretary to serve as the Executive Committee members with *liaison* powers between the EC and the AST Health Authority, Inc. and LiSiWiNwi Health, Inc. and removed all EC oversight authority from the tribe and gave it to the Health Board(s). (E-AS-2016-51)
- Approved hiring Troy Little Axe of Legal Advocates for Indian Country, LLP for the purpose of providing a legal opinion of counsel on behalf of the AST in relation to the Joint Venture project refinance by LiSiWiNwi Health, Inc. and the AST. (E-AS-2016-52) *This legal group is the same one the tribe chose not to renew their AG contract in 2013. Mr. Little Axe previously served as a health board member during the time his firm was legal counsel for the Health Board(s).*

Movie for AST Children

My Office sponsored a movie for children and youth ages 0 to 18. This movie took place at the Shawnee Cinema 8 on December 11th. There were 329 that showed up. Last year we had 160 this is a marked increase. Every year we have a re-occurring issue. What I encountered this year was that we have tribal members who have a blended family which may have both AST and non-AST children within it. It is difficult to turn a child aside from these families, yet, we contract each year to make the movie available for only AST children and tribal membership is checked. I understand that some families are willing to pay for these additional family members yet this is an exclusive tribal event that appropriate and adequate notice is given that ONLY AST children and a guardian/or parent may attend with them. I apologize, if by following this rule, that there may be those who become offended. If there are late arrivals then they can receive their gift cards but may not be able to attend the movie as this is the theatre’s rule that once the bill is paid (based on the attendee’s at the beginning of the movie) then the movie is closed.

Director's Meetings

I have often been asked by tribal members within the community on whether we have Director meetings here at the tribe. I tell them 'yes', however, not all EC or their Directors attend these. I cannot authorize Directors under the oversight of other EC to attend these. Yet, they are beneficial in answering the questions and challenges that is faced within our tribal communities. I have decided to list each Department who attends our monthly Director meetings so that you are aware of who is vested in learning about the needs and meeting the challenges of serving you, our tribal members. This month the following Departments attended:

MIS, Education, Title VI, Chief of Police, Media, Health, Building Blocks, AST Housing Authority, Enrollment

We have nine Divisions at the Tribe under EC oversight. Those Department Directors who attended fall under two of those nine. The Health Corporation(s) are now under Board Authority.

Other Topics/Expressions

Happy Birthday & Anniversary

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

Condolences

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

Meetings Attended

NOVEMBER 2016

- 14-17th DOT Rulemaking Minneapolis, MN
- 21st Directors Meeting
- 22nd Building Blocks Thanksgiving Dinner
- 23rd Employee Thanksgiving Dinner at Thunderbird Casino
- 24-25th Thanksgiving Break
- 28th TSA Meeting
- 29th Executive Committee Meeting

DECEMBER 2016

- 3rd White Turkey Band Meeting
- 5th Travel to Alabama DOT Meeting (Travel problems)
- 6-7th Annual Leave
- 9th Special TEC Shareholders Meeting
- 10th 11:00 am Woodland Park Veterans Wall Dedication, Shawnee
Red Earth Museum Christmas Tree Reception, OKC
Native American Children's Benefit - Rose State College, MWC
- 11th Absentee Shawnee Children Christmas Movie
- 14th Veterans Christmas Dinner Warrior Room Thunderbird Casino
- 16th White Turkey Christmas Dinner OutBack Restaurant
- 21st CTSA Meeting

DOT Negotiated Rulemaking Committee

This month the DOT FAST Act Negotiated Rulemaking Committee meeting was to be held in Alabama. However, due to weather and flight issues I did not get to attend. I later learned the meeting had to be cancelled due to a lack of a quorum. Hopefully, the weather will allow for Committee members to attend the next meeting. The next meeting date and locations has not been set yet.

If you are interested in learning more about the FAST Act DOT TTSGP Negotiated Rulemaking Committee this information may be found at: flh.fhwa.dot.gov

In Conclusion

I have 5 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

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

Thank you for your support.



Red Earth Museum
Christmas Tree Reception



Native American Children's benefit-Rose
State College

Woodland Park Veterans Wall Dedication - Shawnee, OK



Enrollment Department

To all tribal members, Enrollment would like to say that we hope everyone had a Merry Christmas and a Happy New Year.

Enrollment would like to remind all tribal members of exactly what the enrollment department's duties are. Enrollment is established to receive and process enrollment applications and research applications. Those applications are located on the tribal website as well as our office. We also are revising our policies and looking to improve them. At this moment in time we will no longer be making copies of vital records such as: birth certificates, death certificates, and social security cards. These documents are vital and we cannot assure that they are being used appropriately when copies are made; these copies also cost the enrollment department to print. All of these items are accessible through vital statistics. This is how we will operate until further notice.

Another reminder is that in past newsletters we have informed all tribal members that they need to update their information. That is more vital now than ever. To receive the per cap check you must have all your information updated through our office. If you need to update your address there is a form on the tribal website that you need to fill out and turn into our office. If you need to make a name change you must fill out the same form for the address update and provide supporting documents to change your name on the tribal roll.

As for the per cap it has been brought to enrollment's attention that many members believe that enrollment handles certain services as well as the disbursement of the per cap. We do not handle anything for the per cap. Enrollment only provides your name, address, and enrollment number to different departments within the tribe that are providing you services. We do not handle anything for housing, education, and or social services. Enrollment is solely for the purposes of membership and processing CDIB Cards, applications for membership and research.

We would like to refer you to whomever you are trying to reach. For the per cap please feel free to contact the Secretary's office. For Education matters please contact Tresha Spoon in Education. For Social Services please contact Annie Wilson. Any housing questions please call 405-273-1050

On a different note enrollment is still making some major changes. We will soon be converting to appointments only and only taking walk-ins on certain days. This is for enrollment to have better efforts in helping you. We have many tribal members that make quite a trip to come to our office and this is our way of making sure that the office will be open when you arrive. Soon we will be able to process your card for payments when purchasing your CDIB. We want to provide an updated and efficient service for our members.



**To: Matthew Miners
AST Tribal Youth**

I would like to thank you for the Christmas Card That you and your Mom and Dad sent. It was nice to hear from you, I am glad to hear that you read our Tribal newsletter at a very young age. I would like to wish you and your Mom and Dad a Happy New Year!

Best regards,
Edwina Butler-Wolfe
Governor
Absentee Shawnee Tribe
Of Oklahoma

Elders Council



AST Elders Council attending Red Earth Museum Reception in Oklahoma City on December 10, 2016. About 14 elders attended. We appreciate all who took the time to attend! Niyawa. Thanks.



AST Elders Council made 30 baskets with donations by the Executive Committee members, LSWN/ASTHA health programs, and elder members. We appreciate all donations so very much! These elders who receives this baskets will be happy. Niyawa!



