



"Among The Shawnee"

The Absentee Shawnee News

OCTOBER 2016

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AST Governor at the Tribal Leaders Conference with President Obama



AST Governor Edwina Butler-Wolfe recently attended the Tribal Leaders Conference with President Obama in Washington D.C.. The conference was held at the White House on September 24-27th. *Photos L to R: AST Governor; AST Governor with Quentin Romanose, Chairman of Education; President Obama.*

General Council - October 22, 2016

10:00 am - Thunderbird Casino - Norman, OK

Executive Committee



Edwina Butler-Wolfe
Governor



Isaac Gibson
Lt. Governor



John Johnson
Secretary



Leah Bates
Treasurer



Anthony Johnson
Representative

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

Governor's Report

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

Our Shawnee area recently got a number of welcome rain showers. These showers have led us to also have high humidity levels and are coupled with high temperatures. I have always appreciated whichever season we have here in Oklahoma yet my preference is with Fall and Winter. So, having said that, Fall will soon be with us.

June Protest of Election

On August 30th the Court met on the case(s) of Twila Parker and Sherman Tiger. Both individuals had disputed and protested the June 18th election. Mr. Tiger asked the Court to dismiss his case as the ruling of the Court on Mrs. Parker's case would determine his issue also. Testimony was given by several individuals with both sides being heard by presiding Judge – Matt Thomas, a partner in the firm of Stuart, Clover, Duran, Thomas & Vorndran, LLP.

The most notable testimony given was by Meredith Wahpeheche Election Commission Secretary, who testified that she 'broke' the Election Ordinance by personally deciding that a tribal member had the right to vote. She further testified that she 'made the decision to give this tribal member the ballot despite knowing she was violating the Election Ordinance' and that she 'would do it again!' Ms. Wahpeheche stated she 'wasn't there to take tribal members vote away'. It is unclear to me why we have an Election Ordinance, if certain Election Commission officials, don't abide by it. If we need our Ordinance language corrected then we should consider doing this through a referendum for ALL tribal members to decide instead of one individual deciding, on her own, who can vote.

Trial Date Set

Jeff and Isaac Gibson

Last month I advised you that the Absentee Shawnee Tribal Court on May 23, 2016 had set trial dates for Isaac Gibson, Jr., Lt. Governor, and former Representative, Jeff 'J.W.' Gibson, who currently serves as the TERO contact. Lt. Governor Gibson's trial was set to begin at 9:00 a.m. on the days of October 10-11th.

The trial date set for Jeff Gibson, former Representative and current TERO contact, is still scheduled for October 17-19th beginning at 9:00 a.m.

These two, first cousins, are being tried for embezzlement, fraudulent use of a credit card, misusing public monies, unlawful official action, and criminal conspiracy.

Our Kids are our Concern

On September 19th at Brendle Corner numerous items were stolen by a contractor hired by the Lt. Governor. The items taken by the Contractor were school items used and needed by the students that take part in the Tribes J.O.M., Program. This is a twofold concern to me. The first part of my concern is for our kids. What if our children had been present when this person entered the building? Would he still have taken the items or worse yet would our children have been at risk? The secondary part of my concern is when contracts/agreements with individuals or companies are entered into without the AG reviewing the documents or the tribe authorizing it then this can create a liability issue for the tribe. I am asking for you, my people, to help me stop this. In May 2014 I sent a memo out requesting the Attorney General to advise the Executive Committee on contract/agreement(s) so that we could protect the interests of the tribe. Chapter IV, Section C. of our AST Administrative Systems Manual outlines the contract process for both employees and our elected body. The question that occurs to me is: 'Why do we have a contract process if it's not to be followed?' The procurement section in the Administrative Systems Manual could benefit from updates, however, at this time it is still the approved process of the tribe.

Tribal members, if you share my concern about this type of contract/agreement process, I suggest bringing it up at General Council and/or attend our Executive Committee meetings to provide constructive input on how best to make a positive change occur.

Annual Budgets

It goes without saying that budgeting takes time, effort and strong team work. I have not seen any information sent out by Finance or the Treasurer,

as of this article. It will be interesting to see if Finance continues to use what they have done the last two years which is to base budgets on the average two years of expenses and then use a 'projected' estimate for the upcoming year based on those expenses. As I have stated before this rewards those who have over expended in their budgets and penalizes those who monitor and effectively manage their budgets all year. This process is flawed and needs corrected. We also need to look at establishing a foundation so that we can support special activities and needs that our individual tribal members request of us through an organized structure. Currently we have no process in place and have no recourse but to use our annual budgets to offset this cost.

Other Topics/Expressions

Happy Birthday & Anniversary

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

Condolences

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

Meetings Attended

AUGUST 2016

- 9-14th AAIP Annual Conference – Oakland, CA
- 15-19th FAST Act DOT Negotiated Rule-Making Committee, Sterling, Virginia
- 20th 10:00 a.m. Elders Meeting, Resource Center, Little Axe, Oklahoma
- 22nd 8:00 a.m. CTSA – Sac and Fox Nation Principal Chief Kay Rhoads, Kickapoo Tribal Chairman David Pacheco - Met with audit firm, Finley and Cook – Shawnee, OK
11:30 a.m. to 1:30 p.m. AVEDIS Luncheon & Speaker Series- Expo Center, Shawnee, OK
- 23rd 8:30 am Met with concerned Tribal member(s) – Shawnee, OK
- 24th 9:00 am USDA Tribal Consultation, Hosted at Chickasaw Nation Resort, Sulphur, Oklahoma
- 25th 9:00 am Met with OK State Representative candidate – Atwood and had afternoon meeting in OKC, OK
- 26th 9:00 CTSA Conducted Executive Director Interviews with Sac and Fox Nation Principal Chief Kay Rhoads and Kickapoo Tribal Chairman David Pacheco – Shawnee, OK
- 27th 11:00 a.m. Guest Speaker at OU Gamma Delta PI Native American Sorority, Norman, Oklahoma
- 29th Meeting in Office with concerned Tribal member(s) – Shawnee, OK
- 31st 6:30 pm Medical Marijuana Informational Meeting, Tecumseh, Oklahoma

SEPTEMBER 2016

- 3rd 10:00 am White Turkey Meeting, Shawnee, OK
- 9th 10:00 am Special Executive Committee Meeting, Shawnee, OK
- 11-15th National Indian Gaming Association Conference - Niagara Falls, New York
- 16th 10:00 am Meeting with concerned Tribal member
- 19th 9:00 a.m. AST Department Directors Meeting
- 20th 8:30 am Health Board Meeting, Little Axe Health Clinic / tour of the new Li-si-wi-nwi Optometry Clinic Little Axe/ Ribbon Cutting and Ground Breaking of the new Storm Shelter at the Absentee Shawnee Tribal Health, Inc. Clinic
- 21st Executive Committee Meeting cancelled due to several EC in travel status – meeting date will be Wednesday, October 19th, 2016
- 22nd 9 a.m. to 5 p.m. Summit Charter School, OKC, OK
- 23rd 9:00 a.m. CTSA Monthly Meeting, Shawnee, OK
- 24-27th White House Tribal Leaders Conference, Washington, D.C.

- 29th 10:00 a.m. All Nations Bank Meeting - Executive Committee and Bank Board Members
- 6:30 pm UNITY Youth Meeting, Shawnee, OK
- 30th PERSONAL DAY

DOT Negotiated Rulemaking Appointment

On September 12th through 15th the FAST Act DOT Negotiated Rule-making Committee met in Sterling, Virginia. Protocols for the Committee were established. Provisions are being reviewed and drafted. As the Southern Plains regional representative I was asked in August to consider having the October meeting in Oklahoma. This opportunity was confirmed at the September meeting and we will be looking at partnering with the central tribes in the Shawnee area and extending invitations to all tribes in the state to attend the October meeting. The hotel/meeting site will be at The Grand Hotel and Resort. The meetings will begin on October 18 and run through the 20th.

In Conclusion

I have 8 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

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

Thank you for your support.

Photos from Meetings



Building Blocks

As summer ends and fall begins, we have many exciting things coming up here at Building Blocks. On September the 7th we celebrated Grandparent's Day by having the grandparents join us for breakfast. We want to say thank you to all the grandparents who were able to join us. In October, some of the classes will be learning about fall and participating in fall activities like going to the pumpkin patch and Halloween.

