



THE

ABSENTEE SHAWNEE NEWS

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"Among the Shawnee"

May 2018

• www.astribe.com •

Volume 29, No. 05



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Check out out the
Kidz Zone, our NEW! monthly
page just for kids! Page 39

April 2018 - CCDF Organizes Day Care for AST Employees' children during Teacher Walkout

On Monday, April 2, an estimated 30,000 teachers, parents, students, and supporters marched on the Capitol to demand higher funds for education and education workers. The Teacher Walkout spanned 2 weeks, causing schools to close down throughout the state.

With schools closing, parents struggled to find places to keep their children where they could have safe, adult supervision while they work. In response to this, Briana Ponkilla and LaNora Buswell of the

CCDF and After School Program organized child care in Shawnee and Little Axe for the children of AST employees.

The daycares were open April 2 through April 12 and provided several activities for children of various ages. They were staffed by AST tribe member and teacher Glenda Sullivan, Shawnee teacher Tim Young, five tutors, and a driver. Supplies were provided by the Executive Committee.

For more details, see the Governor's Report, page 2.

The Constitution Revision Meeting is scheduled for Sunday, May 20, 2018, 4 pm at the New Community Building in Little Axe, next to the C-store. Anyone interested in attending is welcome, we would like to hear your ideas, suggestions, and welcome your inputs. I hope you will make plans to attend. It is open meeting. Thank you! Kathy Deere, Chairman

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



John Johnson
Lt. Governor



Ezra Delodge
Secretary



Leah Bender
Treasurer



Anthony Johnson
Representative

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

Governor's Report

By AST Governor Edwina Butler-Wolfe

Hello Absentee Shawnee Tribal Members
Hope that everyone is doing well and enjoying this fine weather we been having. There's been many calls in my office of the gardens that need to be plowed. Those services fall under the Lt. Governor Office and his extension is 6289. I am sure he is working on the planning for plowing of the gardens for our tribal people.

Gaming

I would like to start off with what has happened in the Gaming world. House Bill 3375 was signed by Governor Fallin, April 10, 2018 that pertains to the Ball and Dice, which expands definition of "non-house-banked table games" to include gaming involving a wheel, ball or dice. The legislation was not passed with an emergency clause; so it becomes effective ninety (90) days following the Legislature's adjournment in May 2018.

Now what that means for the Gaming Compact HB 3375 contains the language of a model Supplemental Compact as the original State-Tribal Gaming Compact. This is an offer from the State to the Tribes of Oklahoma. We will need to pass a resolution or authorization in our Executive Committee Meeting accepting the offer and submitting the Supplemental compact to the Secretary of the interior for approval. Once the notice of approval is published in the Federal Register, no further action is required by the State for the Supplemental Compact to take effect. The State is to be paid exclusivity fees of ten percent (10%) of the monthly net win of the common pool or pot from which prizes are paid for the new non-house-banked table games.

Constitution Revision Committee

The Resolution L-AS-2018-04 to establish the Constitution Revision Committee was passed in the April 11, 2018, Regular Executive Committee Meeting. We had nine (9) letters of intent for appointment to the Constitution Revision Committee, there will be six (6) more individuals to be added for those who want to submit a letter of interest to the Tribal Secretary Office. The announcement will be in the May Absentee Shawnee Newsletter and the deadline will be May 31, 2018 at 5:00 pm. Here is the list of the nine (9):

Shirley Adkins
Anita Chisholm
Kathy Deer
Josh Gibson
Dan Little Axe
Jerry Little Axe
Briana Ponkilla
Melpherd Switch
Betty Watson

Teacher Walk Out

The Teacher Walk Out was exercised by many of our area schools which did cause some concerns with the Executive Committee. Due to the Walkout, this would cause a hardship on our employees of the Tribe and Casino with their children not having a place to stay with adult supervision while they were working. Therefore, we had two sites available, one on the Absentee Shawnee Complex and at the Police Sub-Station in Little Axe for our employees to utilize for their children. The both sites started on April 2, 2018 and ran through April 12, 2018. I would like to thank Briana Ponkilla, CCDF Coordinator, for organizing the two locations along with LaNora Buswell, CCDF Assistant/After

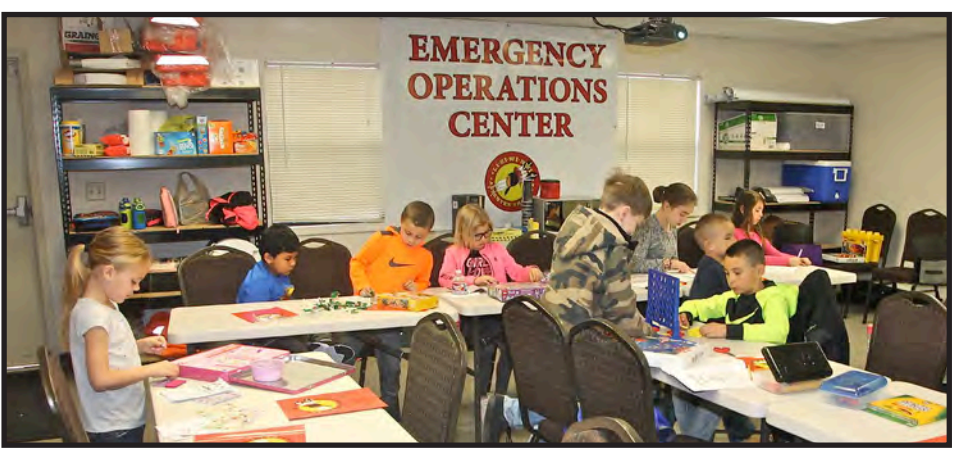
School Personnel. We were fortunate to have had two retired teachers to help during the two week of implementing the service.

- Glenda Sullivan, Teacher, Absentee Shawnee Tribal Member
- Tim Young, Teacher, Shawnee, Oklahoma
- Kiana Pante, Tutor
- Izabel Christy, Tutor
- Madisen Hudgins, Tutor
- Mike Deer, Van Driver
- Bradly Dennis, Tutor
- Jocelyn Davis, Tutor

Thanks to the Executive Committee for seeing that there was a need and supplying the school supplies.

Governor’s Meetings for month of March and April
March

- 19th Directors Meeting:
Present: Absentee Shawnee Housing Authority, Indian Child Welfare, AST Media, Enrollment, Human Resource, OEH, Domestic Violence, Social Services, CCDF/ASP, AST Police, Building Blocks II, Health, MIS, Tax Commission, Building Blocks III. Secretary Delodge, Lt. Governor Johnson and Myself attended.
Not Present: Treasurer Bender, Representative Johnson.
- 22nd Kiwanis Meeting – Shawnee
- 24th Absentee Shawnee Tribe Annual Easter Egg Hunt and Elders Meeting
- 25th Sunday 12:30 pm Charter School Meeting
- 26th 5:30 pm TEC Meeting attend by conference call
- 28th Strategic Planning Fox Valley Technical College
- 29th Indian Education Legislative Day 9:00 am – 11:30 pm Oklahoma State Capitol
- 30th Good Friday Tribal Office Closed
Luncheon at Gordon Cooper Vo-Tech Shawnee
Forward Legislative
- 31st Moore Public School Indian Education Pow-Wow



Children participate in various activities at the two childcare locations set up to accomodate AST workers’ children during the teacher walkout in April.

PINS ^N_o ⁴

SUMMER FUN PROGRAM

Prevention in Native Students (PINS) 4
Camp Dates: Tuesdays & Thursdays, June 4th - 29th
Time: 9:00 AM - 3:00 PM

Enrollment/Registration: April 1st - May 11th **Space is limited**

Ages 10-14
Native American Youth Only

Must live within these counties:
Pottawatomie, Oklahoma, Cleveland

Health Topics to be covered:

- Tobacco Prevention
- Physical Activity
- Proper Nutrition

Registration contact: Deidre Yarbrough, RN, AST Public Health
(405)701-7190 or dyarbrough@astribe.com

HEALTH SYSTEM

Prevention. Progress. Pride.

Continued on Page 4...

...Continued from page 3, "Governor's Report."

April

- 2nd Meeting with Executive Committee, Health Director, Health AG, Self-Gov. Director
- 4th 7:00 am – 7:00 pm Annual Kiwanis Pancake Fund Raiser
10:00 am Meeting on campus
3:30 pm Meeting with Election Commission, Constitution Committee, Executive Committee
- 6th 10:00 am Oklahoma City Area Self-Governance Meeting at the Absentee Shawnee Tribal Complex
- 9th 9:00 am meeting with non/tribal
10:30 am meeting with tribal member along with Representative Johnson
11:00 am Met with Secretary Delodge and Representative Johnson to go over a couple of resolutions for the April 11 Executive Committee Meeting.
Lt. Governor out of town, Treasurer Bender meeting with auditors.
- 11th Regular Executive Committee Meeting

Expressions

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

Conclusion

I appreciate tribal member that have come by my office or has called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere.

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

Respectfully,

Governor Edwina Butler-Wolfe

WALK-IN CLINIC WITH EXTENDED HOURS



Here for you,
now more than ever.

EXTENDED HOURS:

9 a.m. - 9 p.m. Monday - Friday

9 a.m. - 5 p.m. Saturday

NO APPOINTMENT NEEDED.

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

ABSSENTEE 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.



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 June 16, 2018. I cannot physically
be present to cast my Vote at the June 16, 2018 Run Off 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 date of
May 27, 2018

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

Spring into Spring with Building Blocks II

By Elizabeth Crawford
Director, Building Blocks II

Spring!

The children here at Building Blocks II are taking full advantage of learning about spring time by growing flowers. They have quite a garden growing.

They are also learning about spring weather and weather safety. It's important to talk with your children and getting a weather safety plan in place and do a few practice runs so they are prepared when at home as well.

The kids are enjoying the nice day outside when Mother Nature allows. The kids have also been very busy preparing Mother's Day gifts!

We had a few pre-k friends attend all day when the schools were out and we were glad to accommodate their families during the walkout.

We are continuing to work toward accreditation so that we can become a three-star facility through OKDHS. If you have any questions, please feel free to contact me or my Assistant Director Rebecca Jones at the center.

Thank you!



Building Blocks III News

By Billie Thompson
BBIII Director
bthompson@astribe.com

Our Easter parties and egg hunts were a HUGE SUCCESS!! The kiddos enjoyed dying eggs in the morning. The parties were held in the afternoon, with egg hunts that followed. Thank you to all of the family members who were able to join us. Thank you to all of those who sent goodies, even though you couldn't be here. Thank you to the AST Dental and Health Admin. for sending over Easter treats for all of our classrooms. And, of course, a big THANK YOU to the BBIII staff for always making sure these events are special for the kiddos and their families.

The Health Department did an immunization audit on the 45 children at our center. We scored a 95%, which is very good. We also had Jana Cornelius, with the CECPD, come out and perform a Program Administration Scale (PAS) assessment on our facility. This is used to assess aspects such as center operations, program planning, family partnerships, technology, child assessments, and staff qualifications, among many others. Jana was very impressed at what Building Blocks III offers and how the operations are conducted. She also had a few very helpful suggestions that we are in the process of implementing. She stated that we are mostly ready for accreditation, though we do have some other items that need to be in place to start that process. We will receive our official score in June 2018.

