

"AMONG THE SHAWNEES"



The Absentee Shawnee News



Happy Thanksgiving



NOVEMBER 2014 Vol. 27 No. 33

CONGRATULATIONS JOHN SLOAT

Inductee into Oklahoma Military Hall of Fame



1st Sgt. John L. Sloat. Sloat was born July 11, 1931, in Hog Creek Community east of Norman and tried to join the Army in 1945 but was too young. He is the first Governor of the Absentee Shawnee Tribe and later was Chairman of the State Indian Affairs Department. He lives in Noble near Norman. After graduating from Bethel High School in 1948, he enlisted into the Army. Sloat was wounded during fighting in Korea and received the Purple Heart. In 1964 Sloat was deployed to Vietnam. In 1967 he was assigned to Co. D, 2nd Battalion, 8th Cavalry (Airborne). He was wounded in April 1967 and again Thanksgiving Day of 1967. On April 2, 1967, his unit's command post was attacked by a large Viet Cong force using explosive charges, hand grenades and supporting small arms and automatic weapons fire. Seeing that the command post was in danger of being overrun, Sloat charged three machine gun positions, destroying them all. Though suffering a head wound, he removed other wounded and dead — 26 in all — for evacuation. Because the helicopters were crowded, Sloat had to wait until the next morning to be evacuated. Sloat was awarded the Silver Star for heroism. In 1968 he was assigned to the 82nd Airborne Division, Fort Bragg, N.C., and retired in 1973. On June 3, 1979, he was presented a Certificate of Outstanding Community Achievement by President Jimmy Carter.

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Celebrating Oklahoma's Heroes
Honoring the men and women of Oklahoma who served in the Uniformed Services of the United States and those who continue to serve our country today. The Oklahoma Military Heritage Foundation is a non-profit organization supporting our uniformed services, in particular, honoring those Oklahomans, living or deceased, who serve or have served in the military, with records of outstanding service to our nation.

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



Issac Gibson
Lt. Governor



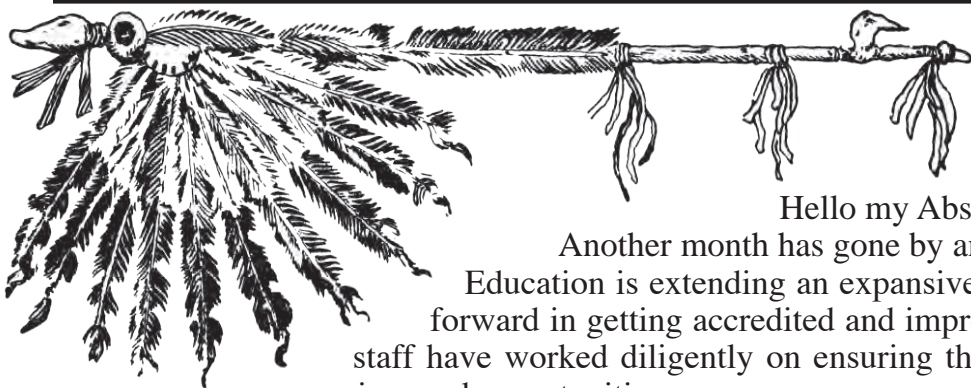
Vera M. Dawsey
Secretary



Leah Bates
Treasurer



Kenneth Blanchard
Representative



Governor's Report

Hello my Absentee Shawnee people!

Another month has gone by and there continues to be good things happening within my programs. Education is extending an expansive list of scholarships to tribal members; health is steadfastly moving forward in getting accredited and improving their customer service and access needs; our law enforcement staff have worked diligently on ensuring the safety of our people; and Media offers a wide range of business services and opportunities.

General Council Meeting

For those who were able to attend the 74th Semi-Annual General Council 'thank you'. If you weren't able to attend there is much I would like to share with you. I listened and heard your concerns. You voiced to me that you wanted to know what is going on at the tribal complex. Let me start with saying: I have been in my Office doing my job. During the General Council meeting you learned that I had to have the Attorney General place a Temporary Restraining Order (TRO) on the Lt. Governor, Secretary, and Treasurer so an external auditor could complete their review of our financial transactions. This TRO became necessary when our new Treasurer attempted to stop payment to employees; stop payment and cancel the audit after being told of the serious concerns the auditors found; cancel the Attorney General contract through a memorandum signed by three Executive Committee members instead of obtaining the required 5 signatures or through an approved Executive Committee resolution. The Representative and I are trying to take care of these serious issues. We, as your elected body, must be professionals to productively conduct the business of the Tribe. And regardless of whether one is 'liked' or not we all must adhere to tribal law, policies and procedures, and do the right thing for the Tribe and you, our people.

On Wednesday, October 22nd, Judge Haddox made the decision to stay the order but refused to extend the temporary restraining order. She implied she could not be impartial or objective about her decision as she knew many of the interested parties. Why? And then to further illustrate my concern the Lt. Governor, Secretary, and Treasurer hired our former Attorney General, Legal Advocates of Indian Country, who are under a month to month contract with both of the Tribe's health board(s).

It was mentioned during the General Council meeting that our legal costs are high. Legal costs are high when legal counsel is required. These types of costs serve to protect the interests of the Tribe and our people. Our current level of legal need is the unfortunate result of years of administrative, legal and elected official neglect. And now, we are being challenged by those who choose to continue that neglect.

Questions were asked about the function of the 'acting' AST Editorial Board. mentioned what this Board does and who comprises it in my July newsletter article. I have asked that information about the Board function; it's one meeting; and who sits on the Board be made available online on the AST website. This can be found under the Media program area. The Board is an advisory Board and this is why it was not placed under a tribal resolution nor did it require a signature of all five of the Executive Committee as its function is voluntary; board members receive NO payment for this activity; they take no editorial licensure; and are not authorized to speak for the Tribe or exercise authority of the Tribe. The Media Director has the final say in all editing and revisions and acts as the Editor in Chief.

The Finance department is a major concern. Let me explore some of the things I know: Our Finance department has no policies and procedures; Our Finance department staff requires specific levels of training that should be maintained; Our budget process has excluded program input; Our Finance department should ensure all budgets are approved through EC resolution; Monthly financial reports should be generated to all EC on all of our Finances not just those under our oversight; Our 2012 audit had unresolved findings; Our Indirect Cost Rate continues to be submitted without an EC resolution; Our leave policy has been abused; Our joint venture loan and interest payments have been misrepresented by Finance.

This is our money and as Governor and a tribal member I don't want it to be abused or misappropriated. We have many needs within our tribe and we, as your elected body, should be responsible and accountable in the use of these funds.

Those programs under my direct oversight strive to be both good fiscal managers and provide quality services. I am grateful for their work and for the opportunity to work with them.

City of Shawnee

On November 4th Proposition No. 1 is to be voted on. This vote, if passed, will place all land detachment actions to a vote. This will then give the City the ability to determine what territory should be detached and each detachment action will be taken to a vote by the people of Shawnee. In Proposition No. 2 it will allow the City of Shawnee to charge for public improvements done to the land being detached. This is the action of Commissioner Keith Hall, Mayor Wes Mainord, Deputy Mayor James Harrod and Commissioner Gary Vogel. These individuals are not pro tribal.

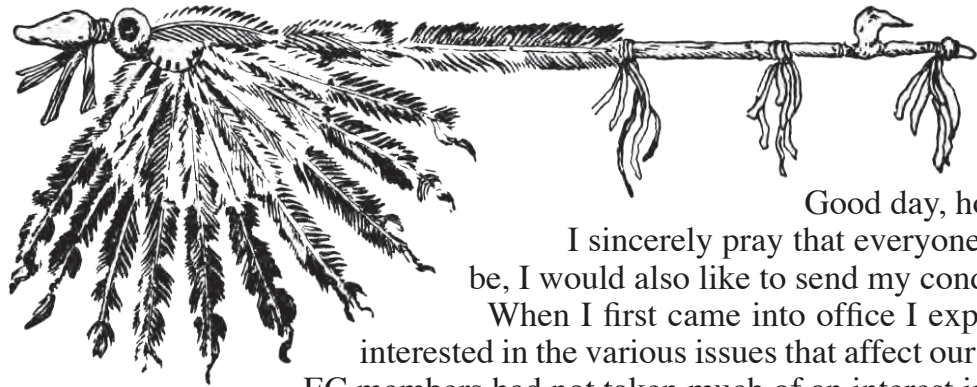
So why is this vote important? It appears to be an act of frustration by certain elected city leaders having no ability, as a municipal government, to tax tribes. So instead of seeking to resolve the conflict these same officials would prefer to detach our land base from the City of Shawnee. If the City of Shawnee City Commission has the ability to detach property when they choose to then they do not have to go by their own code known as the municode. Without this code being adhered to the City can decide who may detach and who may not and 'property owners' will be at the will of the City Commission. This should not be allowed to happen.

There needs to be an intact process in place outlining how property owners may annex, de-annex and/or detach. If the November 4th vote passes on Proposition No. 1 and No. 2 then the City of Shawnee can detach/de-annex as they would like to. The current de-annex and/or detachment process is not without its own set of problems for tribes. This part of the municode may need a policy and procedural fix done to it. The municode detachment process, as it's currently written, is an issue for the Citizen Potawatomi Nation (CPN) as they attempted to detach on 10-20-14 and were denied. They were told they were not 'property owners'. This was after the Assistant Secretary for the Department of Interior sent a letter acknowledging them as the beneficiaries of their territorial trust land. The CPN are currently appealing that action in the Shawnee district court.

When I go to the poll on November 4th I will vote 'NO' on both Proposition No. 1 and No. 2. I hope you will join with me in this effort to push back on changes that could be costly to the Tribe and amend our status as Shawnee residents.

Conclusion

I have 7 months to go. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits. Help me to make a difference – stand beside me and Let's Build for the Future (BFF) united and together!
Thank you for your support.



Secretary's Report

Good day, hope everyone is having a blessed day;

I sincerely pray that everyone is doing well today and their family members where ever they may be, I would also like to send my condolences to those tribal members that have lost loved ones this year.