We currently have 44 kids enrolled, we are will be enrolling more in the coming months. We have a few new Teachers here at Building Blocks and a new Food Prep Assistant. We are excited about welcoming our new teachers and new children. If you have any questions, please feel free to contact me. Thank you!

Dates to Remember:

- October 14th – Open House, 6:00 pm- 8:00 pm (Open to the public)
- Halloween (Date TBD) - Trick or Treating on the AST Campus and Classroom Parties

Elizabeth Crawford
Building Blocks Director

Tax Collections

FY-2016 YTD TAX COLLECTIONS (Thru 8/31/16)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$5,925.93	\$6,695.50	\$1,102.06	\$11,858.67	\$3,055.61	\$5,189.41	\$233.28	\$0.00	\$0.00	\$0.00	\$0.00	\$40,690.00	2.46%
Gaming % of free cash	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$150,000.00	\$100,000.00	\$150,000.00	\$200,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,300,000.00	78.66%
Employee (1%)	\$20,005.91	\$10,776.88	\$7,398.58	\$10,826.58	\$14,605.02	\$10,799.58	\$11,170.30	\$7,282.34	\$0.00	\$0.00	\$0.00	\$0.00	\$92,865.19	5.62%
Severance (8%)	\$2,266.67	\$1,609.65	\$460.78	\$919.02	\$461.01	\$2,698.05	\$2,232.26	\$1,290.78	\$0.00	\$0.00	\$0.00	\$0.00	\$11,938.22	0.72%
Motor Vehicle	\$10,173.81	\$16,449.81	\$16,519.87	\$15,797.40	\$12,420.36	\$12,691.64	\$16,578.05	\$12,503.02	\$0.00	\$0.00	\$0.00	\$0.00	\$113,133.96	6.85%
Tobacco Refund	\$7,107.73	\$1,052.86	\$7,697.88	\$17,197.56	\$14,653.05	\$16,595.49	\$15,084.70	\$13,025.59	\$0.00	\$0.00	\$0.00	\$0.00	\$92,414.86	5.59%
TOTAL TAXES	\$146,183.66	\$285,815.13	\$238,772.61	\$195,842.62	\$203,998.11	\$145,840.37	\$200,254.72	\$234,335.01	\$0.00	\$0.00	\$0.00	\$0.00	\$1,651,042.23	
Miscellaneous	\$223.45	\$145.00	\$300.00	\$275.00	\$65.00	\$205.00	\$120.00	\$221.46	\$0.00	\$0.00	\$0.00	\$0.00	\$1,554.91	0.09%
TOTAL COLLECTIONS	\$146,407.11	\$285,960.13	\$239,072.61	\$196,117.62	\$204,063.11	\$146,045.37	\$200,374.72	\$234,556.47	\$0.00	\$0.00	\$0.00	\$0.00	\$1,652,597.14	100%

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

**LIFE is Beautiful
Living Meth Free**



**National Suicide
Prevention**

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



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

Enrollment Department

Hello all employees and tribal members. Enrollment has turned a new leaf and is under new staff. We have a new method of how our office will be conducted. From now on we will be enforcing the CDIB charge. Also any type of form that needs to be filled out to process the following: address change, name change, obtaining a new CDIB card, research applications, and enrollment applications etc. will need to be filled out ahead of time; but no worries we have all of those forms located in our hall and on the tribal website. Just stop by and fill out your form and we will get you taken care of. Our goal in enrollment is to help and serve tribal members to the best of our ability.

Also enrollment wants to make sure that our office stays current so in efforts to keep our records current we are having **Membership Day**. For this day and this day only all enrollment fees are waived. If you as a tribal member should **POP** by and update all of you contact information on **October 19th** you get a complimentary bag of popcorn and a chance to enter a raffle to win a basket filled with goodies and a gift card to Cinema 8 in Shawnee or a Walmart gift card. This Event is open to all Tribal Members and is **FREE** to all members who update their information or need a new CDIB. This is also **FREE** to Tribal members who don't need to update their information as well. We will also have a booth at general counsel for updating your information as well as entering the raffle. The winners will be announced at general council on **October 22nd**. We hope to see you all there!



Enrollment will be closed **November 15 -18** due to staff training. The office of the secretary will be handling any enrollment issues and inquiries for those days. Enrollment will be back open the following Monday **November 21st**. Sorry for any inconveniences.

- Have a great month! Enrollment Director Carly Dyer

Election Commission

UPDATE ON COURT CASES:

Tribal members: This is to keep you informed on the cases that were filed against the Election Commission. There were three (3) cases filed; Court case **CIV-2016- 35** Kenneth Blanchard vs. AST Election Commission, **CIV-2016-57** Sherman Tiger vs. AST Election Commission and **CIV-2016-58** Twila Parker vs. AST Election Commission. The Tiger case was dismissed and the court ruled for the Election Commission in the other two (2) cases.

**2016 INTERTRIBAL VETERAN'S
STAND DOWN**

SAVE THE DATE

**FRIDAY, NOVEMBER 4TH, 2016
10:00 TO 17:00
COX CONVENTION CENTER, OKC**

ON-SITE VA REPRESENTATION, WELLNESS CHECKUPS TO INCLUDE DENTAL/PODIATRY/AUDIOLOGY, CAREER SERVICES, FREE HAIRCUTS FOR VETERANS AND WIDOWS, AND MUCH MORE.

FOR MORE INFO (THAT INCLUDES; BOOTH SPACE, TRIBAL PARTICIPATION, LEADERS, PROGRAMS AND HONOR GUARDS) PLEASE CALL:

CARESSA JAMES
CHEYENNE & ARAPAHO TRIBES EXECUTIVE OFFICE
405.422.7734
CJAMES@C-A-TRIBES.ORG

Office of Tribal Government Relations
VA | U.S. Department of Veterans Affairs

AST Veterans Association

On September 20, 2016 at Absentee Shawnee Tribal Health Board Meeting over the Little Axe Clinic at Little Axe. I received about 50 handmade quilts for the Absentee Shawnee Tribal Veterans Association. The Security Officers Braden Webb & Richard Wolfe also voluntarily assisted me in carrying the 4 large plastic bags of quilts to my car.

The Veterans would like to invite the generous lady who donated all the handmade quilts to contact Twila Parker at cell phone: 405-229-8052 as we want to invite you to our Christmas Dinner in December. A big Thank You from the Veterans!



The 4 large plastic bags of handmade quilts that were donated.



Here is one of the Absentee Shawnee Tribal Veterans Roy Charley with his homemade quilt. Presented to him on September 20, 2016!

Stop the flu before it stops you.



Flu Shots will be available at the **AST General Council**
SATURDAY, OCT. 22 FROM 9 A.M. TO NOON
 Thunderbird Casino (Norman) in the Event Center

Prevention. Progress. Pride.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
 Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

COME SEE US AT OUR NEW LOCATION



OPTOMETRY

15702 East State Hwy 9
 Norman, OK 73026

Next to Thunderbird Casino in the PlusCare Clinic Building

P: 405.447.0300 F: 405.701.7080 W: WWW.ASTHEALTH.ORG



**LITTLE AXE
 HEALTH CENTER**
LI-SI-WI-NWI HEALTH, INC.

AST HEALTH SYSTEM - OCTOBER 2016

We will be sponsoring a flu shot clinic at the upcoming October General Council Meeting this year, so please ensure you and your families are there to get your shot. Priority will be given to the elders and at risk populations.

The MyDNA effort continues to grow and reach its youthful audience and spread positive prevention messages for youth to avoid underage drinking and provide education to our community on ill-effects of prescription drug addiction. We are excited about the Annual Zombie Run 5K set for October 21st in the evening-be sure to register for another great time!

We are now settled-in and happy to offer expanded services at our new expanded Optometry Clinic in Little Axe and the Shawnee Clinic's After Hours Services!

The news has reported recently that four cases of mumps have been confirmed this week in Garfield County, and at least 34 more suspected cases are under investigation after students in two Enid Public Schools exhibited symptoms of the disease, as reported by the state Health Department. Mumps is a virus spread from one person to another by coughing, sneezing and direct contact with saliva, such as eating or drinking after an infected person. Symptoms include swelling on one or both sides of the face, tenderness of the salivary glands in the cheek and jaw area, slight fever, headache, general aches and muscle pain. Mumps usually resolves without medical intervention, but in rare cases can lead to serious complications and hospitalization. Symptoms usually appear 16 to 18 days after infection. People infected with mumps can transmit the virus two days before symptoms appear and up to five days after symptoms begin. The health department has released that, "If parents observe symptoms of mumps in their child, we are strongly requesting that the child be kept at home for the five days after those symptoms are discovered," said State Epidemiologist Kristy Bradley. "This is the most effective way to prevent the disease from spreading." Two doses of the MMR (Measles, Mumps, Rubella) vaccine required for school attendance are 88 percent effective in preventing mumps, according to the agency. The MMR vaccine is recommended on or after a child's first birthday with a second dose at four to six years of age. For any questions concerning the Mumps, please contact your primary care provider.

