



THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 34, No. 07

July 2024

Great Council State Park Grand Opening

The Absentee Shawnee Tribe was recently back home in Ohio for the Great Council State Park Grand Opening. Members of the AST Executive Committee, Cultural Preservation Staff, Elders Council and the Veterans Association were in attendance for the celebration on June 7 in Xenia, OH.

Ohio Governor Mike DeWine, First Lady Fran DeWine, members of the Ohio History Connection, Ohio Department of Natural Resources and other contributing agencies officially cut the ribbon on Ohio's 76th state park. Members of The Eastern Shawnee and the Shawnee Tribe also made the trip to join in the dedication.

Sculptor Alan Cottrill unveiled a statue of Tecumseh who was born near the site of the state park in 1768. The design was based on one of the very first depictions of him and welcomes visitors when they enter.

"We are the original inhabitants of this land, so it's good to be home in our country again," said AST Treasurer

Joseph Blanchard. "This entire center symbolizes who we are as Shawnee - the humility, the humbleness, and the thoughtfulness. Being one in harmony and balance with nature. Those are things that are principle to our beliefs and how we are."

After the dedication and ribbon cutting, the Absentee Shawnee Tribe presented gifts to Governor and First Lady DeWine, Ohio Department of Natural Resources staff Director Mary Mertz and Brant Fulks, Bill Mahon with Ohio History Connection and Dr. Kevin Nolan of Ball State University. The artwork was painted by tribal member Nick Blanchard and given to Governor and First Lady DeWine along with Bill Mahon.

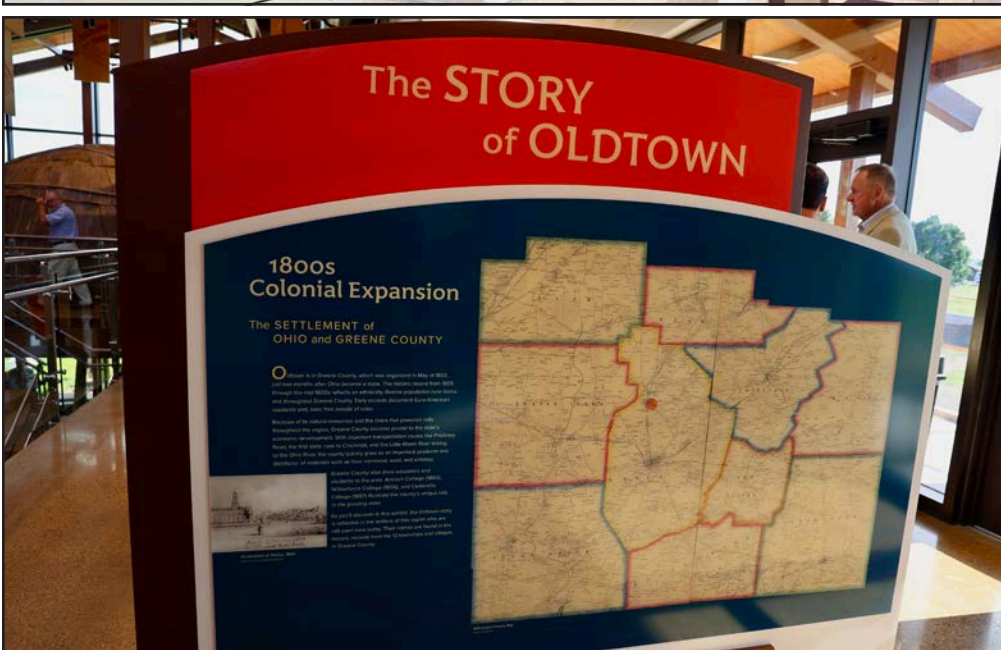
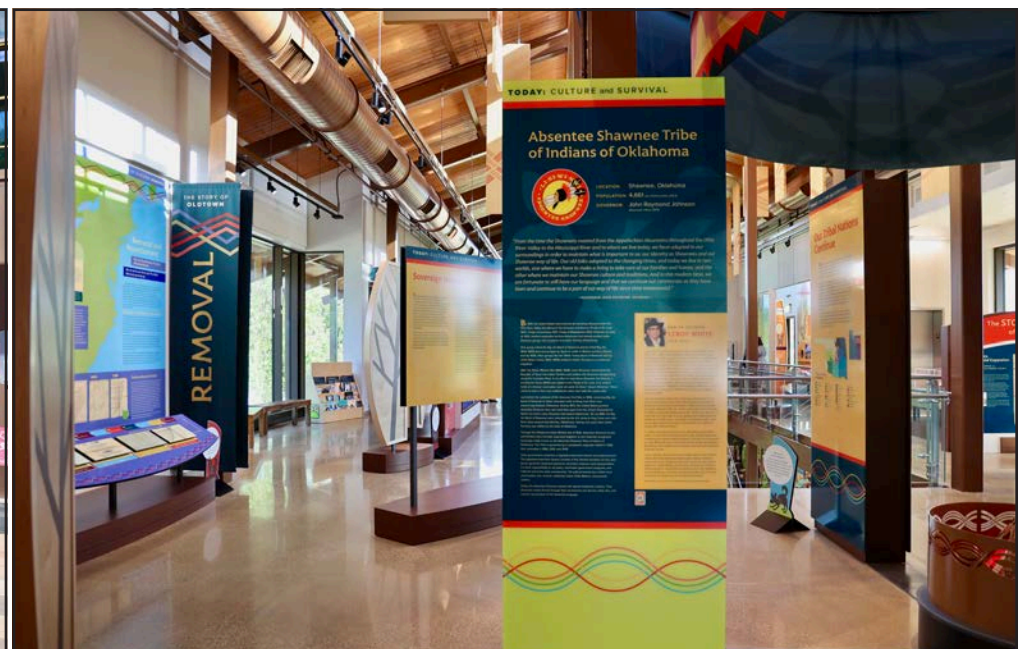
"Out of all our 76 state parks, this is the first time we've told Ohio's story from the perspective of the Native Americans, and we're especially pleased to be able to do so at Great Council," said First Lady DeWine. "Whether you're walking