When I first came into office I expected the Governor and other Executive Committee members to be interested in the various issues that affect our tribe as well as the other tribes in "Indian Country", I discovered that

EC members had not taken much of an interest in the past few years, which that is fine for them, but I started reading about various legislation that was being brought before Congress and in the House of Representatives and I wanted to know more, because it involved our tribe as well. ARTICLE XIII-DUTIES OF OFFICERS, of the Constitution states that; The Secretary shall have working knowledge of the Treasurer's duties and responsibilities. August of 2013, I traveled with the previous Treasurer, Kathy Deere, to Tulalip, WA-(NITA) 15th Annual tax Conference, because I needed to learn about the ways and subjects that can be taxed; which we both received a certificate for the training, September of 2013, I traveled to Cabazon, CA - for the 2nd Annual Native American Housing Conference, because I was given the opportunity to distribute the Mobile Homes that were acquired from Fema, and I wanted to find out more ways in which other tribes provided housing for their people, I am currently researching because housing is a big problem with our people; I did not go to the NCAI Conference in October because the Governor and the previous treasurer stated to me that I needed to stop traveling, by that time, the previous treasurer had traveled 2 times also, I did state to them we were all elected officials and they had no authority to tell me what to do. My main purpose is to better the tribe and networking with other tribes and vendors help to find out about grants, health programs, and other products and services for the tribe. October of 2013, I traveled to Fairbanks, AK - Symposium for Alaska Native Leaders, I spoke with various tribal leaders on various subjects, such as their Domestic Violence programs, Language Preservation programs. (Preservation.org) this is one of the programs. October of 2013, I traveled to Washington, D.C. - Tribal Self-Governance Strategy Session; the Governor also attended this conference. November of 2013, Washington, D.C. - Violence Against Women Government to Government Consultation, where I gave testimony on Domestic Violence in Indian Country; January of 2014, I traveled to Washington, D.C. - 2014 (NIGA) Winter Indian Gaming Summit, where various legislation about gaming, education, and other legislation that was pertinent to tribes; February 2014, New Orleans, LA - Native American Leaders Forum/Leadership Training I, which taught tribal leaders to deal with people, situations, stress, time management, and conflict management. The Governor should have gone to this one. It would have helped her immensely. March of 2014, Billings, MT - (NIHB) TPH Work Group Conference, I am an alternate on the (Tribal Public Health Work Group), I am also on the (OCAF) Oklahoma Coalition Aids Fund Board, which promotes mandatory aids testing, which is something no one wants to think about, much less talk about; April of 2014, Ft. Lauderdale, FL - 32nd Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect, where I gave testimony on Child Abuse and Neglect. I am also on the (NICWA) National Indian Child Welfare Association Board; May of 2014, Arlington, VA - 2014 Tribal Self-Governance Conference, the Governor should have gone to this conference, but, again her interests or priorities "lie" elsewhere. June of 2014, Anchorage, AK (NCAI) 2014 Mid-Year Conference, considering that our tribe is a member of this organization, we should attend. They always let everyone know what is going on Capitol Hill; July of 2014, Washington,

D.C., (NIGA) Summer Legislative Summit, I stated to the Governor that she should go and her statement was “no money”. On September of 2014, (NCAI) Tribal Unity Impact Days, the Contract Support Costs were discussed by Dr. Roubideaux, The Right-of-Way and putting land into trust were discussed by Kevin Washburn. Another subject that is being discussed is “what is an Indian (Native American)”, also the Executive Order - Establishing the White House Council on Native American Affairs, and other bills and questions that pertain to “Indian Country”. Every time that I go to a conference, I bring back literature for the rest of the Executive Committee to take a look at. I also take literature and brochures from the various tribal health organizations to the Health Programs, thinking that there may be something that we might implement into our programs. As I stated earlier, I bring back crucial information concerning care for tribal members via collaborative efforts with other tribal health systems that are Self-Governance as well as non-Self-Governance tribes, such as public health pamphlets, brochures, and program templates for implementation, review, benchmarking, and assessment by the health system to improve care delivery to our tribal members.

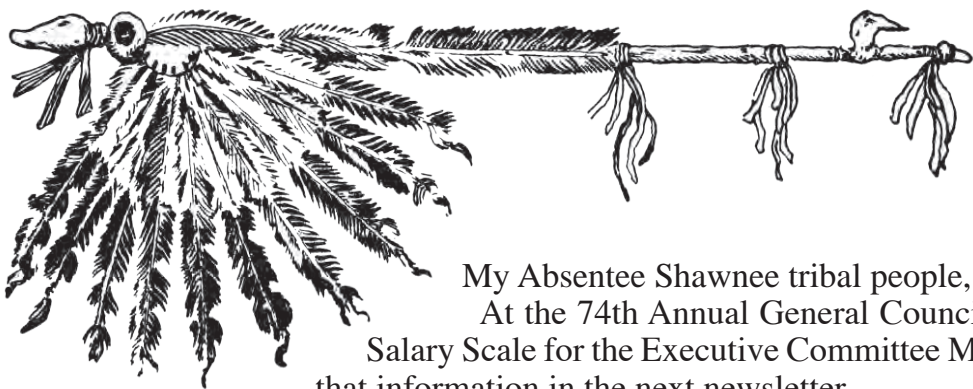
- The continuous ongoing community effort with AST Grants and Health System resources to streamline and integrate connectivity between programs. The health programs are working diligently to provide and deliver mutually beneficial products, services, and assistance to tribal members services by multiple areas within the tribe. Continuous evaluation and monitoring of services to tribal members with information “lessons learned” which was acquired from other tribes and other tribal health programs continue to generate a renewed effort for a combined delivery of health services from throughout the tribal programs managed by the Absentee Shawnee Tribe.
- Networking with key policy and decision makers, whereby the Affordable Care Act and other changes to the health care are reviewed, coordinated, and programmed into our health Absentee Shawnee Health Care Policy structure to assure seamless delivery of services to our tribal members by sound review, discussion, planning and appropriate budgeting for changes and future trends in third party reimbursement and other compacted services as they are affected and impacted by National Policy.
- Providing support to health system events, activities, and morale by supporting health system directors, leadership, employees, and governing board through active engagement and interaction with governance bodies to assure Absentee Shawnee Tribal members are receiving appropriate access to care and that a strong health care delivery system remains in tact for tribal members and other serviced patients in our communities.

My only concern when I was elected was to work for the betterment of the tribe, by working to get new businesses and improve what the tribe has now. I believe that all of the Executive Committee could work together as long as we leave personalities and personal agendas out of the equation. I agree I should have not been the one going and doing all of this traveling but, I did not see the Governor trying to take an interest in what affects our tribe, not just EC members, but the complete tribal community. Our only concern should be the example that we set for our younger people and our little ones, and Saturday at the General Council no one set a good example, that is including me and the Governor, throwing everyone under the bus is not the way to conduct business. I sincerely apologize to everyone.

Thank you and be blessed.

Secretary Vera G. Dawsey

The difference between a stumbling block and a stepping stone is the character of the person walking the path.



Representative's Report

My Absentee Shawnee tribal people,

At the 74th Annual General Council Meeting, October 18, 2014, a question was brought up about the Salary Scale for the Executive Committee Member. I had indicated that I would share with you, my tribal people, that information in the next newsletter.

On June 21, 2014, the Salary Ordinance was passed by tribal referendum vote meaning tribal membership voted affirmatively to enact the Executive Committee Salary Scale. On August 20, 2014, during a regular monthly Executive Committee meeting, Resolution No. E-AS-2014-39 was passed. This resolution recognized the enactment of the Executive Committee Salary Scale. It further authorized the verification requirements and definitions in order to implement the Executive Committee Salary Scale and resolved that the Human Resources Department would be responsible for making all salary determinations for all Executive Committee members.

In order to comply with this law, the HR Director sent an email out on August 22, 2014, to Executive Committee members requesting each of us “to provide any and all documents you wish to be used for review and evaluation no later than Monday, September 8, 2014”. The HR department indicated it would start the process “of reviewing and confirming the submitted information ending on Monday, September 22, 2014.” The HR department gave very clear direction on how this process would work:

“The process of reviewing and confirming submitted information will consist of, but not limited to, verification of resume information pertaining to previous employment experience, diplomas, business experience, years of college, official transcripts, etc.” HR then went on to say: “The requirements and definitions for each Tier for each elected EC member was attached to the passed Resolution.” HR further advised: “...the only “official” required document is an official transcript from a college or university. You can obtain official transcripts from any college or university attended - usually at no or very limited cost. Copies of additional information should be sufficient.”

On September 4, 2014, a note was sent out by the HR director reminding Executive Committee members that “any information you want to be considered for the Salary Scale Resolution” to please get it to HR by Monday, September 8, 2014.

I submitted my high school diploma, college transcripts (official copies), resume, and references on the due date of September 8, 2014. An email was sent to me on Monday, October 6, 2014, that indicated that I was within the Tier 4 pay scale. Paperwork was issued and

forwarded to Finance. And supporting documentation placed in my personnel file.

On October 6, 2014, the HR director sent another email out to me and the Acting Controller advising that HR was “responsible for all salary determinations for all EC members.” This advisement further stated that HR had determined I was within the Tier 4 pay scale.

On October 28, 2014, I was told by the Acting Controller that the Treasurer had put a halt on those Employee Action Notices issued out by the HR department being enacted. This is regardless of the fact it is law. This is regardless of the fact that you, our people, voted putting the salary ordinance into place.

We, the elected officials, have a job to do and that is to uphold the laws that the tribe has implemented that you, the people, of the tribe have passed. This law must be enacted. We must move forward.

Greetings Tribal Members:

There was discussion at the October 2014 General Council on the salary pay scale for Executive Committee members as approved by General Council vote. This legislation was enacted by Executive Committee Resolution number E-AS-2014-39 on August 20, 2014.

As Representative of the Executive Committee, I have submitted all required documentation to qualify for Tier Four.

On October 17, 2014, the Human Resources Director sent the Employee Action Notices (EANs) to the Finance Department for implementation effective September 29, 2014.

As of this date, the Finance department has not implemented the new pay scale.

As per the Assistant Controller of Finance, all inquiries are to be directed to the Treasurer.

Respectfully,
Ken Blanchard

Greetings Tribal Members,

For those who attended the General Council meeting last weekend, I would like to thank you for your attendance. As a voting member of the Tribe, you should be informed as to the issues we face and the solutions as well.

It is my hope we take your input seriously and attempt to remedy your concerns as quickly as possible. To do this, we must come together as a committee regularly to discuss things that affect our people. I will continue to encourage collaboration among the committee members for the betterment of the tribal membership.

Finally, as of this writing, my office is not involved with the Atoka water line issue. The Treasurer has oversight responsibility of the Realty department.

Let me know what concerns you may have.

To contact me at the Tribal Complex, please write to Representative Ken Blanchard, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801, or by phone at 405/275-4030, Ext. 202.