The Zika virus remains to also be a concern for everyone, and the website for health maintains the most update information for you and your family's protection. We continue to monitor elder care and high risk fall patients as well as homebound tribal members are always a concern to the Tribe and Health System. The health system remains a full partner with the Tribe in caring for and coordinating care for any tribal member that is homebound and has needs that we can help with or service within our scope and authority to do so as a health and wellness system. If you know of any tribal member who is homebound and needs assistance medically, please contact administration at (405) 701-7621 so we can assist as best possible with resources or coordinate assistance for these members in need.

We continue to add new specialists to the staff to make it both more convenient to access specialty care on-site as well as save contract health funds in doing so, allowing tests to be accomplished on-site and integration of the patient's health record into the health system's database for the primary care providers to better manage care of the patients. We also want to thank Mrs. Alma Johnson and her team of helpers for donating the large AST Logo quilt tapestry located in the foyer of Little Axe Clinic. It is truly and impressive work of art, and a testament of the closeness and bond between our health system, our tribe, and our patients! Thank you all for making our entire staff and employees feel appreciated and for using our services!

The health system's most valuable asset is our people! They continue to illustrate excellence for our tribal health system and patient care! I'm always impressed with and proud of our outstanding star performers, and again this month, we thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month in September for health was Mrs. Tammy Peery, Credentialing Manager, for her efforts at privileging the new specialists and re-credentialing renewed providers in record time; Team of the Month: Optometry Team for their impressive oversight and management of the relocation of Optometry and rapid re-start of services; and the Special Leadership Award: Is recognized upon Tara Swalla, Pharmacy Tech, for her employee morale committee support and work at both the Shawnee and Little Axe pharmacies. The health employees continue to accomplish outstanding feats for our patients and for each other, taking care of our internal and external customers/patients. Thank you all for making an important difference in the lives and health of all of our health system's patients!

Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405)447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.

- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran's, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 5 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.

- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.

- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.

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

- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health

Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

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

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

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

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

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

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

ELDERS COUNCIL

FROM THE AST ELDERS COUNCIL:

Please help the Elders stuff Christmas baskets by bringing donations to the October General Council meeting. We will be making 30 baskets and will need toiletry items such as shampoo, conditioner, hair brushes, and combs. Thank you for any donation for it will be greatly appreciated. *An application to apply for a basket is published below.*

Elders' Christmas Basket Application for AST Members 55 years and over.

Must reside within the counties of Pottawatomie, Cleveland, Lincoln, and Oklahoma.

NAME: _____

ADDRESS: _____

PHONE #: _____

Nominated By: _____

Reason: Nursing Home, Home Bound, No Transportation within home, Health Issues,

Other: (Please be specific)

Submit Application no later than November 30, 2016

Mail Application to: AST Elders Council
2025 South Gordon Cooper Dr.
Shawnee, OK 74801

Or Drop-Off Application at the Tribal Complex Building #1/Receptionist

There will be 30 Baskets given out.

Office Use Only:
Date Received: _____

Realty Department

Reminder:

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

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

PROBATE MISSION STATEMENT

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

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

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

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

Turning over a new leaf... A healing and revenue source for AST members

Oklahoma Governor Fallin Announces Support for CBD

“This bill (known as Katie and Cayman’s Law) will help get sick children potentially life-changing medicine,” said Gov. Fallin. “By crafting the legislation in a way that allows for tightly controlled medical studies, we can ensure we are researching possible treatments in a responsible and scientific way.”

To distinguish among these terms:

Hemp - The FDA considers hemp oil (and its derivative CBD) to be a dietary supplement (not a medication), since they are made from industrial hemp plants. If you live in the US, this means you don’t need a prescription and can legally purchase and consume Cannabidiol in any state.

CBD - is the abbreviation for cannabidiol. Research has shown CBD to have analgesic, anti-inflammatory, anti-anxiety properties and a great deal of benefits treating; Diabetes, Cancer, Crohn’s Disease, Multiple Sclerosis, Post Traumatic Stress Disorder, Schizophrenia, Insomnia, Alcohol and Cigarette Addiction, Fibromyalgia, Psoriasis and Acne.

THC - provides the psychoactive effects (the “high” or “stoned” feeling) “Charlotte’s Web” CBD oil contains only a trace amount (<.3%) of THC.

In 2016, Oklahoma expanded its limited protection for patients who use low-THC, high-CBD cannabis oil for certain medical conditions, which was initially passed in 2015. HB 2835 will allow adults to use low- THC cannabis oil (minors were already covered by existing law).

Medical Marijuana- refers to using the whole unprocessed marijuana plant or its basic extracts to treat a disease or symptom.

Marijuana - Cannabis, Pot, Weed, etc. is a preparation of the Cannabis plant intended for use as a psychoactive drug or medicine

* Voluntary members of the Absentee Shawnee tribe are currently conducting a series of meetings to determine the feasibility of our tribe growing and dispensing CBD and hemp products. A survey sent to tribal members indicated an overwhelming interest in the tribe moving forward with investigations into participating in this enterprise, possibly providing a **very large source of income** for the benefits of tribal members. The feasibility study does not mean that the tribe is planning to grow marijuana or hemp, the committee seeks to inform the tribe about the pros and cons, the legalities, and how it might benefit tribal members economically and with jobs. The committee is also exploring reaching out to other tribes to join this coalition for cultivation and sale of hemp products. For more information, on these issues, check these youtube videos;

CBD SHORT VIDEO - 4 MINUTES

https://www.youtube.com/watchv=Y9zaypX_pIk

CBD VIDEO - 20 MIN

<https://youtu.be/qwj8mq10ozs>

..... or contact The Cannabis Committee through the AST Governor’s Office.

** More than 100 Native American tribes have reached out to express interest in the hemp/cannabis industry. There has been a surge of interest since the Department of Justice’s announcement **last year** that tribes could be allowed to grow and sell hemp products on their tribal lands, as long as they adhere to specific guidelines.

*** Native American tribes would potentially have a significant edge over existing cannabis and hemp businesses that must pay profit-slashing federal, state and local taxes. Tribes that move forward in states that have already legalized some form of hemp (i.e., Oklahoma) could possibly offer prices below market rates and undercut their heavily regulated and taxed competitors.

**** While many non-tribal cannabis or hemp businesses probably don’t consider it an issue, years from now they may be undercut by Indian tribes selling hemp products, similar to what gambling companies faced when the first Native American casinos opened more than two decades ago. Even if Native American Hemp operations are subject to some taxes, they’d likely have a lower overall burden than existing non-tribal businesses.

Let me close by saying “Thank you” to the Absentee Shawnee Tribe for the many benefits you provide tribal members. I have recently returned to Oklahoma and have been so impressed with our tribe’s benevolence. I personally believe that if our tribe elects to participate in the rapidly developing business of growing and dispensing Hemp products, we will witness enormous benefits to our financial stability, immediately and in the decades to come.

James Sallateeska Stewart, member, Absentee Shawnee Tribe

From the Doctor's Notebook

Last time we left off with the notion that Type I diabetes must be quickly identified and can be effectively treated. Furthermore, Type II diabetes, while not presenting the same way or causing the same morbidity as Type I, still needs to be identified and treated to avoid long term complications. In a clinical setting type I diabetes is rarely diagnosed because folks are so sick that they have to go to the ER where it is discovered. Type II diabetes is much more common in the clinic. The typical scenario in our clinic is the new patient, not uncommonly coming to us from another care center. Generally they are somewhat overweight or just flat out morbidly obese. As part of the encounter they are asked about signs and symptoms on a day to day basis. The question about excess thirst or urination is many times answered in the negative. Regardless, my policy is to do a standard set of baseline labs on pretty much every adult patient. It is during that laboratory assessment that diabetes is discovered, even though the patient is apparently not feeling the symptoms. When we discover a patient like that it is always a good thing because we can begin treatment. It is just not a good idea to ignore a diagnosis of diabetes because of the long term consequences.

