



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

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December 2024

Absentee Shawnee Tribe Receives Funding for Porter Bridge Replacement Project

The Absentee Shawnee Tribe was recently awarded \$13,793,400 for the Porter Bridge Replacement Project in Norman. The award is part of a new round of funding through President Biden's Bipartisan Infrastructure Law, which will allow for the build, repair or modernization of regionally significant bridges in 19 states.

The United States Department of Transportation's Federal Highway Administration (FHWA) made the announcement. This monumental allocation to the tribe was the ONLY

award for any tribe in the country and the ONLY request awarded in the state of Oklahoma.

The funding will replace the bridge on Porter over the Little River. It is located between Tecumseh Road and Franklin Road. The 87 year-old bridge, which is located on an emergency route, is prone to flooding.

"I am so happy that we received this funding. We have many tribal members that live in the Norman community and see this as a very important project. We look forward to working with the City

of Norman. "Said AST Self-Governance Director Twyla Blanchard. "Having a new and better bridge will keep not only our tribal members but also the citizens of Norman safe for many years to come."

The tribe partnered with the City of Norman, who also owns and maintains the bridge, on this project. City of Norman Transportation Engineer David Risland praised the tribe's efforts saying, "We are so grateful for the partnership and support of the Absentee Shawnee Tribe," he said. "They have collaborated with the City of Norman on a multitude of projects

over the past two years, which has opened up additional funding opportunities for infrastructure improvements across the community. These joint efforts illustrate their visionary leadership and create a better Norman for everyone."

Design of the bridge is underway. Future activities will include continued design, environmental studies and permitting. The bridge is expected to be under construction in 2027. Oklahoma tribes consistently rank high in the nation on their contribution to local roads.



Left Photo (L-R): AST Self-Governance Director Twyla Blanchard; AST Representative Anthony Johnson and AST Lt. Governor Diane Ponkilla stand on the Porter bridge which will be replaced in 2027. Right Photo: Flooding on the Porter bridge.

Native American Heritage Month Celebrations



Left Photo: On November 12, Norman Mayor Larry Heikkila passed a proclamation proclaiming November as American Indian/Indigenous Peoples' Heritage Month in the city of Norman. Accepting the proclamation were AST Representative Anthony Johnson, AST Governor John Johnson and Kiowa Tribal Vice-Chairman Jacob Tsotigh. Right Photo: AST Governor John Johnson was one of the featured speakers during the Native American Heritage Celebration at the state capitol on November 20. The event was sponsored by Cheyenne Arapaho MMIP Chapter. Pictured with Governor Johnson are tribal members and sisters, Akiane Bates, former Jr. Miss Indian Oklahoma 2019-2021 and Aria Bates, Miss Oklahoma Indian Biker Princess.



Photos (L-R): Members of the Riverside Indian School Color Guard are pictured along with the Princesses who performed the Lords prayer in sign language. Princesses on the second floor rotunda of the state capitol.

GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello Tribal Members,
Merry Christmas everyone, I hope you enjoyed your Thanksgiving and surrounded yourself by family and friends.

I attended the National Congress of American Indians in Las Vegas in November. There was a lot of interesting agenda items. The importance of the conference was to make sure all Native American people got out and voted in the upcoming presidential elections. The presidential election this year was very important to the people of the United States, I hope you was able to cast your vote.

Mr. Larry Heikkila the Mayor of the City of Norman, requested that I attend

November's monthly council meeting. At the meeting he read a proclamation proclaiming the month of November as "Native American/Indigenous Peoples Heritage month". It was an honor to attend this meeting. I am very excited that surrounding areas are acknowledging the Native American people and dedicating the month of November for Heritage month. The Oklahoma State capital also held an event that I attended for Native American Heritage month. At this event I was asked to give a brief introduction of the Absentee Shawnee Tribe.

Force50Foundation presented Native American Melodies at the Riverwind casino this year in honor of Veterans Day. It was the first time I attended this event and I have to say it was very well planned. I met with the past Oklahoma Governor

George Nigh, Tom Cole, Governor Bill Anoatubby with Chickasaw Nation, and guest speaker Wes Studi. I look forward to the next invitation. For more information you may search the host online at: Force50Foundation.com

With the upcoming holidays approaching please be patient as we prepare for upcoming events.

Should you have any questions, comments or concerns, please feel free to contact myself or my assistant:

John Johnson 405-275-4030 ext. 3500
Alvina Barnes 405-275-4030 ext. 3501

You may also email me:
governor@astrobe.com
alvinab@astrobe.com

Thank you

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor



Lt. GOVERNOR
Diane Ponkilla

Greetings Tribal Members,

I would like to offer my sincerest condolences to all who have lost a loved one. I hope the holidays are extra special with everyone and their families. As we approach the end of 2024 and into the colder weather, I would like to express how important it is to be prepared. The HVAC department is assisting with heater checks to the AST elderly and homeowners.

The Lt. Governor and Secretary have dual oversight of the Agriculture; on Monday, October 28, 2024 we spent the day with the staff Chelsi Peacock, Seth Jimenez and Bobby Armstrong. I wanted to see the process of caring, feeding and daily operations and mainly the work ethics of the staff. This department has been the main challenge of all the departments under the Lt. Governor oversight. I would like to have an Agriculture Coordinator and staff with the same goals and work ethics to accomplish what this department needs to succeed. Chelsi Peacock, Agriculture Administrative Assistant submitted a brief summary to keep tribal members updated on the cattle.

The Ag Dept. welcomed 7 calves from the Holdenville herd, which completes the births from that group and 9 AI (artificial inseminated) heifers are expected

to deliver in December. 7 cows were cull due to their age; they served their purpose on the farm, leaving 2 generations of calves. On November 05, 2024 Tecumseh Vet came to the farm to do health check, vaccinations and weigh some of the cattle. The farmhands Seth Jimenez and Bobby Armstrong attended 2 conferences, they learned the importance of soil health and proper grazing practices from NRCS and are now BQA certified.

Stacy Coon was hired as the Maintenance Director Stacy has been within the maintenance department for 11 years. With his knowledge and history with the tribe I believe Stacy will excel and be a great asset not only to the maintenance department but to the Tribe.

October 31, 2024 the AST complex had Trick or Treater from Building Blocks I, II and CTSA visiting each department. Building #2 had the Governor, Lt. Governor, BIA, Courts, Election Commission and Agriculture department handing out treats to our little visitors.

Myself, Secretary and Representative was invited to judge the ASHA costume contest and crockpot cook off.

As the Lt. Governor I have attended plenty of meetings, met with a lot of associates on different matters and I am looking forward to 2025 to further my knowledge and experiences with the Absentee Shawnee Tribe. Ni yi wa.