Respectfully,
Ken Blanchard

No reports submitted for Lt. Governor, Treasurer, Finance Department, and Financial Consultant

FY-2014 YTD TAX COLLECTIONS (thru 9/30/14)

RUN DATE:
10/20/14

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,532.03	\$5,205.95	\$6,535.34	\$5,180.06	\$6,870.96	\$4,397.76	\$6,237.06	\$9,715.49	\$709.77	\$0.00	\$0.00	\$0.00	\$50,384.42	2.35%
Gaming % of free cash	\$250,000.00	\$250,000.00	\$250,000.00	\$150,000.00	\$300,000.00	\$50,000.00	\$100,000.00	\$250,000.00	\$200,000.00	\$0.00	\$0.00	\$0.00	\$1,800,000.00	84.02%
Employee (1%)	\$10,095.26	\$602.94	\$22,804.85	\$4,159.08	\$3,805.88	\$24,535.57	\$3,805.02	\$13,537.64	\$5,895.29	\$0.00	\$0.00	\$0.00	\$89,241.53	4.17%
Severance (8%)	\$8,940.31	\$7,025.79	\$6,689.81	\$7,561.69	\$8,985.65	\$10,246.81	\$8,556.30	\$6,767.94	\$4,582.79	\$0.00	\$0.00	\$0.00	\$69,357.09	3.24%
Motor Vehicle	\$13,670.11	\$11,971.21	\$14,216.75	\$11,780.39	\$9,804.65	\$15,890.15	\$17,011.63	\$14,773.49	\$12,928.61	\$0.00	\$0.00	\$0.00	\$122,046.99	5.70%
Tobacco Refund	\$9,303.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$9,303.52	0.43%
TOTAL TAXES	\$297,541.23	\$274,805.89	\$300,246.75	\$178,681.22	\$329,467.14	\$105,070.29	\$135,610.01	\$294,794.56	\$224,116.46	\$0.00	\$0.00	\$0.00	\$2,140,333.55	\$2,140,333.55
Miscellaneous	\$600.00	\$130.00	\$65.00	\$350.00	\$80.00	\$140.00	\$85.00	\$195.00	\$250.00	\$0.00	\$0.00	\$0.00	\$1,895.00	0.09%
TOTAL COLLECTIONS	\$298,141.23	\$274,935.89	\$300,311.75	\$179,031.22	\$329,547.14	\$105,210.29	\$135,695.01	\$294,989.56	\$224,366.46	\$0.00	\$0.00	\$0.00	\$2,142,228.55	100% \$2,142,228.55

GOVERNOR'S SPOTLIGHT EMPLOYEE OF THE MONTH

RESERVE OFFICER TONY LONG



Reserve Officer Tony Long has been in Law Enforcement for 10 years in Oklahoma prior to his law enforcement activities in Oklahoma he was a member of the U.S. Marine Corp. Prior to joining the Marine Corp Officer Long was a Deputy Sheriff in Missouri which is his home state. Officer Long has been with the ASTPD for 2 years.

Let's Build For the Future (BFF)!

GOVERNORS SPOTLIGHT EMPLOYEE

Governor Edwina Butler-Wolfe will be working with the six program department that she has oversight over and will monthly select an employee that is deemed to have contributed to their program and to the Absentee Shawnee tribe. The attributes to be considered are: Contributions to the community and the Tribe; leadership; performance and work ethic; teamwork. It is the intent of the Governor to recognize tribal employees who do a remarkable job and might not otherwise get recognized for their contributions. This special employee recognition program will be highlighted under my Office as the SPOTLIGHT EMPLOYEE OF THE MONTH program.

POLICE SAFETY CARNIVAL





Oklahoma's **Trevor Yates** and **Jacob Keenum** Win The Southern Conference Regional In Shreveport, Louisiana



**1st place:
Trevor Yates and Jacob Keenum**

Trevor Yates and Jacob Keenum put together a nice five bass limit that weighed 121 lbs. even to win the TBF/FLW Southern Conference Regional Championship on the Red River in Shreveport over the weekend. The win propelled the Oklahoma duo to the TBF/FLW High School National Championship next spring at Grand Lake in their home state of Oklahoma.

Thirty four teams representing 7 states qualified for the event which launched out of the beautiful facilities of Red River South Marina which has also hosted numerous other prestigious events like the Forrest Wood Cup in years past. Although the bite on the historic river was less than perfect, the young anglers from across the south central part of the country managed to catch fish when many adult events in the area were struggling to produce a single limit of fish.





2% MILK SERVED DAILY

MENU SUBJECT TO CHANGE

TITLE VI MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 It's time to "Fall Back!" Daylight Savings Time Ends Sunday at 2am	3 Hot Dogs Kraut Pork-n-Beans Pears	4 Tuna Salad Lett, Tom, Pickles Chips Apricots	5 Pinto Beans Steak Fries Cornbread	6 Chicken Fry Steak Mashed Pot/Gravy Veggies Bread/Applesauce	7 Cereal Bagel Cream Cheese Orange	8
9	10 Grilled Cheese Soup Mandarin Oranges	11 AST COMPLEX CLOSED VETERANS DAY	12 Soft Taco Lett, Tom, Cheese, Onion Refried Beans Cinnamon Roll	13 Corn soup Fry bread Fruit Cocktail	14 Biscuit Sausage Gravy Scrambled Eggs	15
16	17 Salisbury Steak Mashed Pot/Gravy Green Beans Bread/Peaches	18 Burrito w/Chili & Cheese Chips & Salsa Pineapples	19 Stew Cheese Sticks Crackers Cake	20 TITLE VI THANKSGIVING DINNER	21 Cereal Sausage Patty Boiled Egg	22
23	24 Chicken Bro. & Rice Tossed Salad* Pudding	25 Oatmeal Toast Raisins	26 AST Employee Dinner Title VI will be closed Homebound will be getting a sack lunch on the 25 th	27 CLOSED FOR THANKSGIVING	28 CLOSED FOR THANKSGIVING	29
30						

NOT GOING TO BE HOME???
CALL AND LET US KNOW AT 405-275-4030
EXT 169 OR NOTIFY YOUR DRIVER

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



November 11 - Veteran's Day; AST Complex will be closed. No lunch will be served or delivered.



November 14 - World Diabetes Day



November 21 - A friendship of a lifetime starts with a single smile – and nowhere else would this be more evident than the simple idea that drives 'World Hello Day'. When was the last time that you smiled at someone whom you did not know? And how much does it take to greet a fellow human being with a warm smile? 'World Hello Day' touches upon the finer aspects of life that deserve the attention and respect to make the world a peaceful place to live and love.

November 20th - Title VI members and homebound will be having their Thanksgiving dinner & Bingo. More details as the date gets closer!!!!



November 27 - NO LUNCHESES WILL BE SERVED OR DELIVERED.
November 28 - NO LUNCHESES WILL BE SERVED OR DELIVERED.

We hope everyone has a great Thanksgiving!!!!

If you have any concerns or questions please call us at 405-275-4030, Ext 169.



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

Building Blocks News...

Our open house was a huge success!! We would like to thank all of the parents/families who joined us, spoke with the teachers, and toured Building Blocks. I would also like to thank all of the Building Blocks. I would also like to thank all of the Building Blocks' staff for doing such a great job preparing child portfolios, decorating, and preparing food for the event. YOU ARE ALL SO WONDERFUL!!

All of our classrooms took field trips to Sunshine Shelly's Pumpkin Patch in October. They enjoyed the tricycle track, hay bale climb, the hayride, and picking their own pumpkin from the huge pumpkin patch! The children had a wonderful time! We'd like to thank all of the parents who were able to participate.

Once again, we will be hosting a flu vaccine clinic for the children we serve and Building Blocks employees. It will take place on Monday, November 10, 2014 at 7:30 a.m. - 9:30 a.m. Please contact Building Blocks at 878-0633 for more information.

Once again, we will host a Thanksgiving lunch for Building Blocks families. Parents and all extended families are welcome to join us for this event. We will send home and post more information the closer we get to the event.

Dates to remember:

Monday, Nov. 10th
Tuesday, Nov. 11th
Tuesday, Nov. 25th
Wednesday, Nov. 26th
Thursday, Nov. 27th
Friday, Nov. 28th

Flu vaccine clinic from 7:30 a.m. - 9:30 a.m.
Closed for Veterans Day
Thanksgiving lunch for Building Blocks families 11 a.m. - 1 p.m.
Closed for Thanksgiving holiday
Closed for Thanksgiving holiday
Closed for Thanksgiving holiday

Thank you,
 Billie Thompson
 Director

HORSE SHOE BEND AFTER SCHOOL PROGRAM



The Horse Shoe Bend (HSB) after school program now has a full time Coordinator. Mr. Stuart Rolette has returned and is working with tutors and students. We have approximately 15 students enrolled and this month we averaged about 8 to 12 students per day. Thanks to the diligence of our Oklahoma Baptist University college tutors our students are making solid progress forward in their daily studies and their special school projects. This program is open, Monday through Thursday, from 2:00 p.m. until 6:00 pm.

The funding for this program comes from an annual contribution made by the Sac and Fox Nation and through our CCDF grant. We also have a dedicated and contributory source, the White Turkey Band Committee. This committee volunteers both their time and service and receives no payment for their efforts. The White Turkey Band Committee ensures that our HSB students receive snacks and special gifts during the holiday seasons.



A few of the activities offered in October are:

- The Sac and Fox Nation behavioral health program through Jamie Barse have started a program every Wednesday for our HSB students.
- Students participated in the 5 K Run and Walk October 11, 2014.
- Fall Break was October 15-17, 2014.

Students have been working very hard with their homework as the first semester will be ending in a couple of months.

If you should have any questions or concerns I may be reached at 405-275-4030, Ext. 188 or at 405-481-0397.

Thank you,
 Governor Butler-Wolfe

My Post-Secondary Education Story

By
John Soap Jr.

This is my success story of how I made it to becoming an Outpatient Therapist for the AST Behavioral Health. Please understand I want this story to be educational far more than I want it to be about me. My story is about how my career evolved to where I am now and how the Absentee Shawnee Higher Education (EIAP) Program helped me achieve my goals.

First of all I graduated from Sequoyah High school in 1984 and I actually made good grades because I graduated with over a 3.5 GPA. The AST EIAP is an incentive program based on your GPA. The higher your GPA is, the higher your award. I enrolled in Seminole State College in November of 2004 just over 20 years since I graduated from Sequoyah and 5 months after I received sole custody of my newborn son, Jeremy. Now here is my major mistake of my college life and also my life in general; I got a DUI in the April of 2005. But I now call it divine intervention because I was accepted into the Pottawatomie County Drug Court program. Long story short, Drug Court instilled the discipline I was desperately needing in my life to be a better college student. I became more committed than ever. I graduated with my Associates degree in behavioral science from SSC in May of 2007.

I enrolled into East Central University before I graduated and I also applied for the IHS scholarship. Unfortunately, I did not get the IHS scholarship. During my junior year at ECU I happened to be studying at the CPN employment & training computer lab and the Adult Education Counselor told me "John, I bet you qualify for vocational rehabilitation" and to be totally honest I did not know what vocational rehabilitation was.