Let's continue our discussion by looking at the complications of untreated Type II diabetes. The same things apply to type I diabetes but the vast majority of our patients are type II. These complications are not something that just occurs in the short term. That is what makes it imperative to identify and treat diabetes early on. Remember also that diabetes is just one member of a bad crew – obesity, high blood pressure, elevated cholesterol. Recall what I have said time and time again – it is not my job to keep people alive, it is to keep them from dying before their time. When I talk to patients I try to use pictures to emphasize my point. Since I cannot do that here we will have to improvise. Think for a moment about certain very important organs in your body. These are your eyes, your kidneys, your peripheral nerves (the feeling nerves in your feet, for instance), and your entire circulatory system, which includes the heart. Granted, this is a small list but it encompasses a lot of stuff.

Let's start with your eyes. Over the course of long untreated diabetes the blood vessels of the eyes, as well as the nerves can get “clogged” with sugar. This is highly oversimplified but suffices to demonstrate my point. This longstanding condition can lead to blindness. If that is not enough to think about let's think about the peripheral nerves.

The peripheral nerves are responsible for sensation. Think about your feet first. Let's say that you are an uncontrolled diabetic and over the course of years you begin to lose sensation in your feet. You may also have this burning sensation but you just live with it. One day you are walking out to get the newspaper in your bare feet (something a diabetic should never do) and you step on a small sharp rock on the driveway. The rock puts a small cut on the bottom of your foot but because you have lost the feeling you never notice. The cut doesn't bleed to the point that you notice but by now you have seeded the wound with bacteria from the surface of the rock and perhaps the bare ground you walk on. You continue this for a few days and maybe a week or so later you just happen to notice a festering wound on the bottom of your foot. This is a dangerous situation and calls for immediate attention. First off, diabetics must get in the habit of examining their feet EVERY DAY. Second, they should never go barefooted. Once a sore develops on any body surface of an uncontrolled diabetic the bacteria just love all that sugar in the blood. Microbiologists like to say that – this makes for an excellent culture medium. This dear reader is how people lose their limbs. Not only is it brought on by loss of sensation, uncontrolled diabetics have involvement of their circulation as well which further complicates the picture.

The blood supply runs through a series of pipes in the body called the vascular system, in doctor terms. This system is not like PVC tubing but is porous. High sugar content in the bloodstream alters the architecture of the vascular system and can compromise circulation. This, along with the loss of sensation described above greatly enhances the complex picture of healing in uncontrolled diabetics. The vascular compromise alone can lead to loss of limbs simply due to ischemia, or lack of nutrient and oxygen to the peripheral tissues. Think of this – your toes start to look pale then they begin to turn black with gangrene. Finally they fall off. Not pretty, and yet it does happen because folks ignore their disease process, or are not treated. This may have been a common course of events 100 years ago but it is not necessary at all today. Another thing that you may have noticed is the thick, dark patches on the lower limbs of some people with either uncontrolled diabetes or other circulatory problems. This is a sure sign that things are not well.

We next come to the kidneys and their role in the picture of the uncontrolled, or undiagnosed diabetic. The kidneys' function is to act as the body's filtration and garbage disposal system. Metabolic waste products build up in the bloodstream and are filtered by the kidneys. The mechanism is quite complex and marvelous, and involves an interaction between the forces of hydrodynamics and biochemistry. Disease processes, which can alter the function of the kidneys, can, if left unchecked, bring life to a screeching halt in fairly short order. On the other hand, that process of renal function deterioration can become protracted and the need for dialysis ensues. Untreated diabetes, as described above alters the architecture of blood vessels. In the structure of the kidneys this becomes problematic when the filtration system becomes dysfunctional. Untreated diabetes is one of the main reasons people have to go on dialysis. Dialysis saves thousands of lives each year but it is a tedious process involving hours hooked up to a machine, which scrubs waste products from the blood. One can never go more than a few days without the need to dialyze. This puts a severe limitation on one's lifestyle.

Now let's consider some of the other organs connected to all those tubes that carry blood throughout our body. Of course, the most important of these is the heart. When that stops tickin it's all over and everything else becomes a wash. The role of high levels of circulating glucose (in the uncontrolled diabetic) is not well understood but the impact on the circulatory system itself is well understood. We must consider that the center of all of this is the heart. It is THE pump. When the pump is not healthy everything else starts to slide downhill and already bad things such as kidney disease begin to get worse faster. Another of the very important organs is the brain. We need not debate whether the heart or the brain is more important suffice it to say that if either stops working life ceases. Even though glucose is what the brain “feeds” on the brain unfortunately does not benefit from all the high levels of glucose in the bloodstream. The deleterious effect of all that glucose on the circulatory system causes inhibition of good blood flow and the effect on the brain is profound, sometimes manifesting as stroke. That is definitely bad news.

My purpose up to this point is not to scare you but to educate. Well, perhaps it is to scare you – into not ignoring this important aspect of healthcare. Diabetes is treatable and a diagnosis of new onset diabetes need not be a death sentence if one is willing to take the necessary steps to deal with the disease process. I have alluded to an important concept here and you should take note. Any disease process you have is not just owned by you. It also impacts other people like your family. Believe it or not it also impacts your physician because we worry about our patients. Remember what I said about stroke. I have always said that if I have a stroke I hope it is the big one – quick, painless and final. I don't want to be left an invalid and a burden on my family. That is just my personal thought process and I don't want to appear morbid. This however needs to be taken into account when you are diagnosed with a disease process and you choose to ignore it or be noncompliant with treatment. This puts an unnecessary burden on other people. Unfortunately, we do have some folks who are not compliant or they just do not understand the impact of their decisions about healthcare.

We will continue our discussion of diabetes by looking at some typical medications used to treat diabetes and why over the course of time it becomes necessary to alter dosages or even the types of medications used.

Ne Yi Wi
Bruce Stafford, DO, Diplomate ABFM, NBPAS
Deputy Medical Director
Absentee Shawnee Tribal Health System

There is a welcoming place for women.



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

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

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



PHARMACY SERVICES

Your health is our first order.

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

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

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

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

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

Extended Hours Drive-thru*:
Mon – Fri 5:30 p.m. to 9 p.m.
Sat – Sun 9 a.m. to 5 p.m.
Holidays 9 a.m. to 5 p.m.

(excluding Thanksgiving & Christmas)

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

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

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

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

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

24-HOUR EMERGENCY PHARMACY ACCESS

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

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.



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BEHAVIORAL HEALTH SERVICES

A guiding hand on your shoulder.

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

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

BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987

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

BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716





Absentee Shawnee Housing Authority

EXISTING TO SERVE NATIVE AMERICAN FAMILIES HOUSING NEED WITHIN THE COMMUNITY



CURRENT PROGRAMS AVAILABLE

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

FOR MORE INFORMATION ABOUT OUR SERVICES

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

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

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

Community Outreach

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

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

ATTENTION PARENTS!!!

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

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

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

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

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

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

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

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

Grand Opening of new Optometry Expansion Clinic and Storm Shelter/Multipurpose Health Facility and Drive-Through Pharmacy

AST Health System hosts Grand Opening of new Optometry Expansion Clinic and Storm Shelter/Multipurpose Health Facility and Drive-Through Pharmacy. Governor Wolfe, representing the Executive Committee, along with the Health Boards and members of the AST Health System were present for the exciting event for the services and programs expansions for the tribal members and other patients serviced. The new Optometry Clinic is now opened, and completion of the Shawnee Campus projects are projected for early 2017.



Photos by AST Health

From: Brownwood Bulletin
Steve Nash;

Southwest Amputee Golf Association Texas Regional Championship At The Hideout Golf Club

Jimmy Squire, AST Tribal Member, recently placed first at the National Amputee Golf Association Tournament. Mr. Squire has been an amputee for 35 of his 38 years, as a lawn mower accident cost him his right leg when he was 3, at the age of 15 he began playing golf and was the only high school amputee wrestler in Oklahoma. Mr. Squire has stated he wants to be a role model for the disabled and younger generation. Also Mr. Squire would like to express his deepest Thanks to the Executive Committee of the Absentee Shawnee Tribe for all their support.



A shot in the arm
for good health.

FLU SHOTS AVAILABLE BEGINNING OCTOBER 1

It's that time of year. Time to **protect yourself and your family** from the old flu bug. If you are an Indian Health Services beneficiary, Native American veteran, Native American Medicare recipient, an AST employee covered by Tribal insurance or have a Native or non-Native child covered by SoonerCare, **schedule your appointment today.**

Prevention. Progress. Pride.