October Meetings:

- 10/02/24: Court @ 10am
- 10/03/24: SSSA RFP's @10am
- 10/05/24: 93rd Semi-Annual General Council @ 10am
- 10/08/24: Gaming Commission @ 11am
- 10/11/24: Construction @ 10am
- 10/14/24: Closed (Indigenous Day)
- 10/15/24: Health board @ 8:30am
- 10/15/24: Special TEI Shareholders @ 2pm
- 10/16/24: Governor DeWine @ 8:30am
- 10/16/24: Executive Committee @ 10am
- 10/17/24: BIA Budget @ 9am
- 10/17/24: Maintenance Budget @ 10am
- 10/17/24: Lt. Governor Budget @ 11am
- 10/17/24: OEH Budget @ 1pm
- 10/17/24: Agriculture Budget @ 2pm
- 10/21/24: Sponsored Programs Budget @ 1pm
- 10/23/24: ASHA Board @ 9am
- 10/25/24: Construction @ 10am
- 10/28/24: Agriculture @ 9am-3:30pm
- 10/29/24: Dance Grounds @ 9am
- 10/30/24: Out of Office
- 10/31/24: Trick or Treaters @ 9:30am-11am



SECRETARY
Misty McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson



SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,

I hope everyone had a great Turkey Day this is a great time to spend time with family. Congratulations to the children who won the Halloween coloring contest and great job to all who participated you all did a great job. My apologies with all the slander circling on Facebook regarding my family and I. No one can control how people want to act. Just know there is always another side to the story I would never condone in the allegations being made against me by individuals on Facebook. I don't mind explaining in person my door is always open for Tribal Members to come visit.

During this path month these are the meetings I have been attending:

October 2, 2024- I attended a meeting concerning our courts @ 10:00am held at the governor's conference room at the AST complex. At 12:00pm our employee committee held an employee appreciation luncheon for our employee's.

October 3, 2024- I attended a CTSA meeting @ 9:00am held at the Kickapoo complex.

October 5, 2024- General Council was held @ 10:00am at the Thunder Bird event center.

October 11, 2024- I attended a construction meeting with staff and Lt. Governor @ 10:00am.

October 15, 2024- I attended a TEI Shareholders board meeting @ 2:00pm held at the casino.

October 16, 2024- Ohio governor Dewine visited the AST complex @ 8:30am we had breakfast and took him on a tour of the campus. 10:00am an executive meet-

ing was held followed by a health board shareholders meeting @ 1:00pm held at the governor's conference room.

October 21, 2024- I had six meetings scheduled for this day. I attended 3 due to scheduling conflicts. I attended a 477 meeting @ 8:30am held at the governor conference room. Following after we had our weekly round table meeting @ 11:00am due to other executive members being on travel we had not had our weekly meeting this month. At 1:00pm I attended a CTSA meeting.

October 22, 2024- I attended Rising Warrior's (domestic violence) walk from 10:00-10:30 held at the Little Axe Health center. Followed by a gaming commission meeting I attended @ 11:00am.

October 23, 2024- I attended the housing board meeting @ 9:00am.

October 24, 2024- Rising Warrior (domestic violence) held (Continued on 3A)



SECRETARY'S REPORT

(Continued from Page 2A)

another walk at the Absentee-Shawnee complex I attended along with Lt. Governor Ponkilla. I had an ASED A call meeting @ 3:00pm. To wrap up this day I attended along with Lt. Governor Ponkilla and Rep. Johnson a Little Axe football game they honored the tribe for helping the school with jerseys.

October 25, 2024- I attended a construction meeting @ 10:00am held at the governor's conference room.

Saturday October 26, 2024- I attended a monthly elders meeting @10:00am held

at the multipurpose building.

October 31, 2024- I helped my staff hand out candy to the children that stopped by at 9:00am, 10:00am I had a meeting for surveillance for our agriculture department.

Here is what is going on in some of my departments:

Enrollment- as of October we are finally 4,700 Tribal members! Our exact total is 4,718 members.

Rising warrior (Domestic Violence)- New buses, train and train station will be ready and out in the community by mid-December. Sexual assault grant was awarded and will continue into 2025.

Kaitlyn one of our coordinators was awarded the victim advocate of the year award through Pottawatomie and Lincoln County's CCRT (Coordinated Community Response Team). We have had 60 clients from Jan-Jun and 18 active cases. If you or anyone you know suffer from domestic violence please don't hesitate to reach out.

ICW- we have had 107 CPS cases, 36 - guardianship cases, 40 - support services cases, 17 - deprived tribal and state case. Reminder our ICW is located at 1318 E. independence Shawnee, Oklahoma. Our ICW staff stays busy helping our children. They are a great group with so

much passion to make sure our children are safe and taken care of.

Human Resources- we currently have 605 employees as of October.

Agriculture Department- we have 158 head of cattle.

Before I wrap up my report I would like to share some exciting news for my family we will be welcoming my last and final baby girl in February. That's all I have to report at this time if you have any questions or concerns please feel free to contact my office.

Ne yi wa!
Secretary McGirt

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow Tribal members, Family, and Friends:

I hope this month's submission finds you well, enjoying the memories being created, and able to spend quality time with your loved ones this Holiday season. For those missing one around the table, I hope the Creator provides strength and comfort to get you through those tough times. These last few months have been exhausting with the number of meetings, discussions, and other everyday items that come up throughout the business day; not to mention the additional travel and obligations to represent the Tribe at National Conferences.

Earlier this summer, I requested the Executive Committee to send a Director or staff member to the National Congress of

American Indian (NCAI) annual meeting. This is the largest gathering of Tribal Nations and Native Leaders at any point in the year. It is one of the most important sessions where decisions, legislation, and proposals are submitted, which affect all 570+ Governments. Though it didn't garner the interest I had hoped for, it was our biggest contingency sent to date (8).

Several of the staff grasped the relevance of my request and were able to pick up an abundance of information and establish new contacts from other Tribes, to network with in the future.

Additionally, during our visit, Governor Johnson and I were able to attend a Presidential Rally for the Harris/Walz Campaign, just days prior to the election. It was the first time either of us had the chance to view and see how they do things on the National level. In conversation with one of my colleagues, she men-

tioned there had not been a Democratic visit to Oklahoma since the Michael Dukakis campaign in the 90's. I want to express my appreciation to all those members and employees who came out to register and chose to participate in the electoral process.

That being said let me switch gears to express my thoughts on the recent election. Some may remember my prior comments about how the last four years have been very beneficial to Tribal Nations with the Biden administration. I expressed concern to our Governor in a recent update and how I expect the new Presidency to potentially end this movement. This could be highly detrimental to our system, especially with the ongoing arguments the 39 Tribal Nations have had the last couple years with the current Oklahoma Governor. When one throws in the issues in Education and the posi-

tion of State Superintendent Walters, it appears darker days are looming, at least for the foreseeable next two years.

As we enter the last month, many of our youth will be transitioning into their Winter sports of basketball and wrestling. This season will be the first in the last two decades I won't have someone to support on the gym floor, which will be a unique experience. As my calendar opens up and there is a little more free time, send me a copy of your child's schedule if you would like me to attend. I always enjoy good competition, a bag of hot popcorn, and a Frito chili Pie.

In closing, let me be the first to wish you "Merry Christmas!" I look forward to seeing everyone in the upcoming New Year. God Bless you!

