



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

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January 2025

AST Building 3 Being Demolished

Building 3 on the Absentee Shawnee Tribal complex is being torn down. Demolition work began December 9 and is slated to be completed by the end of January with weather permitting. The building was deemed uninhabitable and has sat empty since March 2024. Prior to

the condemnation, Tribal departments including Court, Human Resources and Domestic Violence were housed in the building.

Construction was completed in 1906 at a cost of \$11,361. Over time the building suffered leaks and had significant struc-

tural damage. Initially the building was brick, consisted of two stories, a basement, had wooden floors and an iron roof. The wings were added along with modifications to the building in 1940.

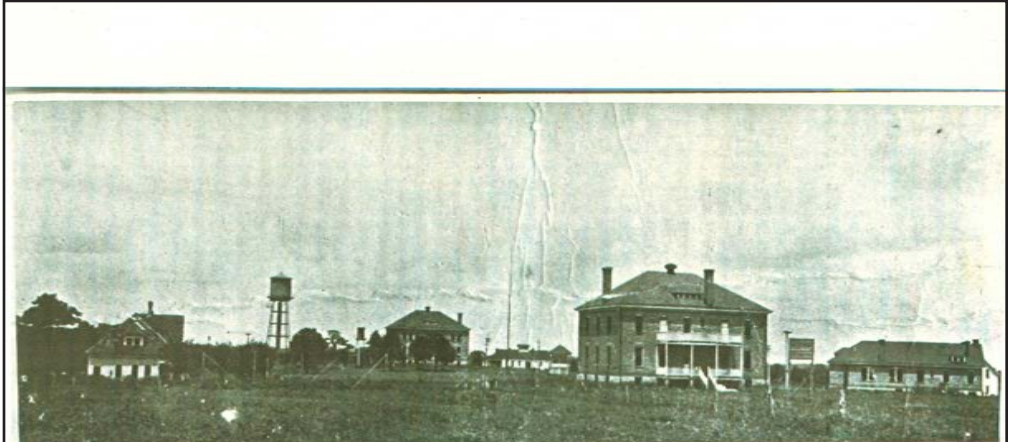
Even though the building was over 100 years old, it was not on the National Reg-

ister of Historical Places. It was first used as a girl's dormitory during the Boarding School Era before being taken over by the Shawnee Indian Agency. The Absentee Shawnee Tribe took ownership in 1965.

The Tribe plans to rebuild and is currently taking proposals for design work.



GIRL'S DORMITORY
SHAWNEE BOARDING SCHOOL-1912



Agent's Residence. Boys' Laundry School. Girls' School. Agricultural School
VIEW OF SHAWNEE INDIAN AGENCY, TECUMSEH, OKLA.

2024 AARP Oklahoma Native American Elder Honors

ATHEDA W. FLETCHER
Absentee Shawnee Tribe

A proud citizen of the Absentee Shawnee Tribe, Atheda W. Fletcher was raised and educated in Oklahoma. She holds a human resource management degree from the University of Central Oklahoma, Edmond, Oklahoma and is certified as a human resources professional and as a dementia care specialist. Passionate about the well-being of all Native Americans, she seeks to pull together diverse threads of Tribal nations to maximize services and support for local citizens. During her private sector professional career, Atheda worked for a global organization where her passion for

Continued on page 3A

ANITA SUE CHISHOLM
Absentee Shawnee Tribe

Anita Sue Chisholm's successful career, educational accomplishments and dedication to her tribe are inspiring to many, as she encourages women in her family and tribal community to strive for greatness and to achieve their dreams. She focuses on tribal culture and the importance of continuing traditions. Born and raised in Shawnee, Oklahoma, Anita was the first woman and member of her family to graduate from college. A few hours shy of earning her doctorate, she dedicated her professional life to educating others. Anita began her career teaching elementary and middle school art.

Continued on page 3A



Photo (L-R): AARP Oklahoma Senior Associate State Director Mashell Sourjohn, Atheda Fletcher, former AARP Oklahoma Executive Council Member Tewanna Edwards and AARP State President Joe Ann Vermillion.



Photo (L-R): AARP Oklahoma Senior Associate State Director Mashell Sourjohn, Keegan Chisholm, Anita Chisholm, Carly Dyer, AARP State President Joe Ann Vermillion, former AARP Oklahoma Executive Council Member Tewanna Edwards.



GOVERNOR
John Johnson

GOVERNOR'S REPORT

John Johnson, AST Governor

Hello all,

Welcome to the New Year 2025. I hope everyone enjoyed the holidays and this year brings you happiness and joy. With winter weather months still ahead don't forget to weatherize your homes and be

sure to check on your tribal elders. The prediction of bad weather is here for a little while longer.

For the New Year I am interested in going green. I have sit in on a few Solar Energy trainings and I think this is something we need to look more in too. I believe it will save the tribe money in the long run. I actually have a few solar energy meetings coming up. Once I get more

information I will let you know.

I don't have any new updates to report at this time. Should you have any questions you may contact my office or my staff.

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

Thank you



Lt. GOVERNOR
Diane Ponkilla

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor

Greetings Tribal Members,

I hope everyone had a Very Merry Christmas and a Happy New Year. Prayers to those who are mourning a lost relative and get well wishes to those who are ill or recovering from an illness. Everyone needs to prepare for the cold weather ahead and check on our elders and family who are in need. I have been in office six months learning more each month, but I know I have a long way to go. Communication, research and following up in a timely manner are my main goals of importance. The directors and staff under my oversight are great in keeping me informed of their department operations. And I have respect for the other Executive Committee Members opinions. We may not always agree but we can talk it out and come to some understanding or just table till we do. And I like to plan ahead and be prepared I do not like last minute actions. With that being said as the 2024 year comes to an end the Agriculture De-

partment will be taking request for garden plowing for Absentee Shawnee Tribal members starting Monday, January 06, 2025 and ending Friday, January 24, 2025. This will give the staff time to schedule (weather permitting) and hopefully get all request completed before planting season. We will have the application online and you may also call in your requests. I have been checking into having Control Burns on a few of our Agriculture properties to assist with crop growing and grazing. I and Deric Spoon are working on updating the Emergency Tribal Housing Repairs Policy and Procedures. We were hoping to have this ready and in place by January 2025 but due to being on travel status I did not make the resolution deadline. I am excited and looking forward to the New Year. Ni yi wa.

November Meetings:

November 02, 2024 Veterans @ 10am
November 04, 2024 Closed @ 12pm (Due to Weather)
November 06, 2024 Health Board @ 8:30
November 08, 2024 Construction @

9am
Round Table @ 10am
November 11, 2024 Closed (Veterans Day)
November 14, 2024 ASEDA @ 1pm
November 16, 2024 Elders @ 10am
November 19, 2024 Health Board @ 9am
November 20, 2024 Grants @ 1:30pm Agriculture @ 3pm
November 21, 2024 ARPA/Health @ 10am
Executive Committee @ 1pm
November 22, 2024 Construction @ 10am
November 25, 2024 Director's @ 9:30am
Round Table @ 11am
November 26, 2024 Agriculture (Evan Wahpekeche) @ 9am
November 27, 2024 Closed @ 12pm (Holiday)
November 28, 2024 Closed (Thanksgiving)
November 29, 2024 Closed (Thanksgiving)



SECRETARY
Misty McGirt

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Greetings Tribal Members,

I hope everyone had a great Christmas and a start to a good New Year. I pray this New Year brings many blessings to you all. My office has a lot of goals for this New Year along with my departments that we look to achieve for the better of the Tribe and our Members. I hope the children enjoyed and were able to participate in the Christmas coloring contest the winners will be announced in the next newsletter. Thank you to all who participated they were all really great.