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WWW.ASTHEALTH.ORG

WANTED DEAD OR ALIVE

We Need Your Corpse on Our Course!

We're looking for **ZOMBIES** for the
THIRD ANNUAL ZOMBIE RUN 5K!



Just show up **October 21st** in full zombie costume, look creepy and scare the runners and walkers.
Run starts at **6:00 p.m.** Zombies will grab the flags off runners and walkers throughout the course.

3RD ANNUAL RUN FOR YOUR LIFE

**ZOMBIE
RUN 5K**

YOU'RE DYING TO VOLUNTEER - WHO'S YOUR BEST BUDDY!
Contact Howard Brown or Kasey Dean at 405.701.7977
for more information and to volunteer.

OCTOBER 21, 2016 6 PM
LITTLE AXE HEALTH CENTER

FREE T-SHIRT
for All Zombies!

Sponsored by The MyDNA/PFS (Partnerships for Success) Grant

Obituary



Anna Grace Bledsoe
March 30, 1970 - August 9, 2016

Anna Grace Bledsoe, age 46, of Camdenton, Missouri, passed away Tuesday, August 9, 2016 at University Hospital in Columbia, Missouri.

Anna was born March 31, 1970 in Norman, Oklahoma, the daughter of Alvin and Judy Snake & grand-daughter of Amos and Jenny Snake.

She was united in marriage March 30, 1999 in Miami, Oklahoma to John Bledsoe. They shared 17 years of marriage together at the time of her death.

Anna was truly devoted to her family and enjoyed her time as a beautician. She loved her children to the moon and back. She was a devoted wife to her husband and a caring mother and grandmother to her children and their families. Anna enjoyed spending as much time with her kids as possible. It didn't matter who you were, Anna had a place for you in her heart.

Anna is survived by her husband, John; her son Jacob and wife, of Kansas City; her son Joseph and wife of Edmond, Ok; her son Jordan of Camdenton, MO; her daughter Arianna of Camdenton, Mo; her father Alvin of Noble, OK; her sister Charlene of Oklahoma City, OK; her brother Brandon of Norman, OK; and her three grandchildren Harper, Ava, and Henley of Edmond, OK.

She was preceded in death by her mother Judith Ramey.

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

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

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

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



2% milk served daily

Menu subject to change

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Ham Blacked peas Beets Bread/Mixed Fruit	4 Soft Taco LTO Refried Beans Cinnamon Roll	5 Title VI Closed Attending Food Show	6 BBQ Pork Sandwich Pot. Salad Cookie	7 Bagel Cream Chez Boiled Egg Fruit	8
9	10 Hot Dog Kraut Chips Mandarin Oranges	11 Pork Chop Wild Rice Veggies Apricots	12 Pinto Beans Steakfries Crisp	13 Baked Fried Chicken Mashed Pot/Gravy Veggies	14 Scrambled Eggs Sausage Gravy Biscuits	15
16	17 Chicken Strips Mashed Pot/Gravy Veggies Pears	18 Beef Tip & Rice Veggies Cake	19 Beef Stew Chez Stick Peaches	20 Chili Crackers Pineapples	21 French Toast Sausage Patty Fruit	22
23	24 Salmon Patty Peas & Carrots Bread Mixed Fruit	25 BBQ Chicken Tossed Salad* Veggies Bread/Plums	26 Pork n Hominy Green Beans Jell-O	27 Roast Red Pot/Carrots Roll Pudding	28 Scrambled Eggs Sausage Gravy Biscuits	29
30	31 Hamburger LTOP Tater Tots Peaches					

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

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

EMERGENCY NUMBERS

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

Run For Your Life!

3RD ANNUAL RUN FOR YOUR LIFE



Is Coming For You!

OCTOBER 21, 2016 • 6 PM • LITTLE AXE HEALTH CENTER

Kids Costume Contest • Medals • Halloween Candy & Goodies

To pre-register for the 5k Run go to www.runsignup.com/Race/OK/Norman/ASTZombie5k.

For more info or questions contact Howard Brown or Kasey Dean at 405.701.7977.

5k Run and 1-Mile Walk on-site registration day of event begins at 5:00 p.m.

Only pre-registered 5k runners will receive a run t-shirt.

5K participants must be at least 10 years of age. All ages may participate in the 1-mile walk/run.



Sponsored by The MyDNA / AST Health Diabetes and Wellness / PFS (Partnerships for Success) Grant

OCTOBER 2016 BIRTHDAYS

Abma, Meadow Elisa
 Abma, Raven Roxanne
 Adams, James Michael
 Aguinaga, Aaron Juan
 Aguirre, Jose Raul
 Ahtone, Caylen Evreux
 Alford Jr., Elroy Raymond
 Alford, Herbert Yearl
 Anderson, Jenna Elizabeth
 Ardrey, Wanda Marie
 Armendariz, Christy Ann Louise
 Ash, Earl James
 Aspen, Andrew James
 Atwood, Joseph Eugene
 Bailey, Beverly Jean Loving
 Balch, Shannon Eugene
 Barnard, Legacy May
 Barnett, Charles Wayne
 Barriga, Sommer Rae
 Battise, Tara Christine
 Beach, Brodie Aaron
 Bearutsk, Jonah Edward
 Bell, Caleb Walker
 Bell, Elijah Michael
 Belvin Jr, Jesse Lee
 Bender, Jason Allen
 Bettelyoun, Kendall Ray
 Bettelyoun, Michael Vincent
 Bhandari, Dasan Krishna
 Bittle Jr., James Carl
 Bittle, Ketcher Austin
 Bittle, Trinity Morgan
 Blackbear, Jorey Rian
 Blanchard Jr., George Melvin
 Blanchard, Alex Gordon
 Blanchard, Bryson Dale
 Blanchard, Jared Dillon
 Blanchard, Kevin Owen
 Blood, Jennifer
 Bond, Brandon Curtis
 Bradley, Michael Joseph
 Brady Jr., Cecil Edgar
 Brady, Carlie Noelle
 Breedlove, Cynthia Kay
 Briffain, Shaye Dawn
 Brokeshoulder, Aaron Dean
 Brokeshoulder, Randall James
 Brown, Kane Alexander
 Brown, Kristopher Todd
 Bryce, Todd Kaden
 Bul, Bennett Van
 Burggraf, Thaddeus Todd Lee
 Byers, Sebastian Michael
 Cagle, Sheryl Lynette
 Call, Kelly Edward
 Campbell, Charlotte Lynn
 Carlson, Harley Leann
 Carpenter, Glenda Carol
 Caudillo, Natalie Adelle
 Chapman, Atira Vonne
 Chisholm, Candace Lauren
 Chupp, Angela Marie
 Citty, Dora Mae
 Cochrane, Rachel D.
 Coddington, Cameron Michael
 Coddington, Hailey Elaine
 Coleman, Janice Sue
 Coley, Sherry Ann
 Colungo, Khia Jayde
 Cook Jr., Henry James
 Coriz, Benjamin Allen
 Cottrell, Steven Thomas
 Crossley, Burton Jay
 Crossley, Jeffery Mark
 Cypref, Isaac Matthew
 Dalitz, Christi Lynn
 Daugherty, Steven Neil