Absentee Shawnee Housing Authority

EXISTING TO SERVE NATIVE AMERICAN FAMILIES HOUSING NEED WITHIN THE COMMUNITY



CURRENT PROGRAMS AVAILABLE

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

FOR MORE INFORMATION ABOUT OUR SERVICES

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

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

Tax Collections

FY-2016
YTD TAX COLLECTIONS
(Thru 11/30/16)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$5,925.93	\$6,695.50	\$1,102.06	\$11,858.67	\$3,055.61	\$5,189.41	\$233.28	\$406.29	\$4,533.76	\$4,285.55	\$0.00	\$49,915.60	2.01%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$100,000.00	\$150,000.00	\$200,000.00	\$250,000.00	\$200,000.00	\$250,000.00	\$0.00	\$2,000,000.00	80.45%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$14,605.02	\$10,799.58	\$11,170.30	\$7,282.34	\$7,690.76	\$13,470.79	\$22,690.04	\$0.00	\$136,716.78	5.50%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$461.01	\$2,698.05	\$2,232.26	\$1,290.78	\$2,064.62	\$1,369.93	\$1,116.17	\$0.00	\$16,488.94	0.66%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$12,420.36	\$12,691.64	\$16,578.05	\$12,503.02	\$12,592.24	\$11,354.00	\$13,675.35	\$0.00	\$150,755.55	6.06%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$14,653.05	\$16,595.49	\$15,084.70	\$13,025.59	\$15,117.38	\$12,240.89	\$10,491.83	\$0.00	\$130,264.96	5.24%
TOTAL TAXES	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$203,998.11	\$145,840.37	\$200,254.72	\$234,335.01	\$287,871.29	\$242,969.37	\$302,258.94	\$0.00	\$2,484,141.83	
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$65.00	\$205.00	\$120.00	\$221.46	\$122.50	\$200.00	\$105.00	\$0.00	\$1,982.41	0.08%
TOTAL COLLECTIONS	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$204,063.11	\$146,045.37	\$200,374.72	\$234,556.47	\$287,993.79	\$243,169.37	\$302,363.94	\$0.00	\$2,486,124.24	100%

Song Demo Studio Services Available

I can make a sound track for you're songs, or offer song writing help. Also for those that like singing Karaoke, I can change the keys to your tracks.

I can transfer your old LP albums to modern CD's and clean them & much more.

For free estimate call or text;
Phil Bradley (405) 585-8801

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**

Realty Department

Reminder:

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

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

PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent's family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

Should you have any questions, please contact Lea Tsotaddle at 405-275-4030 ext. 6248.

Election Commission

The following positions will be open for the elections in 2017.

EXECUTIVE COMMITTEE:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Governor	\$590.00	Two (2) Years
Secretary	\$590.00	Two (2) Years

ELECTION COMMISSION:

<u>Position</u>	<u>Filing Fee</u>	<u>Term</u>
Election Commissioner	\$174.00	Two (2) Year (unexpired)
Election Secretary	\$174.00	Two (2) Year (unexpired)
Commission Member #2	\$215.00	Three (3)Year

Fee Amount: Basic fee (Executive Committee \$500.00 and Election Commission \$125.00) plus \$40.00 Alcohol test, \$25.00 Drug test and \$25.00 MVR.

QUALIFICATIONS:

- A) An enrolled member of the tribe.
- B) An eligible voter for purposes of voting in tribal elections.
- C) Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- D) Physically reside within the following Counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln or Okfuskee.
- E) In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).
- F) Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

SPECIFIC/ADDITIONAL QUALIFICATIONS for candidates running for Elective Office may be imposed if approved by tribal referendum.

- A) An elected official has to complete the term of office to which he/she was elected before running for another position on the same elective body unless the position is in the same election year.
- B) In order to ensure the rights of tribal members and potential candidates, the Election Commission may find that a candidate is ineligible for office if it is established by the Election Commission, in accordance with due process procedures that provide for a hearing and an opportunity to be heard, that the potential candidate has previously violated the Oath of Office; and the aforementioned administrative ruling of the Election Commission may be appealed to the Absentee Shawnee Tribal Court or, further, the Election Commission may appeal to Absentee Tribal Court.
- C) In order to ensure the rights of tribal members and elected officials, the Election Commission may find an elected official has violated the Oath of Office if it is established by an administrative ruling of the Election Commission in accordance with due process procedures that provide for a hearing and an opportunity to be heard and such administrative ruling of the Election Commission may be appealed to the Absentee Shawnee Tribal Court or, further, the Election Commission may appeal to the Absentee Shawnee Tribal Court.
- D) If it is has been determined by the Election Commission or a Court of Law, by clear and convincing evidence, that a potential candidate and/or an elected official has violated the Oath of Office, they will be eliminated as a candidate until such time that five (5) years has passed after such determination and all Court orders and obligations are met.
- E) Must have a Valid Oklahoma State Driver's License.
- F) Must have a Negative Result on a Drug and Alcohol test.
- G) Must have a High School Diploma or GED.

Election Commission

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

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)
Voter of the Absentee Shawnee Tribe on or before March 18, 2017. I cannot physically
be present to cast my Vote at the **March 18, 2017 Primary Election**, therefore, I am
requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)

Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline of
February 26, 2017

Mail to:

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

Fax to:

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

Deliver in Person to:

Election Commission Office located in the Tribal Court Building

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

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

AST HEALTH SYSTEM - JANUARY 2017

Last year, 2016 was a breakout year for your AST Health System! We've increased patient care and access to more services, more reliably, for more tribal members, generating more employment opportunities and revenue for the health programs than has ever been achieved in the tribe's history within its health programs! We added thousands of new patients to our services; saw a huge return of AST members coming back to their health system, as well as maintaining great customer service and patient satisfaction scores! This year, the health system was also honored on a variety of levels (system-wide, individuals and board members) with awards by the OK State Health Department's Healthy Business program and the AARP's Tribal Elder Honors to national excellence awards from the Medical Group Management Association and the Employer Support for the Guard and Reserve (ESGR). We completed a 12 ½ journey to being Nationally Accredited by the Accreditation Association for Ambulatory Health Care (AAHC) securing one of the highest certification scores they've ever issued to a newly accredited institution. We also have seen unprecedented patient services expansion never before seen by your health system, with more renovation projects and growth by the tribe, becoming the largest program within all of the AST Programs overseen by the tribe! We hope everyone has a prosperous and Happy New Year, and continued good health in the year to come – we are strong and great because of our patients and our staff, thank you for your dedicated support!

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 in December for health was Dara Thorpe, Behavioral Health Director; the team of the month was the AST Health System's Behavioral Health Clinic! The special leadership recognition award was presented to Dr. Sean Whelan, Behavioral Health Medical Director. The AST Behavioral Health Staff have worked tirelessly to expand hours and services to all of our patients, and we appreciate the leadership and teamwork by the entire staff in never stopping to reach for the stars! Our AST Health System strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients! We will announce the Employee of the Year for 2016 in February's article once we've finished voting (voting ongoing as of the deadline of the newspaper).

Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405)447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.
- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran's, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 5 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.
- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.
- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.
- **If you need CPR training**, please contact the AST Health System's Public Health Office at (405) 447-0300 for scheduling and training opportunities.
- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and

follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.
- **The AST Anti-Bullying Prevention "HOTLINE"** is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others, please contact 911.
- **The Affordable Care Act Decision Tool** continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program's Website: <http://www.asthealth.org/aca> (Please visit our site today to find out what you need to do to protect yourself and your family)!
- **Emergency After Hours Pharmacy:** If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.
- The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.
- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.



January 2017-Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Sun., Jan 1 st (New Year's Day)	All Day	All AST Health facilities CLOSED
Mon., Jan. 2 nd (Holiday Observed)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM)
Wed., Jan. 4 th (1 st Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED *Shawnee Clinic Extended Hours re-OPENS 5 PM till 9 PM (last patient at 8:30 PM) *PlusCare Clinic re-OPENS 5 PM till 9 PM (last patient at 8:30 PM)
Mon., Jan 16 th (MLK Day)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM)

February 2017-Scheduled Closings

DATE:	TIME(S) CLOSED:	LOCATIONS:
Wed., Feb. 1 st (1 st Wed of month)	Noon to 5 PM	All AST Health facilities CLOSED *Shawnee Clinic Extended Hours re-OPENS 5 PM till 9 PM (last patient at 8:30 PM) *PlusCare Clinic re-OPENS 5 PM till 9 PM (last patient at 8:30 PM)
Mon., Feb. 20 th (President's Day)	All Day	All AST Health facilities CLOSED except PlusCare Clinic OPEN 9 AM to 5 PM (last patient at 4:30 PM)

In the event of a weather cancellation or delay affecting health services or if you are unsure if health is closed, **please call ahead.
Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477

***Also, weather closures/delays will be posted on the Absentee Shawnee Tribal Health Facebook wall and on www.asthealth.com's homepage.