Here is what's going on in some of my departments!

Enrollment- To end this year we have reached 4,724 Tribal Members. We have had 93 people enroll this year. Enrollment is hoping to keep an accurate record of all AST Veterans. Veterans can provide the Enrollment Department with a copy of their DD214 form at Enrollment@astribe.com. Please remember Veteran CDIB cards are available, contact the Enrollment Department for more information. The Enrollment Director will begin going over the Membership Ordinance to draft proposed changes. Be on the lookout for planning meetings and input surveys your opinion matters ahead of voting for changes in the next year or two.

Human Resources- To end this year we have 618 employees for health and AST. We look forward to adding more next year. On December 12 our Human Re-

sources department held a management & leadership skills training. It went very well and we look forward to more trainings to come.

ICW- We hope all the families who attended the Christmas party Saturday December 14th had a great time. Thank you to all who helped donate to help our children we really appreciate it.

Agriculture Department- In the Ag Department we welcomed all 8 of the AI calves we were expecting. The first time heifers delivered without any complications. They added 5 heifers 3 bulls to the farm.

Meeting's I attended this past month.

November 2- I attended the red feather Gala with health staff and board members.

November 6- I attended a special Health board meeting @ 8:00am.

November 8- I attended a construction meeting @ 10:00am followed by a roundtable meeting with Executive Members Governor and Lt Governor.

November 12- I joined a group call for winter weather @ 1:00pm with staff.

November 13- I attended a meeting with the new chief justice @ 1:30pm at the governor's conference room with Executive Members Governor, Lt Governor, and Representative.

November 14- I attended A.S.E.D.A meeting @ 1:00pm with board members, Governor, and Lt. Governor.

November 16- I attended elders meeting @ 10:00am and thanksgiving dinner with Lt. Governor.

November 18- I attended a Pottawatomie-go meeting held at the grand event center @ 11:00am-1:00pm.

November 19- I attended Health board meeting @ 9:00am with all Executive members. I attended a gaming commission meeting @ 11:00am with Representative.

November 20- I attended Housing board meeting @ 1:00pm. I attended a meeting with southern plains @ 3:00pm with all Executive committee.

November 21- I met with a Tribal Member @ 9:30am my office. I attended an ARPA meeting @ 10:00am. I attended our Executive Committee meeting @ 1:00pm.

November 22- I attended a meeting with finance/domestic violence staff @ 9:30am. I attended construction meeting @ 10:00am with staff, Governor, Lt. Governor and Representative.

November 25- I attended director's meeting @ 9:30am with staff and all Executive Members. I attended round table meeting with all Executive Members @ 11:00am.

November 26- I attended meeting @ 9:00am with southern plains for our Agriculture department along with Agriculture staff, and Lt. Governor.

Just a little update I am liaison of eight boards I attend all the meetings unless there is conflict in scheduling with other meetings. That is all I have to report at this time if you have any questions or concerns about anything you may contact me office.

Ne yi wa!
Secretary McGirt



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson

REPRESENTATIVE'S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

Happy New Year! I hope everyone had a good holiday. In December, my office attended the Employee Christmas Party at Thunderbird Casino Event Center. Thank you to the Employee Committee and Thunderbird Entertainment, for hosting this event in appreciation of all our tribal employees. I traveled to Las Vegas, NV on December 11th for the, "2024 Legal Update & Indian Preference Conference",

hosted by the Council for Tribal Employment Rights (CTER). My office is happy to report in 2025, that we are reopening our Tribal Employment Rights Office (TERO). Thank you to the Finance Department for your assistance with preparation of the new budget for TERO. These funds will help our tribe enhance our capacity to provide career development services to our tribal members. If you are interested to serve as a member of the AST TERO Commission, please reach out to my office. TERO Commissioners must be 18 years or older, enrolled Absentee

Shawnee and living within the tribe's jurisdiction. Additional qualifications include knowledge of construction, interest in the work of TERO, and a background in Human Resources. Should you have any questions or need assistance, please contact my office:

Email: adjohnson@astribe.com

Phone: (405) 531-3512.

Sincerely,
Anthony "Tadpole" Johnson, Tribal Representative



Fletcher, continued from front page

collaborating with multicultural staff was an asset and a strength. After retiring and moving back to Oklahoma, she volunteered with various nonprofit organizations. As an active tribal and community member, she was elected to the Absentee Shawnee Elders Council and the Absentee Shawnee Tribe's Executive Committee. Seeing and understanding the greater needs of all Native Americans, she reentered the tribal nation's workforce. Today, she leverages her invaluable experiences into action with the Absentee Shawnee Tribal Health System.

Atheda's current goal is to bring greater understanding and awareness of the need for services and support to Native Americans living with dementia and their unpaid caregivers. She is the grant director and primary investigator at the Absentee Shawnee Health System, where she manages two dementia service grants. She is also a member of the International Association of Indigenous Aging's Brain Health Advisory Council, a nonprofit organization focused on improving the health and well-being of American Indians, Alaska Native, and other indigenous people as they move through the aging spectrum.

Chisholm, continued from front page

She volunteered at the Mabel Bassett Correctional Center, where she taught art and behavioral health and helped sponsor powwows and dinners for the Women's Indian Club.

Anita was the director of the American Indian Institute College of Continuing Education at the University of Oklahoma, Norman, Oklahoma for 28 years. She traveled extensively across the United States and Canada. Working with nearly 500 federally recognized tribes and many First Nations of Canada, Anita conducted conferences and trainings, educating the Indian country on the Indian Child Welfare Act (ICWA), substance abuse, education and culture. She wrote or edited more than 50 publications and securing more than \$20 million in funding to support projects and programs.

Anita developed nationally acclaimed conferences and workshops. She was a founding member of the Oklahoma ICWA and the task force that helped pass into law the Oklahoma Indian Child Welfare Act. In retirement, Anita served as the Treasurer of the Absentee Shawnee Tribe and on the tribal bank board.

Tribe Receives Recognition from City of Norman

On December 10, Norman Mayor Larry Heikkila passed a resolution expressing gratitude to the Absentee Shawnee Tribe. Mayor Heikkila praised the tribe for assistance in obtaining grant funding to complete a number of important projects on tribal routes within the city of Norman.

AST Representative Anthony Johnson attended the Norman City Council meeting. "This is just the start of some projects we are working on together; helping with the transportation and safety is the main thing." Said Johnson, "I really appreciate the cooperation with the city of Norman."



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, Pottawatomic, 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

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

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)
Voter of the Absentee Shawnee Tribe on or before March 15, 2025. I cannot physically be present to cast my Vote at the **March 15, 2025 Primary Election**; therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)
Address: _____ City: _____ St: _____ Zip: _____
CDIB#: _____ Date of Birth: _____
Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline date of **February 23, 2025**

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

Fax to:
Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 3537
Toll free number 1-800-256-3341 ext. 3537

Email to:
election.commission@astribe.com

Deliver in Person to:
Election Commission Office
located in Building 2, Shawnee Campus

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

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____
If Disapproved (reason): _____
Denial Letter Mailed: _____ Ballot Mailed: _____
Election Commission/Representative

Veterans Association



Members of the AST Veterans Association celebrated Christmas on December 7 at Longhorn Steakhouse in Norman.



New Library Books Available

- On The Back of A Turtle
- Invisible No More
- Braiding Sweetgrass
- Ohio Indian Trails
- Sisters Of The Lost Nation
- Mean Spirit

Children's Books

- Stolen Words
- We Are Still Here
- Thunder's Hair
- Finding My Dance
- My Powerful Hair
- We Are Protectors
- Walking Together
- Remember





**AST Education Department:
Big Jim Youth Awards**

Absentee Shawnee High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2024-25 academic year.