The Iowa tribal vocational rehabilitation just so happened to have a satellite office right across the hallway from the CPN adult education computer lab. I was determined eligible based on my disability, Rheumatoid Arthritis, being an impediment to me working as a construction worker as I did all my life and was still doing part time while I was a student. For some reason I was drawn to vocational rehabilitation and it just so happened ECU is one of only 2 universities in Oklahoma that have Rehabilitation Counseling degree programs. I changed my major from Counseling to Rehabilitation Counseling with a concentration on addictions. I accepted a scholarship from the Rehabilitation Service Administration (RSA) under the U.S. Department of Education which was funded for counselors to have more education in advanced addictions. I graduated with my Bachelor's degree in Rehabilitation Counseling from ECU in December of 2009.

Of course with all success stories there is a part of the story dealing with adversity. One month after my mother watched me graduate from ECU she had a major stroke. She passed away on my birthday May 16, 2010. Six months later my 21 year old son, Christopher, died in a car wreck, we buried him the day before Thanksgiving 2010. Not long after that my 18 year old son Jordan got sick and passed away on March 23, 2011. Yes, it was the most difficult time of my life, but as the old saying goes "God works in mysterious ways" because all these traumatic events happened while I was not attending school.

In the spring of 2011, I applied for Langston University's Master's degree program and the RSA Rehabilitation Counseling scholarship. I was approved and went back to school for my Master's degree in the fall of 2011. While attending classes I worked as a Vocational Rehabilitation Counselor for the Delaware Nation in Oklahoma City. I graduated from Langston in May 2013 and thought I was finished. I was informed that my scholarship was still available for me if I wanted to take the LPC track which was 12 more hours of classes so

I went back for the summer and fall 2013 semesters and attained my academic credentials to become an Licensed Professional Counselor (LPC).

Well, I am finally finished with school (for now) and I am now putting my training to practice for the Absentee Shawnee Tribal clinic. I passed the national CRCC exam and I am now a Certified Rehabilitation Counselor (CRC). When I came to work for the AST I applied with the Oklahoma State Department of Health Behavioral Health Board to become a Licensed Professional Counselor and was approved, so now I am a LPC Candidate. I am required to complete 3000 clinical hours as a Counselor and pass the LPC exam so as you can see the education never ends because instead of learning from my professors, I am now learning from my clients. So good luck and stay committed with YOUR post-secondary education and I wish all our Absentee Shawnee Tribal members the best in your efforts to better your life through higher education. NEAHW

Sincerely,
John Lee Soap, Jr. CRC, LPC Candidate

From the Election Commission:

ABSENTEE SHAWNEE TRIBE ELECTION COMMISSION 2013 AUDIT			
1.1.12 Beginning Balance		\$ 1,215.91	
Month	Deposits	Checks	
January	\$ 2,625.09	\$ 943.15	
February	\$ 0.11	\$ -	
March	\$ 23.21	\$ 2,545.00	
April	\$ -	\$ 100.00	
May	\$ -	\$ -	
June	\$ -	\$ -	
July	\$ -	\$ -	
August	\$ -	\$ -	
September	\$ -	\$ -	
October	\$ -	\$ -	
November	\$ -	\$ -	
December	\$ -	\$ -	
Totals	\$ 2,648.41	\$ 3,588.15	
12.31.12 Ending Balance		\$ 276.17	
COMMENTS/FINDINGS:			
1/10/2013	Check #494 was written to Meredith Wahpekeche in the amount of \$943.15. The payment voucher states \$600.00 was used for the Commissioner's per diem. Documentation to verify this expense was used for per diem was not provided. <i>Bcollins - 6.4.14 Please provide documentation of \$600 per diem expense.</i>		
4/11/2013	Check #496 was written to Shirley Adkins in the amount of \$100.00. The memo description on the check states, "Certif Meeting." Documentation to verify this expense was not provided. <i>Bcollins - 6.4.14 Please provide documentation of expense.</i>		
11/30/2013	Did not receive a bank statement for the month ending 11/30/13. <i>Bcollins - 6.4.14 Please provide November 30, 2013 bank statement.</i>		
RECOMMENDATIONS:			
Detailed documentation should be maintained in order to justify expenses.			
Audit performed by:			
_____		_____	
Jessica Gonzales - Staff Accountant I		Date	
Audit reviewed by:			
_____		_____	
Belinda Collins - Controller		Date	



Cultural Preservation Department

The AST Cultural Preservation Department would like to pass along the following information concerning updates to each of our programs.

Cultural Preservation

Our program sent a delegation of representatives to Winchester, Kentucky to fulfill a request to participate in Living Archaeology Weekend (LAW), always held during the 3rd weekend of September. During the trip, members had the opportunity to share our knowledge about AST history and culture with over 2,000 local residents, which included providing Stomp Dance demonstrations.

We have completed a very hectic schedule for the department this past summer. Through all the events, I have tried to take pictures and create simple stories to relay the information back to our tribal people. As many folks have asked, there is but one way to become familiar with what we do in our programs...participate. We know everyone has things on their agenda which may take precedence, which is why we try to schedule activities well in advance and publicize it to the membership in order for them to put it on their calendars. However, it is up to the individual to place a priority on what they value and learn about their heritage.

That being said, we are set to finish out these next two months with a few events to bring families, tribal members and the public together. As many may know, the month of November is designated nationally as "Native American Month". In years past and in other administrations, Cultural Preservation has historically sponsored an activity to acknowledge and commemorate this special time of year. I am proud to announce there will be a "Proclamation Reading" on Thursday, November 6th at 2 p.m. At that time, the AST Governor will read the Declaration to promote our activities throughout the month. T-shirts, light snacks, and drinks will be provided to those in attendance. Please come out and show your support. In addition, we will sponsor weekly contests for small prize giveaways.

For those interested, we have set aside Wednesday, November 26th for those wanting to learn how to make the ladies Headpiece. The demonstration will begin at 9 a.m. and complete by Noon. Please call to reserve your seat, as space is limited. If you have questions about the skills classes or would like to lead a demonstration, please call Joseph at Ext. 302, or send an email to joseph.blanchard@astribe.com

Language

In the last month, I have directed more attention to this important task and function. As I've mentioned previously, this part of our official mandate hasn't received proper Tribal funding. In my research, the only way it was enacted in the past is through ANA grant awards. I have been visiting with local tribal members, especially our elders, on ways they think they can contribute. For those who have asked, the survey distributed at General Council did not come from our office. Several of our membership asked, "How is this possible if Language is under your department?" I cannot answer or speak for what others are doing. What I can say is we are moving forward with bringing classes back to campus and the Little Axe community. Funding and incentives will be used from our existing budget instead of having to wait for grant awards. That being said, I want to publicly announce the request from those wanting to participate, send me an email to explain your interest level and the skills you possess to ensure we do not lose this important facet of our culture.

Library

Recently, we have added more books, CDs and DVDs to our collection. We have a variety of resources available for check-out or your reading leisure including magazines, newspapers, and journals. If you have any questions please call Sophia at (405) 275-4030, Ext. 307 or send an email to sthurman@astribe.com

Gift Shop

The Gift Shop continues to make progress in sales and new inventory. We have begun to receive our fall and winter orders and hope to have these out for purchase in the next few weeks. We still have a few of the following items remaining from our summer order: Backpacks, wind breaker jackets, aluminum water bottles, polo shirts and hats. We will be selling these remnants before we finish processing our fall shipment.

Please come in and check out our selection of CD's in the native style of music you prefer. Don't forget we carry other tunes for NAC and Stomp Dance. And finally, the newest shipment from Crazy Crow and Saddle Blanket have arrived so come view the latest variety of bags, rugs and table cloths now in stock. If we don't have what you like, let us know. Oftentimes, we can 'Special Order' your request and have it on hand in a matter of days. For inquiries, call Esther at (405) 275-4030, Ext. 307 or by email at elowden@astribe.com

THPO

Our THPO program continues to make great strides and advancements by responding to consultation requests from over 20 federal agencies, representing 20+ states. As mentioned previously, we received notice from Monongahela National Forest, announcing a Participating Agreement (PA) award. We have completed our travels for this year due to the impending winter season and will not return until March.

In anticipation of future agreements and more work, we are already coordinating with Forest Service personnel to conduct a spring HRT Training to be held in March 2015. Upon completion of the HRT Certification Course, individuals will become eligible for seasonal employment as a paraprofessional.

Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs, in order to provide the best service to our tribal community. If you have any questions or concerns, do not hesitate to call my office. Thank you for your time.

Joseph H. Blanchard

Cultural Preservation Director/ Tribal Historic Preservation Officer joseph.blanchard@astribe.com (405) 275-4030 Ext. 302



"Among The Shawnee"

Absentee Shawnee Tribe of Oklahoma

Media Department

219 East Walnut

Tecumseh, Oklahoma 74873

Greeting Tribal Members,

Based on comments made at the General Council meeting, I as the Media Director, feel I need to make some clarification on what was said. In the Media department we DO NOT change content of articles submitted to us, but we will correct grammar and punctuation. It is my intention to make an effort to produce a quality newsletter for you, our Tribal members. We, Media, can and do make mistakes from time to time but not intentionally.

Our newsletter is seen not only by our tribal members but all across the United States. This is why we have an AST Editorial advisory board. Simply - I want to present an informative and positive newsletter which excludes backbiting, gossiping and blaming. This does not belong in our newsletter. If there are problems between elected officials, it needs to be taken care of in the monthly EC meetings. Based on our constitution EC committee meetings are to be held monthly for the purposes of conducting the Tribes business. Our elected officials should come to the table and conduct the business of the Tribe there.

As to the comment made by newly elected Treasurer Bates about the newspaper being obsolete – that is inaccurate. As far as I know not all of our tribal members have internet service in their homes or have a smart phone. Until that time comes, Media will continue to produce a newsletter for you, our tribal members.

I hope this answers questions presented at General Council. If you have any questions please feel free to call at 405-598-1279 or for those who have e-mail I may be reached at stiger@astribe.com.

Thank you,

Sherman Tiger
Media Director

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 20th OF THE CURRENT MONTH**

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



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

October 1, 2014

Dear Absentee Shawnee Tribal Health Patient,

An Important Word About The Native American Tax Exemption Under The New Affordable Care Act Healthcare Law

As of January 1, 2014 every U.S. Citizen must have health insurance or risk facing a new health tax penalty when filing your taxes. Absentee Shawnee Tribal Health System encourages all Native American patients, insured or non-insured, to take action as soon as possible and apply for their Native American Tax Exemption Number, as it is your right as a Native American. The tax exemption application is now available through the Health Insurance Marketplace.

If you do not file yearly income taxes (if you have too little income and are not required to file) or if you currently have insurance coverage for 9+ months during the 2014 calendar year, you will not have to take any additional steps (Medicaid, Medicare, VA, employer-sponsored or private insurance coverage).