SMOKING CESSATION GROUP

Facilitator: Marvin Smith, LPC, LADC

Little Axe Health Center's Behavioral Health Department (405)447-0300 or (405)701-7987

This service is offered on Tuesdays from 2:00 pm to 3:00 pm

Start date: To be determined (group dates are typically set once an adequate number of participants have signed up for services).

- Tobacco remains the leading cause of preventable death in the U.S.
- More than 16 million people have at least one disease caused by smoking.
- Smokers are 30-40 times more likely to develop type II diabetes than non-smokers.
- 5.6 million Children will die early due to smoking.

Course objectives:

- Understand the economical, medical, and social effects of cigarette consumption.
- Gain knowledge of why people engage in tobacco use.
- Establish personal consequences associated to your use.
- Develop and gain coping skills to facilitate a smoke-free lifestyle.

EMERGENCY MANAGEMENT

WINTER WEATHER SAFETY

Winter weather presents many safety challenges and although staying indoors as much as possible can help reduce the risk of falls on the ice or traffic crashes, you may also face potential indoor hazards. Being prepared and following safety precautions can help you stay safe and warm through the winter season. These simple, low-cost steps that individuals and families can take to be ready include setting aside emergency supplies, making a family emergency plan and staying informed about local conditions.

The aftermath of a winter storm can have an impact on a community or region for days or weeks. Here are some tips to be ready for a winter storm or extreme cold:

- Minimize outside activities. The elderly and very young should pay particular attention to not overexert themselves while shoveling snow or doing other outdoor tasks. The strain from the cold and the hard work could cause a heart attack.
- Dress in several layers of loose-fitting, lightweight clothing, rather than a single layer of heavy clothing. Outer garments should be tightly woven and water repellent. Wear a hat, mittens and sturdy waterproof boots, protecting your extremities. Cover your mouth with a scarf to protect your lungs.
- Excessive exposure can lead to frostbite, which is damaging to body tissue that is frozen. Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Hypothermia can occur in extreme cases. The warning signs are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature drops below 95 degrees, seek immediate medical care.
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets.
- Food provides the body with energy for producing its own heat. Make sure you have plenty of high-energy foods on hand. It is important to also have 1 gallon of drinking water per day for each member of your household. At least a 3-day supply of food and water is recommended.
- Consider your pets and livestock. They will need extra food and drinking water and shelter to help them stay warm as well.
- Be a good neighbor. Check with elderly or relatives and friends who may need additional assistance to ensure their safety.
- Keep space heaters at least three feet from other objects and never leave space heaters unattended.
- Test all smoke and carbon monoxide alarms to make certain they are working properly.
- During a power outage, use flashlights as lighting sources.
- Avoid exertion as cold weather puts extra strain on your heart. Remember to stay hydrated as well.
- Make sure your home address is visible and take a few minutes to clear snow away from fire hydrants.
- When utilizing alternate heating sources, such as your fireplace, woodstove or space heater, take the necessary safety precautions.
- Keep a fire extinguisher handy; ensuring everyone knows how to use it properly.
- Use portable generators cautiously. Make sure they are operated only out-of-doors in a well ventilated area. Refuel a generator only after it has cooled. Do not connect your generator to your home's electrical system except through an approved transfer switch installed in compliance with the local electrical code.
- Home caregivers should prepare a disaster supplies kit for any family member who cannot do so on their own. If this person receives home care, speak with the case manager to see what the agency's role would be in the case of emergency at home or if evacuation is indicated.

KNOW the TERMS

Freezing Rain: rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines.

Sleet: rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.

Winter Storm Watch: a winter storm is possible in the area. Tune to NOAA Weather Radio, commercial radio, or television for more information.

Winter Storm Warning: a winter storm is occurring or will soon occur in the area.

Blizzard Warning: sustained winds or frequent gusts to 35 mile per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.

Frost/Freeze Warning: below freezing temperatures are expected.

TIPS FOR HAPPY MOTORING THIS WINTER

- Make sure your car is properly tuned up and in good working order and that all fluids are filled to the proper levels.
- Listen to winter weather advisories. Don't get out unless absolutely necessary during inclement weather.
- If you must travel during inclement weather, travel on main roads during the day and always allow more time for your travel due to wet, icy, or snow packed roads.
- Slow down to allow more time for travel, keep a safe distance when driving behind other vehicles and snow plows. Remember to stay clear of the plow's blind spots.

Continued on next page

- Buckle up. Wearing a seat belt is one of the easiest safety precautions you can take.
- Have a travel agenda and let someone know the agenda, when you depart, where you are along your expected travel route, and when you have arrived at your destination.
- Keep your fuel tank as full as possible at all times.
- Keep a cell phone with a fully charged battery with you along with extra batteries and a charger.
- Have an emergency supplies kit in your car including items such as:
 - Blankets
 - Extra layers of clothing
 - First Aid Kit and Fire Extinguisher
 - Gloves, winter hats, masks, parkas, heavy socks, and boots
 - Candles with a can type base and matches (lighters don't always work in extremely cold conditions)
 - High energy foods, water, medications, and tissue paper
 - Flashlights and extra batteries
 - Shovel and ice scraper
 - Small bag of sand or kitty litter for generating traction under vehicle wheels
 - Miscellaneous tools (pliers, wrenches, screwdrivers pocket knife, tire chains, booster cables, tow ropes, gas line antifreeze)
- If you become stranded, Stay with your vehicle:
 - Keep the exhaust pipe clear of snow
 - Run the engine and heater about ten minutes every hour to keep warm. When the engine is running, open an upwind window slightly for ventilation and do not go to sleep while the engine is running
 - Tie a bright red or orange cloth to the radio antenna to signal help is needed
 - Exercise to maintain body heat but avoid overexertion Exercise to maintain body heat but avoid overexertion.
 - Be careful not to waste battery power but periodically turn inside lights on at night so work crews or rescuers can see you.
 - Sound three long blasts on your vehicle's horn ten seconds apart, every 30 minutes

EMERGENCY NUMBERS

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

There is a welcoming place for women.



Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? **Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations** are beyond important. They make you healthier. Better. More able to do the hard work that women do.

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

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)



PHARMACY SERVICES

Your health is our first order.

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you'd like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It's also important to let us know about changes in address, phone numbers, insurance and other contact information.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG

LITTLE AXE HEALTH CENTER
15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Regular Drive-thru:
Mon – Fri 7:30 a.m. to 5:30 p.m.

Extended Hours Drive-thru*:
Mon – Fri 5:30 p.m. to 9 p.m.
Sat – Sun 9 a.m. to 5 p.m.
Holidays 9 a.m. to 5 p.m.
(excluding Thanksgiving & Christmas)

*Extended Hours Rx Drive-Thru is available ONLY for PlusCare Clinic prescriptions and AST member emergency room visit fills.

SHAWNEE CLINIC
2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Regular Hours:
Mon – Fri 7 a.m. to 5 p.m.

Extended Hours*:
Mon – Fri 5 p.m. to 9 p.m.
Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays
*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST member emergency room visit fills.

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.

24-HOUR EMERGENCY PHARMACY ACCESS

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

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here; the people are kind. If you need us, please call us, **8 a.m. to 5 p.m. Monday through Friday.**

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

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)

BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes.