- **Applications will be accepted from January 1, 8 am CST to February 28, 2025, 5 pm CST.**
 - All applications and supporting documents must be postmarked (mail) or received (in person or email) by February 28th at 5:00 pm CST. Our network may quarantine emails from Gmail accounts so please call or email to make sure applications and documents have been received.
 - Documents received after the deadline will not be reviewed by judges.
 - Official transcripts will be accepted via email, from school personnel, or as a hard copy. Faxed copies will not be accepted.

The official application form is available at www.astribe.com on the Education page under the Services tab. The \$1,000.00 award is in the form of a scholarship to the school where the award recipient will attend for the fall 2025 semester. The scholarship **must be used for the fall 2025 semester.**

Applications are for the following awards:

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

Please refer to the application for required documents. Eligible applications will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced at a date to be determined after April/May 2025.**

Award recipients will be recognized as the 2024-25 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive the **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 3533
youthaward@astribe.com



Big Jim Youth Award

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 Ext. 3533
youthaward@astribe.com

Applications accepted:
Jan. 1 – Feb. 28, 5 pm CST
Finalists announced:
April/May 2024

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

STUDENT INFORMATION

Name: _____ (LAST) (FIRST) (MI)
Tribal Enrollment #: _____
Address: _____ (STREET) (CITY) (STATE) (ZIP)
Home Phone: (____) _____ Cell Phone: (____) _____
Email: _____
College/university/vocational institution you plan to attend and course of study/major? _____

HIGH SCHOOL INFORMATION

High School Name: _____
City: _____ State: _____
Advisor/Counselor: _____ Phone #: _____
Sport, if applicable: _____ Position: _____
Coach: _____ Phone #: _____
Indian Education Director: _____ Phone #: _____

All Absentee Shawnee High School Seniors are eligible and encouraged to apply. If applying for both Academic Achievement and Athlete of the year, applicant must provide two (2) separate applications and sets of supporting documents.

Documents to be included with application:

- Official High School Transcript (emailed copies sent directly from school personnel will be accepted)
- Tribal Enrollment Card (copy)
- Résumé of all relevant **Academic or Athletic** accomplishments, activities, work experience, etc. (if applying for both Academic Achievement and Athlete of the Year, you will need **two distinctly different résumés**)
- Letter(s) of Recommendation (Educator/Coach/Tribal/Church)
- 500-word Essay: How do you feel your accomplishments (culture/knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?
- Video (optional): no more than 10 minutes in length

Education Department: Tribal Youth Programs

Camp Nikoti afterschool program has been going very well over the past month. We have been averaging 10-13 students each day. Our students have been working to keep their grades up and improving their academic skills each day. All of our students are passing all their classes, and we are proud of them for working hard. We will be holding an end of semester Christmas party for our afterschool youth on Dec. 19th.

We attended Little Axe High Schools Native American club meeting on Nov. 14th. We briefly talked with the kids, and hung out, and enjoyed pizza and drinks. We also attended Tecumseh High Schools Native American Club meeting on Dec. 6th. We provided Buffalo Wild Wings, chips, cookies, and drinks for all of the youth. We spoke with them about all the programs we provide and how we can support them throughout the school year. We will also be providing Christmas candy bags to all the Native American Club students from both schools on Dec. 16th-17th.

We have had two public safety club meetings over the past month. We held one on Nov. 20th and had four people attend, and we had one on Dec. 12th and had three people attend. We had two youth who attended three meetings consecutively and was awarded a \$50 gift card to Walmart. The AST Police Dept. and the AST Emergency Management team talked with the students about the different aspects of their job and how they handle different situations. They are currently working to set up a future meeting to bring out Pott. County's Police drone squad to let the kids see how they use the drones in their work. We would like to thank the AST Police Depts. Officer Jones and Officer Neely, and the Emergency Management team for all the help with our youth.

We also covered two other events this month. We set up a booth and handed out things at the Native American Student Day celebration put on and sponsored by the Oklahoma City Thunder Basketball team. The event had over 1500 students in attendance. We also attended the Meaningful Economics and Entrepreneurship (MEE) Competition at the University of Central Oklahoma. The competition is set up for 4th and 5th graders from different schools around the Oklahoma City/ Norman area to come in and compete creating a product to sell. They are learning about financial literacy and learning the ins and outs of economics. We were there to oversee a group of students helping them stay on task and to help facilitate teaching them as they go through the competition.

We are also working to close out our previous grant and working with Norman public schools to go in and do a presentation for 80 native youth about drug and alcohol prevention on Dec. 17th. We will also be helping Native Connections with their Family Christmas Gathering event on Dec 17th.



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.



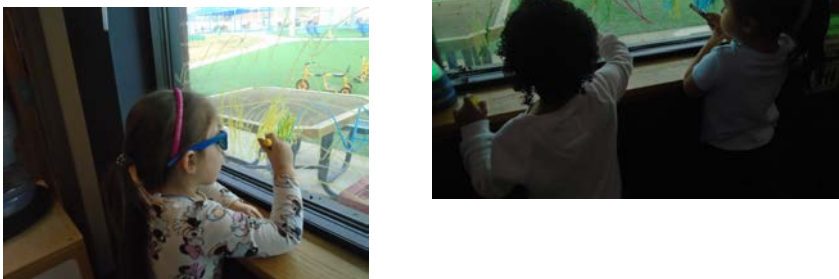
Absentee Shawnee Tribe of Oklahoma
Building Blocks C.D.C.
 2025 S. Gordon Cooper Dr.
 Shawnee, Ok. 74801
 (405)878-0633 FAX(405)878-0156



Building Blocks had a busy December. The classrooms have been doing lots of activities engaging the children in learning that sparks imagination. Two's-1 Classroom did a project about Stars.



The children love to learn through hands on projects. Three's-1 classroom was learning about light during December with the use of window chalk.



Also, Three's-2 classroom used sand and moon sand for Discovery through use of senses.



With the New Year here we are ready and excited for the children to do many fun things as they play and learning.

Building Blocks hopes everyone has a Wonderful 2025 Year. Building Blocks closed January 1st in observance of New Years.



Building Blocks will also be closed on Monday, January 20th in observance of Martin Luther King Jr. Day!

Have a Wonderful January!



Absentee Shawnee Tribe of Oklahoma
Building Blocks III C.D.C
 16051 Little Axe Drive, Norman, OK 73026
 Phone: (405) 360-2710; Fax: (405) 360-2726
 Director: Skye Foreman
 Assistant Director: Renee Richardson



IN THE CLASSROOM

This month will be a winter wonderland as we explore the artic. We will learn where the artic is, and which animals enjoy the cold, and why. We will also be learning what winter looks like around the world to everyone, and what they wear to stay warm. The children will learn where snow comes from, and why it falls from the sky.



IN THE CENTER



Our Norman libraiian is coming for another story time visit, and bringing a new rotation of books for our center. She also has a STEAM activity planned for our big kids on January 17th.

Closures this month are:
 January 1st for New Years Day
 January 20th for MLK Jr.

Building Blocks III is open Monday thru Friday 7am to 6pm and is now accepting applications for students from 6 weeks of age to five-years-old.



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 22 2024

Absentee Shawnee Tribal Court
 Court Clerk

Mariah Ramirez)
 Vs.)
 Anthony Bloomer Sr.) Case No. JFD-2024-54

AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION

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

Mariah Ramirez being duly sworn upon oath states:

That she/he is the Plaintiff Mariah Ramirez above-named, and that on the 22 day of November, 2024, said Plaintiff filed in this Court a Motion against Defendant and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, Anthony Bloomer Sr. within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service upon the said Defendant by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

m.r.
 PLAINTIFF

Subscribed and sworn to before me this 22 day of November, 2024.