Enrollment:

Infants	7
Toddlers	7
Two's	9
Three's	13
Four's +	10

We have 3 additional children pending a start date.

New employees:

Angela Buckley, part-time housekeeping
Lindsey Kennedy, part-time floater

Please check www.astribe.com for other employment opportunities.


BUILDING BLOCKS Dates to Remember:

Friday, May 11th
Mother's Day

Monday, May 28th
Closed for Memorial Day


BUILDING BLOCKS III





BUILDING BLOCKS
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE

Absentee Shawnee Tribe
of Oklahoma
Building Blocks CDC
16051 Little Axe Drive
Norman, OK 73026
P: (405) 360-2710
F: (405) 360-2726



ASTHS April/May 2018 Monthly Update

By **Mark E. Rogers, MAL, FACHE, CMPE, CHC**
Executive Director

The health system said a fond farewell to the Deputy Director and longtime employee Mrs. Marla Throckmorton, RN, this past month. She is going to be working with a new company from home allowing her more time to be with her family and travel to visit her children with her husband, as they are both recent empty nest parents. We wish them both well in their new life adventure! The intern program will be meeting to select the new 2018 Interns for the second year. Native American AST Tribal students will have the opportunity to experience the entire health system's operations, work in a paid position throughout the summer months, and graduate the program with both work experience in the healthcare setting as well as a letter of recommendation from the health system for successful completion of the program. Graduation of the program culminates with a ceremony with parents and friends celebrating their accomplishment. The goal of the program is to attract tribal youth into health career fields and professional careers by exposing them to these various professionals and helping them decide early on what may be of interest to them and vector them into a future within the health programs.

We will be having preventative testing and other health awareness programs for Men's Health Month in June as well as events for our Women's Health Program this month in May. We continue to work with the Self-Governance Coalition and Shawnee Service Unit (SSU) to improve patient care and experiences for our area and our patients with best practices and innovative cooperation on community health programs. We appreciate the leadership and support of the Absentee Shawnee Tribe and other tribes in working together to better all of our programs and services in our area!

We are always thankful and very proud of our outstanding star performers, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee Awards and awardees are listed below. The AST Health System always 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!

Health Employee Awards of the Month for March

Employee of the Month
Chrissy Wiens, Resource Center


Team of the Month
E.H.R. Product Selection Team

Special Leadership Award
*Dayna Dick, Mike Kuestersteffen, Melody Wood,
Deidre Yarbrough, Dr. Lofgren*



Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director

**Strength of
Tradition Project**



Will Host:

Bead a Pen Class

**Family Activity - Come out and enjoy
an evening of creativity**

FRIDAY

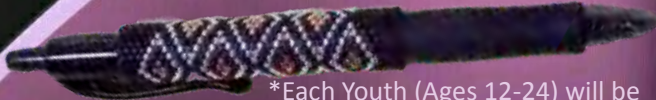
May 18, 2018

6 - 8 pm

Location:


AST Community House
(West of Thunderbird Express Hwy9)

Last Day to
Sign UP
May 11th



*Each Youth (Ages 12-24) will be given an incentive for participation

Reserve your spot by contacting:
Behavioral Health Services
(405)701-7995
Linda Gouge/ Victoria Andrews
Email: lindag@astribe.com
Email: vandrews@astribe.com



suicidepreventionlifeline.org

"This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

May 2018 - Scheduled Closings

Date:	Time(s) Closed:	Locations:
Wed., May 2nd <i>(1st Wed of Month)</i>	Noon to 5 PM	All AST Health facilities CLOSED - PlusCare Clinic & Shawnee Clinic Ext Hours will OPEN at 5p until 9p (last patient accepted at 8:30p)
Mon., May 28 th <i>(Memorial Day)</i>	All Day	All AST Health facilities CLOSED <u>except</u> PlusCare Clinic - PlusCare is OPEN from 9a until 5p (last patient accepted at 4:30p)

* In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay:
Little Axe Health Center at (405) 447-0300, Shawnee Clinic at (405)878-5850 or PlusCare at (405)447-0477

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall "Absentee Shawnee Tribal Health",
Twitter @ASTHealth & on ASTHS website at www.asthealth.org

***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**

CONTRACT HEALTH SERVICES NEWS

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
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Kareena Deere, CH Technician/Medical Records

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
Jennifer Wells, 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.

Physical Medicine & Rehabilitation (Physiatry)

Board Certified in Physical Medicine & Rehabilitation, Electrodiagnostic Medicine, Integrative Holistic Medicine

Beyond Pain Management & Orthopedics

Dr. Zelnik explains the specialty of Physiatry

By **Sanielle Zelnik, MD**

One of the challenges in my job is to explain to my co-workers and patients what it means to specialize in Physical Medicine & Rehabilitation (physiatry). It is often easier for others to refer to me as “pain management” or “orthopedics.” While Physiatrists manage chronic pain and diagnose and treat many orthopedic conditions, there is more to the story...

My specialty is fairly new. It was pioneered after WWII when physicians were needed that could understand the needs of injured soldiers with disabilities in order to develop innovative

A Physiatrist assists in improving physical function and health.

treatments to restore or enhance their physical abilities. The Physiatrist combines knowledge of general medicine, physical/occupational rehabilitation, orthopedics, behavioral health, and neurology to treat medical disorders affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. A Physiatrist regularly teams up with internal medicine, orthopedic surgeons, neurologists/neurosurgeons, rehabilitation therapists, psychologists/psychiatrists/social workers, and other members of the hospital team as a medical doctor representative to aid in multidisciplinary care coordina-

tion with goal of improving physical function and health. In rehabilitation hospital setting, the Physiatrist monitors patients admitted for inpatient therapy and manages their medical conditions until discharge home. In the outpatient clinic, a Physiatrist typically diagnoses and treats nerve and musculoskeletal disorders in coordination with other medical specialties and rehabilitation therapists. In every healthcare setting most of us physiatrists prefer to work as a team with health professionals in other specialties or disciplines as we believe this is what is required in order to assist medically complex patients with functional impairments. We regularly seek advice and input from our team and are taught to be innovative and to individualize our treatment plans. Like neurologists, we perform nerve testing called electromyography (EMG) and nerve conduction studies (NCS). We are trained in the fundamentals of non-surgical Sports Medicine and Pain Management, including joint/tendon sheath injections with or without ultrasound. Physiatrists who specifically want to become subspecialists can pursue further Pain Management or Sports Medicine fellowship training to perform image-guided spine injections or to achieve renowned expert level skills in ultrasound-guided injection techniques. Other subspecialty levels of Physiatry training include Spinal Cord Injury, Brain Injury, and Hospice-Palliative Care. We are very versatile and can work in various healthcare settings and in various roles. Some of us pursue non-clinical and administrative jobs as well!

For more information on Physiatry, please visit www.aapmr.org, or for social media sories and posts search #pmrismorethan

My Skills



- Diagnosis & Management of:
 - Osteoarthritis
 - Most Sports Injuries
 - Back and Neck Pain
 - Neuropathy
 - Radiculitis
 - Fibromyalgia
 - Overuse injuries
- Adaptive & Functional Needs for
 - Spinal Cord Injury
 - Brain Injury
 - Stroke
 - Cerebral Palsy
 - Multiple Sclerosis
 - Amputees
- EMG/NCS Testing
- Joint Injections
- Prolotherapy
- Botulinum Toxin for spasticity
- Complementary & Alternative (Integrative) Medicine

Please Refer to SURGEON FIRST for: Fractures, dislocations, acute head trauma, post-surgical back pain, back pain with loss bowel/bladder function

May Is National Asthma and Allergy Awareness Month

Open Forum meeting for Tribal Members with Small Consulting

an economic development project of the Tribe. There will be an open meeting on Thursday, May 3rd, from 6:00-8:00 pm at the Community Building in Little Axe.

Small Consulting has been contracted to do a Feasibility Study on the proposed Hardesty Travel Plaza project,

For more information, contact the Treasurer's and Secretary's Special Projects office at 275-4030, xt 6306.



MAY 2018 MAYO

www.infantcrisis.org/babymobile
405-528-3663

BABYMOBILE

Infant Crisis Services, Inc.
No baby should go hungry

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be “National Asthma and Allergy Awareness Month.” It’s a peak season for those with asthma and allergies, and a perfect time to educate yourself and others about these diseases. There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects more than 24.5 million Americans. More than 6 million children under the age of 18 have asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing. Please join us in raising awareness for these common diseases.

The best way to manage asthma is to know and avoid triggers, take medications prescribed by your physician to prevent symptoms & prepare to treat attacks.

Since allergy symptoms will only occur in the presence of an allergen, one option for reducing symptoms is to simply avoid the allergen. With easily identifiable allergens such as drugs and foods, this may be a reasonable strategy. However, since airborne allergens exist in such high quantities in the air that they are nearly impossible to avoid when they are in season.

Taking steps to minimize your exposure can be helpful to reduce your symptoms. Some options are:

- Avoid going into natural areas during pollen season
- Keep your windows closed to minimize the amount of pollen coming into your home
- Use an air filter in your home and replace as recommended
- Clean your home regularly to prevent the build-up of dust and other allergens
- Use mattress and pillow covers and wash these frequently

For more information on asthma and allergies visit The Asthma & Allergy Foundation of America at <http://www.aafa.org/page/welcome.aspx>

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
	1 NSO WIC 3530 N MacArthur OKC 73122 11am - 3pm	2 Norman COCAA 1155 E Main Norman 73071 11am - 2pm	3	4
		Mustang Library 1201 N Mustang Rd. Mustang 73064 10am - 2pm	El Reno Health Dept. 100 S Rock Island El Reno, 73036 10am - 2pm	Community Market 120 S Center St. Shawnee 74801 10 - 2pm
7 Variety Care Lafayette 500 SW 44th OKC 73109 10am - 2pm	8 Eastside Church of Christ 916 S Douglas Blvd. OKC 73130 12:30pm - 2:30pm	9 WCD WIC OKC 7001 S Western OKC 73139 10am - 2pm	10 NorthCare 2617 General Pershing OKC 73107 10am - 2pm	11
	Variety Care Straka 1025 Strata Terr. OKC 73139 10am - 2pm		Logan Health Dept. 215 Fairgrounds Guthrie 73044 10am - 2pm	
14 Capitol Hill High School 500 SW 36th St. OKC 73109 10am - 1pm	15 NSO WIC 3530 N MacArthur OKC 73122 11am - 3pm	16 Putnam City Academy 5604 NW 41st St. OKC 73122 11am - 2pm	17	18
Jim Thorpe Academy 1111 N Kennedy Ave. #B Shawnee 74801 11am - 3pm	Lincoln Health Dept. 101 Meadow Ln, Chandler 74834 10am - 2pm		Norman CCHD 250 12th Ave. NE Norman 73071 11am - 2pm	Seminole COCAA 315 E Broadway Ave Seminole, OK 74868 10am - 2pm
21 Variety Care Lafayette 500 SW 44th OKC 73109 10am - 2pm	22	23 Educare 500 SE Grand Blvd OKC 73129 2pm - 4pm	24 US Grant High School 5016 S Penn. OKC 73119 1:30pm - 3:30pm	25
Variety Care Portland 5320 N Portland OKC 73112 1pm - 3pm				Yukon Integris Hospital 1201 Health Center Pkwy. Yukon 73099 10am - 2pm
28 CLOSED	29 Variety Care Straka 1025 Strata Terr. OKC 73139 10am - 2pm	30 WCD WIC OKC 7001 S Western OKC 73139 10am - 2pm	31	1
CERRADO				Community Market 120 S Center St. Shawnee 74801 10 - 2pm

Care on your schedule, that's the Plus.