WWW.ASTHEALTH.ORG



JANUARY 2017

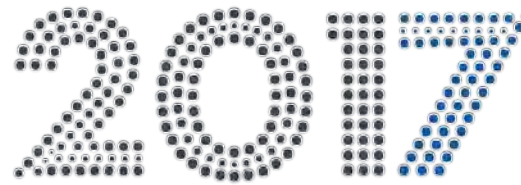
2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 AST Complex Closed	3 Beef Fingers Mashed pot/Gravy Tossed Salad Bread/Pudding	4 Chicken Pot Pie Mixed Veggies Biscuit Mixed Fruit	5 Goulash Squash Bread Peaches	6 Scrambled Eggs Sausage Gravy Biscuit	7
8	9 Chicken Stir Fry Egg Roll Pineapples	10 Tator Tot Casserole Green Beans Crisp	11 Pinto Beans Steakfries Cornbread Cake	12 Tamales Refried Beans Spanish Rice Jell-O	13 Grits Bacon Toast	14
15	16 AST Complex Closed Martin Luther King Jr Day	17 BBQ Pork Sandwich Onions, Pickles Chips Apricots	18 Baked Chicken Scalloped Pot. Veggies Bread/Apple	19 Hamburger Stroganoff Tossed Salad Plums	20 Scrambled Eggs Sausage Gravy Biscuit	21
22	23 Cold Cut Sandwich LTOP Veggie Soup Mixed Fruit	24 Baked Fried Chicken Mashed Pot/Gravy Veggies Bread/Pudding	25 Chili Chez, Onions, Crackers Pears	26 Ribs Baked Beans Broccoli Mandarin Oranges	27 Scrambled Eggs Ham English Muffin Fruit	28
29	30 Hamburger LTOP French Fries Cookie	31 Fish Mac & Chez Tossed Salad* Prunes				

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



HAPPY NEW YEAR!!!!

How time flies by!!! We hope your 2017 will be blessed with family, friends, and new adventures. If we have a winter keep yourself warm, still drink your water and if you must travel buckle up, charge your cell phone, gas your car up and have snacks just in case something happens and it could in just seconds.

January 2, 2017 AST Complex will be closed to observe New Year's Day- No lunch will be delivered or served

January 16, 2017 AST Complex will be closed to observe Martin Luther King Jr Day- No lunch will be delivered or served

If you have any questions, concerns or comments please feel free to contact us at: 405-275-4030 ext 6227

Absentee Shawnee Tribe – Severe Weather Policy effective December 2013 states:

2. PROVISIONS

a. Prior to normal starting time it will be announced on one of the local television or radio channels that the Absentee Shawnee Tribe is open and/or closed based on weather severity. The Governor, and/or designee, will report to these channels: Channel 4, 5, 9, Fox 25; Radio- KTOK 1000; KOCK 1520 AM. Formerly the policy has been that when schools in Little Axe and Shawnee are closed then employees would be allowed administrative leave. This policy seeks to clarify on procedures and gives the decision making process back to the Tribe.

b. On days when weather conditions worsen as the day progresses, the Governor or another Member of the Executive Committee may decide to close early. In such cases, a decision and an announcement will be made through email to all employees

Education Department



AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2016-17 Big Jim Youth Awards on January 1, 2017. High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2016-2017 school year. Applications will be accepted from January 1 to March 31, 2017 by US mail or email, official transcripts must be mailed. The official application form will be available in January 2017 at www.astribe.com under the Education Department. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2017 semester. The scholarship must be used for the fall 2017 semester.

We will begin accepting applications for the following awards:

- Big Jim Academic Achievement Award (Male and Female)
- Big Jim Athlete of the Year (Male and Female)

Individuals are encouraged to nominate deserving high school seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced in May 2017.**

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2016-2017 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 6242
youthaward@astribe.com

Education Department

Absentee Shawnee Tribe of Oklahoma Education Department

2025 South Gordon Cooper Drive

(405) 275-4030 Ext. 6242 Toll free (800) 256-3341 Fax (405) 273-7938

youthward@astribe.com

Applications accepted:
Jan. 1st –March 31st
Finalists announced:
May 2017

- \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: _____
(LAST) (FIRST) (MI)

Enrollment #: _____

Address: _____
(STREET) (CITY) (STATE) (ZIP)

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

Coach: _____ Phone #: _____
(FIRST) (LAST)

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.

Documents to be included with application:

- Official High School Transcript
- Letter of Recommendation (Educator/Coach)
- Tribal Enrollment Card (copy)
- Resume of Accomplishments and Activities
- 500-word Essay: How do you feel your accomplishments (knowledge/training) will influence your future?
- Video (optional): no more than 10 minutes in length

BUILDING BLOCKS

December News,

As the year came to an end the teachers prepared the children for the annual Christmas program. We enjoyed each class room singing Christmas songs and performing finger plays. The kitchen staff prepared some wonderful snacks for the parents as they enjoyed watching their children preform. The kids also enjoyed a visit from a very special guest, that's right, SANTA, he delivered each child a special present. We would like to send out a very special thank you to the AST Police for allowing us to borrow Officer Jason Brinker who did a wonderful job playing SANTA!! The teachers also had a teacher appreciation dinner where they exchange gifts.

Dates to Remember

Building Blocks will be closed

January 2, 2017

January 16th, 2017

As always my door is open to and questions or concerns.

Elizabeth Crawford

Director

Building Blocks II



Photos from AST Movie Event on Dec. 11, 2016



JANUARY 2017 BIRTHDAYS

Aguirre Perez, Mabel Beatrice
 Alford Jr., Paul Leon
 Alford, David Wesley
 Alford, Sandra Kaye
 Altman, Garrett Michael
 Anderson, William Chase
 Armstrong, Frank Lee
 Barber, Joseph Leeroy
 Barbosa, Cash Cisco
 Barfield, Amandia Quaymmie
 Barton, Brittany Lynn
 Bates, Terri Elaine
 Bayliss, Jeffery Channing
 Beach, Cary Sue
 Bearden, Tammy Sue
 Bettelyoun, Kelan Chase
 Bittle, Boston Warrior
 Blalock, William Charles
 Blanchard II, Aaron Gabriel
 Blanchard, Bernice Starr
 Blanchard, Chelsey Kolesha
 Blanchard, Chester Vernon
 Blanchard, Cory Eugene
 Blanchard, Terance Blaine
 Blanchard, Twyla Gayle
 Boston, Nathan Daniel
 Boyd, Ladarius Eugene
 Bradley, Clarence Scott
 Bragg, Ronald Lee
 Brannon, Tyneeka Alexandria
 Bread, Christina L.m.
 Brinson Jr, F E
 Brokeshoulder, Sherri Dawn
 Brown, Harper Janiece
 Brummett, Taylor Renee
 Burkhard, Ualarie Mae
 Casteel, Annabella Rai
 Chisholm, Mark Wayne
 Citty, Rebecca
 Clark, Emiley Ann
 Coleman, Justin Ray
 Colungo, Damien Micheal
 Condra, Karri Marie
 Coon, Wynona Sloat
 Cope, Michell Eldon
 Coriz, Matoka Marie
 Cox, Micheal Sage
 Creamer, Maureen Jessica
 Creek, Bessie Lee
 Cripps, Jimmy Mark
 Crossley, Orin Lee
 Crossley, Rachel Ann
 Crouch, Jennifer Renee
 Cruz, Reyna Jalyssa
 Cufler, Breanna Kailee
 Dankenbring, Melody Renee
 Davis, Rhonda Jean
 Day, Uivian Denise
 Day, Zander Nicholas
 Deer, Braelyn Ariyahna
 Deere, Christopher Lee
 Deere, Clinton Jess
 Delodge, Raymond Louis
 Dibler Jr, Daymon Daniel
 Eckles, Ethan Andrew
 Edwards, Connor Sagan-Riley
 Ellis, Brandi Nicole
 Ellis, Jackson Matthew
 Ellis, Lisa Marie
 Ellis, Ryan Mark
 Felton, Kandice Nicole Grace
 Fire, Orphie Jane
 Flowers, Jasmine Lynne
 Foreman Jr., James Louis
 Foreman, Anthony Clayton
 Foreman, Elijah Bryce