You can visit with a Patient Benefit Advocate at Little Axe Health Center or Shawnee Clinic to see if you and/or your family qualify for Medicaid (state insurance coverage) or are eligible for an insurance plan on the Marketplace (insurance plans that began as a result of the Affordable Care Act) or you may choose to remain without insurance coverage.

If you choose to remain without insurance coverage and only use Indian health, you need to complete the attached Native American Tax Exemption form so that you can be "exempt" from the new mandatory insurance requirement and not receive a bill from the IRS.

This form should be completed for everyone in your household that is Native American and without insurance coverage (insurance such as Medicaid, Medicare, VA, employer-sponsored insurance or insurance through private insurance such as Marketplace plans). Native American documentation will need to accompany each household member you are applying for (See Step 5-"Documents To Support Your Application"). Complete the form and mail it to the address located in Step 4 at the end of the form. Turnaround time to process your application is approximately 4-6 weeks.

If you need assistance or have questions, a Patient Benefit Advocate can assist you.

Sincerely,

Absentee Shawnee Tribal Health System



LITTLE AXE HEALTH CENTER
Absentee Shawnee Tribal Health System
15951 Little Axe Drive
Norman, OK 73026
405.447.0300



Shawnee Clinic
Absentee Shawnee Tribal Health System
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

Police Department November Newsletter Report October Activities

This month the following activities and/or events occurred:

October 21st at 10:00: Assistant Police Chief, Trent Norton hosted a Taser Refresher course at the AST PD.

October 28th at 5:00 pm to 8:00 pm: the AST PD had their annual Halloween Safety Carnival at the AST PD.

October 31st: AST PD handed out treats to the CTSA Headstart and the Shawnee AST Building Blocks Day Care.

Cases/Calls

As of October 26, 2014 AST PD had a total of:

55 Cases logged

107 Contacts (callers/visitors)

1 Community Service Client



AST Education Department: Big Jim Youth Awards

Soon we will begin taking applications for next year's Big Jim Youth Awards. High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2014-2015 school years. Applications will be accepted from January 1 to March 31, 2015 by US mail or email, official transcripts must be mailed. The official application form will be available January 2015 at www.astribe.com under the Education Department. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2015 semester. The scholarship must be used for the fall 2015 semester.

We will begin accepting applications for the following awards:

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

Individuals are encouraged to nominate deserving high school seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced in May 2015.**

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2014-2015 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a \$1,000.00 scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 121
youthaward@astribe.com

Women's Health



Little Axe Health Center Women's Health Services Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women

Services include:

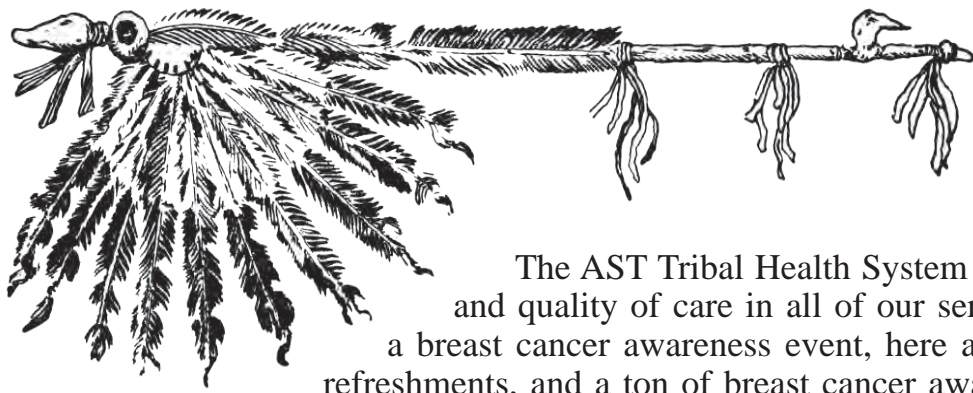
- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

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

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





Health System Monthly Update November 2014

The AST Tribal Health System maintains a constant focus upon patient improvements in access and quality of care in all of our service areas. In October, the public health department sponsored a breast cancer awareness event, here at the Little Axe health center, complete with a balloon release, refreshments, and a ton of breast cancer awareness information topped off with a few speeches from breast cancer survivors from our health system and surrounding community, providing strength by testimonials and stories of survival from our very brave survivors!

With the flu season rapidly approaching, it is imperative you get your flu shot. Several flu shots were given out at the free flu shot clinic provided at the General Council meeting in October, and we will also be providing the flu shot at both of our clinics with nurse visits. The health system encourages everyone in the community to stay healthy this year by utilizing good personal hygiene, especially with hand sanitation procedures.

The Community Needs Assessment (C.N.A.) has been completed and your voices we clearly heard. The results of this survey will provide crucial data to form the basis for planning, prioritizing, and budgeting for the healthcare delivery for our tribal community. We will continue to assess those needs on a periodic basis to ensure services and resources are concentrated where they should be with the tribal members and patients having had input into the process. Some ideas and feedback thus far focused upon improving quality and access to services, and will ensure momentum continues to build upon these tribally directed needs.

The employee of the month for October was Mrs. Rosie Tallbear, Injury Prevention. The team of the month was the E.H.R. Team comprised of Mrs. Ursula Hill, Dr. Marty Lofgren, Elise Grein, RN, and Mrs. Jennifer Harmon – all part of the Clinical Ad Hoc Team for AllScripts to decrease patient waiting time on data entry and spend more time with our patients during their visits with providers. Our Special Leadership Recognition Award went to Mr. Jim Robertson, Patient Advocate. We are very proud of our outstanding star performers and their contributions to our patients, their fellow employees, and the Tribe!

A few other key bits of information for this month:

- **Ebola Public Health Messages and Updates:** You can access this up-to-date information today on the AST Health System webpage: <http://www.asthealth.org>. Breaking news and information from the CDC and OSDH are located on our webpage along with other pertinent information for you to protect yourself and your loved ones.

- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment for getting your services here with the AST Health System. We are beginning to stand-up our program within the system to bill the VA now for services you previously received, or currently receive, with the VA. Please contact a Patient Benefit Advisor (PBA) today to discuss at (405) 447-0300.

- If you need CPR training, please contact the AST health system's Public Health office at (405) 447-0300 for scheduling and training opportunities.

- The interactive phone menu for the Contract Health Services (CHS) helps patients access the most appropriate service provider by calling (405) 701-7951. This feature will speed up access to the patients seeking services and follow-up to their care.

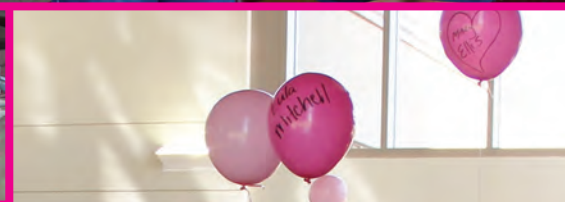
- The AST health system continues to improve its customer service. The Customer Service Line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured this is the best way to have each situation addressed, with consistent updates from our health staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.

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

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

- Pharmacy After Hours Process: After hours and weekends/holidays, did you know you can go to Walgreens in either Shawnee or Norman, and have a five-day limited fill on prescriptions? All you have to do is submit your prescription, identify yourself with your AST Tribal Enrollment Card and other appropriate ID, and then they will fill your prescription. Upon the first workday, you can have the remaining balance of your prescriptions transferred to your pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. This is an emergency convenience for your benefit and to save the contract health dollars as well, so please be aware of this and other benefits your tribe provides you.

Breast Cancer Awareness 2014



November 2014 Birthdays

Aguinaga, Jessika Lyn
Aguinaga, Julia Dawn
Aguirre, Daniel Enrique
Alexander, Tammy Lynn
Alford, Glen Tecumseh
Alford, Reagan Elizabeth
Alford, Rebecca Marie
Alford, Thaddeus Ethan
Alvarez, Amanda Leigh
Anderson, Darlene Alberta
Araujo, Jonathan Jose
Arms, Cameron Blake
Arms, Dakota James
Atwell, Danielle Elyse
Baker, Makaiah Lashaun
Balch, Emily Twila Kay
Banning, Carole Sue
Bates, Casey Mae
Bettelyoun, Cathern Mae Marie
Bible, Jessica Ranae
Billie, Kathrine
Blanchard, Ashlynn Shay
Blanchard, Cayanna Dee
Blanchard, John Michael
Blanchard, Lisa Ann
Blanchard, Matthew Ryan
Blanchard, Norman Neal
Blocker, Bailey Marie
Boatman, Allyson Lyndi
Boatman, Mark James
Boston Sr., Carl Kent
Boston, Arthur Joseph
Box, Jodie Gayle
Bradley, William Lee
Brandon, Sean Patrick
Breeding, Joshua Adam
Brewer, Rockey Darren
Brinson, Allen William
Brokeshoulder, Rita Gayle
Brown, Keyondre Duane
Brown, Shandalyn Shermain
Bryant, Lorraine Morton
Bryce, Emily Danielle
Buckheart, Felise Maria
Bui, Reilly Paul
Bump Jr., Richard Dewitt
Campbell, Lousetta Spriggs
Carolina, Jammie Leann
Carter, Andrea Dawn
Caudillo, Robert Lee
Chisholm, Cole Nathaniel
Collett, Dillon Wayne
Colungo, Antonio Joaquin
Cortez, Alixus Renee
Creek, Kaydence Rae
Crossley, Joseph Tyner
Crow, Anabeth Sophia Ximara
Crow, Randon Matthew
Danner, Latonia Marie
Davis, Eli Joel
Davis, Hannah Starr
Davis, Kayelah Janea Blair