Respectfully,
Joseph H. Blanchard
Tribal Treasurer

REPRESENTATIVE'S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

It has been a busy fall season for my office. In October, I traveled with our Cultural Preservation department for the 2024 Texas Tribal Consultation Meeting in Canyon, TX. My office helped welcome children from Building Blocks and CTSA for the Trick-Or-Treat event at the tribal complex. Our Housing Authority held a crock pot and costume contest for Halloween that I helped judge with Lt. Governor Ponkilla and Secretary McGirt. In November, I traveled with our 477 staff to the 2024 Western Regional 166/477 Training Conference in Auburn, WA. Our 477 department is thriving and provides resources and support to help tribal members become more economically self-sufficient. To learn more about these resources, contact the 477 depart-

ment at: (405) 878-4545 or 477program@astribe.com.

My office was also invited to participate in a pop up Narcan demonstration event in November with the Tribal Opioid Response (TOR) grant staff at the Shawnee Clinic. The demonstration was well attended by community members and clinic staff. Narcan can help save the life of an individual who has overdosed on opioids. Our TOR grant staff helps supply our community with free Narcan and training. They can be reached at: (405) 701-7987.

Should you have any questions or need any assistance, please contact my office at: (405) 531-3512 or adjohnson@astribe.com.

Hope everyone has a safe and happy holiday season.

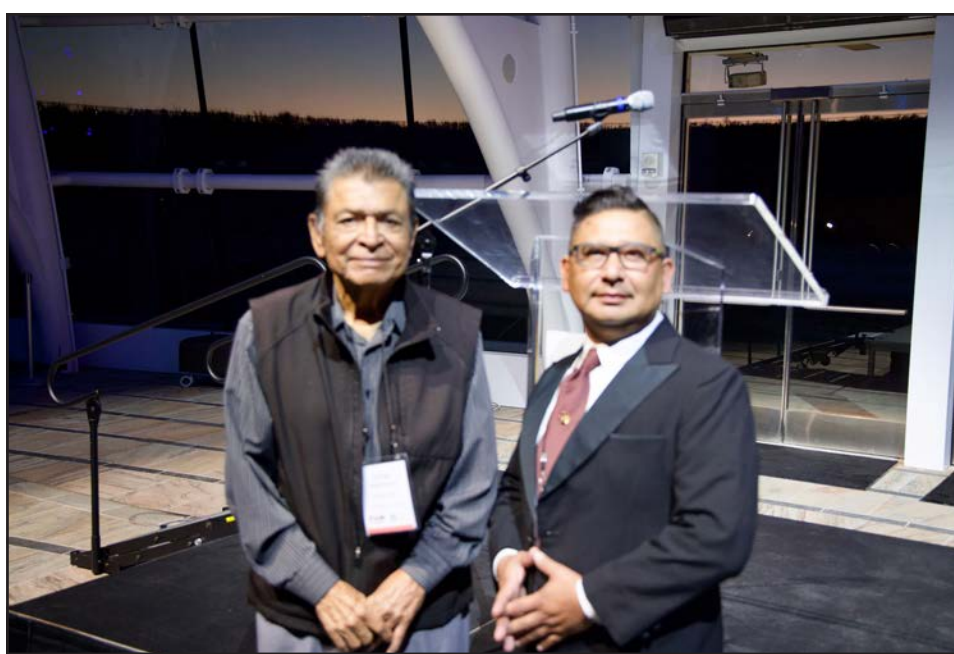
Sincerely,
Anthony "Tad" Johnson, Tribal Representative



Left photo taken at the AST Housing Crock Pot Cook Off competition. Right photo was taken at the Narcan demonstration event in partnership with the AST Tribal Opioid Response grant team, at the Shawnee Clinic. Representative Johnson is showing community members how to administer Narcan to someone who may have overdosed on opiates. The individual on the ground in the demonstration pic is AST tribal member Jayden Watson and he works in the Diabetes & Wellness Department at the Little Axe Health Center.



University of Central Oklahoma students with AST Treasurer Blanchard at the East Central University Tribal Summit, October 24, 2024.



Tribal member George Blanchard was recently honored at the 56th Algonquian Conference on October 25. The event was held at First Americans Museum in Oklahoma City. He was one of 12 honorees who were recognized for their language efforts. Blanchard has been passionately teaching Shawnee language for almost 40 years. AST Representative Anthony Johnson said "This is a great appreciation of George carrying on the language".

NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

Please give us a call at (405) 598-1279 or send an email to media@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.



The Absentee Shawnee Tribe was recognized for their continued dedication to Little Axe Public Schools Athletic Program. The recognition was given during senior night on October 24. "We appreciate the Absentee Shawnee Tribe for their ongoing support of our athletic programs for student athletes. Their commitment has made a significant impact on our students, and we are beyond thankful for their partnership," said Little Axe High School Athletic Director Terry Rogers.

Left Photo (L-R): Little Axe HS Athletic Director Terry Rogers; Little Axe Superintendent Dr. Jay Thomas; AST Lt. Governor Diane Ponkilla; AST Secretary Misty McGirt; Little Axe Public Schools School Board President/Tribal member Beverly Felton; AST Representative Anthony Johnson; Little Axe High School Principal Trey Kirkpatrick.

AST Cultural Preservation Co-Hosts Inaugural THPO School



Images courtesy of THPO School Participants and AST Media



Last week, November 4th – 8th, THPO School finally became a reality! The Absentee Shawnee Tribe – Cultural Preservation Department partnered with Nighthawk Consulting and The University of Oklahoma – Native American Studies to put on the first ever THPO School. The concept of the THPO School was first talked about by Mrs. Sheila Bird of Nighthawk Consulting. She knew the challenges and the overwhelming responsibilities that come with being a new Tribal Historic Preservation Officer from knowing the laws, to reading reports from federal agencies, to working in the field and monitoring, to consultations. After many talks, Carol Butler, Cultural Preservation Director, jumped at the idea to co-host this school.

The inaugural class was comprised of THPOs and other staff from the Absentee Shawnee Tribe, Eastern Shawnee Tribe of Oklahoma, Tule River Indian Tribe of California, Peoria Tribe of Indians of Oklahoma, Seminole Nation of Oklahoma, Modoc Nation, and Delaware Tribe of Indians. The class and field portion of the school were taught by some incredible individuals who are experts in their fields. Mrs. Sheila Bird discussed preservation laws. Mrs. Dina Bazzill, Environmental Corporation of America's Vice President of Cultural Resources and Tribal Coordinator discussed Federal Communications Commission (FCC) and Telecommunications. Ms. Carol Butler discussed the tribal side of the FCC and the TCNS system which is used for consultation. Mrs. Sheila Bird discussed the lawsuit that was filed against the FCC (UKB vs. FCC). Mr. Chip Smith, a retired assistant with 43 years of experience with the US Army Corp of Engineers and in the Office of the Assistant Secretary of the Army for Civil works, discussed the Clean Water Act, waters of the US and Section 106 regulations and policy. Ms. Stephanie Rainwater, a biologist and ecological project manager for LJA Environmental Services, discussed Endangered Species and the different acts and triggers for Section 106. She also did a walk through and discussed habitats, wetland delineations, and ordinary high water marks of the stream. Ms. Molly Gibb, Search and Rescue/Recovery K9 handler, discussed searches and training of the K9s. She, also, took the dogs in the field for a search. Mr. Kevin Nolan, director of Applied Anthropology Laboratories in the College of Science and Humanities at Ball State University in Muncie, Indiana, was the lead archaeologist. He led the participants in Phase I surveys and led the discussion of what are the red flags to look for in bad cultural resources reports. He, also, provided the basics of geophysical applications (GPR). Ms. Ashley Mason-Burns-Meerschaert of the Museum of Osteology discussed how to distinguish and recognize bones and teeth.