Foreman, Hunter Lynn
 Foreman, Mary Ella
 Freeman, Jerilyn Kay Barnett
 Fritsch, Jaxon James
 Fruit, Andrea Dee
 Geissler, Jareff Paul
 Gibson, Braxton Reid Caddo
 Gibson, Clarence
 Gibson, Gloria Lynne
 Gibson, Jeremy Lee
 Gibson, Jimmy Ray
 Gibson, Martha Lynette
 Gibson, Ronnie Caleb
 Gibson, Walter Ray
 Gilman, Howard Floyd
 Gonzalez, Xochitl Olivia
 Goodman, Thomas Donald
 Granstrom, Tyler Michael
 Hall, Bonnee RaeLynn
 Hamman, Stacie Berlin
 Hanson, Bentley Robert Jin
 Harjo, Nicholas Gerald
 Harjo, Tabias Darnell
 Harrington, Carolyn Jean
 Harris, Samuel Lee Allen Sabre
 Haumpy, Tacie A'lize
 Hawk, Quincy Ryan
 Heatley, Cashis King
 Heatley, Prada DeeAnn
 Hernandez, Janessa Leann
 Herrera, Angel Juventino
 Hilderbrand, Cameron James
 Hill, Keiton James
 Hill, Stephen Lee
 Hood, Dantel Ruya
 Hough, Alyssa Blake
 Howe, Angelina Marie
 Humphrey, Lou Ann
 Innis, Nicholas Alexander
 Irvin, Michael Reed
 Isaacs, Betty B
 James, Diane Rene
 Januszewski, Connie Bradley
 Jimboy, Kaden Allen
 Jiron, Mary Elizabeth
 Johnson Jr., Henry Caddo
 Johnson Jr., Josie Ed
 Johnson, Bradley Nathaniel Preston Scott
 Johnson, Bruce Dale
 Johnson, David Lee
 Johnson, Patrick Wayne
 Johnson, Pauletta Elephant
 Johnson, Tanessa Anah Marie
 Kaseca, Thomas James
 Keith, Shelli Leann
 Kelly, Addison Marie
 Kelough, Manuel LeeWayne
 Kelsey, Kyler Seann
 Komahcheet, Nolan Frank
 Larson, Brooke Nichole
 Leath Jr., William Jake
 Lester, Bradley Shane
 Lewelling, Amber Dawn
 Little Axe Jr., Ricky Lee
 Little Axe, Courtney Nicole
 Little Axe, Darrell James
 Little Axe, Daveny Amour
 Little Axe, John Al
 Little Charley, Keith Eldon
 Little, Mia Rachelle
 Little, Shea Alexis
 Little, Sutton Keith
 Little, Troy Don
 LittleAxe-Nettles, Aniah Elizabeth
 Littlecreek, Catherine
 Littlecreek, Kamil Dawn

Livsey, Shannon Marie
 Longacre, Nancy L. Warrior
 Longhorn II, Leonard Wayne
 Longhorn Moore, Tylee Raquel
 Longhorn, Bruce Jerome Allen
 Longhorn, Crystal Alaina
 Longhorn, La Donna Gail
 Longhorn, Shawna Michele
 Longman, Caitlin Oteaka
 Lovins, Marilyn Sue
 Lowe, Charles Jake Kilraine
 Lowry, Linda Diane
 Mann Jr., Glenn Dale
 Mann Sr., Glenn Dale
 Mann, Marc Andrew
 Marquez II, Quentin Miles
 Marriott, Cadence Sunay
 Martin, Jared Webster
 Martinez, Laronda Ann
 Martinez, Naliyha Tewa
 Martinez, Sam Littlecreek
 Masquas, Hazel Lynn
 Masquaf, Kinsley Rae
 Mathany, Connie Ruth
 Maxwell, Jimmy Ray
 Maxwell, Nellie Tiger
 Mazzucco, Tiana Bright Path
 McBroom, Tallon Cole
 McCreary, Gabriel David
 McCreary, Lisa Jane
 McGirt, Travis Wade
 McPherson - Khalil, Jessica Lynn
 McPherson-Brittain, Jason Tyler
 McPherson, Alan Lynn
 McPherson, Mason Thomas
 McReynolds, Loren Joel
 Meek Jr, Jimmy David
 Melton, Serena Jo
 Melzer, Logan Michael Boyer
 Mendoza, Samuel Lee
 Merrell, Maddox Andre
 Milburn, Michelle Sahara
 Miller, Laney Lee
 Miller, Tre Dean
 Mitchell, Gage Jaydn
 Mitchell, Nycole Morningstar
 Montgomery, Nathan Andre Patrick
 Morgan, Autumn Dawn
 Morris Jr., John Gilbert
 Morris, Betty Sue Williams
 Morris, David Leon
 Morris, Jordan Marie
 Morris, Lucas Hayden
 Mull, Neela Mahadevi
 Munroe, Ellen Marie
 Nail, Brandy Diane
 Nance, Desmond Ravon
 Nance, Eva Renae
 Navarro, Eric Roberto
 Navarro, Isaac Joseph
 Neash, Diondre DaShawn
 Ned, Tina Renee
 Nelson, Payton Ashlee
 Nicholson Jr., Larry Zenith
 Nicholson, Victoria Rose
 Norton, Jai'Nasha Camille
 O'Brian, Connie Frances
 Odell, April Babette
 Panther Jr., William
 Panther, Cheyanne
 Parsons-Squire, Autumn Lynn
 Paffy, Elsie Wynona
 Pawnee, Izabella Danae
 Pearce, Kelle Dawn
 Pearl Atwood, Donna Sue

Pelfs, Brandy Nicole
 Pewenofkit, Alta Rochelle
 Poncho, Octavia Marie
 Puckitt, Zesa Lou-Ann
 Queen, Marlene Lucille
 Rakestraw, Mariah Diane
 Ramirez II, Antonio
 Ramos, Georgina Lynn
 Reed, Teresa June
 Reeves, Sharon Annette
 Reyes, Jose Angel
 Riden, C'anne Danielle
 Ridenour, Logan Taylor
 Riedel, Brian Alan
 Roach, Dawson Wayne
 Roberts, Ramona Lee
 Robertson, Wanda Lejean
 Robison, Tyrel Lane
 Rochon, Stephen Arthur
 Rolette, Ty Clay
 Ruimveld, Chad Christopher
 Rye, Gail Marie Alford
 Sam-Ruimveld, Bailey Shae Issi Balalli
 Sanders, Dylan Wayne
 Seber, Jamie Nicole
 Seber, Lauren Elizabeth
 Serena, Anthony George
 Shaffer, Christie Elaine
 Shawnee, Keaten Wayne
 Shelton, Xavier Race
 Sherrill, Quentin Patrick
 Shields, Aaliyah Brooke
 Shields, Laila Annaliese
 Shular, Sandra Jeanne Hood
 Sloat, Cilicia Ann
 Sloat, Warren Howard
 Smith, Al Murray
 Smith, Mariah Love
 Smith, Ryan James
 Snake, Anita Mae Burton
 Snake, Barry Gabriel
 Sorrells, Sandra Lee
 Spoon, Barbara Jo
 Spoon, Carl David
 Spoon, Christopher Jaye
 Spoon, Deric Brandon
 Spoon, Tina Louise
 Spybuck, Winter Dawn
 Squire, Jimmy Dowell
 Starr, Adrien Miguel
 Starr, Martin
 Starr, Rance George
 Steinruck, Eugene Donnell
 Stewart, Glenn Alan
 Stewart, James Clyde
 Stone, Brian David
 Stricklin, Victor Medrano
 Stryker, Rodney Shane
 Sullivan, Glenda Ann Little Axe
 Surface, Ashley Katherine
 Sutton, Santos Daniel
 Switch, Casey Camden
 Switch, Hannah Nichelle
 Tarbox, Christy Lee
 Taylor, Nathan Wayne
 Thomas, Joel Elijah
 Thorpe II, Ronnie Allen
 Thorpe Jr., James Francis
 Thorpe, Shylah Jean
 Tiger, Christopher Blaine
 Tiger, Summer Dawn
 Tiger, Wanda Little Axe
 Tilley, Makiah Lynn
 Tolbert, Ashlyn Reilly
 Tonyan, Teagan Gwen
 Torres, Fernando Jose