Ashley Hudson
 NOTARY PUBLIC

My Commission Expires:
June 23, 2028



Guess Why They Call Us A Community Bank?

Because we're part of this wonderful community.

We were born and raised here. We're your friends, family, and neighbors. Your money stays in this community helping it to grow and prosper. Stop by today and you'll see we have a lot more than money invested in this community.

AllNations Bank

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





A B S E N T E E S H A W N E E
HOUSING AUTHORITY
 107 North Kimberly Ave. Shawnee, Oklahoma 74801 (405) 273-1050

College Housing Assistance Programs

For Absentee Shawnee Tribal Members ONLY

For ALL Federally Recognized Tribal Members

ABOUT US

This College Housing Assistance Program offers Absentee Shawnee Tribal Members a one-time rental assistance payment of \$1200.00 per spring and fall semesters only. Participants who remain full time during the Summer semester and are continued students shall receive a one-time rental assistance payment of \$600.00. Participation in the program is dependent upon funding availability, and may be terminated at any time.

ELIGIBILITY

- Must be 18 years or older.
- Must be an enrolled member of the Absentee Shawnee Tribe of Oklahoma.
- Must be accepted for full-time enrollment (12+ credit hours per semester for undergraduate students and 9+ credit hours per semester for graduate students, or be considered a full-time student per College or University standards).
- Applicants taking online courses or attending unaccredited institutions will not be eligible for assistance.
- Home must be located in the State of Oklahoma.

ABOUT US

This program offers rental housing subsidies of up to \$300 per month for Tribal Members attending post-secondary educational institutions. Absentee Tribe members receive priority under the tribe's Indian Housing Plan and applicable laws. Assistance is capped at the participant's verified monthly rent share or \$300, whichever is less.

ELIGIBILITY

- Must be 18 years or older
- Must be an enrolled member of a Federally Recognized Tribe
- Must be accepted for full-time enrollment (12+ credit hours for undergraduates, 9+ for graduates, or per school standards) in a post-secondary institution or vocational school.
- Must meet low-income eligibility (income must not exceed 80% of national median, income will be verified).
- Home must be in the tribe's service area: Pottawatomie, Lincoln, Oklahoma, or Cleveland counties.

For more Program Information

KAREN FULLBRIGHT
 ADMISSIONS INTAKE SPECIALIST
 (405)273-1050 EXT. 208
 KFULLBRIGHT@ASHOUSINGAUTHORITY.COM
 107 N. KIMBERLY
 SHAWNEE, OK 74801

KIMBERLY VERMILLION
 RESIDENT EDUCATION SPECIALIST
 (405)273-1050 EXT. 260
 KVERMILLION@ASHOUSINGAUTHORITY.COM
 521 N. MEAD
 SHAWNEE, OK 74801



477 Program

AST 477 Participant

Success Story

Francisco Villalobos
 AST Tribal Member

The 477 program has had a positive impact on my life. I was at a point in my life where I felt clutter and behind, not sure where to start with my life. I was hesitant at first, but applied anyway. Going through the program gave me a chance to do something for myself. The 477 program provided many resources for me to choose at my own pace. As time passed, I realized I had already gained some of my accomplishments or was halfway to my goals. I was able to get my driver's license and a job which I didn't have. This was no longer an issue because now I can drive to my job. I worked my way from a 477 Temporary Worker to Part-Time and now, a Full-Time worker over the past year. Throughout the time with the 477, I was reassured and could continue making progress knowing I have help when needed for whatever they can do for me.

AST 477 Participant

Success Story

Cayanna Blanchard
 AST Tribal Member

477 has impacted my life by providing me with the opportunity to work for my tribe. They also helped me with getting a bank account started at All Nations Bank. Along with the process of getting housing through the tribe. With the help of the 477 program I made it through the challenges I faced early on. By continuing to work hard I was hired on full time. That initial push I got from 477 helped me get a job, that I not only care about, but one that allows me to help my fellow tribal members. I feel like I have had a great impact here at the Tax Commission, thanks to the 477 Program.

AST 477 Participant

Success Story

Whitney Carpenter
 AST Tribal Member

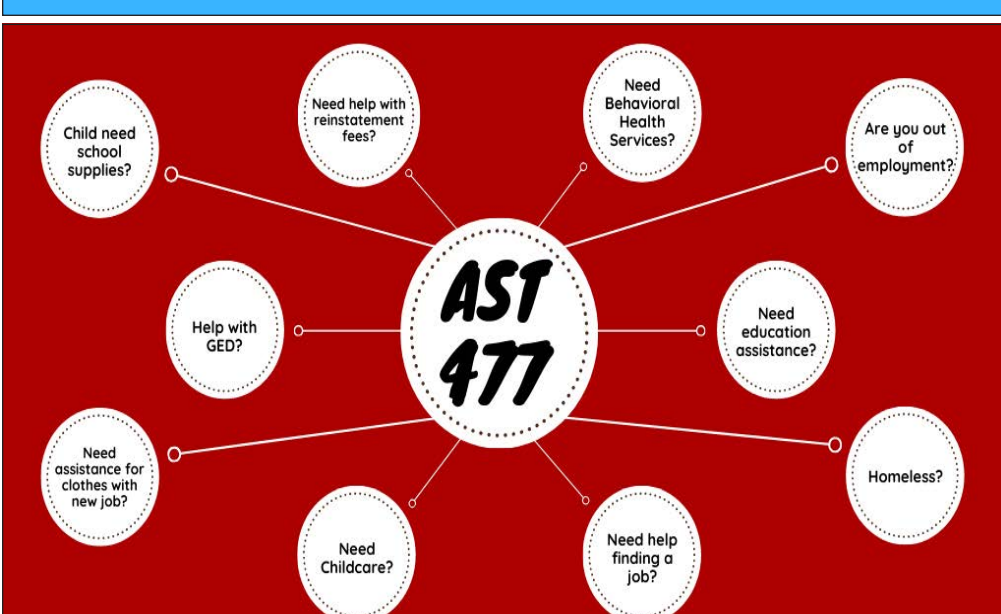
I'm Grateful for what the 477 program has done for me. Working casino and kitchen jobs, they have given me a chance to get my foot in the door as an Intake Clerk. I was struggling to find a good job with reasonable hours and pay. Being a mom and having to provide for my daughter I wanted something better for not only myself but her as well. I'm thankful for being hired on full time after starting as a temp worker. This has given me valuable skills not only as an individual but professional as well. I'm excited what the future holds for me here with the tribe.

AST 477 Participant

Success Story

April Moudy
 Choctaw Tribal Member

I was a struggling mom working two jobs when I applied for the 477 Program. I'm thankful to my case manager Kim for suggesting the 477 Program to me and helping me through the entire process of applying. Putting my pride aside to apply was definitely the hardest part because I don't like asking for help. One of the goals I set for myself in this program was to find full-time employment with benefits. The Absentee Shawnee Tribe had a job opening in the 477 Program as an Intake Clerk and I was able to work full-time for 8 weeks before applying for the permanent position. I was hired and received a \$3 increase in pay and will now be able to accrue PTO and Sick Time. After my probationary period I will also be able to use the additional benefits that come with the job such as health insurance and retirement plans which I wasn't given at my previous jobs. Not only did the program help me with my goals, but they also helped me with other barriers I had by assisting with school supplies for my son and car repairs. I might not be completely out of the woods just yet but I am on my way to being more self-sufficient. This program has a lot to offer the Native American community; you just need to take the first step of applying and having a little patience.