FROM THE ELECTION COMMISSION

The Filing Period for Elective Office in 2025

A tribal member may file for office, **January 1 to January 10 (excluding weekends and holidays)**. Hours to file are 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m.

Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Election to be held in 2025:

ELECTION COMMISSION

Position	Filing Fees	Term
Commissioner	\$300.00	3 Year Term
Deputy Commissioner	\$200.00	2 Year Term (Prorated)
Secretary	\$300.00	3 Year Term

Fee Amount includes: Alcohol test, drug test, MVR, OSBI, FBI fee plus certified postage fee, ballot printing (twice), Absentee Ballot/correspondence postage.

QUALIFICATIONS:

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

ADDITIONAL QUALIFICATIONS (approved by Referendum June 20, 2015)

- A) Must have a valid Oklahoma State Driver's License
- B) Must have a negative result on a drug and alcohol test
- C) Must have a high school diploma or GED

Absentee Shawnee Native Connections
Hi ko te wa Ke ka
"Journey to Heal"

Family Christmas Gathering

**Join Us For A Night of Crafting
Snacking, & Being Merry**

TUESDAY
Dec | 17 | 6-8pm

We want to hear your experiences or challenges and obtain suggestions for overcoming barriers within the community regarding mental health and substance abuse. Native Connections is committed to meeting the needs of our community.

AST Multipurpose Building
2029 James L. Edwards Ln
Shawnee, Ok 74801

Please RSVP to Valerie Scarberry, MA
Native Connections Grant Coordinator
vscarberry@astrobe.com
(405) 827-6489



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



Building Blocks II is a 5 Star, OKDHS Licensed Center. Our hours are 7a.m. to 6p.m. Monday-Thursday. We take children ages 6 weeks through Pre-K (4-5Yr Olds).

Building Blocks Teachers and Children love to do Christmas Activities and Projects. The Holiday season is a busy time at Building Blocks.

We are collecting Donations for the Tecumseh Nursing Home's Elders through December 19th. Donations accepted are Throw-Blankets and Non-Slip Socks. Our 3 & 4 Year olds will deliver the Donations to the Nursing Home on December 20th.

Building Blocks Christmas Program will be in the evening on December 13th.

Classroom Christmas Parties will be December 20th at 3:00p.m.



Absentee Shawnee Tribe of Oklahoma
Building Blocks III C.D.C.
16051 Little Axe Dr.
Norman, OK 73026
(405)360-2710 FAX: (405)360-2726



We are open to the public and accepting waitlist applications by email or in person.

Director: Skye Foreman

Sforeman@astribe.com

Assistant Director: Renee Richardson

Rrichardson@astribe.com

CLOSURES

Closing at 12pm- Wednesday, December 4th

December 24th & 25th

January 1st

Happy Holidays from our Building Blocks family, to yours!



A BIG THANK YOU FOR EVERYONE WHO CAME TO OUR FALL FESTIVAL. ALSO, THANK YOU TO THE AST COMPLEX EMPLOYEES FOR MAKING OUR KIDS HAVE A GREAT HALLOWEEN.



FALL FESTIVAL & TRICK OR TREAT



Pa po ne Ke s'fwa
(pay po nee key s'thway)
Winter Month (December)

December is called Pa po ne Ke s'fwa (Winter Month) since the climate changes to cold weather. The word for winter is pa po ne (pay po nee) or pa po ke (pay po key) for winter time.

It is also a time for family and friends; however we do not have a word for Christmas or Jesus since the Shawnee religion and beliefs are not like the Christian world. When we do pray, we talk to Ma ta la me wa ti (may tay lay mee way tah) Great Spirit; Ko ko m'fa ni (ko ko m'thay nah) our Grandmother; and Ne ma so m'fi (nee may so m'thah) our Grandfather to ask for help and to have pity on us.

Wa pe - cold (way pee)

Ya pa po n'ka ke - North (yay pay po n'kay key)

Ko ne - snow (ko nee)

Pe ta ne ka pa - our coats (pee tay nee kay pay)

Pa po ne - winter (pay po nee)

Ho wa li ko te wa - peace (ho way lah ko tee way)

Hi qa la te wa - love (hah qay lay tee way)

We sa ke ta ha wa - hope (wee say key tay hay way)

Ya li wi qa ke se ti wi ta wi pi ge ka fi ke ho wa si pa po ne
(yay lah wah qay key see tah wah tay wah pah chee kay thah key ho way sah pay po nee)

- Geese flying south means winter is coming

Ya pa po n'ka ke ho ge t'ke ke sa ke - Cold air comes from the north. (yay pay po n'kay key ho chee t'key key say key)

Hi la me wa pe - It's getting very cold. (hah lay mee way pee)

We si ko ne - It's going to snow. (wee sah ko nee)

Qe li he ka ke so we pe ta ne ka pa - We need our coats (qee lah hee kay kee so wee pee tay nee kay pay)

K'ya ke so ho - Dress warm (k'yay key so ho)

He ne ko ge! Si li no ke ka no la p'wi! Ne yi wa!



LEGAL NOTICE

IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA SHAWNEE, OKLAHOMA 74801

FILED in the Office of the Court Clerk

NOV 14 2024

Absentee Shawnee Tribal Court Court Clerk

In the matter of

K.E.

Case No. CIV-2024-03

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

THE ABSENTEE SHAWNEE TRIBE OF INDIANS SHAWNEE, OKLAHOMA) §.

Susie Neash-LaPlante being duly sworn upon oath states:

That she/he is the Plaintiff Susie Neash-LaPlante above-named, and that on the 14 day of November, 2024, said Plaintiff filed in this Court a Petition for a name change of a minor and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and that with and after the exercise of due diligence, said Plaintiff is giving publication that, Susie Neash LaPlane, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Susie Neash-LaPlante PLAINTIFF

Subscribed and sworn to before me this 14 day of November, 2024.

Ashley Hudson NOTARY PUBLIC

My Commission Expires: June 23, 2028



Tribal Member Corner:

December Article:

Can we reduce the clinic monthly training to 2 hours only, and be open more for the tribal members.

Maybe we can issue \$10 monthly Wal Mart cards, for vegetable purchases, for our food pantry participants.