Torres, Rosa Marie
 Treat, Joshua Steven
 Turner, Timothy Jake
 Tyner, Tonia Melanie
 Uchida, Nolan Garrett
 Valdivia, Thomas Lesley
 Vanliew, Kesa La'nae
 Villalobos, Valentina Noel
 Wahpekeche, Eric Lynd
 Wahpepah, Hazel Paige
 Walker, Roger Steven
 Warrior, Riley Shayne
 Warrior, Tobin Shane
 Warrior, Zybelle Rose
 Washington, Rebecca Marie
 Watson, Daniel Owen
 Watson, Julie Marie
 Watson, Matthew Payden
 Watson, Patrick Scott
 Watson, Shawnee Sharisse
 Webb, Kelly Britt
 White Thunder, Sheldon Thomas
 White, Jesse Lee
 White, Seth Wesley
 Whited, Angela Kay
 Williams, Joseph Billy
 Williams, Joseph Bryan
 Williams, Joshua David
 Willoughby, Marcie Deann
 Wilson, Aarion James Deer
 Wilson, Alix Re'Ann
 Wilson, Alta Louise
 Wilson, Calvin Lee
 Wilson, Christopher Dale
 Wilson, Dean Owen
 Wilson, Edward Wayne
 Wilson, Faith Anne Marie
 Wilson, James Francis
 Wilson, Michael Eugene
 Wilson, Stephen Edward
 Wilson, Wesley Dean
 Wise, Landon Kyle
 Wolf Sr., Aaron Paul
 Wolf, Angel Erica
 Wolfe Jr., Houston Hugh
 Womack, Kaleigh Patricia
 Wood, Shelby Maddison
 Woods, Jiva Marie
 Wright, Phillip Lawrence
 Wunderlin, Donna Jo
 Wyatt, James Allen
 Yandell, Leon Allen
 Yeahpau, Michael Tyrus



**HAPPY BIRTHDAY
BERNICE
BLANCHARD**

Love always - The Whole Family

HAPPY

SHELDON THOMAS WHITE THUNDER

BIRTH

LOVE ALWAYS - THE WHOLE FAMILY

DAY



CONGRATS!

Shelsie Mae White Thunder

Graduated from Seminole State College with Associates in Language Arts

&

Devin Lance Leitka

Graduated from Haskell Indian Nations University with Bachelor's in Environmental Science.

We are VERY proud of the both of you. You have had your struggles and showed us all that no matter what life throws in your path you can achieve anything. Remember sky's the limit and anything is possible you just have to want it.

Love Always- The Whole Family



**HAPPY
NEW
YEAR
2017**

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.***



Let us help...



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

Come and apply
Starting in May thru September
2016

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



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

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

Annette Wilson, Social Services



Education Department

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

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

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program:** annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31st of each year.

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

Attention:
Applications for fall 2016 must be received or postmarked by June 15, 2016.

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

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

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

TAG PRICES

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

PENALTY

\$0.25 A DAY



Here for you,
now more than ever.

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

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

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



SHAWNEE CLINIC
ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

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

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



Care on your schedule,
that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

HOURS OF OPERATION:

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

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

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

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

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



PLUSCARE
LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

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



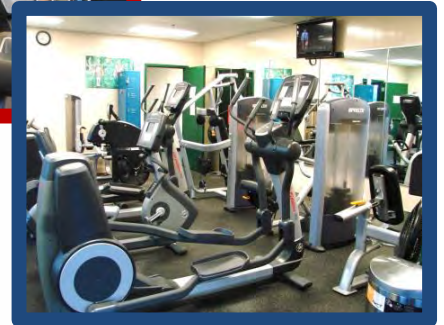
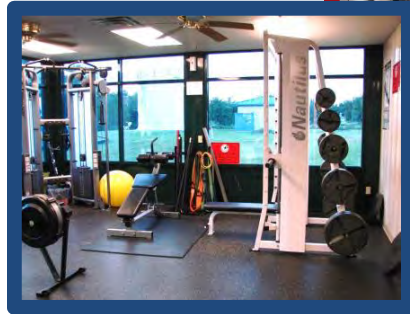
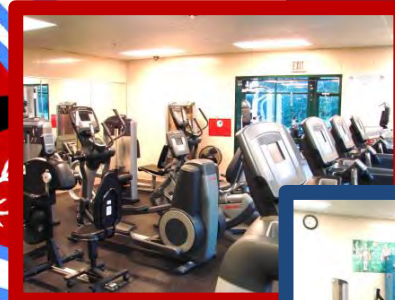
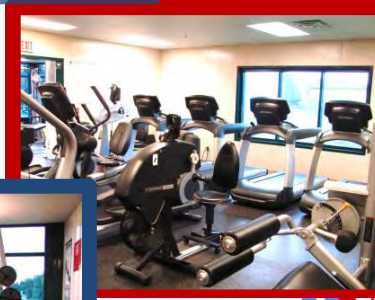
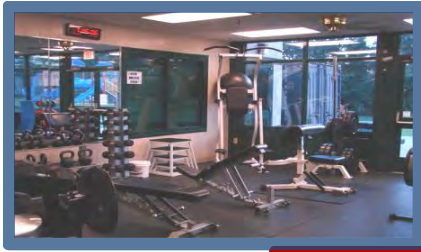


Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee Diabetes and Wellness



Fitness Center

Fitness Facility Hours of Operation

Monday - Friday

6:00 a.m. - 9:00 p.m.

Fitness Facility Weekend Hours of Operation

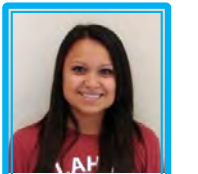
Saturday

9:00 a.m. - 3:00 p.m.



Brandon Goodman
Fitness Technician

The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.



McKenna Watson
Fitness Technician

AST Diabetes and Wellness Program

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:

Monday-Friday	6:00am - 9:00pm
Saturday	9:00am - 3:00pm
Sunday	CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)



January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Strength Circuit</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>Strength Circuit</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>Core 'N More</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Tabata Interval</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Strength Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

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

"Core 'N More"- Core training mixed with strength and aerobic exercises to improve total body strength.



**Absentee
Shawnee Fitness**

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

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



"Tabata Interval"- A time-efficient aerobic training system aimed at burning calories and improving cardiovascular fitness.

**Diabetes and
Wellness**

Laughter

Laughter can be the BEST Medicine

Improve your health with a good belly laugh...benefits include:

- Reduces stress
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation
- Makes you feel good

Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only will your midsection get a workout, it can benefit digestion and absorption functioning, too. It is estimated that hearty laughter can burn calories equivalent to several minutes on a rowing machine or exercise bike.

HelpGuide.

AST Health's Diabetes & Wellness: Laughter Is The Best Medicine

A New Year is here and with that - hopeful resolutions. For many of us, resolutions are grandly made and easily broken. Why? Because a resolution is just that - a decision. To make a life change, you need more than a decision. You need a plan. The plan is the guide to put your decision into action so that you can reach your goal. It's up to you to take steps to get closer to your goal. Of the many resolutions you may choose for your 2017 New Year please consider adding this very simple task: Laughter.