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

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.**



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Kenneth Blanchard for Lt. Governor:

As former Governor, Lt. Governor, and recently as Tribal Representative, I feel our leaders should know how to provide professional leadership that impacts our tribe. I am prepared to lead our tribe into a better future.

We need to plan for our future with sound economic development. Without a plan, one cannot prepare for the future. We cannot continue to subsidize our grants and enterprises to be successful. How do we expect to generate revenue?

My experience with planning is currently serving on the Strategic Planning Board to increase revenue and improve current services.

I have no promises other than to serve you with professional leadership and, with my experience in Tribal Government, I am not a learn-as-you-go leader.

I am asking for your vote on June 16, 2018!



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?
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www.arrowheadautomotivecenter.com



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



Title VI Menu



2018

2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spaghetti W/ meat sauce Veggies Garlic Bread Salad Bar*	2 Smoked Sausage Cabbage Carrots Bread/Pudding	3 Hot Ham n Chez Sandwich Chips Applesauce	4 Breakfast Burrito Scrambled Eggs Sausage Fruit/Salsa	5 Cinco De Mayo
6	7 Kraut N Wieners Mac n chez Cauliflower Prunes	8 Baked Chicken Wild Rice Veggies Mandarin Oranges	9 Hoagie Sandwich Mac Salad Fluff	10 Meatloaf Mashed Pot/Gravy Green Beans Mixed Fruit	11 Biscuit Scrambled Eggs Sausage Gravy	12
13 Mother's Day	14 Chef Salad Chez, Eggs, Ham Cottage Chez Peaches	15 Manwich Waffle Fries Cookie Orange	16 Oven Fried Chicken Mashed pot/Gravy Peas n Carrots Peach Cobbler	17 Soft Taco LTCO Spanish Rice Pears	18 Oatmeal Sausage Patty Fruit	19 Armed Forces Day AST Elders Mtg 10am Title VI Building, Shawnee
20	21 BBQ Pork Sandwich Pot. Salad Pickles, Onions Yogurt	22 Chicken Fajitas Onions n Bell Peppers Tortilla Cinnamon Roll	23 Tamale Mexi-corn Chips/Salsa Jell-O	24 Northern Beans Steakfries Cornbread Cookie	25 Biscuit Sausage Gravy Scrambled Eggs	26
27	28 :Memorial Day AST Complex Closed	29 Frito Chili Pie w/ranch beans Chez, onions Mandarin Oranges	30 Beef Fingers Mashed Pot/Gravy Veggies Mixed Fruit	31 Pork N Hominy Spinach Cake		

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

Title VI News

By Thomasine Owings
Title VI Director

A few changes have occurred in The Title VI Staff, we have a new driver, Cindy Carpenter, and we say goodbye to Guy Kowena (moved to AST Housing Maintenance). The Grass mowing applications will be handled by the Title VI Department with a few guideline changes:

The gas that is provided for cutting Elders grass is purchased by the Title VI Grant, supportive services and with all grants we have to have accurate account of each Elder who is getting their grass cut so this means we will need a current intake form and current utility bill in the applicants name and the grass mowing application, more details on the application.

With the warm days ahead of (maybe) us, if you are homebound- your driver WILL NOT leave your meal if you don't have an ice chest with some form way to keep it cold – and if you are not home for three days we



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

CDIB # _____

Grass Mowing Application

D.O.B. _____

The Following are the requirements for this program:

1. Must be an Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member (have an current intake form for the current year 2018)
4. Handicap/Disabled
5. Must provide Proof of Residency (utility bill must be in applicant's name)
6. NO RENTAL PROPERTY will be mowed

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

If you have any questions, please contact Dos Owings at (405) 275-4030 ext. 6227

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MESSAGE PHONE: _____

EMAIL: _____

FINDING DIRECTIONS TO HOME:

***DISCLAIMER**

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

will stop delivering to you until you call and let us know that you will be home- this saves us time, gas and a meal that could go to someone else.

May 13th, MOTHER'S DAY

May 28th Memorial Day AST Complex will be closed- No meals will be delivered or served this day.

Any questions or concerns please feel free to call us at 405-275-4030 ext 6227

New Guidelines Set for Lawn Cutting Services

By Thomasine Owings
Title VI Director

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

Guidelines:

1. Absentee Shawnee Member
2. Must be 55 years and older
3. Must be an Title VI Member, have a current intake form on file (FY-2018)
4. Must provide Proof of Residency (utility bill – in the applicants name)
5. Handicap/Disabled
6. NO RENTAL PROPERTY WILL BE MOWED

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

Any questions you can reach me at 405-275-4030 ext. 6227 or email me at dowings@astribe.com

FREE MUSIC LESSONS
Guitar • Bass • Piano • Drums
Available to all Native Americans w/CDIB#
For details, call Absentee Shawnee Behavioral Health • 405-878-4716

Elders' Corner

By Atheda Fletcher

Greetings!!

The Elders Council members participated in the Tribal Easter Egg Event on March 24 and donated eggs, candy and prizes. The event was well attended and enjoyed by all.

By the time you read this article, the Elders Council will have hosted a speaking event for the 2018 election candidates on April 21, 2018. We appreciate the candidate's participation and

anticipate that this will be an informative event.

On April 7, 2018, some of the Elders Council member attended the Operation Eagle Pow-Wow in Dewey, Oklahoma. Gifts were sent to the pow-wow for the organization and Troy and Jodi Little Axe. Troy and Jodi Little Axe were honored for their long standing contribution to the growth and education of Native American Youth. The Elders Council members sent honor gifts for Troy and Jodi and a grocery basket and shawl for the organization hosting this event.

As of this writing, the Elders Council members' plans to travel to the Azalea Festival in Muskogee on April 28 changed slightly. The Muskogee Chamber of Commerce announced that

their azalea flowers were severely impacted due to several freezes this spring. Plans are now to attend the Five Civilized Tribes Museum in Muskogee in lieu of the flowers. Lunch will still be enjoyed at the Miller's Eating Place in Chouteau.

We invite all AST elders to come join our meetings each month. The schedule is posted on the AST website.

This month's article is short, but as always, I like to end my articles with a quote. This one is humorous!

Quote: Vegetarian—that's an old Indian word meaning lousy hunter!

EXTREME INFLATABLE TEAM RELAY

Heros & Villians

June 2nd, 2018

Little Axe Health Center

15951 Little Axe Drive, Norman

Dress like your favorite villains or hero's and get your team registered!

Adult, Youth, Teen or Family Teams!

Bracket style - Single Elimination

Registration closes May 30th



Each team is allowed 1 substitute team



Participant 1 name: _____ AGE _____ Parent/Guardian signature _____

Participant 2 name: _____ AGE _____ Parent/Guardian signature _____

Participant 3 name: _____ AGE _____ Parent/Guardian Signature _____

Participant 4 name: _____ AGE: _____ Parent/Guardian Signature _____

Substitute name: _____ AGE _____ Parent/Guardian Signature _____

Phone: _____ **Team Style:** Family Youth Adult Teen **For more information contact 701-7993 Contact us immediately if your team needs to drop out.**

TEAM NAME: _____ I, grant my child, permission to participate in the Absentee Shawnee Extreme Inflatable 3k Relay. In consideration of the acceptance of this entry I waive all claims for myself, and my heirs against the sponsors, co-operating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result my participation. I hereby give my permission for my participation or my child's participation. I hereby give permission to the event sponsors to use my name and image without limitation or obligation. I certify that those participating are physically fit for this event and understand the risks involved by participating in this event. **Event hosted by MYDNA & Diabetes & Wellness**



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.**

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Rolanda Smith 405.701.7987

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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

Phillip S. Ellis for Tribal Treasurer - 2018

In last month's addition of The Absentee Shawnee News, I wrote about what I felt was the current state of our economic development and possible future options. In this month's edition, I would like to write about what I believe the role of the treasurer is and what I believe being an elected official on the Executive Committee is.

First, in my opinion, the primary role of the treasurer for our Tribe is to account for the monies and assets received, expended, and/or invested. He or she should be responsible for ensuring that all the monies and assets owned or received are used in an appropriate manner and is the "go-to" person when any financial related matters that must be explained or interpreted to any outside entity or organization (e.g., federal funding agencies, a bank, etc.) or inside user (e.g., Executive Committee, a tribal member, etc.). Even according to the Constitution of the Absentee Shawnee Tribe of Indians of Oklahoma the treasurer has six "The Treasurer shall ..." obligations. In order to fulfill those duties and obligations, the treasurer's position is unique among the Executive Committee members. No

only must the treasurer have good judgment but must also have a solid educational and work background.

Next, being an elected official for our Tribe, the treasurer is a voting member sitting among others carrying out the official responsibilities of our Tribe. Deciding and voting on the best interests of the Tribe and its members overall should be the aim; not for personal gain.

Again, regardless of how one views the Tribe, we are a multi-million dollar organization. We must survive and flourish in the future, and to do so we must have a treasurer who understands the role of the treasurer, its demands and requirement, and have the best interest of the Tribe and its members at heart. Again, in the upcoming election, you will have a choice between two candidates for treasurer. Just two. The current treasurer, Leah Bender, and myself. We can have two more years of what we've had for the past four. Or we can take a different path. Between the current treasurer and myself, I believe I'm that right choice.

Again, my vision is with the right person and people, our success is unlimited.

Sincerely,
Phillip S. Ellis
phillie2829@gmail.com
918-703-7528



You're getting a new Medicare card!

Cards will be mailed between April 2018 – April 2019

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

Absentee Shawnee Tribe
Behavioral Health Services



WHITE BISON, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

Shawnee Multipurpose Building
(east of the Shawnee Clinic, Bldg. 16)

For further information, contact:

Shawnee Behavioral Health Services: John 405-878-4716
Little Axe Behavioral Health Services: Dara 405-701-7987

Atheda Fletcher for Tribal Representative

Dear Absentee Shawnee Tribal Members:

The Tribal Representative has the responsibility and oversight of the Human Resources Department (HR Dept.). This organizational area is a key component for the overall function of our tribal government. An effectively run HR Dept. should be providing structure and the ability to meet business needs through managing one of the most valuable asset of the Tribe—its employees.

I have a B.A. Degree in Human Resource Management from the University of Central Oklahoma. My desire is to bring my experience gained with a Fortune 500 Company to the table in order to ensure that the Tribe's Human Resources Management team is maximizing their contribution to the overall success of our tribal government.