Davis, Brock Mason
 Davis, Kimber Lee
 Davis, Mary Louise
 Davis, Ryan Kyle
 Deere, Josiah Ahinska
 Dees, Elizabeth Yvonne
 DeLodge, Brendan Joseph
 Dezeller, Joyce Fay
 Diehl, Chelsea Elizabeth
 Dominguez, Stormy Sky
 Doussett, Linda Sue
 Dreesen, Laurie Dawn
 Dry, Breanna Joyclynn
 Dry, Karlee Nicole
 Durmon, Ryland Ryder
 Eason, Liam Malachi
 Eckles, Steven George
 Edwards, Shawnee Dawn
 Ellis, Allison Krista
 Ellis, Henryetta (Blanchard)
 Ellis, Kevin Mark
 Ellis, Kimberly Marie
 Ellis, Linda Jean
 Fife, Austin Scott
 Foley, Katrina Dawn
 Foreman, Eli Zane
 Foreman, Sidney Brian
 Foreman, Wesley Josiah
 Frazier, Anthony Lawrence
 Gall, Rebecca Sue
 Gibson, Bernice
 Gibson, Collin Lane
 Gibson, John Arnold
 Gibson, Susan Renee
 Gibson, Tyler Logan
 Gillihan, Layton Douglas
 Gillmore, Jamie Mack
 Gilman Jr., Thomas Eugene
 Gilman, Tomi-Lynn Sophia
 Gonzalez, Kathrine Mary
 Green, Angela Dawn
 Green, Shai Leigh
 Green, Tristin Eason
 Gregory, Derek Ryan
 Gregory, Jacob Samuel
 Griffin, Craig Robert
 Hardeman, Uriah Terez
 Harjo, Bryleigh Marie
 Harjo, Kaleb Emery
 Harjo, Linda Marie
 Harjo, Stathan Ray
 Harjo, Tatum Kenzie
 Harjo, Dawn Nicole
 Haumpy, Lijuan Myki
 Hayes, Jaeger Koen
 Healy, Shawna Susan
 Helvy, Camber Nicole
 Herrera, Eian Anthony
 Herrera, Manuel Gustavo
 Herrera, Michael Alexander
 Herrera, Rosalynn Macie
 Holderness, Nichole Ann
 Hood, Nova Dean
 Housh, Marrisa Louise
 Houston, James Andrew
 Huerta, Martin Thomas
 Huntington, Hayven Irene
 Irvin, Timothy Logan
 Isaac Sr., William
 Jackson, Mary-Ann
 Jimerson III, Robert E.
 Johnson, David Leroy
 Johnson Sr., Josie Ed
 Johnson, Chan Van Ness
 Johnson, Chevevo Lachaim Kavi
 Johnson, Emma Lee
 Johnson, Erica Lynn

Johnson, Jessica Lynn
 Johnson, Katie La Rae
 Johnson, Manuel Steve
 Johnson, Mark
 Johnson, Patience Mackenzie Minnie
 Johnson, Sean Allen
 Johnson, Shannon Renay
 Johnson, Stevi Mahri
 Jones, Kaiya Damon
 Jones, Zackery Dene
 Kastl, Victoria Autumn
 Kauley, Charlotte Jayne
 Kelly, Joseph Austin
 Kilmer, Brittany Michelle
 Kilmer, Ethan Allen
 Kirby, Robert Micheal
 Kleine, Elizabeth Ann
 Kobs, Alexander Francis
 Kringlen, Zaine Aloysius
 Laplante, Amanda Carol
 Lasenberry, Lawrence Layton Brooks
 Lauderdale, Sianna Rayn
 Lee, Cortney Raeanne
 Leedom, Christopher Donald
 Leedom, Melanie Rochelle
 Leedom, Stephen Wayne
 Lewelling, Avis Jewel
 Little Creek, Frank Dwight
 Little Jim, Gabriel Clint
 Little Jim, Justin Dale
 Little Jr., David
 Little, Freddie Don
 Little, Michael Boyd
 Little, Travis Shane
 Littlebear, Anthony Karlin
 Littlebear, Brett Cason
 Littlebear, John
 Littlebear, Lois Gwen
 Littlecreek, Aaron Dale
 Littlecreek, Dalton Dale
 Littlecreek, Melissa Richelle
 Littlehead, William Douglas
 Littlejim, Gracey Lorene
 Longhorn, Lance Calvin
 Longhorn, Lydia Kye
 Longhorn, Ryan Wade
 Longhorn, Stephanie Lee
 Longhorn, Vernice Correne
 Longman Sr., Henry Daniel
 Longman, Ciara Lynn
 Lossie, Colton Lewis Cain
 Lowe, Kerry Denise
 Lucas Spybuck, Misty Rosileah
 Mack, Dewayne George
 Mack, Jaslynn Marie
 Mack, Kailas Dail
 Mack, Melissa Ann
 Mack, Secote Vholoce
 Martinez, Marina Cristine
 Masquas, Kalfyn Alexandria
 Matthews, Anthony Edward Scott
 Mattingsly, Erin Paige
 Maxfield, Sky Colisa
 Maxwell, Meagan Renee
 McBride, Aaron Wayne
 McCuddy, Queta Cara
 McGuffin, Mary Bradley
 Megehee, Ms. Shirley Louise
 Megehee, William Sean
 Mercer, Aidan Jacob
 Merrell, Marleigh Jave
 Miller, Anna Mae
 Miller, Brody Scott Glenn
 Miller, Kale Donovan
 Miller, Scott Alan
 Mills, Christy Danielle
 Mills, Colby Richard

Monk, Jessica Rita
 Montgomery, Jessica Lynn
 Morgan, Avin Tyler
 Morgan, Letitia Rhea
 Morton, Rhianna Elizabeth
 Motes, Christopher Cole
 Myers, Rachel Johnnice
 Neese, Branden Hunter
 Newton, Colt Allen
 O'Toole, Chelsey Marie
 Odell, Edna May Armstrong
 Oldham, Blake Wayne
 Oldham, Rachel Elaine
 Onzawah, Theodora Marie
 Panther Hargrove, Leah Dakota
 Panther Sr., Donald Eric
 Panther, Dakota Eric
 Parish, Tambi Dawn
 Perryman, John Lewis
 Perryman, Lillie D Blanchard
 Peter, Terrance Nicholie
 Petersen, Marsha Ann
 Pine, Kyler Evan
 Ponkilla, Briette Nicole
 Powell, David W
 Ramirez, Antonio
 Ramirez, Helen Marie
 Rapos, Christal Nasebawa
 Rathbun, Nicholis Lee
 Ressler, Linda Kay
 Rickard, Janice Renee
 Rivas, Becky Marie
 Roach, Tanya Emma
 Roberts, Jeremiah Dean
 Robinson, Janice Marie Littlecreek
 Robison, Burtis Charles
 Rock, Patricia Ann
 Rolette, Robbin Louise
 Rolette, Travis Anthony
 Rudloff, Emma Leann
 Salazar, Ellen Diesta
 Salisbury, Alyssa Rose
 Sanchez, Airez Pete
 Sanchez, Itzel Itzury
 Scarberry, Valerie June
 Schulenberg, Justin Michael
 Schulenberg, Tina Yvette
 Scraper, Benjamin Alexander
 Self, Braydon Wayne
 Serena, Barbara Jean
 Shaffer, Nicholas Keith
 Shawnee, Maeliah Lachelle
 Shields, Darian Alexandria
 Shirey, Caeden Carlsen
 Sloan, Michael Ray
 Sloat, Jeromi Wayne
 Sloat, Zaurhea Elayne
 Smith, Shannon Dana
 Spoon Jr., John Wesley
 Spoon, Canaan Lee
 Spoon, Christina Ann
 Spoon, Preston Gabriel
 Spoon, Steven Paul
 Spriggs, Philip Jeffery
 Spybuck, Brandi Christine
 Squire, Gwendale Lynn
 Stacey, Nils Greg
 Starr, Eric Glen
 Starr, Tricia Suzanne
 Stewart, Wanda Louise
 Stone, Donnie Darnell
 Sullivan, Pamela Kay
 Sulfuska, George A
 Surface, Ian Robert
 Switch Jr., Douglas Vaughn
 Switch, Aaron Christopher
 Tallchief, Bobby Eves

Tapia, Carlito Cruz
 Taylor Jr., James Robert
 Taylor, Amanda Mae Alice
 Taylor, Gail Anne
 Taylor, Shelly Bennie
 Thapa, Blake Lee
 Thompson, Brody Patrick
 Thompson, Wyatt Dane
 Thorpe III, George
 Thorpe Sr., Ronnie Allen
 Thorpe-Brown, Patricia Ann
 Thorpe, Davis Mackenzie
 Thorpe, Derrick James
 Thorpe, Taj Robert
 Tiger, Aaron Dewayne
 Tiger, Anthony John
 Tiger, Dakota Eric
 Parish, Tambi Dawn
 Perryman, John Lewis
 Perryman, Lillie D Blanchard
 Peter, Terrance Nicholie
 Petersen, Marsha Ann
 Pine, Kyler Evan
 Ponkilla, Briette Nicole
 Powell, David W
 Ramirez, Antonio
 Ramirez, Helen Marie
 Rapos, Christal Nasebawa
 Rathbun, Nicholis Lee
 Ressler, Linda Kay
 Rickard, Janice Renee
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 Roach, Tanya Emma
 Roberts, Jeremiah Dean
 Robinson, Janice Marie Littlecreek
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 Shields, Darian Alexandria
 Shirey, Caeden Carlsen
 Sloan, Michael Ray
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 Squire, Gwendale Lynn
 Stacey, Nils Greg
 Starr, Eric Glen
 Starr, Tricia Suzanne
 Stewart, Wanda Louise
 Stone, Donnie Darnell
 Sullivan, Pamela Kay
 Sulfuska, George A
 Surface, Ian Robert
 Switch Jr., Douglas Vaughn
 Switch, Aaron Christopher
 Tallchief, Bobby Eves

Happy 5th Birthday
Bryson "Buggs" Dale Blanchard



WE LOVE YOU!