The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

QUESTIONS? 421 N. Beard St. Shawnee, OK 74801
 CONTACT US! (405) 878-4545 | 477program@astrobe.com
 ONLINE APP: <https://www.astrobe.com/477-program>

Scan for Application! *Tribal ID Required

Absentee Shawnee 477 Department :

2025 JOB FAIR

Join us for a day of networking, job opportunities, and career growth as we connect jobseekers with top employers in the area.

APRIL 9TH, 2025

Absentee Shawnee Tribe MPB Start At: **10AM-3PM**
 2029 James L. Edwards Ln.
 Shawnee, OK 74801

Questions? Contact: Melinda Ferrell (405) 878-4545

**Happy Birthday 47th
Brandy Diane Nail
From Mom and Chubby**



Tribal Member Corner:

January Article:

Members have question some of the 13 holidays observed. The AST day could be combined with Indigenous day, in October. In addition, a birthday paid leave is granted? No company offers that.

Also, there is no need for tribal paid leave at 12 pm, day before the holidays.

The tribe needs to be open for services, for its members.

At the gift shop, the AST members should get 15% discount, same as the employees. Not 10%, same across the board.

The LA Health Center entrance door closest to Primary Care, need to be accessible. I know there may be security issues, but needs to be addressed.

Member would like to see gift shop at LA Health Center again.

Attend a church service. I write this because our pastor at Glorieta, in Oklahoma City is always encouraging us to invite. I have been attending there, since 1969.

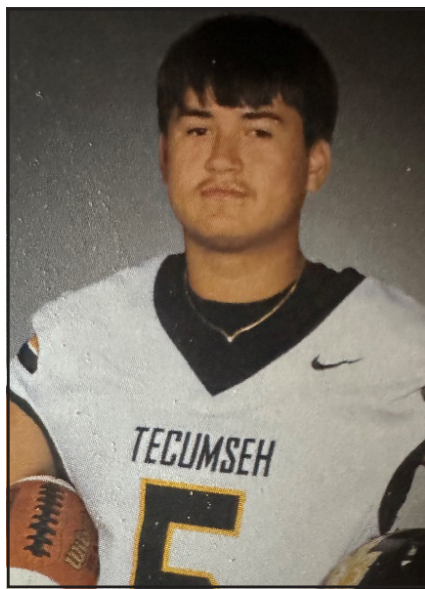
Eileen Pearce, Tribal Member
Comments: Lapearce@att.net

Congratulations!

We want to congratulate our son, Hollin Kade Eugene Barnes....he has been selected to play in the Native American All Star Game on January 7, 2025 in Dallas, TX. We knew from the moment he picked that football up that he was going to be something special. You have done some amazing things on the Football field bub, and we are so proud of you. Now go play the next level and let your dreams come true. We love you endlessly, love mom, dad, JB, Bray, the girls and Falon.

Congratulations Hollin Kade, #TecumsehHighSchool, #Senior2025, #5, #QB, #NativeAthletes #NativeAllStars

Parents: Alvina and Frank Barnes
Siblings: Jordan Barnes and Bralynn Powell
School: Senior at Tecumseh High School



2025 Native American All-Star Game

Presented By
Native American Athletic Foundation
In Partnership With
NFL



December 8, 2025

Hollin Barnes,

Congratulations!

You have been selected to participate in the 2025 Native American All-Star Game. This recognizes you as one of Indian Country's top 60 high school football players who maintain their grade point average and is seen as a leader for our next generation.

The Native American Athletic Foundation has partnered with the National Football League (NFL) to host this game at the Star in Frisco, TX between January 3rd and 7th. Please fill out the attached form and return it to Kray@nativeamericanathleticfoundation.org.

During this event, you will be coached by former NFL players and coaches. There will be recruiters from many colleges and professional organizations to watch the game on January 7th. There will also be national media reporting on the game. This is an opportunity to improve your football skills and to meet with real recruiters. During the camp, Jan 4 - 6, you will be working with coaches to prepare for the game, position exercises to improve your football skills, and learning leadership lessons by hearing from community leaders and participating in workshops.

Share your invite with your local media. Be sure to use the hashtag #NativeAthletes and #NativeAllStars when you post.

Once again Congratulations on your selection to the 2025 Native American All-Star Game!

Wado! (Thank you)

Michael Stopp
Executive Director/Chairman
Native American Athletic Foundation
Mike@NativeAthletes.org
NativeAthletes.org
Cherokee/ Muscogee (Creek)

Included: Welcome Letter, Player Information, Camp Information, and Player Code of Conduct

The Native American Athletic Foundation is a 501(c)(3) organization dedicated to helping young Native athletes move to the next level and become leaders of character. We have partnered with organizations like the National Football League (NFL) and Atlanta Braves to allow our youth to gain better skills through clinics and more exposure to both college and professional recruiters.



Hi qe ke s'fwa
(Severe Month)
January 2025

January is usually the most severe month for winter. The weather can be harsh and things in nature hibernate during this time. For Shawnees, this is also the time that we hibernate, meaning there are no ceremonial activities in the winter.

- | | |
|--|--|
| <i>Ma n'we</i> – happy | <i>Wa s'ke ke</i> – new |
| <i>K'ki to</i> – year | <i>Wa s'ke</i> – first |
| <i>Ko ni</i> – snow | <i>Ke so ho</i> – warm |
| <i>Ke ma so m'fa ni</i> – your grandpa | <i>Ka se li wi li pa</i> – shake hands |
| <i>Wi ne ta fe</i> – play | <i>Pe mo pa</i> – Hibernate |
| <i>M'sa s'ke wi po</i> – tea | |

Ma n'we Wa s'ke ke K'ki to – Happy New Year

Wa s'ke ko ni – First snow

K'ya ke so ho – Dress warm

Ka pi pa ti k'ho – Keep your head covered.

Ti ko ne wi ke ke ka se pi wi ne ta fe – Go play in the snow.

Ka ho s'li wi li pa ka ma so m'fa ni – Shake hands with your grandpa (first snow bath)

P'ki la ni – Start a fire

Ho wa se ke so wa ti p'ki la ke - The fire feels warm.

Ka ko lo fi m'sa s'ke wi po – Make some hot tea

Ka pe mo pa he wi ke ma so m'fa ni – Grandpa says time to hibernate.

He ne ko ge! Si li no ke ka no la p'wi! – That's all! See you all again!

HI QE KE S'FWA

SEVERE MONTH

Word Search

Find the hidden Shawnee words.

```

F F J X D E I K F P
I F U L T C I O O E
L L X F Z W G N Z M
W A S' K E K E I M O
W I N E T A F E A P
A K C Z H E Y B N' A
Q K E S O H O J W T
A I C M V N M S E O
I T M S X J P T R R
H O R O U H Y J L T
    
```

MA N'WE - HAPPY

KO NI - SNOW

KE SO HO - WARM

WI NE TA FE - PLAY

K'KI TO - YEAR

PE MO PA - HIBERNATE

WA S'KE KE - NEW

Answer key on page 8A

Native Connections Family Christmas Gathering - December 17th



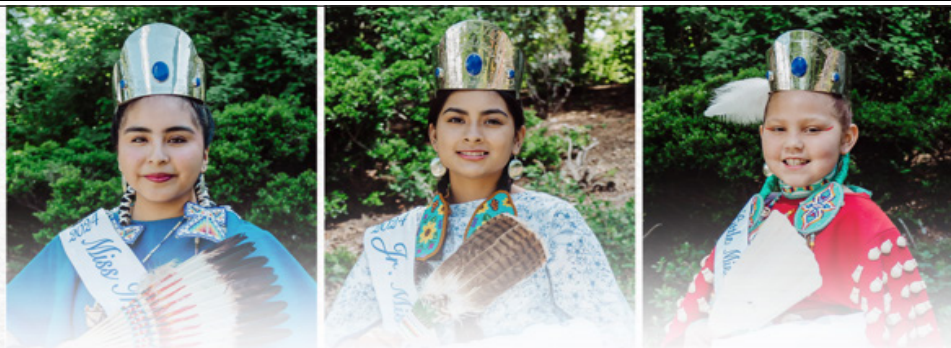
The Absentee Shawnee Tribe will be closed
 Wednesday, January 1st - New Year's Day
 Monday, January 20th - Martin Luther King Jr. Day

HI QE KE S'FWA SEVERE MONTH ANSWER KEY

Find the hidden Shawnee words.