If I am elected, I will be working alongside the current HR staff in the assessment of these areas:

- **Strategic Management** – Current staffing assessments, projections for future workforce needs based on business needs.
- **Wages and Salaries** – Is the HR Dept. developing realistic compensation structures that set wages to be competitive, but keeping costs in line with our current financial status and projected revenue. Are we managing costs associated with turnover, attrition and hiring replacement workers?
- **Analyzing Benefits** – Benefit costs are soaring! Is our HR Dept. performing ongoing analysis to ensure we are maximizing the usage of our funds for employee benefits; are we negotiating benefit packages for employees that are within budget and consistent with our current economic condition; and are the benefits in alignment with current trends?
- **Employee Relations** – The HR Dept. manages virtually every aspect of the employer-employee relationship. Are the relationships between employer and employee being managed appropriately? Do the employees have full access to the HR Dept. when they have issues?
- **Safety and Risk Management** – Are we providing sufficient safety and awareness programs to ensure that the Tribe is providing safe working conditions.
- **Liability Issues** - Is the HR Dept. working to minimize exposure and liability related to allegations of unfair employment practices? Are the policies up-to-date and meeting current needs?
- **Training & Development** – Is the HR Dept. effectively managing the budget for this area to prepare leaders for supervisors and management roles?
- **Recruitment and Onboarding** – Is the HR Department managing this area using the most effective methods. Is this Department equipped with the best systems to aid in many of their day-to-day tasks?
- **Hiring Process** – Is HR ensuring that the organization extends offers to suitable candidates? Is the staff guiding and helping managers make good hiring decision.
- **Compliance** – Is the HR Department maintaining paperwork to document compliance? Are internal audits being performed?

The above are some of the areas that the Tribal Representative should be actively involved. The Tribal Representative has the overall strategic leadership to the Tribe's HR Dept. The Tribal Representative should be overseeing contracts, policies, monitoring compliance and working close-

ly with the HR Director.

I ask these questions:

- Is the current Tribal Representative meeting the requirements to effectively oversee the HR Dept? Is he providing the guidance and direction necessary to help build HR.
- Is the current Tribal Representative able to make necessary decisions independently? I ask each tribal member to view the April 11, 2018 Executive Committee meeting video. Who is really making the decisions over the Tribal Representative's programs?


Oversight for a HR Dept. requires years of experience. Ensuring that the HR Dept. operates at a high level is critical especially in smaller organizations. I will bring a higher level of knowledge and a higher standard of work to help the current staff. I will provide reports and/or information to tribal members on the activities and projects undertaken by the HR Dept. There are consequences for not getting it right in the Human Resources arena. I will "make a difference", but I can only do this if I am elected to the position of Tribal Representative. I ask that you assess the candidates and vote for the person with the best qualifications for the position.

I am the person who is willing to go the extra mile to help make our tribe successful. I possess the qualifications and I am committed to hard work for our tribe.

Until next time,
Atheda Fletcher
athedafletcher@gmail.com

IOWA TRIBE OF OKLAHOMA
VOCATIONAL REHABILITATION

TRANSITIONAL SERVICES



The Iowa Tribe of Oklahoma Vocational Rehabilitation (ITOVR) Program has provided vocational services to Native Americans consumers since 1994, and transition services to students since 2004. For years, our goal has been to empower Native American with disabilities, consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choice, to prepare for the transition from school to work or post-secondary school.


PROGRAM
Transition Services help Native American high school junior and seniors with disabilities continue their education, train for a job and find a job after completing education.

QUALIFICATIONS

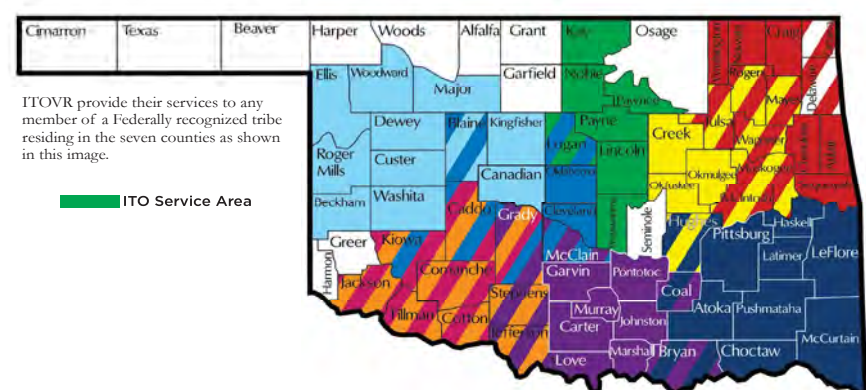
- Are you an enrolled member of a federally recognized tribe?
- Are you a Junior/Senior in High School?
- Do you reside in our services area?
- Disability documentation from a Doctor, Physician or Mental Health Provider noting disability and impediments?
- An IEP or 504 Plan may be accepted as proof.

SERVICES

- Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Resume Building, Interview Etiquette, etc.
- Other Various Services



ITOVR provide their services to any member of a Federally recognized tribe residing in the seven counties as shown in this image.



■ ITO Service Area

For more information contact:
Taylor McClellan, Counselor
405-547-5721 x223 · 888-336-IOWA
tmcclellan@iowanation.org

IOWA TRIBE OF OKLAHOMA
335588 E. 750 RD.
PERKINS, OK 74059
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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.

Elders Council Hosts Tribal Election Speaking Event

By Atheda Fletcher



L to R: Ken Blanchard, Meredith Wahpekeche, Andy Warrior, Anthony Johnson, Leah Bender, Atheda Fletcher, Phillip Ellis, Kathy Deere, Audrey Dodds

The Elders Council hosted the 2018 Tribal Election speaking event prior to its regular monthly Elders Council meeting. All candidates were present and were given 10 minutes to talk about their individual platforms and cover any topic of their choosing.

Leah Bender, incumbent for Tribal Treasurer, spoke first and provided an overview of the past years' challenges she faced and her achievements since she took the Treasurer position four years ago.

Phillip Ellis, candidate for Tribal Treasurer, followed and presented his credentials and how his professional background prepares him for taking on the responsibilities and challenges that come within a financial arena. He presented some of the

issues he believes need immediate attention and the urgency needed to protection tribal assets.

Ken Blanchard, candidate for Lt. Governor, spoke on his past experience wherein he held various offices with the Absentee Shawnee tribal government that give him a sound background in tribal business and a depth of knowledge that will help the tribe. He stated his desire is to bring cooperation and guidance to help the Absentee Shawnee Tribe achieve greater success.

Andy Warrior, candidate for Lt. Governor, gave the audience the details of his experience gained throughout his career serving in various positions within the Absentee Shawnee Tribe.

Anthony "Tadpole" Johnson, incumbent Tribal Representative, spoke to his current activities he was working on for the tribe. He explained that he utilized a lot of his time visiting tribal members and working on various cultural issues.

Atheda Fletcher, candidate for Tribal Representative, presented two planks of her platform—that being Cultural Preservation and Human Resources. She presented statistics on the current decline of native languages and that the tribe should not waste any time working to protect and preserve our tribal language. She further stated it is her desire to bring more growth to the CP area. She addressed HR and stated it takes years of experience in order to successfully oversee an HR Dept.

All candidates delivered good messages and information. There were approximately 40 tribal members in attendance.

The next upcoming event will be a Candidate Debate on Saturday, May 5, 2018, 6:00 P.M. to 8:00 P.M., at the Sac & Fox Nation Community Services, Multi-Purpose Building. We encourage all tribal members to come and listen to the candidates. PLEASE remember to vote on Saturday, June 16, 2018. Your vote matters!!

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 CDB 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



WWW.ASTHEALTH.ORG

SATURDAY, JUNE 30TH, 2018
1:00PM-6:00PM

2ND ANNUAL
INDIGENERD!
NATIVE ACTS FESTIVAL
& COMIC CON

THUNDERBIRD CASINO EVENT CENTER
15700 E. ST. HWY. 9 NORMAN, OKLAHOMA 73026

MAY BIRTHDAYS

Ahtone, Catlin Ray
 Alford, Amy Dianne
 Alford, Christian Shawnee
 Alford, Magdalena Spaneta
 Allen, Lucinda Nicole
 Allen, Patricia Ann
 Arnold, Keirstin Rene
 Atchico, John Edward
 Atwell, David Eugene
 Atwood, Reagan Nicole
 Barton, Trae Lee
 Bateman, Alberta Denise
 Bates, Akiane Karee
 Baughman, Brenda Jane
 Belvin, Justin Ray
 Bender, Leal Desma
 Bennett, Blake Tristan
 Bentley, Curtis Lee
 Bettelyoun, Lula Mae
 Bigpond, Roy
 Black, Timothy Wayne
 Black, Whitney Brooke
 Blackburn, Gayle Ann
 Blanchard, Caelynn Blu
 Blanchard, Dakota Joshua
 Blanchard, Glendine
 Blanchard, Joey Edward
 Blanchard, Joseph Henry
 Blanchard, Mariana Lillian
 Bradley, Jerry Dean
 Bradley, Terry Don
 Bradshaw, Alisa Marie
 Brady, Lynn Marie
 Brandon, Susanne Christine
 Breeding, Sean K. C.
 Brinson, Ariana Isabel
 Brister, April Angela
 Brocksmith, Chole Elizabeth
 Brown, Brittany Ciara
 Bruner, Aidan Alex
 Bryant III, Chester A.
 Buckley, Gerald Wayne
 Buckner, June Marie Switch
 Bullard, Adam Drew
 Bullock, Royce Jaxxon
 Bump, Karli Jessica
 Bustamante, Andrea Nadine
 Byers, Christian Daniel
 Byers, Eric Nelson
 Byers, Melissa Sue
 Cagle, Alicia Nicole
 Campbell, Charles Elbert
 Cargo, Ciara Rain
 Caudillo, James Emanuel Dean

Caudillo, Jamie Lynn Ladeana
 Charley, Melloney Ann
 Charley, Michael Arron
 Citty, Kathon Clay
 Citty, Lindsey Nicole
 Clark, Summer Lynn
 Clinesmith, Blake Weston
 Coddington Jr., Kevin Dwayne
 Collett, Bonnie Sue
 Colungo, Steven Lee
 Combs, Michelle Lynn
 Conover, Gloria Jean
 Cook, Israel Aaron
 Coon, Justin Kyler
 Coyle, Dr. Sarah Michelle
 Creamer, Cora Mae Starr
 Crenshaw, Jennifer Lois
 Cripps, Anita Louise
 Cuellar, Orietta Faith
 Dankenbring, Bryce Thomas
 Davis, Dale Allen
 Davis, Dannica Butch
 De Jear, Bayleigh Ruth
 Deere, Shawnee Estelline
 Deere, Sky Nichole Christine
 Denny, Jacqueline
 Dospapas, Verna May
 Downey, Zachary Layne
 Ellis, Gregory Scott
 Ellis, Heather Ann
 Ellis, Holly Diana
 Ellis, Sara Gabriel
 Evans, Lisa Michelle
 Factor, Jaremyah Jamez
 Feeling, Lavonna Jean
 Felton, Lacey Rei
 Fenner, Titan Russell
 Ferrell, Alyssa Kay
 Ferrell, Amber Nicole
 Ferrer, Joshua Lee
 Fife, Gabriel Douglas
 Fife, Teresa Laura Irene
 Fink, Brayden Lee
 Footracer, Lee Anna Gail
 Stubb
 Foreman Jr., Leonard Dewayne
 Foreman, Jacob Collin
 Foreman, Jalen Hawke
 Frazier, Rylan Ambrose
 Fritsch, Joley Marie
 Galloway, Zachary Adam
 Garbarini Jr., Alfred Ralph