Some tribes, offer elders 60 and up, temporary part-time positions within the tribe. Not sure, if there are enough participants, but something to review.

It would be good to review, other tribe services and what they offer, and of course design our own.

President Biden offered a formal apology, for the abuses committed by Native Boarding Schools, October 25, 2024.

My Grandmother, Anna Washington-deceased, Eastern Shawnee, attended Carlisle Boarding School. (Carlisle Indian Industrial School). She attended school with Jim Thorpe, he was a grade higher.

My grandmother told me, she couldn't speak the Shawnee Language. I had a chance, several years ago, to travel to Carlisle, Pennsylvania to see where my grandmother went to school or area. Of course, the school was not there, just the cemetery. It was a long distance from Shawnee, Oklahoma. Many green hills and pastures there.

I encourage members, to write articles for our paper.

Attend a church service. Happy holidays.

Eileen Pearce, Tribal Member

Questions, Comments: Lapearce@att.net 405.227.2036 or text.

The Department of Justice through its Coordinated Tribal Assistance Solicitation (CTAS) awards an Office of Juvenile Justice and Delinquency Prevention (OJJDP) - Tribal Youth Program, Five-Year Grant to the AST Education Department

The AST Education Department received a Fiscal Year 2024 (FY24) Coordinated Tribal Assistance Solicitation (CTAS) - Purpose Area 9 grant in the amount of \$500,000. Purpose Area 9 - Tribal Youth Program, specifically the Harvesting Change Enhancement/Expansion Grant (Category 3), is a competitive grant through the Office of Juvenile Justice and Delinquency Prevention. Prevention services under Purpose Area 9 include: to impact risk factors for delinquency and promote protective factors. This may include mentoring, youth development, anti-gang education, truancy and school dropout prevention programs, after-school programs, anti-bullying programs, and programs that emphasize youth, family and community engagement. This grant supports staff and programming for the Little Axe After School Program at Brendle Corner, the AST Public Safety Club, and Indian Club support at local schools (Little Axe, Tecumseh, and North Rock Creek) among other objectives.

Director of Education – Tresha Spoon, Tribal Youth Program Coordinator - Blake Goodman, and Tribal Youth Resource Specialist - Shay Fixico wrote the grant and submitted it as part of the Tribe’s CTAS application. The Director of Education facilitated CTAS Director’s meetings beginning in January 2024 until the submission date in an attempt to bring directors and staff together to see how they can improve the Absentee Shawnee Tribal justice system for our youth and families. Directors and staff from the following departments were invited to these meetings: Courts, ICW, Police, Domestic Violence, and Grants. The Police, Domestic Violence, Education, and Grants staff were present at most if not all meetings. The Education Department staff were strong advocates and early contributors to the CTAS Purpose Area (PA) 3 – Tribal Justice Systems Program - Bureau of Justice Assistance. The Tribe also received Purpose Area 3 in the amount of \$900,000. Director of Education, Tresha Spoon, writes “the Education Department staff looks forward to being a part of reaching the goals and objectives for PA 3 and improving resources and access to our Tribal Court system. It was our intent to include a staff position within PA 3 to help tribal program and service providers work more closely with our youth and families who need resources while they are going through our justice system in an effort to support a successful outcome.”

As cited on the Bureau of Justice Assistance’s website: This solicitation provides federally recognized tribes and tribal consortia an opportunity to apply for funding to aid in developing a comprehensive and coordinated approach to public safety. Many of the Department of Justice’s (DOJ) existing tribal government-specific programs are included in and available through this single Coordinated Tribal Assistance Solicitation (CTAS).

The Fiscal Year (FY) 2024 CTAS refers to the DOJ’s tribal government-specific competitive grant programs as purpose areas (PA). Applicants may select the PA(s) that best address their tribe’s concerns related to public safety, criminal and juvenile justice, and the needs of victims and survivors of domestic violence, sexual assault, dating violence, and stalking.

Following are the seven PAs and their DOJ components:

PA 1: Public Safety and Community Policing Tribal Resources Grant Program – Hiring and Equipment/Training [Office of Community Oriented Policing Services (COPS Office)]

PA 2: Tribal Justice Systems Strategic Planning Program [Bureau of Justice Assistance (BJA), COPS Office, Office of Juvenile Justice and Delinquency Prevention (OJJDP), Office for Victims of Crime (OVC)]

PA 3: Tribal Justice Systems Program (BJA)

PA 4: Tribal Justice System Infrastructure Program (BJA)

PA 6: Children’s Justice Act Partnerships for Indian Communities (OVC)

PA 8: Youth Healing to Wellness Courts (OJJDP)

PA 9: Tribal Youth Program (OJJDP)

Note that, in FY 2024, PAs 5 and 7 are not included in CTAS.

(<https://bja.ojp.gov/funding/opportunities/o-bja-2024-171911>)

Education Department: Tribal Youth Programs

The Camp Nikoti’s Afterschool Program currently has 19 students enrolled in the program. There are 14 AST tribal youth, and three youth that are enrolled in other tribes. They have been working hard to keep up with their homework, and working to improve their skills in all areas using the workbooks that we got them. Valerie Scarberry with Native Connections came out and spoke with them this past month and did a Pumpkin coloring contest. The winner from the elementary youth and the winner from the middle school/high school youth each got a \$25 gift card. We also had a Halloween party for the youth where they got snacks, drinks, and a bag of candy.

We attended the Native American Student Career Opportunities with Tinker Air Force Base hosted by the Sac n Fox Nation in Stroud on October 23rd. There were 12 schools that attended ranging from grades 7th-12th. We talked with students about the different programs the tribe provides and gave away several items to all the students.

We also attended North Rock Creek’s High School NASA (Indian Club) meeting on November 8th. We did a beading activity with them making a beaded Indian corn for them to take home. We started the meeting with 8-10 students, but ended up working with about 20 students. While we were working, we talked about the Indian corn and how we use it in our tribe. The students had a lot of fun and really enjoyed getting to do a hand’s on activity. They invited us back in the spring to do another activity with them. We also set up a date to do an activity with Mustang High School’s Indian Club in the Spring. We will be attending Little Axe High Schools next Indian Club meeting on November 14th, and are working to do an activity with Tecumseh High School’s Indian Club soon.

Lastly, we want to give a very special shout out to two of our Program youth. Nick Sanders-McClellan (Senior at LAHS) and Kelin Sanders-McClellan (Sophomore at LAHS) both qualified and ran in the Class 3A State Championship race for Cross Country. They were the only two runners from Little Axe High School that qualified this year. They have been a part of our Afterschool program for 6-7 years and have been a part of our Summer Camps and other programs. We are very proud of them and the success they have achieved. Congratulations to them both.





Happy 4th Birthday Sissy
we love you so much!
- Mama, Daddy, & Sissy



Jiliyan - Happy 20th birthday to my beautiful daughter. Keep being the wonderful, amazing young woman you are! Momma loves you so very much and your brothers do too.
Love, Joplin & Justin

Jiliyan - Happy birthday to my beautiful niece. Hope your day is a great one. Love, Aunt B

Jil, Happy birthday to our lovely wonderful (never mean) sister. Love brothers, Joplin & Justin



Congratulations!