Day, Darnell Ann
Deere, Karena Louise
Detwiler, Tanya Elaine
Dietrich, Tricia Lynn
Dodds, Cody Ralph
Donnahoe, Leah Jane
Doussett, Flossie Jean Spoon
Doussett, Gabriella Diane
Downey, Tyler Preston
Draper Jr., Russell Lee
Drywater, Sherry Lyn
Duboise, Rebecca Kay
Eckiwardy, Selena Monica
Eckiwardy, Victoria Destiny
Edgmon, Pacey Wyatt
Edwards-Fletcher, Atheda
Edwards, Chet
Edwards, Cutke Lashelle R.
Ellis Mahardy, Paul Samuel
Ellis, Phillip Steven
Ellis, Scott R.
Foreman, Robert Wade
Foreman, Thomas Henry
Fuentez, Ariana Yasmine
Garretson, Christopher P.
Gibson, Anthony Duane
Gibson, Dante Jamison
Gibson, Pamela Ann
Gibson, Wilfred Lew
Goombi II, John Duane
Goss, Melody Naomi
Gower, Jon Paul
Gray, Jared Christopher
Gray, Jeffrey David
Greenfield, Precious Dawn
Guttmann, Rosemary(Bradley)
Hadjiconstantinou, Brent Christopher
Hale, Alisha Marie
Harjo, Brittany Marie
Harjo, Jacqueline Rhea
Harjo, Tawanna Jo
Harman, Amy Marie
Harp, Tara Rae
Harris, Kallie Dahn
Harvey, Ronnie Troy
Hatcher, Donald Ray
Haumpy, Olivia Huerta
Haumpy, Zaylee Jew'el
Hayes Ponkilla, Briana Cynthia
Heisley, Robert Egan
Hemphill, Justin Travis
Hernandez, Isabella Lois
Herrera Jr., Ruben Pilar
Hicks, Emily Nicole
Hood, Allison Rachelle
Hood, Stefanie Michelle
Hopper, Deborah Ann
Houston, Sheri Lynn
Humphrey, Jo Lynne
Isaacs, Jon Edwin
Jacobs, Tiffanie Marie
Johnson Stephenson, Alyssa Cyndel

Johnson, Anthony David
Johnson, Evan Ryan
Johnson, Jackie Dean
Johnson, Jaylin Lee
Johnson, Michael Thomas
Johnson, Nizhoni Naim River
Johnson, Rayanna Kay
Jones, Easton Allen
Kaniatobe, Guy Eliot
Kaseca Jr., Frank Linn
Keith, Joni Cheryl
Keith, Lisa Gaye
Kilmer, Cheyenne Lashell
Kilmer, Kayla Marlene
Kinnamon Andersen, Sherri Kaye
Kirby, William Hunter
Larney, Patti Mae
Larney, Walter Lee
LaSarge, Clarence James
Leath, Timothy Coates
Leitka, Devin Lance
Limon Jr., Richard Martin
Limon, Jocelyn Marie
Lindsay, Seth Ryan
Little Axe Sr., Troy Lee
Little Axe, Brandon James
Little Axe, Katherine Pauline
Little Axe, Paiden Taylor
Little Bear, Newman
Little Charley, Buck
Little Charley, Kieri Leeann
Little Charley, Rebecca Ann
Little Creek, Lindsey Denise
Little Creek, Lynda Carol
Little Jim, Caleb Frank
Little Jim, Clint Jason
Little, Dee Ann
Little, Lisa Ann
Littlebear, Clifford Newman
Littlebear, Josheau Alan
Littlecreek, Sammi Louise
Littlecreek-Watts, Lily
Littlehead, William Bill
Loeks, Betty Lou Marx
Logan, Terri (Sloat)
Longhorn, Joel Boyd
Longman Jr., Henry Daniel
Lovins, Garrett Scot
Lowrance, Eaan Zane
Mack, Darrin Wayne
Mann, Loretta Lynn
Mann-Shopteese, Wanda Gayle
Martin, Skyla Reyann
Martin, Tiffany Ann
Martinez, Clayton Dale
Martinez, Tiana Rae
Masquas, Jeanlene
McBride, Allison Lorraine
McBride, Marshall Dylan
McBride, Travis Eugene
McEwin, Henry Bill
McGirt, Ricky Lee

McGonigal, Michael Shawn
McGuire II, Wayne Lloyd
Megehee, Sheyenne Nicole
Miller, Charles Ray
Miller, Kayci Dawn
Mills, Barbara Gail
Mills, Lindsey Gayle
Minck Larney, Kayla Leeann
Mitchell, Legus Trent
Mitchell, Meegan
Mohawk, Joni Marie
Montgomery, Stephany Sky
Moore, Sophia-Marie Linda
Morlan, Derek Thomas
Morris, Miracle Marie
Morton, James Cristian
Morton, Rebecca Lynn
Muench, Rose Ann
Musick, Charles A.
Musick, Charles Randall
Nail, Andrea Elaine
New Moon, Jessica Lynn
Nice Jr., Jonathon Lee
Ortiz, Isaiah Faustino
Panther Jr., Donald Eric
Parker, Whitney La Rae
Perez-Vargas, Joel Encarnacion
Pitner-Panther, Elizabeth La Rayne
Ponkilla, Mary Frances
Ponkilla, Sharon Renee
Preciado, Oscar Gabriel
Raadmae, Tina Nicole
Ramirez, Tiffany Elyse
Richard, Frances Ann
Roberts, Siera Brooke
Robertson, Velisa Allyn
Robinson, Sieanna Gail
Robison, Laynee Elizabeth
Salazar, John Thomas
Santa Cruz, Briana Danae
Schoenebaum, Daxton Ryder
Sherod, Daemon Marcus
Shields, Brent Fremond
Siemon, Hudson Kennedy
Sinks, Robert Elmer
Sloat, Amanda Renee
Sloat, Jami Lynn
Smith, Alfred L.
Smith, Anna Mae
Smith, Carolina Elizabeth
Smith, Garrett Allen
Snakeman, Sandra Kay
Soap, Taziah Jayson Lee
Spoon, Ariana Nicole
Spoon, Christopher Scott
Spoon, Joel Lee
Spoon, Tresha Dawn
Squire, Lauresa Cerise
Squire, Michael Lee
Stacy, Daelin Shey
Stewart, Arvel Eugene
Stinger, Elizabeth Juanita

Stoliby, Daniel A.
Stone, Heide Nichole
Stuckey, Wade Dexter
Switch, McKenzie Ranae
Switch, Michael Dwight
Taylor, Ryan Aaden
Thorpe, Gary Allen
Thorpe, Iris Nahla
Thorpe, Jasper Pristine
Thorpe, Vicki Jo
Tiger, Dion Anthony
Tiger, Joseph Little Chief
Tiger, Nakota Cotcha
Tillery, Trevor Ryan
Tilley, Nelson Vaughn
Tyner Jr., Daniel Ray
Tyner, Michael Roy
Tyner, Wasalee Raine
Upman, Belva Ann
Vasquez, Makai Isaiah
Villalobos, Francisco Javier
Voyles, Devin Robert
Wakley, Stacy Ann
Wakolee, Garry Lavar
Wakolee, Jerry Lamar
Walker, Kurtis Robert
Walker, Ty Dewayne Owen
Wallis, Coltin Bryan
Wallis, Dawn Marie
Warrior, Aaron Duane
Warrior, Debra Faye
Wasley, Mandella Dawn
Watson, Brent Randall
Watson, Gavin Layn
Watson, McKenna Ann
Weaver, Dylan Micheal
Webb, Paul Kenneth
Werst, Nelda Jayne
Westberry, Justin Doyle
White Jr., Robert
White, Daniel Lee
White, Dustin Lee
Wilburn, Sonya Leigh
Wilkerson, Dorothea Fallon
Williams, Anfernee Isiah
Williams, Ella Ann
Williams, Erik Braden
Williams, Heath Jared
Williams, Katharine Melina
Williams, Nathan Barrett
Wilson, Isaac Lane
Wilson, Joseph Scott
Wilson, Savannah Colette
Wilson-Ongaco, Tristen Xavier
Wolfe, Stormy Ray
Wolfe, Tina Marie
Wyatt, Ashley Dawn
Yandell, Raymond Lloyd
Yoder, Vanessa Lynn



**Jason
Loves
Laurie Kayley Mayci**

HAPPY BIRTHDAY!!!



HAPPY

Birthday!



**JANE
WERST**

**LOVE,
WAYNELL**

CORNERSTONE INDIAN BAPTIST CHURCH WINTER JAM BENEFIT CONCERT

PRESENTS

Local Christian Artist

Erika Gabriella Martinez

Florence Wise

Robert Yeahpau

Worship Leader

Delana Deere



ADMISSION:
*New Unwrapped
Toy*

LOCATION:
*17020 E Tecumseh Rd
Norman , Ok 73026*

Friday, November 28, 2014 from 6:30-8:30pm

All Toys will be donated to the Absentee Shawnee Tribe Domestic Violence Program and Indian Child Welfare for children that are victims of abuse.

www.cornerstoneindian.com

DISABILITY BENEFITS FOR WOUNDED WARRIORS

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

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

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



www.socialsecurity.gov
 or call toll-free, **1-800-772-1213**
 (for the deaf or hard of hearing, call our TTY number, **1-800-325-0778**)

Office of Environmental Health & Engineering

- Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

- Handicapped/Disabled and Elderly
- Income
- Family Size/Overcrowded Living Conditions
- Condition of Home

Other Programs available:

- Sanitation Facilities Assistance Program

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

Applications are available online on the website: www.astribe.com.

Submit completed application to:

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

Absentee Shawnee Tribe Complex

Office of Environmental Health & Engineering, Building 13

If you have any questions, you can reach us by phone at (405) 214-4235

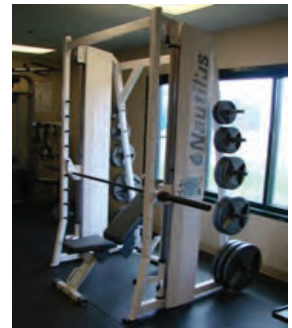


FITNESS CENTER HOURS

Monday—Thursday
6:00 a.m.—7:00 p.m.

Friday
6:00 a.m. — 5:00 p.m.

Saturday/Sunday
CLOSED



The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment, including: treadmills, elliptical cross-trainers, recumbent bikes, free-weights, kettlebells, and isolation strength machines. The AST Fitness Center is available to all Native Americans and their household family members. AST employees are also



eligible for membership. The AST Diabetes and Wellness Fitness Center strives to deliver a well-trained staff that seeks to help clients reach their personal fitness and health goals. Our staff takes pride in providing appropriate and educational fitness training to all clients, providing guidance in developing a successful plan to help prevent or manage diabetes and/or other health conditions, and providing clients with a fun and positive experience working with our staff. Please take some time to come by and visit the AST Diabetes and Wellness Fitness Center today!

Recycling Containers Now Available

OEH now has recycling containers set up for public use. These recycle containers, which are cardboard only containers, are located on the south side of the Title VI building at the main complex and the other container is located at the northeast corner of the Little Axe Clinic.



We also have our mobile recycle container available behind the clinic here at the main complex. We are currently only accepting cardboard in this container as well.



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

RECYCLING MATERIAL THAT WE ACCEPT.

ALL WHITE PAPER, ENVELOPES, COLORED PAPER, JUNK MAIL, FAX PAPER, MAGAZINES, NEWSPAPER, CARDBOARD, AND ALUMINUM CANS.

MATERIAL WE DO NOT ACCEPT.

TONER, CARBON PAPER, FOOD WASTE, AND PLASTIC.

REMEMBER, WHEN IN DOUBT THROW IT OUT.