Gibson Sr., Roy Gene
 Gibson, David Michael
 Gibson, Jeffrey Wayne
 Godwin, Lucy G.
 Gouge, Kara Joe
 Granstrom, Cody James
 Graves Pynch, Karen Sue
 Graves, Sharol Annette
 Gray, Branden Tyler
 Gray, Dakota Christian
 Greeley, Carsyn Ryan
 Griffin, Diane Sue Berry
 Groves, Mya Leighann
 Hale, Kathy Sue
 Hall, Emily Katherine
 Harjo, Eric Wayne
 Harjo, Hiyatike Star
 Harris, Konner Lee Little
 Charley
 Haumpy, Taj-ah Billy
 Heath, Spencer Blake
 Hendrick, Luke Michael
 Hill, Yvette Carmel
 Hood Jr., Warren Weslyon
 Hood, Lisa
 Hood, Thomas Edgar
 Hough, Norma Louise
 Humphrey, Carol Lee
 Hunt, Dominique Annastasia
 Marie
 Hutchinson, Velma Rae
 Irvin, Steven Benjamin
 Jackson III, Mark Sweeney
 Johnson Harjo, Curtis Ray
 Johnson Jr., Richard Taft
 Johnson, Coree Lee
 Johnson, Gabriella Kayann
 Johnson, Joshina Leeshay
 Johnson, Michael Scott Isaiah
 Johnson, Nicholas James
 Johnson, Priscilla Grace
 Johnson, Tabitha Rose
 Johnson, Walter Kirby
 Kaseca, Barry Alvin
 Kaseca, Kantynn James
 Kaseca, Roy James
 Keith, Marshall Collins
 Kirby-Gibson, Ian Jacob
 Kitchen, Ruben Vincent
 Kmatz, Mindy Lynnette
 Knighten, Cassandra Renea
 Kobs, Jennifer Ann
 Kowitz, Michael Raymond
 Laplant, Asher Jay
 Lasenberry, Harper Rose
 Leedom, Courtney Dawn

Little Axe, Sabrina
 Little Charley, Cheryl Jean
 Little Charley, Terry Lee
 Little Creek, Vernon Dale
 Little, Jady Alise
 Little, Madison Diane
 Littlecreek, Anderson Doreece
 Littlecreek, Dakota Dwight
 Littlecreek, Tiffany Nicole
 Littlecreek, Tristyn Denae
 Longhorn, Sean Ray
 Longhorn, Weda Louise
 Lopez Jr, Rolando
 Lovins, Earl Dean
 MacGill, Georgia Sue
 MacK, Rylan Emory
 Malone, Marcus Jerome
 Mann, Sallie Arlene
 Masquat Jr., George
 Masquat, Chelcy Nicole
 Matthews, Mary Caroline
 McAfee, Justin Samuel
 McGowan, Patricia Lynn
 McMillan, Shelly Kristin
 Medina, Alyssa Pamela Lee
 Megehee, Douglas Dewayne
 Megehee, Tonia Lynn
 Mendoza, Amanda Raneé
 Meyer, Doreen
 Miller, Casey Ryan
 Miner, Heather Rochelle
 Minesinger, Scott Brooker
 Mitchell, Desiree Rose
 Mondragon, Angela Kay
 Monk, Jaxon Eugene
 Montgomery, Matthew Schyler
 Daugherty
 Moore, Aniah Faith
 Moore, Emily Renee
 Morgan, Polly A Littlebear
 Morton, Jeremiah James
 Morton, Nora Jane
 Munroe, Douglas
 Neese, Lisa Marie
 Neugent, Alena Dee
 New Moon, Jake Lee
 New Moon, Jennifer Brooke
 Newton, Jessica Ann
 Noyes, Paula Jo
 Oldham, George Lynn
 Onzahwah, Deborah Kay
 Ott-Proctor, Lylli Lee Ann
 Panther, Jeffery Wayne
 Parker, Carla Marie
 Parker, Shawn Ian
 Pawpa, Donald Wayne

Pearl, Melvin Joe
 Pitner, Kamryn Nicole
 Powell, Fawn Laverene
 Powell, Kendall Lynn
 Pyrch, Lauren Karly
 Raisbeck, David Nathaniel
 Ramirez Jr., Florentino
 Ramirez, Elicia Marie-Alka
 Ramirez, Jaxston Cole
 Reavis, Ricci Donnice
 Roach, Dakota Eugene
 Robertson, Rita Jean York
 Robison, Morgan Tell
 Robison, Thomas Aaron
 Rochon, Gerald Wayne
 Rock, Micheal Eugene
 Rolette, Domini Antoinette
 Rolette, Gilbert Earl
 Rolette, Joshua David Michael
 Ryan, Royce Liam
 Salazar, Terry Lee
 Salisbury, Lucas Holden
 Salisbury, Mara Ann
 Sanders, Patty Ruth
 Schulenberg, Donald Derek
 Sevier, Elliott Rose
 Shawnee, Jarrett Lloyd
 Shular, Monte Lee
 Simmons, Desirai Diann
 Simpson, Wade James
 Smith, Jeremiah Robert
 Smith, Lily Kendrick
 Smith, Richard Alexander
 Smith, Trenn Talen
 Smith, Valerie Ann
 Smith, Vanessa Rae
 Soap Jr, John Lee
 Soap, Roger Eugene
 Speck, Haley Kalyn
 Spicer, Amber Jo
 Spoon Jr., Robert Ray
 Spoon, Joplin Dupre
 Spoon, Landon Joe
 Spoon, Lexi Della-Ann
 Spriggs, Warren Paul
 Springer, Delores Ann
 Spybuck, Easton Cade
 Squire, Nathan Gene
 Starr III, Henry James
 Starr, Anthony Craig
 Stevens, Laurence Paul
 Stewart, Gracie Nicole
 Stone Jr., James Lee
 Strain, Cynthia Ann
 Stuckey, Slade Wilson
 Sultuska, Ella L.

Sultuska, Jerry Wayne
 Sultuska, Rodney Steven
 Surface Jr., Robert Monroe
 Szoke, Debra Jean
 Talbert, Elania Michelle
 Talbert, Elliana Grace Elizabeth
 Tallchief IV, Eves
 Tallchief, John G.
 Tarbox, Crystal Lynne
 Taylor, Darwin Jacob
 Tebe I, Mavrik West
 Thompson, Teresa Renee
 Thornhill, Noah Hunter
 Thorpe, Burke James
 Thorpe, Sheelby Ahkeynay
 Jamese
 Tiger, Jennifer Diane
 Tiger, Tru Anthony Shane
 Uchida Jr., Stephen Robert
 Valdivia, Jenika Nicole
 Wade, Chelsea Nicole
 Wakolee, Carmen Jean
 Walker, Jo Ann Louise
 Wallace, Brenda Gayle
 Warrior, Johnnie Andrew
 Warrior, Kenneth James
 Watkins, Jamie Lynn
 Watson, Brittany LaDawn Paige
 Danielle
 Watson, Janelle Ilise
 Watson, Thomas Aaron
 Wesley, Ula Mae Welch
 White IV, Charles Daniel
 White, Brooklyn Dee
 White, Caitlyn Rose
 White, Clayton Randall
 White, Milo Everett
 Wilkerson, Katie Evalyn
 Williams, Colton Alexander
 Williams, Heath Floyd
 Williams, Ruth Helen
 Wilson, Cecil Alan
 Wilson, Christopher Blaine
 Wilson, Diana Lynn
 Wilson, Francis Lynn
 Wilson, Helen June
 Wilson, Lana Louise
 Witt, Ambra Denise
 Womack, Raelynn Lekay
 Wood, Lillian Kay
 Woods, Justin Matthew
 Wucinski, Gary Ray
 Young, Lynda Renee

WOMEN'S HEALTH SERVICES

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)



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



WWW.ASTHEALTH.ORG

Let your voice be heard.



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

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

Together, we will fulfill our mission.

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.ASTHEALTH.ORG

Coaching duo lead team to two consecutive State Championship victories.



Pictured above with the husband and wife coaches is their daughter, Gracey, who is a freshman member of the team.

CONGRATULATIONS for a back-to-back class 2A State Championship to 2017-2018 Christian Heritage Academy's girls basketball team coached by Clint and Lisa Little Jim (head coach).

The Lady Crusaders of Midwest City, Okla, had a perfect record of 30-0 with three regular season tournament wins.

AST members Clint and Gracey are the son and granddaughter of Charles and Lorene Little Jim of Little Axe, Oklahoma. We are thankful for and proud of the dedication displayed in these educators to serve young people in the field of academics and athletics.

- The Little Jim Family

Happy
BIRTHDAY
to you!

UNCLE DALE
& (BROTHER-IN-LAW)
HOPE YOU HAVE A
GREAT DAY!
LOVE, THE HASECAS

HAPPY
BIRTHDAY
Enjoy your day!

May 7
HAPPY BIRTHDAY!!!
Grandpa Roy!

Love, Kantynn, Kanynn, and LynnLei

ASIST

Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

Upcoming ASIST workshop

Date: May 8 & 9, 2018, 8:30 a.m. - 4:00 p.m.

Location: 2029 S. Gordon Cooper Dr, Shawnee, OK
at "Health Programs Multi-Purpose Building"

Hosted by: Absentee Shawnee Tribe MSPI

Provided by: Chickasaw Nation Suicide Prevention

**To inquire or register, call Jenifer Sloan @ 561-7810
or email jsloan@astribe.com**

ASIST works. Learn more and see the evidence at www.livingworks.net/asist



HAPPY BIRTHDAY JOPLIN SPOON!

Joplin -

Happy 10th Birthday to my precious lil man!! Hope you have an awesome, wonderful day!! I love you!!

Love, Mom

Lil Brother-

Have a terrific, fun-filled day!! Wish the best for you!!

Always XOXO, Jili & Justin

Happy Happy Birthday to my grandson. You are an awesome soccer player and getting better with each practice and game. I'm so very proud of you. Keep up the good work. I love you much.

O's and X's, Granny Low

Joplin-

Wish you a Happy Happy 10th Birthday! Auntie loves you a lot!!

Love, Auntie It
XOXO

The Tiger Reunion

will be held May 27, 2018 at Little Axe Pavillion at lake Thunderbird from 10AM to 10PM. All family and friends of Nellie Tiger Maxwell are welcome. Nellie is the last remaining child of Jim Tiger and Annie Mann Tiger. Everyone come out to eat and visit with her.

Please bring a covered dish, drinks, ice, eating tools, plates, any games, and your chairs!

Remember, there will be a \$5 fee at the gate (sorry it can't be helped).

If you have any old pictures of the Tiger/Mann Family, please bring them.

Please notify other family members and friends to come out, especially Jim Tiger Sr. Family!

Call Jan if you have any questions at 405-415-5520.



It's Your
BIRTHDAY
MAKE A
WISH

**Happy 15th Birthday
KANTYNN KASECA
on May 30th!**

You are getting close to driving! Lol. Lord Help us.