Congratulations to tribal member Aaliyah Shawnee, a senior at Glenpool High School, who signed her letter of intent to play basketball with Northeastern State University in Tahlequah, OK. She is the daughter of Derrick and Isha Shawnee and granddaughter of Darla Gatzman.

Good morning

I would like to see if it is possible to put back in place the Christmas Gift Card for the Seniors or Tribal Members by check or WALMART Gift Cards.

It is much appreciated when they do this, but it is appreciated if the Elders or Tribal Members can make that decision for what their family needs.

I believe last year it was Christmas Hams, but there was no notification until days before Christmas in which makes it hard for anyone to partake in this event if they are traveling.

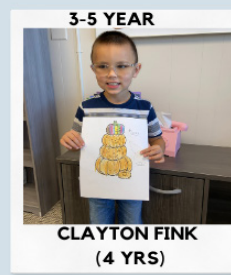
Janene Alford



Congratulations!

A big congratulations to Jasmine Martinez on All Academic and All Conference honors for the 2024 cross country season! She attends Loyola University New Orleans.

AST SECRETARY 2024 HALLOWEEN COLORING CONTEST WINNERS



Follow Us on Social Media



AST Rising Warrior hosts Walk United Against Domestic Violence



AST Veterans participated in Norman's Veterans Day Parade on November 10th





ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

AST Complex - (405) 275-4030	Toll Free - 800-256-3341
All Nations Bank.....(405) 273-0202	
Brendle Corner.....(405) 447-3372	
Building Blocks.....(405) 878-0633	
Building Blocks III LA.....(405) 360-2710	
Court.....(405) 481-8575	
Domestic Violence.....(405) 273-2888	
Enrollment.....(405) 481-8650	
Food Pantry.....(405) 481-8640	
Gaming Commission.....(405) 360-9270 x1110	
Housing Authority.....(405) 275-1050	
Human Resources.....(405) 275-1468	
ICW.....(405) 395-4490	
Media.....(405) 598-1279	
OEH/OEP.....(405) 214-4235	
Police.....(405) 275-3200/275-3432	
Social Services.....(405) 878-4723	
Tax Commission.....(405) 481-8600	
Thunderbird Casino Norman.....(405) 360-9270	
Thunderbird Casino Shawnee.....(405) 273-2679	
Tribal Store Little Axe.....(405) 364-0668	

The Absentee Shawnee Tribe will be closed
Tuesday, December 24th - Christmas Eve
Wednesday, December 25th - Christmas

*Have A
Holly Jolly
Christmas!*

Happy Holidays
From Your Friends At

AllNations Bank

2023 Gordon Cooper Dr. • Shawnee, OK 74801 • (405) 273-0202
www.anbok.com

Indian Taco Sale

Saturday, December 21
11 am - 2 pm

Sac and Fox Multi-Purpose Bldg
215 N. Harrison, Shawnee OK

Indian Taco w Dessert and Drink	\$10
Beans and Frybread	\$5
Frybread Only	\$2

Delivery Available for orders of \$30 or More
Call or text 405-410-9075

Proceeds support Nick Shaffer of the Absentee Shawnee Tribe as he prepares to compete in the Landmark Conference Swimming Championships.



ASTHS December 2024 Monthly Update

American Indians and Alaska Natives (AI/ANs) Are At Higher Risk of Developing Serious Complications from Flu

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Flu vaccines help to reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system each year. This season, all flu vaccines will be designed to protect against the four flu viruses that research indicates will be most common. Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October. Vaccination of people at higher risk of developing serious flu complications is especially important to decrease their risk of severe flu illness.

Flu is a Leading Cause of Pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives. American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.

Across the U.S., Flu Causes Hundreds of Thousands of Hospitalizations Each Season

American Indians and Alaska Natives are at higher risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

- are young children or elders
- are pregnant women
- have diabetes, severe obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:

- Fever*
- Cough
- Muscle or body aches
- Fatigue (feeling very tired)
- Chills
- Sore throat
- Headache
- Runny or stuffy nose

* Not everyone with flu will have a fever

Benefits of Flu Vaccination

- Flu vaccination reduces your risk of getting sick, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of having a heart attack in people who have heart disease.
- In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from their diabetes.
- Flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, elders, and people with certain chronic health conditions.

Take 3 Steps to Fight Flu

1. Get yourself and your family a flu vaccine each year before flu activity begins in your community. Getting vaccinated this season may be more important than ever if there is both flu and COVID-19 activity at the same time.
2. Take everyday preventive actions to stop the spread of germs:
 - Wash your hands often
 - Cover your coughs and sneezes
 - Stay home if you are sick
3. Take flu antiviral medicine, if prescribed.
 - Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid, or an inhaled powder) and are not available over-the-counter.

Wash Your Hands

December 1-7 is also National Hand Washing Awareness Week, so now is also the time to help stop the spread of the flu virus. Think of yourself as a human petri-dish that grows all kind of icky bacteria and is the warm and cozy home for all kinds of viruses. Washing your hands regularly can prevent many flus, flu-like illnesses, common colds, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie viruses, Streptococcus, Pneumococcus, TB, and more from growing, spreading, or from entering your body.

Hot Tips for Building Resiliency and Celebrating Hand Washing Awareness Week

1. Wash your hands when they are dirty and BEFORE eating.
2. "Good" hand washing techniques include using an adequate amount of soap, rubbing the hands together to create friction and lift the germs from the skin, and rinsing under running water. Hands should be washed for a minimum of 15 seconds.
3. Wash your hands after using the washroom (including changing diapers), after blowing your nose, after touching raw meat, poultry, or fish, after handling garbage, visiting or caring for sick people, and after handling pets, animals or animal waste.
4. DO NOT cough into your hands, use a tissue if possible.
5. DO NOT sneeze into your hands, use a tissue if possible
6. Above all, DO NOT put your fingers into your eyes, nose or mouth. These are the only portals of entry into the human body for respiratory infections and washing can reduce your risk significantly.

Does a Flu Vaccine Work Right Away?

No, it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's best to get vaccinated before influenza viruses start to spread in your community.

Vaccine Side Effects

Side effects of the vaccine are usually mild and may include a fever, crankiness, headache, fatigue or soreness at the site of the injection.

Where Can I Get a Flu Vaccine?

You can receive a flu vaccine from:

- Indian Health Service, tribal, or urban health clinics and doctor's offices
- Pharmacies or grocery stores
- Local health department

Protect Yourself. Protect Your Community.

Get Vaccinated. Protect the Circle of Life.

If you have not received your flu vaccine for this year, contact your primary care provider and set up an appointment for a visit.