CONTACT INFORMATION

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

OFFICE OF ENVIRONMENTAL HEALTH & ENVIRONMENTAL PROGRAMS.

2025 S. GORDON COOPER DR. SHAWNEE, OK 74801

PHONE: (405) 214-4235

FAX: (405) 878-4701

Absentee Shawnee Tribe Recycling Program

“To Establish a recycling program for municipal waste planning, reduction, and Recycling”

The Office of Environmental Health and Environmental Program is proud to announce the start of a new recycling program for the Absentee Shawnee Tribe. The recycling center is located in the yellow metal building adjacent to the OEH Department. The Absentee Shawnee Tribe (AST) Recycling Program Program declares that waste reduction and recycling are the preferable to the

or processing of municipal waste, and that removing certain materials



from the municipal waste stream will decrease the flow of solid waste to municipal landfills. AST Recycling Program used the knowl-

edge and information about recycling markets and market demand as well as information obtained from various publications and the internet to comprise an analysis of material the recycling program will address at the start of the program. AST Recycling Program Plan establishes a goal that, by year's end 2013, at least 25 % of the recyclable material produced by the Tribe will be recycled.

Reduce, Reuse, and Recycle

The AST recycling Program will initially focus on the following waste stream material; High-Grade shredded paper, Assorted office paper,

Phone books, Magazines, Cardboard, Newspaper, and Aluminum cans. As the program and market develops, other recyclables will be sought.

There is a cost associated with recycling. However, economic, social, and environmental benefits exceed these cost.



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

New Patient Portal
 Absentee Shawnee Tribal Health System

Little Axe Health Center
 Shawnee Clinic



Visit your app store and install
 the Follow My Health app



for real-time access to your
 health information

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

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

**MEDICARE OUTREACH & EDUCATION
 2015 OPEN ENROLLMENT EVENT**

Sponsored By
Richardson Insurance

Serving the Native American Community for 24 years



RICHARDSON INSURANCE
 agency, LLC

Are You Turning 65?

or

Do You Want to Explore Your Current Medicare Options?

COME SEE US!



**2015 Annual Open Enrollment
 Options
 October 7 – December 15, 2014
 Insurance**

**Explore Your Medicare
 courtesy of Richardson
 Insurance**

- Medicare Basics
- Annual Open Enrollment Info
- Medicare Enrollment Assistance
- Explore Medigap or Part C&D Plans
- Personal Medicare Plan Comparison
- Part D Drug Plan Comparisons
- Medicare Savings & Extra Help Info
- Understanding Tribal Benefits

Coordination

Richardson Insurance is an Indian-owned and family-operated Oklahoma state licensed insurance agency specializing in assisting Native Americans find the best medical plan for their specific needs. Tanya and Tommie Ann Richardson have been in the insurance



**AST COUNTRY
 KITCHEN**

Check out our
 daily homemade
 lunch specials!

Sunday - 7am to 7pm

Monday - 7am to 3pm

Tuesday - 7am to 3pm

Wednesday - 7am to 8pm

Thursday - 7am to 8pm

Friday - 7am to 9pm

Saturday - 7am to 9pm

Something
 different
 every day!

Open 7 Days A Week!

366-7220



(In Front of Thunderbird Entertainment Center Next
 to AST Smoke Shop)

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information*

Contract Health Services for AST members *with* Insurance

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

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

Contract Health Services for AST members *without* Insurance

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

1. You must apply for any alternate resources for which you may be eligible - Medicare, Medicaid, SoonerCare, insurance, etc.
2. Complete CHS Patient Update form and update all information every 6 months
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.*

Emergency and Urgent Care Services

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

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

**Contract Health
Direct Phone Line
405.701.7951**



Debi Sloat



Glendine Blanchard



Flo Mann



Sharon Ponkilla



Darla Gatzman



Jayne Werst



AST PHARMACY NEWS



- Upcoming Pharmacy Department closures are as follows:
 - ✓ October 1, 2013 for inventory
 - ✓ November 11, 2013 to observe Veteran's Day
- Deliveries of controlled medications are not allowed.
- Both Shawnee and Little Axe pharmacy locations fill prescriptions for members of all tribes, but outside prescription orders are restricted to Absentee Shawnee Tribal citizens with established charts.
- If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with a current cell phone number.
- When requesting refills, please provide 24 hours' notice until pick-up. We will need your refill number, located above your name on the prescription label, or the names of your medication in order to fill.
- Present **insurance cards each time** you pick up or drop off a prescription.
- Keep us informed of changes in address, phone number, and other contact information (changes at registration do not flow to pharmacy).

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

Hours of Operation:

Little Axe: 8am-5pm (& 7:30a-5:30p Drive-Thru) Monday - Friday

- Phone - (405) 292-9530

Shawnee: 7am-5pm Monday-Friday

- Phone - (405) 878-5859

We are open through the lunch hour!!

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

-Thank you,
Pharmacy Staff

Absentee Shawnee Tribe of Oklahoma

Injury Prevention Program

The Mayo Clinic and the Center for Disease Control & Prevention say that if you're physically active it may help prevent you from falling. The following activities: Walking, chair exercises and Tai Chi, can improve your leg strength, balance, coordination and flexibility. Remember to check with your doctor before starting any of these activities!

Here are some tips on how to stay safe while getting back into the spring of things.

- Be sure to warm-up and cool down when appropriate.
- Wear protective gear - i.e. bike helmets, wrist & elbow guards, pads, etc.
- Rest, especially when your muscles are tired
- Prevent "overuse" injuries (i.e. stress fractures, tendonitis, or inflamed joints) by not overdoing exercise.
- Condition your body before jumping into new activities at full force.

For more information contact: Rosie Tall Bear at 405-701-7601
Little Axe Health Center



Personal Banking:

AllNations Bank offers a wide range of products and services to meet today's consumer demand including

our AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; Now Accounts & Consumer Loans including Auto, Boat and more.

AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240;

114 E Main, Calumet, OK

Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;

2023 S. Gordon Cooper Drive, Shawnee, OK

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today's business needs including all types of Commercial and Small Business Loans;

Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240;

114 E Main, Calumet, OK

Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;

2023 S. Gordon Cooper Drive, Shawnee, OK

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801

Lobby Hours 9:00 AM - 5:00 PM Monday - Friday

Drive In Hours 8:00 AM - 6:00 PM Monday - Friday

Saturday: 9:00 AM-12:00 Noon



Are you at risk for diabetes, have diabetes or know someone who does? Type 2 diabetes is the most common type of diabetes and affects millions of Native Americans. Many people are unaware that they have diabetes or pre-diabetes. Native Americans are twice as likely to develop

Type 2 diabetes than others. Some common signs and symptoms include:

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Often people with type 2 diabetes have no symptoms.

Some ways to prevent and manage diabetes is through healthy lifestyle behaviors. One question that many people with diabetes or pre-diabetes often ask is "What can I eat?". The American Diabetes Association states that you do not have to be deprived or restricted. The key factors are learning what are the "superfoods", how much of it you can have and how often. Getting into the habit of eating a healthy diet helps you manage diabetes and prevent complications caused by diabetes.

The following foods are listed on the American Diabetes Association web site as "superfoods". Try to incorporate as many of these foods into your daily meal plan to enhance the nutrient content of your meals.

The foods listed have a low glycemic index (causes slower rise in blood glucose after eating) and provide key nutrients that are lacking in the typical western diet such as:

- calcium
- potassium
- fiber
- magnesium
- vitamins A, C, and E.

Beans, dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish high in Omega-3 fatty acids, whole grains, nuts, fat-free milk and yogurt. To learn more about eating these superfoods and recipes visit diabetes.org and sign up for Wellness and Healthy Eating classes at the Little Axe Clinic. Call Sidna McKane to sign up at 405 701-7977.

Source: American Diabetes Association at www.diabetes.org

FOSTER CARE

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

0-5 age \$14.73 day \$441.97 month

6-12 age \$17.12 day \$513.57 month

12 and over \$19.30 day \$579.13 month

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

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

Why do we need Indian Child Welfare?

Why do we need Tribal Foster Homes?

Foster-Care System Stretched Too Far

Recent news reports reported on July 2 that Sally Schofield, the foster mother of Logan Marr, was found guilty June 25 of wrapping the 5-year-old's body with 42 feet of duct tape during a "timeout," causing the little girl to suffocate.

Schofield could face up to 40 years in prison for the child's death.

"The child-welfare system failed Logan Marr in every possible way," said Richard Wexler, the executive director of the National Coalition for Child Protection Reform. "They failed her ... by ... ignoring her cries of abuse and they failed her by letting her die in that foster home."

Six weeks before she was killed, Logan was on a visit to her birth mother when, in the presence of a child-welfare worker hired to supervise the visit, she complained that her foster mother was hurting her. "She did this to me and I cried 'cause it hurts me," the child is heard saying on a videotape, although she isn't seen.

The truth is that we must protect our tribal children; we must protect them from a system that is overworked and in desperate need of an overhaul. We must have a voice in the child welfare system for our tribal children. As tribal child welfare workers there is not a day that goes by where we are not fighting for the rights of one of our tribal children and working to make sure that employees of the State are following OICWA and ICWA. Silence will not ensure the rights of this generation, or the next generation of Absentee Shawnee Children. The Absentee Shawnee Foster Care Program is in need of tribal foster care homes for AST children. A strong tribe must have a system in place to protect the youngest of its members when they need protection. If we do not have tribal foster homes, our Absentee Shawnee children go into State homes. We have not control over these homes; therefore, the children placed in these homes are more vulnerable. Some will say that no one can love their child as much as a parent, but when parents are unable to care for their children properly, we as a tribe need to be there for the children... We must love that child as their parent.

We use a Native American tradition of the talking stick. You sit and pass it around and whoever has the stick has to talk. Some people just hold it. Others really share.

Let us be a tribe that protects the youngest of our tribal members, let us just not say the words, but open our homes to those children who need us to protect them and offer them safety. If you are interested in becoming a foster parent please notify:

**Julie Wilson
AST/CPS/FOSTER CARE**

405-878-4702

The Child Welfare Department would like to welcome Glenna Jones and Dara Thorpe as new members of the Foster Care Committee. We appreciate their dedication and willingness to advocate for our children.

Preservation of American Indian culture starts with protection of our most precious resources -- American Indian children and families. Only when our children and families are healthy and happy can there be harmony in our world.

Problems Facing American Indian Children and Families

Today, 5.2 million American Indians and Alaska Natives (AI/AN) live in the United States

- American Indian children have the third highest rate of victimization
- American Indian/Alaska Natives have the highest rate of poverty of any other racial group in the nation
- In 2006, suicide was the leading cause of death for AI/AN males ages 10-14.
- A 2006 study found that, compared to other groups, AI/AN youth have more serious problems with mental health disorders.
- Alcohol-use disorders were more likely among American Indian youths than other racial groups.
- The AI/AN youth population is more affected by gang involvement than any other racial population.