*We love you,
Grandpa & Granny*

*Happy Birthday Son
(and Brother).*

*We love you!
Mom, Dad, & Sisters*

Share your Celebrations!!!

Call AST Media at 405-598-1279 or email your request to stiger@astibe.com by the 15th of the previous month.

Only 1 picture can be used per celebration.

If you choose to visit our office and we are not present, please leave your requests in the mail box.

Why NOT to Seek Shelter Under an Overpass During Tornadoes

By Linda Day

Emergency Management Coordinator

Tribal Police Dept 405-275-3200

Cell 405-740-1562

lday@astribe.com

Many people mistakenly think that a highway overpass provides a safe haven from a tornado. The reality is that an overpass may be one of the worst places to seek shelter from a tornado. Using an overpass for your shelter can put you at a much greater risk of being killed or seriously injured by a tornado.

Tornado wind speeds can sometimes exceed 200 mph. These destructive winds produce airborne debris that are blown into and channeled under the overpass where people might be seeking shelter. Varying debris, including dirt, sand and rocks that are moving at incredible speeds can easily penetrate clothing and skin, causing serious injuries or even death.

Let's take a look at the facts:

- If an overpass is directly in the path of a tornado, the wind could change direction by nearly 180 degrees as the vortex passes.
- By climbing up higher to get under the overpass, you will be exposed to higher wind speeds and more flying debris.
- Flying debris become dangerous missiles in the tornado airflow.
- Most overpasses don't have girders or support beams for handholds.
- The narrow passage underneath an overpass could cause an increase in the wind speed under the bridge.

Where You Should Shelter Instead

If you are on the road, try to drive to the closest sturdy shelter. If that is not an option, pull over and park. You now have two choices:

- Stay in your car with the seat belt on. Put your head down below the windows, covering your head with your hands and a blanket if possible.
- If you can get lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands. Your choice should be driven by your specific circumstances.

Things You Should Never Do During a Tornado

We've said it before and we'll say it again – tornadoes can happen at any time and at any place! The keys to survival are preparedness and action. If you are prepped ahead of time, the odds of surviving a tornado as well as the aftermath goes up tremendously.

When it comes to taking a direct hit, surviving is simply a numbers game. You want to put the odds in your favor by doing what you can to maximize your chances of survival. We have compiled a list of five things you should NOT do when a tornado hits in order to increase your odds for survival. Happy reading!

- Not taking tornado warnings seriously. There are tornado warning false alarms all of the time. We've all been under warnings when nothing happened. However; when you hear those sirens go off, the time to take action is now! Hop in your storm shelter, or get home immediately if you are out and about. This advanced warning is key to your survival. You do not want to roll the dice on your life!

- Look out the window. We all know that windows are dangerous during tornadoes, but what do most people do when they hear a tornado warning? They run right to the window to see if they can see it! That is a big mistake. Windows can be easily broken, and will send glass and other debris from the outside right toward you! Did you know that being hit by debris is the number one way people are injured or killed in tornado? Don't be a statistic and get away from your windows!

- Open the windows of your house. Speaking of windows, we want to set the record straight about opening them during a tornado. Some people do this because they believe that the pressure will equalize and the windows will not shatter. This is a myth! According to the experts, opening the windows will only succeed in letting the winds into the

house so that internal supports can be shaken apart which will weaken the house even more. The bottom line is – don't open your windows. It's a waste of time!

- Try to outrun a tornado. A tornado's average speed is 10-20 mph across the ground, but can reach speeds up to 60 mph! If you think you are a fast driver and can outrun the tornado, think again. Your chances are slim-to-none when it comes to outrunning a tornado. As soon as you hear that tornado warning siren, seek shelter immediately and stay indoors. If you are nowhere near a shelter, you should stay in your car and buckle up or if possible, get below the level of the road like a ditch.

What to do When a Tornado Watch is Issued

It is super important to be prepared when a storm hits, including taking certain actions when a tornado watch is issued. Take a look at the tips below:

- Listen to Local Radio & TV Stations for Updates
- Be Alert to Changing Weather Conditions
- Blowing Debris or the Sound of Approaching Tornadoes May Alert You (many people say it sounds like a freight train)

When a Tornado Warning is Issued

It's go time once a tornado warning is issued and there is no time to waste. Follow the following tips when it comes to tornado warnings:

- If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects. The tornado may be approaching your area.
- If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
- If you are in car or mobile home, get out immediately and head for safety (above).

Going Inside Your Home after a Natural Disaster

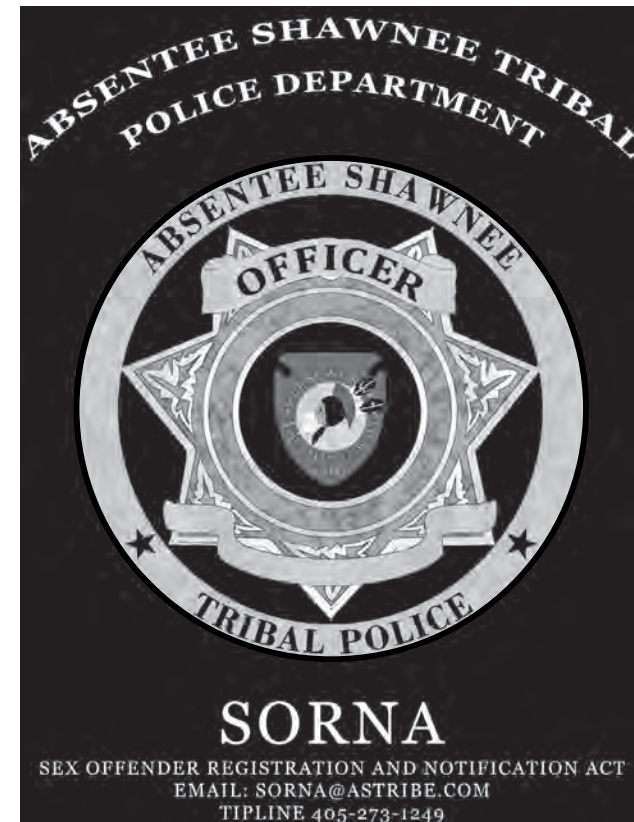
When you go inside your home after a natural disaster, there are certain things you should and should not do. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors. The following items are other things to check inside your home:

- **Natural Gas** - If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.
- **Roof, Foundation & Chimney Cracks** - If it looks like the building may collapse, leave immediately.
- **Clean Up Household Chemical Spills** - Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.
- **Appliances** - If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

- **Basement** - If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.
 - **Water & Sewage Systems** - If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.
- **Food & Other Supplies** - Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.
- **Sparks, Broken or Frayed Wires** - Check the electrical system unless you are wet, standing in water or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.
- **Open Cabinets** - Be alert for objects that

may fall.

- **Call Your Insurance Agent** - Take pictures of damages. Keep good records of repair and cleaning costs



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	Report Power Outage
	1-800-522-6870	
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

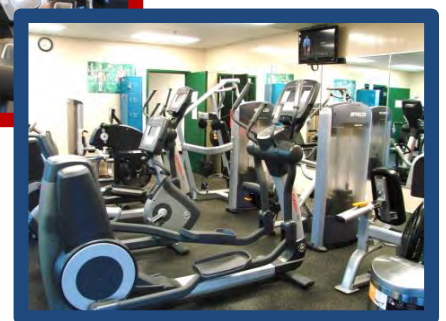
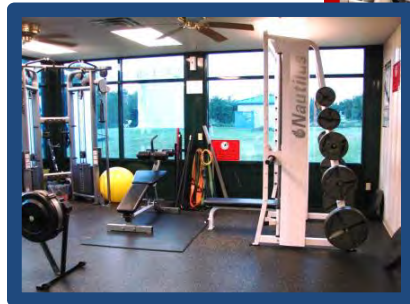
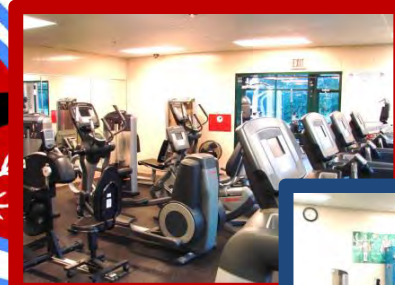
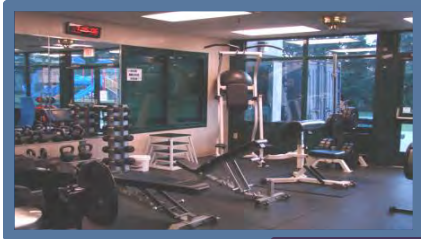


Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee Diabetes and Wellness



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.

Fitness Center



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

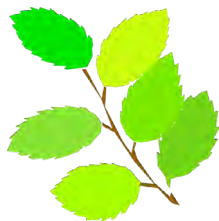
AST Diabetes and Wellness Program

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.

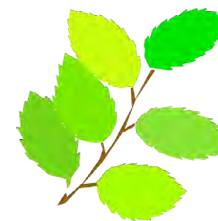
The AST Resource Center fitness room hours are:

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.)



May



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 Wednesday</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>De-Stress Friday</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”- This session will target all regions of the core and will provide a balanced workout for muscle groups that assist in movement and balance.



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



“De-Stress”- This session aims to assist participants in utilizing flexibility training to improve muscular flexibility and to induce relaxation for stress relief.

Absentee Shawnee Fitness

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

Diabetes and Wellness

May is Older Americans Month 2018: Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. Led by the Administration for Community Living’s Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme, “Engage at Ev-

ery Age,” emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Absentee Shawnee Tribal Health System will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. Throughout the month, ASTHS will conduct activities and share information designed to highlight nutrition, physical activity, and caring for the caregiver.

And, join ACL and AoA in celebrating by par-

ticipating in the Selfie Challenge! They want to see how you’re engaging. Simply take a selfie (or have someone take your photo) and tweet it with the hashtag #OAM18.

Visit the Official OAM Website
Follow ACL on Twitter and Facebook www.facebook.com/aclgov
Follow AoA on Twitter and Facebook www.facebook.com/aoa.gov/
Connect with us: ASTHS Public Health Nursing 405-701-7190

Contact your Area Agency on Aging: Visit <http://www.eldercare.gov/> or call 1-800- 677-1116

The weather is getting warmer, so that can only mean one thing... It's grilling season!

By Morgan Blackstock, MS, RD, LD
Diabetes and Wellness Program

Different cooking methods have an impact on the quality and nutrition of the food you consume. When foods are breaded, fried, or cooked with excessive fat (Ex. butter, lard, or oil), extra calories are added, which can contribute to weight gain. Foods absorb a lot of unhealthy fat when fried, even if the food was low in fat to begin with. Consuming these types of foods regularly, can increase the blood cholesterol level. This can pose a greater health risk, increasing the risk for cardiovascular disease, type 2 diabetes, and stroke.

However, grilling offers a healthier alternative without having to sacrifice flavor. When, grilling, fat drips off the food as it cooks. This results in a lower fat and calorie content, which can help with weight loss and weight maintenance. In addition, meats and vegetables retain more of their vitamins, minerals, and water when grilled, as opposed to frying or even boiling.