References:

Centers for Disease Control and Prevention. (Aug. 25, 2023). *Key Facts About Seasonal Flu Vaccine*. <https://www.cdc.gov/flu/prevent/keyfacts.htm>
Work Smart, Live Smart. (2023) *National Hand Washing Awareness Week: Stop the Spread*. <https://worksmartlivesmart.com/national-handwashing-awareness-week-december/>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC! (Coming Soon)

39665 Benson Park Road, Shawnee, OK 74801 (adjacent to Tecumseh Lake)


Shawnee Construction: Design and Development are substantially completed. Early bid package was released on Oct 18th. Planning for Shawnee ground breaking has begun (tentative for 1st week in December).

November 2024 Health Employee Awards of the Month

Employee of the Month: Elizabeth Medina, Title VI Driver

Team of the Month: Employee Health

Special Leadership Award: Lisa Doss, RN Team Lead



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.


Holiday Hours

All AST Health facilities, including PlusCare, will observe the following hours on:

Wednesday, December 4th:
CLOSED from 12PM- 5PM
Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

December 24th – December 25th:
CLOSED for Christmas

Wednesday, January 1st:
CLOSED for New Year's Day



AMERICAN LEGION POST 274, AMERICAN LEGION AUXILIARY UNIT 274, AND ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM PRESENTS

2nd Annual Spreading Joy TOY DRIVE

DONATIONS ACCEPTED FROM NOW UNTIL THURSDAY, DECEMBER 19

DONATE NEW, UNWRAPPED TOYS, AND HELP MAKE THIS SEASON SPECIAL FOR A CHILD THIS YEAR!

QUESTIONS? CALL/TEXT **BAILEY VILLARREAL : (904) 713-5196**
JULIE TRETICK: (904) 699-7187

OTHER DROP-OFF POINTS
+ NOBLE SUPER C OFF MAIN ST. + HARPS OFF HWY 9

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

How Can We Help?

Please take a moment to fill out our *Patient Healthcare Needs Survey* to help us continue to meet the needs of our most-valued patients!

Scan the QR Code below!



www.surveymonkey.com/r/2024ASTHA

This survey takes less than 15 minutes to complete.

Your feedback is appreciated!

Ne yi wa (Thank You)!



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
Prevention. Progress. Pride.

Help Yourself - Help Your Tribe

SEE IF YOU QUALIFY FOR A PLAN AT NO COST TO YOU OR THE TRIBE

Contact a Patient Benefit Advocate today to learn more!
Little Axe Health Center: 405-447-0300
Shawnee Clinic: 405-878-5850

 Legacy Tribal Services
Simple Solutions. Uncommon Service.

 Legacy Tribal Services
Simple Solutions. Uncommon Service.

<p>OPEN ENROLLMENT</p> <p>Medicare: Oct 15 - Dec 7, 2024 Marketplace: Nov 1- Jan 15, 2025</p> 	<p>DID YOU KNOW...</p> <p>60% of the funding for our health system comes from outside sources?</p> <p>YOU CAN receive specialized health care services and help protect tribal funding by seeing if you qualify for a private health plan at zero cost to you. Contact a PBA to learn how you can help yourself and help your tribe!</p> 
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<p>2025 Health Benefits & Resources Event</p> <p>Thursday November 7th 9AM-3PM</p> <p>AST Multi-Purpose Building 2029 James L Edwards Lane Shawnee, OK 74801</p>	<p>Little Axe Clinic Medicare / Marketplace Education Events</p> <p>October 16th, 30th & November 13th Medicare 1pm-2pm Marketplace 2pm-3pm Little Axe Health Center 15951 Little Axe Drive Norman, OK 73026</p>	<p>Shawnee Clinic Medicare/ Marketplace Education Events</p> <p>October 24th, November 7th & 19th Medicare 1pm-2pm Marketplace 2pm-3pm AST Multi-Purpose Building 2029 James L Edwards Lane Shawnee, OK 74801</p>
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 **Caregiver Program 405.701.7190**

GRANDPARENTS RAISING GRANDCHILDREN



GET INFORMATION ON SOCIAL MEDIA SAFETY

 ONLINE PREDATORS
SAFE CHATTING
SAFE GAMING
STALKING
and more 

Thursday December 19th, 2024
from 4-6pm
Shawnee Multipurpose Building 

PURCHASED REFERRED CARE NEWS

New Purchased Referred Care (PRC) Guidelines have been approved effective 10/1/2024.

Copies of the new guidelines are available to pick up in person at the PRC offices at the Shawnee Clinic and Little Axe Health Center, Mon-Fri 8am-5pm.
A copy of the guidelines will also be available on the ASTHS webpage: <https://www.asthealth.org/services/purchased-referred-care>.

We encourage all tribal members to pick up a copy of the guidelines and review all the benefits offered.

Some of the new changes include:

- OPTOMETRY**-benefit increased to \$400 every 12 months
- DENTAL**-benefit increased to \$2,500 yearly
- ORTHODONTIC** -benefit increased to \$5,000 per lifetime for tribal members age 10-26
- HEARING AIDS**-benefit increased to \$7,500 maximum issuance every 3 years
- REIMBURSEMENTS**-no out of pocket reimbursements will be issued without prior authorization

For questions or more information feel free to contact the PRC office at: 405-701-7951 or email PRC@astribe.com.



December

024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BEEF FINGERS MASHED POT/GRAVY WINTER MIX FRUIT	3 CHICKEN POT PIE VEGGIES BISCUIT PEACHES	4 SOFT TACO REFRIED BEANS LTOC FRUIT	5 CORN SOUP CRISP	6 SCAMBLED EGGS BACON TOAST/FRUIT
9 EGG ROLL VEGGIES/RICE FORTUNE COOKIE	10 CABBAGE STEW CORNBREAD	11 GOULASH OKRA MIIIXED FRUIT	12 CHICKEN STRIPS MASHED POT/GRAVY BRUSSEL SPROUTS	13 BOILED EGG CEREAL TOAST/FRUIT
16 BURRITO SPANISH RICE PUDDING	17 CHICKEN STIR FRY TORTILLA SALSA/CHIPS PINEAPPLES	18 BAKED POTATO CHEZ,ONIONS,HAM BROCCOLI	19 CHILI W BEANS CRACKERS CHEZ-ONIONS FRUIT	20 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
23 CLOSED FOR CLEANING	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS	26 CLOSED FOR CLEANING	27 CLOSED FOR CLEANING
30 CHICKEN PATTY SANDWICH CHIPS MANDARIN ORANGES	31 HAM BLACKEYED PEAS CORNBREAD FRUIT			



MENU SUBJECT TO CHANGE
 SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER
 LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM
 BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM



Healthy Hot Chocolate

Savor the Christmas coziness in a cup

Ingredients

- 1 cup light coconut milk (from the can)
- 1 ½ cups unsweetened almond milk
- ½ teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- 2 tablespoons unsweetened cocoa powder
- Pinch of sea salt

Method

- Add all ingredients to a small pot and place over medium low heat. Whisk vigorously to combine and to get rid of any lumps of cocoa. Do NOT let the hot chocolate boil or you risk burning the almond milk, which can turn the flavor into something you do not want. Simply warm in the pot until steamy, about 3-5 minutes.
- Once hot chocolate is hot, remove from heat and pour into 2 mugs. Top with whipped cream, dairy free whipped cream, marshmallows or vegan marshmallows. Enjoy!