Laughter can be the BEST medicine. Improve your health with a good belly laugh...benefits include:

- Reduce stree
- Lowers blood pressure
- Elevates mood
- Boosts immune system
- Improves brain functioning
- Protects the heart
- Connects you to others
- Fosters instant relaxation
- Makes you feel good

Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal organs in place. Not only will your midsection get a workout, it can benefit digestion and absorption functioning, too. It is estimated that hearty laughter can burn calories equivalent to several minutes on a rowing machine or exercise bike.

National Wellness Institute, www.nationalwellness.org

When working towards your resolutions or just trying to live a better, healthier life this New Year know that we at the Diabetes & Wellness Program are here to help you succeed. Please make an appointment with your healthcare provider and put your plan into action! And don't forget to laugh along the way because life is good.

Happy 2017 to our AST community!

Diabetes & Wellness
701-7977

From the Doctor's Notebook

The second in this series of three articles on diabetes was published in the October issue of AST News inadvertently. The following is actually the first in the series.

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

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

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

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

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

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

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

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

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

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

Here for your good health

Si Li No Ke,

Bruce Stafford, DO

Deputy Medical Director - Absentee Shawnee Tribal Health System

THANK YOU, GOVERNOR!

I wish to extend my appreciation to Governor, Edwina Butler-Wolfe for my nomination for the AARP Indian Elder of the Year and being selected by the organization. It was an honor to be able to represent the Absentee Shawnee Tribe.

And, yes Education has played a very important part in my life. Beginning from the Stella-Little Axe and Bethel School era I had no HeadStart or Kindergarten and walking to a long school bus stop was not uncommon. However, a great learning experience was attending Chilocco Indian Boarding School and Haskell Institute (now Jr. College) for Technical Drafting. I was not encouraged to attend college but often wondered about it. I had always heard, "it takes money and you have to be accepted by a college".

It was not until after working several years and using my drafting skills in working at large and private companies, plus IHS that I decided to seek another kind of career with a college education. I had always wanted to help people and the Social Work field seemed the ideal route. By this time in my life I had children so that meant working and attending classes a little at a time.

When I had the opportunity to work for the Johnson O'Malley Program, I knew as a parent what my kids needed to be successful in school. I developed the program on those needs and justified them for BIA funding. I supported higher education as a Tribal Education Committee member, often thinking in the mind set of how can I make this student successful? Again, I focused on the need.

I was fortunate to complete my Associate Degree along the side of my daughter, Tisha from St. Gregory's College and then on to Oklahoma Baptist University for a Bachelor's Degree in Social Work. That degree opened the doors to Shawnee Youth & Family Resource Center as a Home Base Counselor for youth & their families. During this time, my son, Darren asked, "why don't you go for your Masters?" I thought, humm! Why don't you? You have a degree and you're young but I got brave one day and went to apply at the OU Graduate School, and got accepted!

Working & attending classes, time flew by and I managed to obtain a Masters Degree in Human Relations. I am now at another level in my life in working for the tribe and like to think I have been able to bring new prevention changes for better health to youth & their families. It is never too late to learn; it just takes some discipline, dedication and motivation with time.

Jenifer Sloan
(Quilawapease)

**ABSENTEE SHAWEE TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE DEPARTMENT**

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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

ATTENTION PARENTS!!!

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

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

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

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

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

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

Shawnee Main Office: Enrollment Manager- Shawnee Center: **Center Supervisor-**
Sherry Marsh (405) 275-4870 Stacey Osborne (405)
878-5820
1535 N McKinley, Shawnee 74801 1533 N
McKinley, Shawnee 74801
sherrym@ctsahheadstart.org

Cushing Center: Center Supervisor- **Norman Center: Center Supervisor-**
Wava Anderson (918) 225-1029 Amy Porter
(405) 447-0381
111 W Vine, Cushing 74023 516 Iowa St.,
Norman 73069

Health/Mental Health/Disabilities Manager
Melanie Williams (405) 275-4870
1535 N McKinley, Shawnee 74801

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

THANK YOU

The family of Roland Tiger would like express their thanks and appreciation to all of family and friends who showed their support in their time of need.

Also a special thanks to Glenn Mann and AST maintenance crew who helped with burial.

Roland Tiger
May 7 1964 - Dec 13 2016
Tiger Family Cemetery
Newalla, OK

LAND BUY BACK PROGRAM

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

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

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

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.

TALKING LEAVES JOB CORPS A NATIVE EMPHASIS CENTER

Career Training at No Cost To Qualified Applicants!



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



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

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

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

For more information
Call 405.424.1927

Career Technical Training

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

Placement assistance for

Military, Advance Training, College, or Employment in Your Career



ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT



SORNA

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



ARROWHEAD AUTOMOTIVE CENTER

10% OFF ALL SERVICES FOR TRIBAL EMPLOYEES & MEMBERS

Must present CDIB card or tribal employee ID. Not valid with any other offers.

Isn't it time you got more from your repair shop?
Experience the Arrowhead way of doing things.

TIRES | MAINTENANCE | REPAIR

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

www.arrowheadautomotivecenter.com



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

ABSENTEE SHAWNEE TRIBAL MEMBERS

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

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

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
- CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

**HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE
SUBMITTING TO SOCIAL SERVICES**

OILS

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

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

Contact information:

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



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

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

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

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

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





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

Don't Get Caught with Your Tires Down

AAA.com/repair

Winter Car Care Checklist

Battery and Charging System – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. AAA members can request a visit from a [AAA Mobile Battery Service](#) technician who will test their battery and replace it on-site, if necessary.

Battery Cables and Terminals – Make sure the battery terminals and cable ends are free from corrosion and the connections are tight.

Drive Belts – Inspect the underside of accessory drive belts for cracks or fraying. Many multi-rib serpentine belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals.

Engine Hoses – Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or feel excessively spongy.

Tire Type and Tread – In Oklahoma, all-season tires work well in our light to moderate snow conditions, provided they have adequate tread depth. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage. Replace any tire that has less than 3/32-inches of tread. Use the penny test: insert a penny – Lincoln's head first – into the deepest part of your tire's tread. If you can still see the top of Lincoln's head, it's time to invest in a new set of tires.

Tire Pressure – Check your tires' inflation pressure more frequently in fall and winter. As the average temperature drops, so will tire pressures – typically by one pound per square inch (PSI) for every 10 degrees Fahrenheit. The proper tire pressure levels can be found in the owner's manual or on a sticker typically located on the driver's side door jamb or on the door of the glove compartment. Also, check your spare, if you have one. Many newer cars come without one.

Air Filter – Check the engine air filter by holding it up to a bright light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked by most of the filter, replace it.

Continued on next page

Coolant Levels – Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with an inexpensive tester available at auto parts stores or go to a qualified auto tech.

Lights – Check the operation of all headlights, taillights, brake lights, turn signals, emergency flashers and back-up lights. Replace any burnt-out bulbs.

Wiper Blades – The blades should completely clear the glass with each swipe. Replace any blades that leave streaks or miss spots.

Washer Fluid – Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.

Brakes – If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.

Transmission, Brake and Power Steering Fluids – Check all fluids under the hood to make sure they are at or above the minimum safe levels.

Emergency Road Kit – Carry an emergency kit equipped for winter weather. The kit should include:

- Bag of abrasive material (sand, salt, clay-based kitty litter) or traction mats
- Snow shovel
- Flashlight with extra batteries
- Windshield washer solvent
- Ice scraper with brush
- Cloth or roll of paper towels
- Jumper cables (and know how to use them)
- Extra warm clothing such as gloves, hats and scarves
- Blankets
- Warning devices such as flares or triangles
- Drinking water
- Non-perishable snacks for both humans and pets
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench, duct tape)
- Cell phone and car charger cord. Pre-program your phone with rescue apps (AAA.com/Mobile) and important phone numbers including family and emergency services.

The road to a long car life starts with the owner's manual. Following the vehicle manufacturer's recommended maintenance schedule found in the owner's manual is the best way to keep a car running properly and avoid costly repairs.