Not only can grilling be a healthy way to eat, cooking and eating outdoors encourages more activity. Try to find ways to incorporate physical movement while grilling out, such as playing Frisbee or kicking a ball around with your kids, playing fetch with your dog, or taking a walk around the yard. Remember, grilling can be fun for the whole family!

Try grilling these yummy and healthy recipes this month!



**Grilled Cinnamon-sugar
Banana Boats**

Ingredients:

- 1 teaspoon packed brown sugar
- 1/4 teaspoon ground cinnamon
- 4 ripe, yet firm, bananas
- 1/4 cup finely chopped dark chocolate (60% cocoa)
- 1/4 cup chopped pecans, toasted

Directions:

1. In a small bowl stir together brown sugar and cinnamon; set aside. Cut bananas in half lengthwise, leaving peels intact.
2. For a gas or charcoal grill, grill bananas, cut sides down, on oiled rack of a covered grill directly over medium heat 2 to 3 minutes or until golden grill marks form. Turn and sprinkle cut sides with cinnamon-sugar mixture. Cover and grill about 5 minutes or until the peels begin to pull away from the bananas. Transfer to plates and sprinkle with chocolate and pecans. Let stand 1 to 2 minutes before serving.

Tip: To toast nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350 degrees F oven for 5 to 10 minutes or until golden, shaking pan once or twice.

Nutrition Facts Per Serving:

Servings Per Recipe: 8 PER SERVING: 116 cal., 5 g total fat (2 g sat. fat), 1 mg sodium, 18 g carb. (2 g fiber, 10 g sugars), 1 g pro.



Grilled Lemon-herb Chicken

Ingredients

- 6 skinless, boneless chicken breast halves (about 1-1/2 pounds total)
- 1/4 cup olive oil
- 6 cloves garlic, minced
- 1 tablespoon lemon zest
- 2 teaspoons snipped fresh thyme
- 1 teaspoon snipped fresh rosemary
- 1/4-1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1/8-1/4 teaspoon black pepper
- Fresh thyme sprigs (optional)
- Lemon wedges (optional)

Directions

1. Place chicken in a resealable plastic bag set in a shallow bowl. For marinade, in a small bowl, combine oil, garlic, lemon peel, the snipped thyme, rosemary, crushed red pepper, salt, and black pepper. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 2 to 4 hours, turning bag occasionally.
2. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once halfway through grilling. If desired, garnish with fresh thyme sprigs and lemon wedges. Makes 6 servings.

Nutrition Facts Per Serving:

Servings Per Recipe: 6 PER SERVING: 188 cal., 8 g total fat (1 g sat. fat), 66 mg chol., 132 mg sodium, 1 g carb. 26 g pro.



Grilled Herb Zucchini

Ingredients

- 4 small zucchini and/or yellow summer squash, halved lengthwise
- 1 tablespoon olive oil
- 2 tablespoons snipped fresh oregano or 2 teaspoons dried oregano, crushed
- 1 teaspoon snipped fresh sage or 1/4 teaspoon dried sage, crushed
- 2 cloves garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

Directions

1. Brush all sides of squash with oil. In a small bowl, combine oregano, sage, garlic, salt, and pepper; sprinkle onto cut sides of squash.
2. Place squash pieces, cut sides down, on the rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until crisp tender, turning once halfway through grilling. Cut squash in half to serve. Makes 4 servings.

** If you do not have a grill, these can also be baked or cooked in a skillet.

Nutrition Facts Per Serving:

Servings Per Recipe: 4 PER SERVING: 65 cal., 4 g total fat (1 g sat. fat), 93 mg sodium, 7 g carb. (2 g fiber), 3 g pro.



AST Diabetes and Wellness Junior Olympics

Youth Olympics

The Absentee Shawnee Diabetes and Wellness Program encourages daily physical activity for all youth. The 2018 AST Diabetes and Wellness Junior Olympics provides an opportunity for youth to engage in fun and healthy physical activity. Please complete the registration form to enroll your kid(s) in this year's olympics!

Absentee Shawnee Resource Center
SATURDAY, MAY 19th 2018
For ages 5-6, 7-9, 10-12, and 13-14 years.

Youth events include



50 Yard Dash



Softball Throw



Running Long Jump



Standing Broad Jump



Free Throw Shooting

Name: _____

Age: ____ **Male or Female**

Contact #: _____

Parent: _____

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

For more information, please call 405-364-7298

Child Care Development Fund (CCDF) Programs - May 2018

By Briana Ponkilla
CCDF Coordinator

The CCDF Subsidy program allows Native American parents the opportunity to seek quality child care while they are employed full-time or attending school up to a bachelor's degree in a full-time program with the goal to obtain full-time employment. As of 4/1/18, we have 20 children from 12 families who receive child care assistance through the subsidy portion of the CCDF grant. Of those, 9 are AST Children and 3 families have a family member who is employed with the AST or one of its enterprises. The purpose of this program is to maintain compliance with the CCDF guidelines and ensure the proper use of funds. We are currently in our subsidy renewal period and hope to assist just as many families and children as our last fiscal year.

Building Blocks CDC II & III continue to operate according to the CCDF guidelines as well as the Oklahoma DHS licensing standards. BBII has begun the process of becoming accredited so they can become a 3 Star facility. Once they receive the increase in stars they will receive the higher reimbursement rate from OKDHS. Hopefully by the end of the year we can have this completed.

The Horse Shoe Bend After School Program (ASP) is currently operating

for the spring semester. The HSB ASP is still taking students who attend NRC schools. If you would like to enroll your child you can contact me or Governor Edwina Butler-Wolfe. The tutors at HSB ASP are there to assist with after school care as well as tutoring for students who may need a little more instruction.

The AST Shawnee After School Program still operates on the Tribal Complex for the 2017-2018 school year. The program is located in the modular buildings across from Building Blocks II. We are open after school only and provide tutoring and supervision throughout the school year. Currently there are 21 children in our ASP Shawnee program who are transported from Shawnee and Tecumseh Schools. There is limited number we can transport on our two vehicles. If you would like to enroll your child please contact us and we can let you know if we can accommodate your child and if not we can add them to our waiting list.

The CCDF Programs will be offering a Summer School Age Program this year. It will be similar to the program last year but will remain on the AST Complex instead of HSB. We will be taking waiting list application and notify parents if they have a spot by the middle of May. The program will run June 4 through July 27.

Our goals through the CCDF grant, Building Blocks enterprise and the After School Programs is to provide quality child care to Native and non-native children in our communities. We do this by our innovative ideas on curriculum and staying abreast of all training and requirements to maintain higher levels of care. We strive to be the best and be better than the best every day.

If you are interested in any of these programs or have any questions please feel free to contact me at (405) 432.8411 or by email, briana.ponkilla@astribe.com.

Ni yi wa! (Thank you)

Absentee Shawnee Housing Authority

2018 PROGRAMS



- Low Rent Housing
- Lease to Own Housing
- \$5,000 Down Payment & Closing Assistance – AST Members Only
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing

PROGRAMS ARE DEPENDANT ON FUNDING AVAILABILITY

FOR INFORMATION ABOUT OUR SERVICES

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

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

1ST ANNUAL EASTER EGG HUNT MARCH 24, 2018



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.



Absentee Shawnee Tribe
After School Program

Absentee Shawnee Tribe of Oklahoma Summer School Age Program (SSAP)

If you are interested in signing up your child contact **Briana Ponkilla or LaNora Buswell** at the information below. Or pick up an application at **Building Blocks II on the AST Complex.**

- SSAP for school age children ages 5 years (Kinder) thru 12 years
- Begins 6/4/18 thru 7/27/18
- M-F, 7:30A-5:30P
- SSAP is not DHS Licensed
- Snacks will be provided for Morning and Afternoon
- Staffed by ASP Tutors
- Native Preference in Enrollment - limited number of spots available
- Tuition is due at the beginning of the program.

AST CCDF program will be offering a summer program for school age children who have completed Kindergarten and up to age 12. This will only be an 8 week program. The program will be held at the Shawnee Absentee Complex, ASP building. Parents can drop off kids as early as 7:30a and will have to be picked up by 5:30pm. The cost is \$200.00 a month or 300.00 for the full 8 weeks. A 25% discount will be given to AST members and AST employees. Children will need to bring a sack lunch every day and wear appropriate activity wear. We will be going on field trips at least twice a week. The trips that may include but not limited to:

- * Zoo
- * Red Earth Parade
- * Local parks
- * Library
- * Splash pads



Absentee Shawnee
Tribe of Oklahoma

Mobile: 405-432-8411

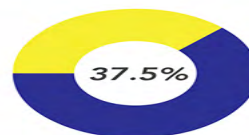
E-mail:

briana.ponkilla@astribe.com

lanora.buswell@astribe.com

La-pe-we-ki-wa ho-ge-
wa-pe-fa-yi mi-ti-ge

Sexual Assault Statistics for Native American Women



According to the National Violence Against Women Survey, 37.5% of Native American women are victimized by intimate partner violence in their lifetime.

American Indian victims of intimate and family violence are more likely than victims of all other races to be injured and need hospital care.



1 in 3 Native women reports rape, compared to 1 in 5 nationally, and are 2.5 times more likely to experience sexual assault than any other ethnic group.

A national survey found 15.5% of Native American couples reported violence within their marriage, 7.2% of that was severe violence.



NATIVE HOPE



#breakfree

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**

ATTENTION TRIBAL MEMBERS!!!

When mailing in your application for any assistance through the Social Service Department, Please DO NOT send original CDIB, Drivers License and Social Security cards. Please attach copies of your ID's only; if you are in the office copies will be made. Absentee Shawnee Tribe is not responsible for lost ID's in the mail. If you have any questions, please call (405) 275-4030, ext. 6225 or 6255.



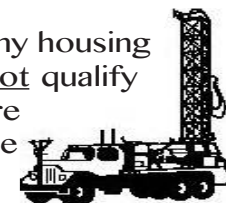
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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

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

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

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



FY-2018 YTD TAX COLLECTIONS (through 03/31/2018)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE	% OF TAXES
													TOTAL	COLLECTED
Sales (6%)	\$6,955.22	\$128.33	\$20,250.34	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$27,333.89	3.33%
Gaming % of free cash	\$150,000.00	\$300,000.00	\$200,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$650,000.00	79.10%
Employee (1%)	\$11,386.59	\$11,609.31	\$11,506.02	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$34,501.92	4.20%
Severance (8%)	\$4,549.73	\$3,384.15	\$2,620.73	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$10,554.61	1.28%
Motor Vehicle	\$11,963.40	\$18,890.16	\$20,352.65	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$51,206.21	6.23%
Motor Fuel Taxes (Qtrly.)	\$35,258.38	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$35,258.38	4.29%
Tobacco Refund	\$4,367.11	\$4,026.41	\$3,903.11	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$12,296.63	1.50%
TOTAL TAXES	\$224,480.43	\$338,038.36	\$258,632.85	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$821,151.64	
Miscellaneous	\$122.50	\$142.65	\$298.25	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$563.40	0.07%
TOTAL COLLECTIONS	\$224,602.93	\$338,181.01	\$258,931.10	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$821,715.04	100%

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

TAG PRICES

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

PENALTY

\$0.25 A DAY

Absentee Shawnee Behavioral Health STRENGTH OF TRADITION PROJECT

Funded through SAMHSA Native Connections Grant in providing support by:

- Extending an out outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- Supporting youth as they transition into adulthood.