F	F	J	X	D	E	I	K	F	P
I	F	U	L	T	C	I	O	O	E
L	L	X	F	Z	W	G	N	Z	M
W	A	S'	K	E	K	E	I	M	A
W	I	N	E	T	A	F	E	A	P
A	K	C	Z	H	E	Y	B	N'	A
O	K	E	S	O	H	O	J	W	T
A	I	C	M	V	N	M	S	E	R
I	T	M	S	X	J	P	T	R	O
H	O	R	O	U	H	Y	J	L	T

MA N'WE - HAPPY
 KE SO HO - WARM
 K'KI TO - YEAR
 KO NI - SHOW
 WI NE TA FE - PLAY
 PE MO PA - HIBERNATE
 WA S'KE KE - NEW



2024 Miss, Jr. Miss, & Little Miss Indian Oklahoma City
HONOR DANCE
 February 1st, 2025

Westmoore High School Gym - 12613 S. Western Ave OKC, OK
 All former Miss, Jr. Miss, and Little Miss Indian OKC Princesses invited to participate in Grand Entry!

HEAD STAFF
 MC: Marshal Williamson
 Head Singer: Robert Tehauno
 Head Gourd: Joe Poe Jr
 Head Man: Domingo Whiteman
 Head Lady: Jasmine Poemoceah
 AD: Kelly Switch
 Color Guard: Seminole Nation Honor Guard

SCHEDULE
 • Gourd Dance - 2 PM
 • Supper Break - 5 PM
 • Grand Entry - 7 PM

CONTESTS
 TBA

VENDOR CONTACT: BECCA HAMILTON (405) 887-1571 *TEXT ONLY 9AM-5PM*
 COMMITTEE IS NOT RESPONSIBLE FOR ACCIDENTS, INJURIES, OR THEFT.

ABSENTEE SHAWNEE 477 DEPARTMENT

Sweetheart Stompdance

FEBRUARY 8th, 2025

THUNDERBIRD CASINO
 15700 OK-9
 NORMAN, OK 73026

SCHEDULE
 SHAWNEE SOCIAL DANCE 2-5 PM
 DINNER 6 PM
 STOMP DANCE 7 PM

CONTEST TBA
RAFFLES CAKE WALK

VENDOR CONTACT: MELINDA FERRELL EXT. 3667
 ALL OTHER INFO: SCOTT MILLER EXT. 3528
 (405) 878-4545

AST 477 PROGRAM IS NOT RESPONSIBLE FOR ACCIDENTS, INJURIES, OR THEFT.
 NO ALCOHOL OR DRUGS ALLOWED.



ASTHS January 2025 Monthly Update

January is Thyroid Awareness Month

According to research, Native Americans, including Alaska Natives, tend to have a lower incidence of thyroid cancer compared to other racial groups in the United States, with only African Americans reporting even lower rates; however, studies have indicated that Native American populations may still experience a higher prevalence of thyroid issues like hypothyroidism, particularly when considering environmental factors like exposure to pollutants that can affect thyroid function.

Key Points About Native Americans and Thyroid Problems:

- **Lower Thyroid Cancer Rates**

Compared to other ethnicities, Native Americans generally have a lower reported rate of thyroid cancer. There is a compelling lack of data on the burden of endocrine cancers, including thyroid cancers, among Alaska Native (AN) people. In the United States nationwide, American Indian/Alaska Native (AI/AN) people have one of the lowest reported incidences of thyroid cancer among racial/ethnic groups, with lower rates only being observed in the black population. Like other U.S. populations (3–6), AI/AN people have experienced an increasing trend in thyroid cancer incidences over the past several decades. However, these increases have been at a lower rate than for U.S. whites (USW) and blacks.

- **Potential for Higher Hypothyroidism Prevalence**

While thyroid cancer rates might be lower, some studies suggest a higher prevalence of hypothyroidism within Native American communities. The clinical relationship between diabetes and hypothyroidism is becoming more widely recognized. Although American Indians are disproportionately afflicted with diabetes, the occurrence of hypothyroidism within this group has not been previously reported. Findings support the need for further investigation of the association between diabetes and hypothyroidism in American Indian populations with high prevalence rates of diabetes.

- **Environmental Concerns**

Exposure to pollutants like Polychlorinated biphenyls (PCBs) in certain regions where Native American populations reside can significantly impact thyroid function. Polychlorinated biphenyls are a group of man-made chemicals that can pollute the environment and cause health problems in humans and animals.

- **Data Limitations**

There is a lack of extensive data specifically on thyroid health within different Native American tribes, making it difficult to assess the full picture.

What is the Thyroid Gland?

The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. The thyroid's job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormones help the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should.

How Does the Thyroid Gland Function?

The major thyroid hormone secreted by the thyroid gland is thyroxine, also called T4 because it contains four iodine atoms. To exert its effects, T4 is converted to triiodothyronine (T3) by the removal of an iodine atom. This occurs mainly in the liver and in certain tissues where T3 acts, such as in the brain. The amount of T4 produced by the thyroid gland is controlled by another hormone, which is made in the pituitary gland located at the base of the brain, called thyroid stimulating hormone (abbreviated TSH). The amount of TSH that the pituitary sends into the bloodstream depends on the amount of T4 that the pituitary sees. If the pituitary sees very little T4, then it produces more TSH to tell the thyroid gland to produce more T4. Once the T4 in the bloodstream goes above a certain level, the pituitary's production of TSH is shut off. In fact, the thyroid and pituitary act in many ways like a heater and a thermostat. When the heater is off and it becomes cold, the thermostat reads the temperature and turns on the heater. When the heat rises to an appropriate level, the thermostat senses this and turns off the heater. Thus, the thyroid and the pituitary, like a heater and thermostat, turn on and off.

T4 and T3 circulate almost entirely bound to specific transport proteins. If the levels of these transport proteins changes, there can be changes in how much bound T4 and T3 is measured. This frequently happens during pregnancy and with the use of birth control pills. The "free" T4 or T3 is the hormone that is unbound and able to enter and affect the body tissues.

TESTS

Blood tests to measure these hormones are readily available and widely used, but not all are useful in all situations. Tests to evaluate thyroid function include the following:

TSH Tests

The best way to initially test thyroid function is to measure the TSH level in a blood sample. Changes in TSH can serve as an "early warning system" – often occurring before the actual level of thyroid hormones in the body becomes too high or too low. A high TSH level indicates that the thyroid gland is not making enough thyroid hormone (primary hypothyroidism). The opposite situation, in which the TSH level is low, usually indicates that the thyroid is producing too much thyroid

hormone (hyperthyroidism).