From: Big Papa, Big Gma, Papa Willon,
Leadra, Dad, Rikki, MozMoz, Mack, Gma
Sissy, Papa Tom, ShosShos, Sheldon, TaKye,
Talysz, Momma, George, Jaz, and Georgie

HAPPY BIRTHDAY TO OUR
(SONNY BOY)

Justin
Schulenberg

WITH LOVE FROM MOM & DAD



BIRTHDAY GREETINGS
TO

**DARLOWE
&
LAURIE
TODD**

AND
HAPPY WEDDING
ANNIVERSARY TO THIS
SPECIAL COUPLE.
(OCTOBER 19)

FROM,
DON & ESTELINE
SCHULENBERG

Happy Birthday

**TINA SCHULENBERG
& RACHEL OLDHAM**

FROM DON & ESTELINE SCHULENBERG

• HAPPY BIRTHDAY •

ALEX

From Bo and Kids



October



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

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

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



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

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



"Full Body Strength"- Traditional strength training to improve muscular strength and fitness.

**Absentee
Shawnee Fitness**

**Diabetes and
Wellness**

AST Diabetes and Wellness Program

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

The AST Resource Center fitness room hours are:

Monday-Friday 6:00am - 9:00pm

Saturday 9:00am - 3:00pm

Sunday CLOSED

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

Iowa Tribe of Oklahoma Vocational Rehabilitation Program

"See the Person Not the Disability"

Juniors



Seniors

History:

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

Services Than Can Be Provided:

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

Qualifications:

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

Counties We Serve:

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

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



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

WE ARE ON THE INTERNET: www.bahkhoje.com

Let your voice be heard.



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

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

Together, we will fulfill our mission.

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

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

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



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

Sign up, stay connected.

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

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



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



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



HALLOWEEN SAFETY CARNIVAL

SATURDAY, OCTOBER 22, 2016
2025 S. GORDON COOPER DRIVE
BEHIND THE AST PD BUILDING
5:00PM TILL DUSK (8:00PM)

PRIZES

FUN

GAMES

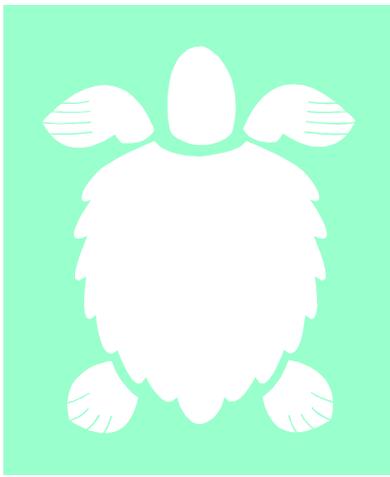
**HAPPY
HALLOWEEN**

WEAR COSTUME



**CONCESSION STAND
EMPLOYEE COMMITTEE**

PUBLIC WELCOME



Rachel's Courage

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

July 2016

Gofundme site:
www.gofundme.com/rachelscourage

Thank you:

- * Cornerstone Indian Baptist Church
- * Indian Falls Creek
- * First Baptist Church, Little Axe
- * Glorietta Baptist Church, OKC
- * Little Axe School PTA
- * Little Axe Schools
- * MWC employees
- * MWC Fire Local 2066
- * MWC Police FOP 127
- * Union Baptist Assoc.
- * Destiny Christian School
- * West Eufaula Baptist Church
- * Andrew McDonough B Foundation
- * Chickasaw Nation
- * American Cancer Society
- * Alley's House
- * Oklahoma Spine Hospital
- * Make-a-Wish Oklahoma
- * All of the individuals/families that have donated time, finances and/or prayer!

6 Month Update

It has been 6 months since Rachel was diagnosed with Leukemia. Rachel's next goal is October, when she may get switched over to the maintenance phase of her treatment plan. This phase of treatment is mostly outpatient and office visits. Rachel's total treatment plan will be a minimum of 2 1/2 years.

Despite the numerous spinal taps, bone marrow aspirations, blood work, chemotherapy treatments and hospital stays, Rachel continues to have a very positive attitude and much courage.

One morning, while getting ready, Rachel's mom, Cindy, out of habit, hands

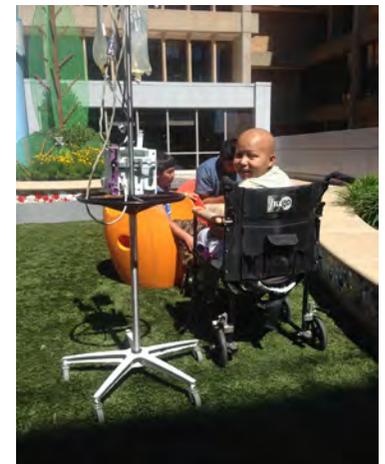
Rachel a hair brush. Rachel takes the brush and says, "What am I going to do with this?" They both break out in laughter.

Rachel has been a very spiritually-strong person all of her life, now we see one of the reasons God has gifted her this way.

Our lives have been changed forever, because of Leukemia; however, we choose to look beyond Leukemia and see that God has a plan and we can trust Him through every procedure, diagnosis, treatment and step of Rachel's care!

We are thankful to the Lord for making His presence known every moment during this time.

Please continue to pray for Rachel, as well as all of the other children that are fighting cancer.



Thank You for Your Support!

Total medical costs, so far, have exceeded \$1 million dollars. Thanks to our insurance plan and several resources, most of the medical costs have been taken care of.

Rachel's mom had to stop

working, as Rachel requires someone with her 24 hours a day. Thanks to the support of many, we have been able to concentrate our efforts on taking care of Rachel.

We wish we could thank

each one individually and eventually that is our goal, but until then, please accept our sincere appreciation for your kindness shown to us.

— The Scott Family



Let us help...



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

Come and apply
Starting in May thru September
2016

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



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

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

Annette Wilson, Social Services



Education Department

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

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

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

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

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

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

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

ABSENTEE SHAWNEE TRIBE TAX COMMISSION

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

NEW REGISTRATIONS

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

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

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

RENEWALS

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

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

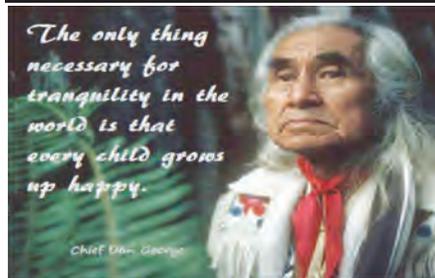
TAG PRICES

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

PENALTY

\$0.25 A DAY

FOSTER CARE



GOT LOVE?

FOSTER A CHILD

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

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

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

<<<NOTICE>>>

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

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

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

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

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

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

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

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



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

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

LAND BUY BACK PROGRAM

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

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

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

A Little Note from The Tag Office

Did You Know.....

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



Vocational Rehabilitation Transitional Services

Iowa Tribe of Oklahoma

► **History:**

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

► **Services we can provide:**

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

► **Qualifications:**

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



COUNTIES served by ITOVR

KAY
NOBLE
PAWNEE
PAYNE
POTTAWATOMIE
LINCOLN
LOGAN



**Iowa Tribe of Oklahoma
Vocational Rehabilitation**

P.O. Box 728
Perkins, OK 74059

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

E-mail: Christa.Tsotaddle@iowanation.org
ctsotaddle@iowanation.org



"See the Person, Not the Disability"

HEALTH BOARD

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

Name: _____ CDIB#: _____

Address: _____

City: _____ State/Zip _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

Sec. 4 Qualifications:

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

2016 Employee BLS HCP CPR



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

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

O I L S

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

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

Contact information:

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

WINTER BAZAAR

Benefiting White Oak Ceremonial Grounds

- Art - Crafts - Bake Sale - More! -

PLUS

CHILI LUNCH \$5

Choice of: Chili, Chili Dog, or Chili Pie (dessert and drink included)

Saturday, November 19, 2016

10 a.m. - 4 p.m.