Diabetes & Wellness
 Department 405-701-7977

December TOY SAFETY AWARENESS MONTH

Tip 1: Avoid Counterfeit Toys: Research products and sellers before clicking "add to cart" in order to avoid potential counterfeits and ensure toys meet the safety standards required by federal law.

Tip 2: Always Follow Age Labels: The age label on a toy is crucial safety guidance based on the developmental skills and abilities of children at a given age and the specific features of a toy.

Tip 3: Avoid Non-Toy Items that Could Pose Risks: Non-toy products such as desk accessories, home decorations, watches, and remote controls that are not meant for kids and may contain small batteries, non-toy water beads, and/or high-powered magnets that can be accessed by children and are very dangerous if accidentally swallowed.

Tip 4: Check for Recalls: Recalls are rare but are an important part of the process of making sure children's playthings are safe. Toys bought from third-party marketplaces, second-hand stores, garage sales, as well as hand-me-downs, should always be checked at [recalls.gov](https://www.recalls.gov) to ensure they have not previously been removed from the marketplace.

SOURCE: THE TOY ASSOCIATION



HEALTH BUZZZZ...



**ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM
SEEKING HOPE
FOR
DEMENTIA AND ALZHEIMER'S**

DOES THE MIND DIET REALLY WORK?

Researchers found a 53% lower rate of Alzheimer's disease for those with the highest MIND diet scores (indicating a higher intake of foods on the MIND diet). Even those participants who had moderate MIND diet scores showed a 35% lower rate compared with those with the lowest MIND scores.



The MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet is a plant-based diet that emphasizes foods associated with brain health and may help prevent Alzheimer's disease.

MIND DIET SHOPPING LIST



- KALE
- SPINACH
- SWEET POTATOES
- GREEN BEANS
- ALMONDS
- WALNUTS
- FLAXSEEDS
- HEMP SEEDS
- BLUEBERRIES, STRAWBERRIES, RASPBERRIES, BLACKBERRIES
- GOJI BERRIES
- BLACK BEANS
- CHICKPEAS
- BROWN RICE
- FARRO
- LENTILS
- SALMON AND OTHER FATTY FISH HIGH IN OMEGA-3S
- TUNA
- CHICKEN BREASTS
- GROUND TURKEY
- EXTRA-VIRGIN OLIVE OIL



THE BRAIN IS HIGHLY DEPENDENT ON OXYGEN SUPPLY!

Professor Elizabeth Coulson from UQ's Queensland Brain Institute and School of Biomedical Sciences discovered a link between obstructive sleep apnea and an increased risk of developing dementia.

It demonstrated that hypoxia - when the brain is deprived of oxygen - caused the same selective degeneration of neurons that characteristically die in dementia. Essentially, the research suggests that oxygen deprivation in the brain can trigger a pattern of neuronal damage that resembles the kind of brain changes seen in dementia.

It's estimated around 50% of elderly people have obstructive sleep apnea, when their throat muscles intermittently collapse and block the airway during sleep causing their breathing to stop and start.

The current gold standard treatment is a CPAP (continuous positive airway pressure) machine, which keeps the airway open during sleep and allows oxygen to the brain.

"CPAP treatment of obstructive sleep apnea has the potential to reduce dementia risk," stated Professor Coulson.



"30% of people with obstructive sleep apnea being fitted for CPAP machines already display signs of dementia-like cognitive impairment."

"Some dementia clinicians have reported their patient's memory has improved after their sleep problems were identified and treated."



DO YOU USE A CPAP OR BIPAP MACHINE ?

If you stop using your BiPAP or CPAP machine, you can experience a number of negative health effects, including:

Sleep deprivation
Without a BiPAP or CPAP machine, your airway can collapse during sleep, which prevents oxygen from reaching your brain and lungs. This can lead to extreme fatigue, irritability, and fogginess.

Increased risk of long-term health problems
Untreated sleep apnea can increase your risk of developing heart disease, high blood pressure, stroke, Type 2 diabetes, and cognitive impairment.

Mental health issues
Sleep apnea can lead to mental health disorders like depression and anxiety.

Daytime fatigue:
Poor sleep quality can make it difficult to concentrate and stay alert throughout the day. This can lead to poor work performance and car accidents.

It's important to use your BiPAP machine consistently to experience the full benefits. You should continue to use your BiPAP machine whenever and wherever you sleep.



TRIBAL OPIOID RESPONSE (TOR) NEWS

The week of October 23rd through October 31st was Red Ribbon Week! Red Ribbon week is an anti-drug movement that began with the death and murder of DEA Agent Enrique "Kiki" Camarena. Agent Camarena was committed to ending drug trafficking and as a result he was targeted by his enemies. In 1985, he was kidnapped by the Guadalajara cartel in southern California and murdered in Mexico.

Camarena's friends and family turned grief into action. They chose to honor his life by wearing red satin ribbons to make sure his life's work was remembered. This local effort grew to a national movement and Red Ribbon week was born. While it has evolved into a movement targeting youth, adults are leading the charge for this movement too.

The Tribal Opioid Response project supported Red Ribbon week by hosting two prevention pop ups at the Little Axe Clinic and the Shawnee Clinic. There was popcorn, free Narcan, and good information shared. At each of these events, we also offered a Narcan demonstration. Narcan is a medication that helps save lives by reversing overdoses.

Mr. Chris Larkin, Health Executive Director, and Mr. Jason Bender, Director of Security, served as volunteers for the Narcan demonstration at Little Axe. Mr. Larkin was the overdose victim and Mr. Bender was the bystander who administered Narcan. These two added their own touch of flair and levity to this overdose scenario which made it fun but educational for onlookers.

At the Shawnee Clinic, Mr. Anthony "Tad" Johnson, AST Representative, and Jayden Watson, Community Health Promotion and Health Educator, served as the actors for our Narcan demonstration. The Representative took on the role of the person who administered the Narcan while Jayden was the overdose victim. The Representative had actually received training on how to administer Narcan so he put those skills to work. Like the Little Axe clinic volunteers, Jayden and Tad hammed it up a little.

From TOR to the Narcan demonstration volunteers, ne yi wa (Thank you)! We appreciate you!

Do you need Narcan? TOR offers it for free! Contact us by phone, (405) 701-7059 or email: TOR@astrobe.com.

Karen Kaniatobe, TOR Grant Project Coordinator



That's it for this month! Remember we are here to help in your time of need!

Ne yi wa!
Lindsay Hernandez
ADPI Grant, Dementia Care Specialist



Absentee Shawnee Tribal Health System
SEEKING HOPE
Dementia Caregiver Support & Services

Savvy Caregiver in Indian Country and Music & Memory

Check out our web-page:

Absentee Shawnee Tribal Health System
<https://www.asthealth.org>
Programs and Prevention
Seeking Hope

You can also contact me directly at (405) 701-7906.