T4 Tests

T4 is the main form of thyroid hormone circulating in the blood. A Total T4 measures the bound and free hormone and can change when binding proteins differ. A Free T4 measures what is not bound and able to enter and affect the body tissues. The finding of an elevated TSH and low FT4 or FTI indicates primary hypothyroidism due to disease in the thyroid gland. A low TSH and low FT4 or FTI indicates hypothyroidism due to a problem involving the pituitary gland. A low TSH with an elevated FT4 or FTI is found in individuals who have hyperthyroidism.

T3 Tests

T3 tests are often useful to diagnosis hyperthyroidism or to determine the severity of the hyperthyroidism. Patients who are hyperthyroid will have an elevated T3 level.

Free T3

Measurement of free T3 is possible, but is often not reliable and therefore not typically helpful.

Reverse T3

Reverse T3 is a biologically inactive protein that is structurally very similar to T3, but the iodine atoms are placed in different locations, which makes it inactive. Some reverse T3 is produced normally in the body, but is then rapidly degraded. In healthy, non-hospitalized people, measurement of reverse T3 does not help determine whether hypothyroidism exists or not, and is not clinically useful.

Thyroid Hormone Treatment

Thyroid hormone is used in two situations:

1. To replace the function of a thyroid gland that is underactive or has been surgically removed ("replacement therapy"), and
2. To prevent further growth of thyroid tissue ("suppression therapy"). Suppression therapy is used primarily in patients with thyroid cancer to prevent recurrence or progression of their cancer.

Thyroid Hormone Replacement Therapy

Many people have a thyroid gland that cannot make enough thyroid hormone for the body's needs. This is called Hypothyroidism and is most commonly caused by an under functioning thyroid gland due to Hashimoto's disease. Other causes of hypothyroidism are: surgical removal, destruction of thyroid gland from radiation treatment, or a nonfunctioning pituitary gland. Hypothyroidism is the most common reason for needing thyroid hormone replacement.

Thyroid hormone is necessary for the health of all the cells in your body. Taking thyroid hormone is different from most medications, because its job is to replace a hormone that is missing. The goal of thyroid hormone treatment is to closely replicate normal thyroid functioning. Thyroid hormone is available as levothyroxine, which is biologically equivalent to your own thyroid hormone, thyroxine (T4). It is most commonly prescribed in tablet form but is now also available in gel capsule or liquid forms. The only safety concerns about taking thyroid hormone are taking too much or too little. Your thyroid function will be monitored by your physician to keep your levels at the goal range.

Call Your Provider for More Information

If you are concerned about your health and think that your thyroid is not working properly, it is best to consult with your primary care provider. Call and make an appointment with your provider at the Little Axe Clinic, (405) 447-0300 or your provider in the Shawnee Clinic, (405) 878-5850.

References:

- American Thyroid Association. 2024. *Thyroid Function Tests*. <https://www.thyroid.org/thyroid-function-tests/>
- Magreni A, Bann DV, Schubart JR, Goldenberg D. *The Effects of Race and Ethnicity on Thyroid Cancer Incidence*. *JAMA Otolaryngol Head Neck Surg*. 2015;141(4):319–323. doi:10.1001/jamaoto.2014.3740
- Michalek AM, Mahoney MC, Calebaugh D. *Hypothyroidism and diabetes mellitus in an American Indian population*. *J Fam Pract*. 2000 Jul;49(7):638–40. PMID: 10923575.
- Nash SH, Lanier AP, Southworth MB. *Occurrence of Endocrine and Thyroid Cancers Among Alaska Native People, 1969–2013*. *Thyroid*. 2018 Apr;28(4):481–487. doi: 10.1089/thy.2017.0408. Epub 2018 Mar 19. PMID: 29439613; PMCID: PMC5905418.

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC!

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

Shawnee Construction: Design and Development are substantially completed. Planning for Shawnee ground breaking has been delayed d/t zoning (tentative for January).

December 2024 Health Employee Awards of the Month

Employee of the Month: Amanda Bias, Pharmacist

Team of the Month: Title VI

Special Leadership Award: Christina Gourley, LPN

Chris A. Larkin, MBA, FACHE, CHC
Executive Director

Holiday Closures

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

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

Wednesday, January 8th:
CLOSED from 12PM- 5PM
Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Monday, January 20th:
CLOSED for MLK Jr. Day

Follow us on Facebook or visit asthealth.org for closure information and updates!

NEW YEAR, NEW YOU: EATING SMART DURING WINTER

It can be hard to get good nutrition in during the colder months. Try some of these tips to make sure you're feeling your best this winter:

- **Get in Vitamin D:** During the winter months, getting in vitamin D can be challenging. Consume foods such as eggs, fatty fish and mushrooms and take walks in the sun as much as you can to get in that vitamin D. A vitamin D supplement may also be an option, but be sure to ask your doctor if this is right for you.
- **Focus on Hydration:** when the weather is cooler, we tend to drink less. Make sure you are still getting in water as much as you can!
- **Take Advantage of Seasonal Produce:** colder weather is prime time for root vegetables such as sweet potatoes, carrots and onion to grow, providing additional nutrition, vitamins and minerals. Get creative and add these to your soup, stews and other meals!

INTO THE MULTIVERSE

DONOR PRODUCTIONS

Absentee Shawnee Tribal Health System Blood Drive

Friday, January 24
9:30 a.m. - Noon
 Look for the Bloodmobile at
 2029 South Gordon Cooper Drive!

DISCOVER YOUR INNER HERO

Scan to schedule your appointment!

Our Blood Institute 877-340-8777 • obi.org
Photo ID required. *While supplies last.

thank you to **America's 7 MILLION** blood donors

Your dedication saves lives every day, providing a vital lifeline to those in need. From accident victims to transplant recipients and cancer patients, your generosity and compassion make a world of difference.

Did you know that a single blood donation can save multiple lives? Just a 1% increase in blood donors across America could alleviate shortages and positively impact countless individuals.

ONE DONATION can help save MORE THAN ONE LIFE

TRANSFUSIONS ARE NEEDED IN **1 in 83** INFANT DELIVERIES

1 in every 83 deliveries requires a blood transfusion. Blood transfusions play a vital role in healthcare, with 42,000+ units of blood products given daily to patients in need.

Shawnee Clinic Blood Drive:
Jan. 24, 2025, 9:30am - 12:00pm

Tribal Opioid Response (TOR) Project News

Karen Kaniatobe - TOR Grant Project Coordinator

January 25th will kick off a series of different classes organized by the Tribal Opioid Response (TOR) project and offered from January to April to give parents/caregivers a chance to learn to sew moccasins, clothes, and other traditional native dress for their children.

Since the winter months are a good time for sewing, the first two classes will feature how to cut and sew leather into children-sized pucker toe moccasins. Pucker toe moccasins are a common style of historical/ceremonial footwear worn by the Absentee Shawnee people as well as many Woodland and Southeastern tribes/nations.

At the conclusion of these classes, the goal is to organize a community event to share the accomplishments of class participants by highlighting and celebrating the children wearing their custom-made items. **Please note that children's participation is voluntary but strongly encouraged.**

Besides moccasins, some of the sewing classes we plan to organize include boy's ribbon shirts, girl's ribbon skirts, beaded collar necklace, beaded hatband, and yarn belt. While TOR is organizing the classes, other AST departments will be a part of this effort to get parents/caregivers involved in sewing traditional dresses. More information will be shared about our partners next month.

PLEASE NOTE: Only the moccasin class is open for registration at this time.

Sewing Child-Sized Moccasins

<ul style="list-style-type: none"> • Saturday, January 25th, 2025 • AST Multi-Purpose Building, Shawnee, Oklahoma • 10am to 12pm • All supplies provided at no cost • Limited to 15 persons • To register contact: TOR@astribe.com or 405.701.7059 	<ul style="list-style-type: none"> • Saturday, February 1st, 2025 • AST Community Building, Little Axe, Norman, Oklahoma • 10am to 12pm • All supplies provided at no cost • Limited to 15 persons • To register contact: TOR@astribe.com or 405.701.7059
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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.