Shawnee Tribe Community Building

Miami, OK

(Adjacent to Tribal Offices: 29 S. Hwy. 69A)

Vendor Space Available! - \$20

LIMITED NUMBER - *First Come, First Served*

Vendor applications available at Shawnee Tribal Offices, Miami, OK

OR

CALL 918/212-0891 (Nancy)

EMAIL nancy@ribbonshirtsandmore.com

ewensman@shawnee-tribe.com

VENDOR APPLICATION + \$20 FEE DUE OCTOBER 21, 2016

ABSENTEE SHAWNEE TRIBAL MEMBERS

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

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

ELIGIBILITY

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

REQUIRED DOCUMENTATION:

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

APPLICATION ALSO ONLINE: www.astribe.com

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

Office of Environmental Health & Engineering

•Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

•Sanitation Facilities Assistance Program

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

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

Submit completed application to:

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

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



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

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

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

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

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





TRIBAL RECRUITMENT FAIR

Of nearly 10,700 children in state custody in Oklahoma, 3600 are Native American. Many are placed in non-ICWA compliant homes. Oklahoma Tribes are in need of tribal foster and adoptive homes for placement of tribal and state custody children. *The Absentee Shawnee Tribe and SANACPT will be participating with the Osage Nation and various other tribes in a tribal recruitment fair on October 22nd from 10:00 a.m. to 2:00 p.m. This will be a wonderful opportunity to spend the day with your children and learn about tribal foster care. There will be a free lunch provided (talk is that it is going to consist of grape dumplings, corn soup, and Indian Tacos), guest speakers, foster care panel, children's activities, and tribal booths will be set up with foster care information. Door prizes will be given through-out the day. So set this date aside for a day of family fun! **Future email will be sent out with the address of Recruitment fair.***



Office of Environmental Health **Brownfield Response Program**



What is a Brownfield?

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



Do you possibly have a Brownfield site on your land?

Typical Brownfield Sites Include:

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

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

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

AST.Environmental.Programs@astribe.com

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

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



**ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT**



SORNA

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



Second Annual Red Earth Treefest

November 1 – January 13, 2017

Red Earth Art Center ★ Downtown OKC

*Featuring 15 Christmas Trees adorned with beautiful
Handmade Ornaments created to showcase the diverse
Native cultures that make Oklahoma unique*

Everyone loves Christmas Trees. This Holiday Season Red Earth Art Center shares the rich cultures of Oklahoma's Tribal Nations during the Holidays. Tribal groups from throughout the state will showcase their beautiful ornaments during this unique Holiday Exhibit.

Learn about Oklahoma's Tribes

Let their Ornaments tell their Story

- ★ Oklahoma's Unique Tribal Diversity
- ★ Tribal Homelands
- ★ Customs & Traditions
- ★ History



FREE ADMISSION ★ (405) 427-5228 ★ www.redearth.org

Monday through Friday 10-5 pm ★ First three Saturday's in December 10-3 pm

Red Earth Art Center ★ 6 Santa Fe Plaza (next to historic Skirvin Hilton Hotel) ★ Downtown Oklahoma City

*Absentee Shawnee + Caddo + Cherokee+ Cheyenne & Arapaho + Chickasaw + Choctaw + Citizen Potawatomi
Comanche + Delaware + Kaw + Muscogee Creek + Osage + Otoe Missouriia + Sac & Fox + Seminole*



Here for you,
now more than ever.

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

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

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



SHAWNEE CLINIC
ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

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

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



Care on your schedule,
that's the Plus.



AN AFTER HOURS ACUTE CARE FACILITY

HOURS OF OPERATION:

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

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

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

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

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



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

Prevention. Progress. Pride.

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



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

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

EMERGENCY AND URGENT CARE SERVICES

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

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify CHS on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members with insurance, evidence must exist that a third-party resource has made the determination such services were "emergency care" or "urgent care." Such evidence may include payment from private insurance.
5. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center CHS office or the Shawnee Clinic CHS office.

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITH INSURANCE

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

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

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST CHS is a secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

EASY ACCESS

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

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

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

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

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

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.
3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES

Little Axe Health Center & Shawnee Clinic

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

REFERRAL MANAGEMENT

Little Axe Health Center

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

REFERRAL MANAGEMENT

Shawnee Clinic

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

LITTLE AXE HEALTH CENTER CHS

405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

SHAWNEE CLINIC CHS

405.878.5850 (Primary)
405.878.4702 (Secondary)



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

SCRABBLE CLUB

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

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

Games supplies provided

For Adults



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

SCIENCE SUNDAYS



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

- | | |
|-------------------------------------|------------------------------|
| January 3 - Electricity & Magnetism | July 3 - Rocketry |
| February 7 - Machines | August 7 - Science of Magic |
| March 6 - The Sound of Science | September 11 - Engineering |
| April 3 - Air Pressure | October 2 - Spooky Science |
| May 1 - Bubble Science | November 6 - Polymer Science |
| June 5 - Fossils | December 4 - Temperature |



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

Children Reading to Dogs

EVERY 2nd & 4th THURSDAY 6:30PM

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



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



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



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

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



Little Axe After School Program 2015-2016

Come join us at the AST Resource Center!!!



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



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

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



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

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



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



Get the Party Started!



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

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

Party with a company women trust.

Creating products women love for over 45 years.



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

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

*Suggested retail

Give the gift of girl time.

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

It's all about you!

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



Contact me to find out more!

Delana Ayers
405-432-7405

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

Party With a Cause

Host a party that benefits your favorite charity.



METROPOLITAN LIBRARY SYSTEM PRESENTS:

Family Craft night

Get Your Craft On!

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



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

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



April 16: Rainy Day Crafts

May 21: Percussion Instruments

June 18: Summer Fun in the Car

July 16: Crafts that Blast Off

August 20: Back to School Crafts

September 17: Pirate Crafts

October 15: Spooky Crafts

November 19: Squawking Turkey Crafts

December 17: Winter Wonderland Crafts

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

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

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

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

OTHER EXTENSIONS	Bldg. 1 Conf. Rm.....	6294
	Bldg. 1 Break Rm.....	6305
	Gov. Bldg. 2 Conf. Rm.....	6330
	Fam. Svcs. Conf. Rm.....	6311
	Finance Conference Rm.....	6236
OTHER ENTITIES & TOLL FREE	All Nations Bank.....	273-0202
	ASEDA.....	878-6782
	Toll Free.....	1-800-256-3341
	Brendle Corner.....	447-3372
	Building Blocks.....	878-0633
	(Billie Thompson, Briana Pankilla) Housing.....	273-1050
	Human Resources.....	275-1468
	Indian Child Welfare.....	878-4702
	Country Kitchen Restaurant.....	366-7220
	Media.....	598-1279
	(Sherman Tiger, Derek Hilderbrand) OEH/OEP.....	214-4235
	Police Dept.....	275-3200 / 275-3432
	Thunderbird Casino NRM.....	360-9270
	Shawnee Casino.....	273-2679
	Tribal Store (Little Axe).....	364-0668
LITTLE AXE CLINIC	Clinic - Medical.....	447-0300
	After hours.....	447-0498
	Clinic - Dental.....	307-9704
	Diabetes.....	360-0698
	Pharmacy.....	292-9530
	Resource Center.....	364-7298
	(Christy Wins, Bester Bread, Blake Goodman)	
SHAWNEE CLINIC	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll free.....	1-866-742-4977

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

COMMUNITY DEVELOPMENT FINANCIAL INSTITUTION	Heather Napier.....	6264
DOMESTIC VIOLENCE/FAMILY SERVICES	Kimberly Stephens.....	6277
	Jackie Denny.....	6326
	Linda Gouge (Sexual Assault Adv.).....	6298
	Melissa Lopez.....	6333
	DV Advocate.....	6224
	Lacey Carey.....	6315
EDUCATION	Admin Asst./Rec.....	6255
	Tresha Spoon.....	6242
ELECTION COMMISSION	Emily Longman.....	6271
ENROLLMENT	Joshua Littleaxe.....	6288
HORSE SHOE BEND	(After School Program Director)	
	Edwina Butler-Wolfe.....	6308
	Stuart Rollette.....	585-1346



ARROWHEAD

AUTOMOTIVE CENTER

10% OFF ALL SERVICES FOR TRIBAL EMPLOYEES & MEMBERS

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

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

TIRES | MAINTENANCE | REPAIR

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



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



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

PRESORTED STANDARD
US POSTAGE
PAID
SPRINGFIELD, MO
PERMIT 96

RETURN SERVICE
REQUESTED

Volume 27 No. 53 October 2016