If you would like to know more about this program, please contact us!

Linda Gouge Grant Coordinator (405)701-7988
Victoria Andrews Grant Assistant (405)701-7995

Little Axe Health Center
Li-Si-Wi-Nwi Health, Inc.
15951 Little Axe Drive
Norman, OK 73026



"This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."

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.

Please keep all addresses, phone numbers, and name changes current with the enrollment office. This will ensure our records are correct.

Enrollment CDIB Printing is from 8:00AM - 4:30PM

All walk-ins or appointments will need to check in before 4:30pm each day.

This change is to provide the staff the appropriate time for daily closing procedures.

We appreciate your understanding during this transition and if you have any questions please contact Ezra DeLodge, Tribal Secretary or Carly Dyer, Enrollment Director.

Thank you,

Enrollment Staff

Enrollment is now offering

DNA Testing!

Open to the public!!

Appointment required.

Must pay to hold appointment.

-Parentage testing-

Tribal Member: \$45

Non Tribal Member: \$65

Note: for all other tests please contact enrollment



IT'S TIME FOR **NEW LEADERSHIP** IN ABSENTEE SHAWNEE COUNTRY!



**Don't you think,
it's time!**

- To sell the cows!
- To VOTE for leadership who is behind the wishes of the General Council and follow the Constitution.
- That all tribal members share in services and benefits of the tribe.



**Don't you think it's time,
we ask!**

- What assets the Executive Committee bought or sold in the past two years?
- What happened to the General Council vote on the Cannabis project to have a dispensary?

**We need to VOTE for a NEW
Treasurer and Representative!**



IT'S TIME FOR NEW LEADERSHIP

IN ABSENTEE SHAWNEE COUNTRY!

WE NEED ECONOMIC DEVELOPMENT TO MAKE MONEY FOR OUR TRIBE, THE ONLY PROFIT INCOME WE RECEIVE COMES FROM THUNDERBIRD CASINO AND THIRD PARTY BILLING REVENUES FROM OUR HEALTH CLINICS.

VOTE for a **NEW LEADERSHIP**, who will bring economic development for our tribe.

Treasurer Bender will not provide true financial reports and results of audits to the General Council. And failed the shift positions in power, the Treasurer moves to Secretary and Representative moves to Treasurer. Our Constitution states that, vacancies in any elective office shall be promptly filled by the remaining members of the Executive Committee. This procedure was not followed and is a violation of our Constitution.

Representative Johnson and **Treasurer Bender** had asked for and recently voted to buy the Moose Lodge in Norman for \$350,000.00 and 31 acres of land on Hardesty Road & Tecumseh Bypass for \$638,000.00 which is located in flood plain area, both of which we will have to pay property taxes. This is in violation of our Constitution, which states that they must have the General Council approve before the purchase of land or property with Tribal Trust Assets (Money).

It's time we VOTE for NEW LEADERSHIP who will follow our Constitution and the wishes of the General Council.

Letter to the Editor: Get Out and Vote for Leadership Changes

By Loretta J. Schwarz
Senior Tribal Member

Greetings To All Absentee Tribal Members,

PLEASE GET OUT AND VOTE, ESPECIALLY ABSENTEE VOTERS!

VOTE FOR MR. PHILLIP ELLIS, MRS. ATHEDA EDWARDS-FLETCHER and KENNETH BLANCHARD.

VOTE FOR REAL CHANGE TO ENHANCE THE STATUS OF THE ABSENTEE SHAWNEE TRIBE.

Governor Edwina Butler-Wolfe appeals to tribal members and the Executive Committee for help to make a great difference for the Absentee Shawnee Tribe. She needs and wants a great Executive Team to help her enhance the status of our Tribe.

Who can assist the Governor greater in this effort? There are three highly qualified candidates for the office of Treasurer, Representative and Lt. Governor. They are as follows:

Mr. Phillip S. Ellis, candidate for Tribal Treasurer impressed me with his sincere desire to enhance the functions of THE TREASURER OFFICE. Phillip states, "The treasurer should be the top financial person who should understand finance, accounting, economics and how each of these areas affect the Tribe". From his background, he understands other financial associated areas such as grants & contracts, real estate, management information systems, and budgeting. I believe Mr. Ellis can assume the Treasurer's duties based on his extensive solid fundamental education, and meaningful professional work experience.

Please vote for Phillip Ellis as Treasurer who has the leadership skills to

assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Mrs. Atheda Edwards-Fletcher, candidate for Office of Tribal Representative, impressed me with her 10-year Human Resources background. With a Bachelor of Arts Degree in Human Resource Management and became a Certified Human Resources Professional reveals she is highly qualified to serve as Tribal Representative.

Also, I was happy to read about her desire to "diligently work to preserve our tribal language; to ensure that our distinct traditions and culture are kept alive and thriving; and strive to bring all tribal members together to preserve our history".

Please vote for Mrs. Atheda Edwards-Fletcher as Tribal Representative who has the leadership skills to assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Mr. Kenneth Blanchard has served as Governor, Tribal Representative and Gaming Commissioner. Being a very knowledgeable member of the Absentee Shawnee Tribe, he has the leadership skills to serve as Lt. Governor. While serving as Tribal Representative, he assisted and supported Governor Wolfe's policies and Executive Committee's considerations.

Please vote for Mr. Kenneth Blanchard who has the leadership skills to assist Governor Wolfe in enhancing the status of the Absentee Shawnee Tribe.

Please Absentee Voters copy and send in your request for an Absentee Ballot now and before May 27, 2018. Complete and FAX, number is (405) 273-1337.

When you get your Absentee Ballot in June, vote and complete on the same day you get the ballot. We have very short turn around time to get our ballots in by June 16, 2018.

VOTE FOR MR. PHILLIP ELLIS, MRS. ATHEDA EDWARDS-FLETCHER and MR. KENNETH BLANCHARD.

VOTE FOR REAL CHANGE TO ENHANCE THE STATUS OF THE ABSENTEE SHAWNEE TRIBE.

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.***

May

me ni ke fe wa
(mee-NAH-kee-sthway)

AST KIDZ ZONE

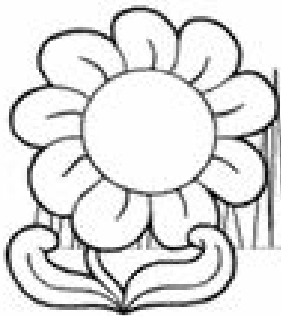
NE KE YI WE SI LI SI MI MO

(neek-yah wee-shah-lah-shah-mah-moh)

HAPPY

MOTHER'S DAY

Love, _____



SPEAK SHAWNEE!

MOTHER

ne ke yi

(neek-yah)

GRANDMA

ko ko ge

(koh-koh-jee)

*Learn more Shawnee words
and how to say them at
www.learnshawnee.com*

OK CHILD ABUSE HOTLINE

405-878-4702

Absentee Shawnee Tribe - Shawnee Department Extensions (405) 275-4030

Gov.	Governor Edwina Butler- Wolfe.....	6308
	Glenna Jones.....	6307
		6263
Lt. Gov	Lt. Governor John R. Johnson.....	6289
	Andy Warrior.....	6309
	Mary Billy.....	6267
	Scott Miller (BIA Spec.).....	6325
Secretary	Secretary Ezra Delodge.....	6284
	Alvina Barnes.....	6275
Treas.	Treasurer Leah Bender.....	6239
Rep.	Rep Anthony Johnson.....	6287

RECEPTIONIST	Lea Bettelyoun.....	4030
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ATTORNEY	Austin Bond.....	6313
	Trey Gill.....	6313

CULT. PRES./GIFT SHOP	Mery Rodriguez (Gift Shop).....	6310
	Devon Frazier (Library).....	6243
	Ashley Brokeshoulder.....	6312
	Erin Thompson.....	6340
	Kyra Underwood.....	6238
	Suhaila Nease.....	6245
	Kimberlee Billie.....	6323

DOMESTIC VIOLENCE/FAMILY SERVICES	Melissa Lopez.....	6333
	Lacey Carey.....	6315
	Lindsay Hernandez.....	6226
	Taylor Wills.....	6293
	Domestic Violence Advocate.....	6224
	Sexual Assault Advocate.....	6298
		6277
		6266

EDUCATION	Tresha Spoon.....	6242
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ELECTION COMMISSION	Emily Longman.....	6271
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ENROLLMENT	Carly Dyer.....	6292
	Kimberly Creek.....	6288

HORSE SHOE BEND	(After School Program Director)	6308
	Edwina Butler-Wolfe.....	6308

FINANCE	Holly Davis.....	6265
	Twyla Blanchard.....	6233
	Jennifer Crenshaw.....	6228
	Courtney Green.....	6300
	Misty Griffith.....	6290
	Phyllis Wahrickah-Tasi.....	6338
	Sandra Burnett.....	6385

HUMAN RESOURCES	Cheri Hardeman.....	6252
	Elizabeth Clark.....	6296
	Casey Adams.....	6337

ICW	Ronelle Baker.....	6375
	Julie Wilson.....	6376
	Jackie Denny.....	6377

LITTLE AXE RESOURCE CENTER	Duke Blanchard.....	585-3669
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MAINTENANCE	Kevin Kaseca.....	6316
	Rela Harjo.....	6249
	Stephen Fife.....	6234
	Sherri Yeiter, Isaac Bettelyoun, John Mann, Tom White, Donnie Marshal.....	6331
	Robert Komahcheet.....	585-8310

MIS	Help Desk.....	3100
	Michael Berry.....	6303
	Donna Cody.....	6402

OEH	Ken Jones.....	6223
	Jarrod Lloyd.....	6229
	Rebecca Diven.....	6230

POLICE DEPT.	275-3200 / 275-3432	
	Brad Gaylord (Chief).....	6302
	Linda Day.....	6261
	Ric Wantooth.....	6278
		6266
	Jason Brinker.....	6259

	Clinic-Medical.....	6232
	Steven Crisp.....	6278
	James Woolbright.....	6278
	Shawn Crowley.....	6276
	Joseph Abbiss.....	6278

PROCUREMENT	Asaycia Clayton.....	6291
	Sheelby Thorpe.....	6244
	Tara Battise.....	6410

REALTY	Cecil Wilson.....	6246
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	Lea Tsoladdle.....	6248
	Colleen Butler.....	6247

SOCIAL SERVICES	Annie Wilson (Director).....	6225
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TAX COMMISSION/TAG	Alicia Engler.....	6257
	Connor Edwards.....	6237
	Shelby White.....	6258

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	Donna Butler.....	6270
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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
	(Elizabeth Crawford, Briana Ponkilla)	
	Building Blocks II LA.....	360-2710
	(Billie Thompson)	
	Housing.....	273-1050
	Human Resources.....	275-1468
	Indian Child Welfare.....	878-4702
	Media.....	598-1279
	(Sherman Tiger, Sara Jackson)	
	OEHOEP.....	214-4235
	Police Department.....	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
	(Cherry Wilens, Buster Bread, Blake Goodman)	

SHAWNEE CLINIC	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll Free.....	1-866-742-4977



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Corrections? E-Mail to phonelist@astribc.com