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NEW YEARS DAY CLOSED	2 COLD CUT SANDWICH CHIPS APRICOTS	3 GRITS TOAST FRUIT
6 BBQ PULLED PORK COLESLAW PICKLES, ONIONS PEACHES	7 TURKEY SANDWICH LTOP MAC SALAD JELL-O	8 TACO SOUP TORTILLA CHIPS PINEAPPLES	9 SMOKED SAUSAGE CABBAGE BREAD PUDDING	10 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
13 BBQ CHICKEN VEGGIES BREAD/MIXED FRUIT	14 MEATLOAF MASHED POT/GRAVY PEAS n CARROTS COOKIE	15 PINTO BEANS CORNBREAD ONIONS/FRUIT	16 PORK N POTATOES GREEN BEANS ICE CREAM	17 BREAKFAST BURRITO SALSA
20 MARTIN LUTHER KING JR DAY CLOSED	21 HOT HAM AND CHEESE CHIPS MANDRAIN ORANGES	22 TAMALES SPANISH RICE REFRIED BEANS APRICOTS	23 BEEF TIPS & NOODLES PEAS N CARROTS PEARS	24 SCRAMBLED EGGS GRAVY BISCUITS FRUIT
27 CHICKEN SALAD SANDWICH YOGURT	28 BEEF STEW CRACKERS JELL-O	29 KRAUT & WEINERS GREEN BEANS BREAD PEACHES	30 ENCHILADA CASSEROLE MEXI-CORN PINEAPPLES	31 BISCUIT GRAVY CEREAL

MENU SUBJECT TO CHANGE*

LUNCH IS SERVED FROM 11 AM TO 1PM
BREAKFAST IS SERVED FROM 9AM TO 11AM

SERVING AT THE SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER



HAPPY HOLIDAYS
AND
HELLO NEW YEAR!!



Getting back on track after the holidays is not always an easy path. As the holiday season comes to a close for this year, don't focus too much on how much we might have strayed from our healthy eating goals and extra treats we indulged in. It is a done deal!

Be positive; always remember a holiday season cannot derail your long term goals if you don't let it. Just focus on getting back on track as quickly as possible. Following are 7 tips for getting back on track after the holidays:

1. **Focus on the Positive** — instead of “giving up sugar” or “losing weight” focus on eating **more vegetables**, **drinking more water**, **moving more**,



getting stronger or reducing stress!

2. **Get Moving** — set an exercise date and stick to it as if it were an appointment. Enjoy invigorating walks with a friend or sign up for a favorite yoga or exercise class.
3. **Meal Plan & Prep** — set aside some time for meal planning. Enjoy finding new recipes to try, up your veggie intake, make a shopping list, and prepare at least two or three meals you can just grab and eat during the week.
4. **Utilize Your Slow Cooker** — this is a great cooking tool. Just toss in some healthy ingredients, turn it on and come back hours later to a tasty healthy dinner.
5. **Make Sleep a Priority** — experts say that getting enough shut-eye is as important to health, well-being, and your weight as are diet and exercise.
6. **Take Time to Breathe** — did you know that you lose weight by breathing? Even more importantly, slow deep breathing can help counter the negative effects of stress that lead to cravings and mindless eating!
7. **Don't Demand Perfection** — in your healthy lifestyle. Enjoy successes and learn from the setbacks and find joy in the journey.



From the “Health Buzzz”  Dementia Services Staff:

May this year bring you success, happiness, and all the best in your personal and professional life!

CONTACT US — WE CAN HELP!



Check out our webpage:
Absentee Shawnee Tribal Health System
<https://www.asthealth.org>
Programs and Prevention
Seeking Hope
Atheda Fletcher Phone: (405) 561-7893

AST HEALTH SYSTEM DIRECTORY

LITTLE AXE HEALTH CENTER..... 405-447-0300

- Administration
- Business Office
- Little Axe Dental
- Health Information Management
- Lab/X-Ray
- Optometry
- Patient Benefit Advocates
- Primary Care
- Public Health
- Security
- Electronic Health Record
- Physical Therapy
- Behavioral Health..... 405-701-7987
- Little Axe Purchased Referred Care..... 405-701-7951
- Diabetes & Wellness..... 405-701-7977
- Pharmacy..... 405-292-9530
- CompleteCare Home Health..... 405-701-7085
- Transportation..... 405-701-7603

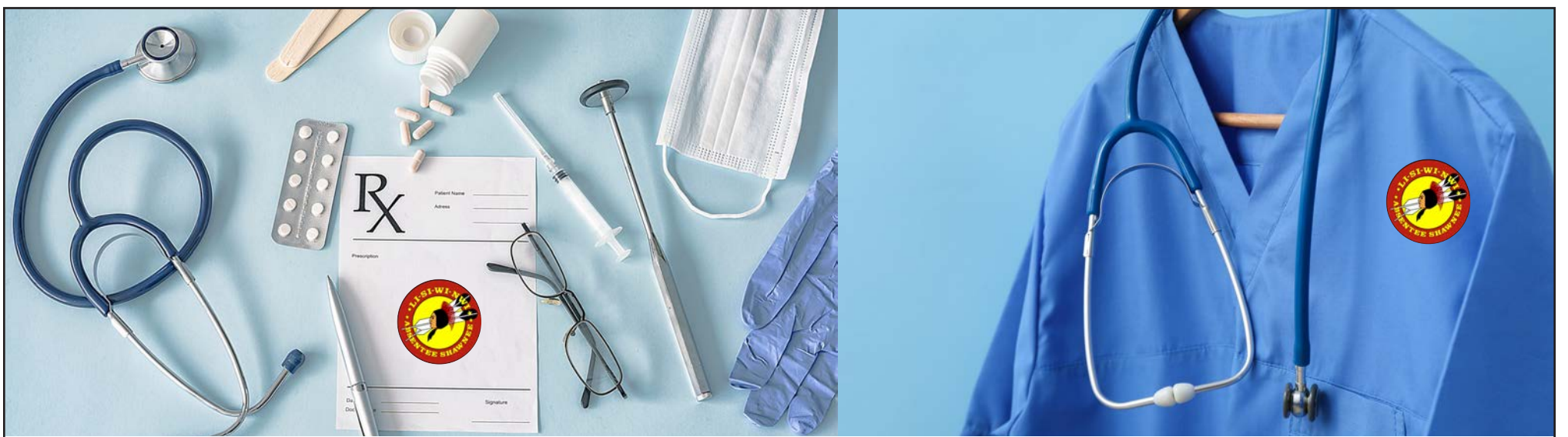
SHAWNEE CLINIC..... 405-878-5850 OR 877-878-4702 TOLL FREE

- Administration
- Business Office
- Health Information Management
- Lab/X-Ray
- Patient Benefit Advocates
- Contract Health
- Physical Therapy
- Primary Care
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- Behavioral Health..... 405-878-4716
- Diabetes & Wellness..... 405-701-7977
- Pharmacy..... 405-878-5859 OR 866-742-4977 TOLL FREE
- Transportation..... 405-701-7603

PLUSCARE..... 405-447-0477

GENERAL

- AST Resource Center..... 405-364-7298
- Corporate Compliance Hotline..... 405-701-7135
- Patient Advocate..... 405-701-7623
- AST Tribal Complex..... 405-275-4030
- AST Tribal Police..... 405-275-3200
- AST Housing..... 405-273-1050
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