A not-for-profit, fully tax-paying organization, AAA Oklahoma provides its 395,400 Oklahoma members with emergency roadside assistance and auto travel services. Plus, the auto club offers members and the general public a wide range of personal insurance, worldwide travel and financial services at branch offices across Oklahoma and online at AAA.com. Motorists can map a route, identify gas prices, find discounts, book a hotel and access AAA roadside assistance with the AAA Mobile app for iPhone, iPad and Android. Learn more at AAA.com/mobile.



Office of Environmental Health **Brownfield Response Program**

What is a Brownfield?



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



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

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

AST.Environmental.Programs@astribe.com

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

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



Iowa Tribe of Oklahoma Vocational Rehabilitation Program

"See the Person Not the Disability"

Juniors



Seniors

History:

The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

Services Than Can Be Provided:

Depending on an individual's needs and goals, will determine which services are best for you. However, some services that we can provide include testing fees such as SATs & ACTs, assistive devices, evaluations, and various other services.

Qualifications:

Must be an enrolled member of a federally recognized tribe, a junior or senior in high school, and must reside in one of the seven counties served by the Iowa Tribe Vocational Rehabilitation Program. You must also provide documentation of your disability and this can include a doctor's statement or the IEP or 504 plan from your school.

Counties We Serve:

Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

Iowa Tribe of Oklahoma
Vocational Rehabilitation Program
P.O. Box 728
Perkins, OK 74059



Contact: Christa McClellan
Phone: 405-547-5721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

WE ARE ON THE INTERNET: www.bahkhoje.com

Let your voice be heard.



Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. **Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623.** Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.

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

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

PLUSCARE CLINIC
15702 East State Highway 9
Norman, OK 73026
405.447.0477



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASHEALTH.ORG

Sign up, stay connected.

ONLINE PATIENT PORTAL → for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register. For more help, call your clinic, and we'll walk you through it.



Install the app on iPhone or Android for real-time access to your health information



SHAWNEE CLINIC 405.878.5850 or 877.878.4702 (TOLL-FREE) | LITTLE AXE HEALTH CENTER 405.447.0300

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines.
Keep a copy on hand
and update your information.

EMERGENCY AND URGENT CARE SERVICES

CHS for a currently enrolled AST member who resides in the defined catchment area and 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 your 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 your 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 the 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 CHS office or the Shawnee Clinic CHS office.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a 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.

EASY ACCESS

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to 5pm.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and 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. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.

2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

3. You must utilize the services provided within 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 and/or CMMR Committee.
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.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES

Little Axe Health Center & Shawnee Clinic

Glendine Blanchard, CHS Coordinator/RN
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Brenda White-Valdez, CH Technician

REFERRAL MANAGEMENT

Little Axe Health Center

Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Kelly Armstrong, CH Specialist, IHS Patients/LPN
Dana Medina, CH Technician
Melinda Ferrell, PBA, Dental Referrals

REFERRAL MANAGEMENT

Shawnee Clinic

Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/
Medical Assistant

LITTLE AXE HEALTH CENTER CHS

405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

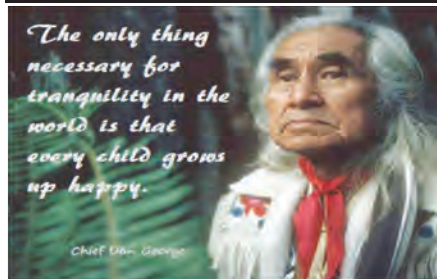
SHAWNEE CLINIC CHS

405.878.5850 (Primary)
405.878.4702 (Secondary)



ABSSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

FOSTER CARE



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.

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).

SCRABBLE CLUB

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

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

Games supplies provided

For Adults



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

SCIENCE SUNDAYS



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

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

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



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

Children Reading to Dogs

EVERY 2nd & 4th THURSDAY 6:30PM

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



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



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



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

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



Little Axe After School Program 2015-2016

Come join us at the AST Resource Center!!!



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



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

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



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

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



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



Get the Party Started!



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

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

Party with a company women trust.

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

A good buy gets every woman's attention, especially when she can get \$75* in the Mary Kay® products she loves for just \$35 when she hosts a party.

*Suggested retail

Give the gift of girl time.

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

It's all about you!

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



Contact me to find out more!

Delana Ayers
405-432-7405

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

Party With a Cause

Host a party that benefits your favorite charity.



METROPOLITAN LIBRARY SYSTEM PRESENTS:

Family Craft night

Get Your Craft On!

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



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

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



April 16: Rainy Day Crafts

May 21: Percussion Instruments

June 18: Summer Fun in the Car

July 16: Crafts that Blast Off

August 20: Back to School Crafts

September 17: Pirate Crafts

October 15: Spooky Crafts

November 19: Squawking Turkey Crafts

December 17: Winter Wonderland Crafts

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	Twila Parker.....	6307
	Lesa Shaw.....	6269
	Gia Aitkens.....	6263
Lt. Gov.	Lt-Governor Isaac Gibson.....	6253
	Andy Warrior.....	6309
	Mary Billy.....	6267
Lt. Gov.	Scott Miller (BIA Spec).....	6325
Secretary	Secretary John R. Johnson.....	6289
	Alvina Barnes.....	6275
	Jeff Gibson.....	6256
	6306
Treas	Treasurer Leah Bates.....	6239
	Donna Longhorn.....	6240
Rep.	Representative	
	Anthony Johnson.....	6287
	Trent Norton.....	6335

RECEPTIONIST	Lea Bettelyoun.....	4030
ATTORNEY	Ray Campbell.....	6313
COURT	Kathy Brock (Court Clerk).....	6241
	Courtney Hodges.....	6260
CULT. PRES. / GIFT SHOP	Merry Gift Shop Manager/Rec.....	6243
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	Ashley Brokeshoulder.....	6312
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	Linda Gouge (Sexual Assault Adv).....	6298
	Melissa Lopez.....	6333
	Taylor Willis.....	6293
	DV Advocate.....	6224
	Lacey Carey.....	6315
	Lindsay Hernandez.....	6226
EDUCATION	Admin Asst./Rec.....	6255
	Tresha Spoon.....	6242
ELECTION COMMISSION	Emily Longman.....	6271
ENROLLMENT	Carly Dyer.....	6292
	Kimberly Creek.....	6288
HORSE SHOE/BEND	(After School Program Director)	
	Edwina Butler-Wolfe.....	6308

FINANCE	Sam Caruso.....	6282
	Amy Hilderbrand.....	6250
	Jenny Ware.....	6279
	Holly Davis.....	6265
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	Courtney Green.....	6300
	Misty Griffith.....	6290
	Phillip Ellis.....	6280
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	Sandra Burnett.....	6385
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	Elizabeth Clark.....	6296
	Rachael Lankford.....	6222
	Casey Adams.....	6337
ICW	Ronelle Baker.....	6375
	Julie Wilson.....	6376
	6377
LITTLE AXE RESOURCE CENTER	Robert Komahcheet.....	585-8310
	Duke Blanchard.....	585-3669
MAINTENANCE	Kevin Kaseca.....	6316
	Reta Harjo.....	6249
	Stephen Fife.....	6234
	Sherri Yetter, Isaac Bettelyoun, John Mann, Cecil Walker.....	
	Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek.....	6331

MIS	Rico Coon.....	6328
	Michael Berry.....	6303
	Josh Gibson.....	6329
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OEI	Ken Jones.....	8845
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	Dakota Blanchard.....	8843
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POLICE DEPT	275-3200 / 275-3432
	Brad Gaylord (Chief).....	6302
	Linda Day.....	6261
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	Jason Brinker.....	6259
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	Steven Crisp.....	6278
	James Woolbright.....	6278
	Shawn Crowley.....	6276
	Joseph Abbiss.....	6278
	Jarrod Vasquez.....	6266

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

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



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