WHAT CAN YOU DO TO HELP?

Children often get lost in a system that is supposed to protect them when their parents can't take care of them. They need someone who can provide a home that is safe. They need their emotional needs met by an adult who can act as if they are their parent. These children need love, shelter, safety, and a place that they can belong, they need a home. They need to know that they are not alone. If you are able to provide these things to one of our tribal children please contact: 405-878-4702 (ext. 133) Julie Wilson ICW/FC.

FOSTER CARE

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

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

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

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



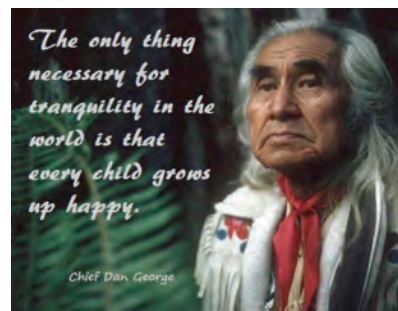
GOT LOVE?



FOSTER A CHILD

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

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



Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social

problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture which in helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Will you, as Absentee Shawnee member, do your part if you are able? If you are interested in becoming a foster parent, please contact Juliann Wilson ICW/CPS/FOSTER CARE at 275-4030, ext. 133.

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

<<<NOTICE>>>

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

AST Complex Trick or Treaters





Costume Contest Results

Little Axe Clinic

- 1st place:
Marilyn Franklin "Flo"
2nd place:
Debi Sloat, Darla Gatzman, Glendine Blanchard "Old Clowns"
3rd Place:
Jackie Edge
"Tooth Ninja"
Best Decoration:
Little Axe Contract Health



"Flo"



"Old Clowns"



"Tooth Ninja"

"Ninja Turtles"



"Daphne"



Shawnee Complex

- 1st place:
Tara Battise, Yolanda Williams, & Leah Tsofadle
"Ninja Turtles"
2nd place:
Jesse (intern), Kendra Brown, Tara Swalla, Audrey Goins, & Cody Key
"Tetris Blocks"
3rd Place:
Elise Grein "Daphne"
Best Decoration:
Domestic Violence

"Tetris Blocks"



We will contact the departments with the best decoration next week for your pizza party.

THANK YOU EVERYONE FOR PARTICIPATING!!

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

The AST Health System values ALL feedback.

We will listen....

*Patient Advocate Jim Robertson
405-447-0300

*Customer Service Line
405-701-7623

*Patient Questionnaire located in each of our clinics or on our website
www.ASTHEALTH.ORG



Little Axe Health Center

Absentee Shawnee Tribal Health System
15951 Little Axe Drive
Norman OK, 70326
405-447-0300

Shawnee Clinic

Absentee Shawnee Tribal Health System
2029 S. Gordon Cooper Dr.
Shawnee OK, 74801
405-878-5850

After School Program 2014/2015

Come join us at the AST Resource Center!!!

- ✚ Free tutoring in all subjects!
- ✚ Games and activities!
- ✚ Delinquency prevention!
- ✚ Healthy lifestyles!



And much more!



OPEN TO ALL MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS

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

Duration: Starts September 2nd and will run through the school year.

Monday-Thursday, 2:45pm-6:00pm

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



Tribal Youth Council



- Location:** AST Complex, Building 1
- Date/Time:** Saturday, November 8th at 10:00am. Meetings vary in length, but usually last at least an hour.
- Participants /Ages:** 6th grade to 12th grade. The Youth Council is open to all students in these grades.
- Transportation:** Parents will be responsible for bringing and picking up their child.
- What is it? :**

The Youth Council is a way for students from the surrounding AST communities to work together and bring to light things they need help with in their school. It is also a way for students to work and learn how they can create a difference for the Tribe and their own community. We explore different prevention topics, volunteer in the community, and also explore further educational options.



For any questions please contact:
Tresha Spoon at 275-4030 Ext. 121
Blake Goodman at 364-7569



NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

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**ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT**



SORNA

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

Education Department

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

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

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

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

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

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 121 or 1-800-256-3341 or email to tresham@astribe.com.

Absentee Shawnee Housing



Introduction

The information being provided is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply. Our programs target low income Native American families who need housing assistance. The programs currently being provided are Rental, Lease to Own and Down Payment Assistance.

Application Process

Our process begins with the completion of our housing application. When completing the application be sure and answer all the questions that pertain to you and sign all attached forms. If you should have any questions regarding the application; call or come by our office and ask our staff in the Programs & Admissions Department and they would be glad to assist you.

The application will also require documents to be attached in order to complete the process; which are:

- ↳ Photo I.D.
- ↳ CDIB Card
- ↳ Social Security Card
- ↳ Birth Certificate
- ↳ Marriage License/Divorce Decree/Custody Decree (if applicable)
- ↳ Declaration of Section 214 (form is included with application)

Each household member must provide a birth certificate, social security card and CDIB card (if enrolled in a federally recognized tribe). The Housing Authority will conduct a criminal background check and credit check on all adult household members over the age of 18. A home visit is the final step in completing your application.

Waiting List

A letter will be mailed out once your application has been approved notifying you of the date your name was placed on the waiting list. It is very important to stay in contact and notify the Housing Authority anytime changes occur in income, household composition, or contact information. In the event that your name is next in being offered a home; you will be notified by letter or phone. Annual Updates required to remain on the waiting list.

CONTACT INFORMATION:

**107 N. Kimberly
Shawnee, OK 74801
P.O. Box 425
Shawnee, OK 74802-0425
Phone: 405-273-1050
Fax: 405-275-0678
Office Hours: 8:00 a.m.- 4:30 p.m.**

Eligibility for each program has income requirements; please be sure and review the current income limits on your application. We will not be able to process your application if you do not meet the income criteria.



Low Rent Housing

Our low rent housing program is provided to families in need of housing in the Shawnee and Tecumseh area. Rental houses are furnished with kitchen appliances, central heat and air, and mini blinds all throughout. In the Shawnee area, the Absentee Shawnee Housing Authority has two elderly/handicap communities. These areas have fully and partial handicap accessible units. A laundry facility is located in the community for tenant use only. Tenants in our rental program are provided services through our Maintenance Department; if any maintenance issues should arise you would contact the Housing Authority and a crew member will come and do the repair.



Lease to Own Program

The Lease to Own Program is available for any Native American family who has met our requirements and would like to purchase a home through the Housing Authority. The homes offered are ones currently in inventory and owned by the Housing Authority. This program is designated for income eligible families who have been renting but now feel they are ready for the opportunity to purchase their own home. The application is the same as the rental; accept the income requirements are different. Be sure and specify when completing your application, that you are applying for the Lease to Own Program. If you have substantial rental history and meet the income requirements, your name may be placed on the waiting list.

Down Payment Assistance Program

This program offers a one-time grant of up to \$20,000 to assist with down payment and/or closing cost to purchase a home and is designed to make home mortgage payments more affordable

Eligibility Requirements

- Applicant must be eighteen (18) years of age
- Must be Native American enrolled in a Federally Recognized Tribe, with priority given to enrolled members of the Absentee Shawnee Tribe of Oklahoma to apply
- Applicant must qualify as a low-income family, and must meet minimum income guidelines
- Applicant must be first-time homeowner
- Primary residences only
- Must be approved for home loan
- Dwelling Unit must pass environmental inspection

- All applicants are required to attend a counseling class conducted by our Resident Counselor before signing a lease.
- Annual Recertification are required for Rental/Lease to Own programs
- Inspections are performed on our homes annually

- MONTHLY RENT IS CALCULATED BY YOUR INCOME
- OUR LOW RENT UNITS HAVE 1, 2, 3, & 4 BEDROOMS
- LEASE TO OWN HOMES HAVE 3 & 4 BEDROOMS



NEW RENTAL HOMES AVAILABLE!

Applications are now being accepted for families that are over the income limits for our IHBG funded programs. Please contact our Programs & Admissions Department for further details. *NOTE: There is limited homes available for this program.*



**Absentee Shawnee Housing Authority
107 North Kimberly
P.O. Box 425
Shawnee, OK 74802-0425
Phone (405)-273-1050
Fax (405)275-0678**

Down Payment Assistance Program for Over Income AST Tribal Members

This program is to provide Over-Income enrolled Absentee Shawnee Tribal members only with affordable homeownership financing opportunities. The Over-Income Down Payment Assistance will include payment of reasonable closing cost associated with the first mortgage and the ASHA's second mortgage with the remainder of the money going toward the down payment. The maximum amount for each homeowner is \$5000.00.

Eligibility

- Applicant must be eighteen (18) years of age
- Must be enrolled members of the Absentee Shawnee Tribe with gross incomes over 100% of the median income adjusted for family size to apply
- Applicant must be first-time homeowner
- Primary residences only
- Property must be located within the state of Oklahoma
- Must be approved for home loan
- Dwelling Unit must pass all Housing Quality Standards inspection as well as Environmental Inspection

For more Program Information, please contact Kimberly Vermillion at Ext. 260.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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

THE ABSENTEE SHAWNEE TRIBE

1ST ANNUAL RUN FOR YOUR LIFE ZOMBIE 5K

OCTOBER 25th, 2014

SPONSORED BY THE BEHAVIORAL HEALTH SPF-PROGRAM & DIABETES & WELLNESS PROGRAM

We had a wonderful turnout for our first annual Run for Your Life Zombie 5K & 1 mile costume walk. We had 237 pre-registered participants not including those that came out the day of; along with some prevention and awareness booths such as the MSPI Program, SPF Program, OEH, Injury Prevention, Oklahoma Strong, and the Southwest Prevention Center from the University of Oklahoma. We also held a costume contest for ages 10 & under with 5 winners! I would like to say a huge thank you to the community for coming out and helping support the event, the Health Clinic for letting us have the race there, and all of the staff and volunteers who came out and helped make the event such a big success. We will see you all next year for the second annual Run for Your Life Zombie 5K!





November is Diabetes Awareness Month

When it comes to unintentional falls and diabetes they come hand in hand. Multiple medicines and common oral diabetic medicine can increase the risk of falling. Also common complication like neuropathy, nephropathy and retinopathy. According to the Center for Disease Control, Unintentional falls are the second leading cause of unintentional deaths for Native Americans age 55 and older.

So here are some strategies to Reduce Falls Risk if you have diabetes.

1. Falls Risk Assessments
2. Self-Care Management
3. Medicines

If you would like more information you can go to: www.cdc.gov/injury/STEADI

Rosie Tall Bear, Injury Prevention Program at Little Axe Health Center,
Phone: 405-701-7601