the outdoor trail, exploring the interpretive center exhibits, or viewing the Little Miami River, you can feel the history that happened on this land."

The three-story structure has over 12,000 square-feet and is designed to pay tribute to the Shawnee longhouse. A living stream is showcased on the main floor along with a theater. The first floor also incorporates two interactive exhibits for kids - cattail weaving and ribbonwork.

The second floor features a historical timeline of the Shawnees in Ohio prior to European settlement and now in modern day. The lower level contains temporary exhibits about culture, history, art and the modern-day Shawnee tribes.

The building also includes a second-story balcony overlooking a view from where the Shawnee village would have been located at the end of the 1700s, including the presumed location of the original council house on site.



GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello Tribal Members,

Well June was hot like they predicted. I hope everyone is staying cool and hydrated. If you need to be outside please drink plenty of water and be careful. Also please check on your elders, make sure they have what they need during these summer months.

The Secretary and I attended the 2024 Sovereignty Symposium in Oklahoma City. We had the honor of bringing in the AST Tribal Flag during the opening ceremony. I also had the pleasure of meet-

LT. GOVERNOR'S REPORT

Ezra DeLodge, AST Lt. Governor



Lt. GOVERNOR
Ezra DeLodge

Maintenance

The maintenance department has been busy trying to keep up with the mowing both on campus and off. The rains are slowing us down and in many cases we cannot get on the lawns because we will get stuck. I ask everyone to be patient and understand we will get to your lawn as weather permitting.

The roof repair on building three is complete with the exception of a few trim items. We have now turned our interest to the other roofs which some are in need of repair. Our plan is to start a roof maintenance program which should help elevate some roof failures and extend the life of those that are better condition.

This past month we had a major sewer failure, which we responded quickly to the make the repairs. During that repair the main water was broken which forced the campus closed for short period of time. Our team reacted quickly made the repairs and had service back on the following morning. I am very proud of each one of our team members and their can do attitudes. Good job Team!

The past few weeks we started replacing the fascia boards on building two and capping the old chimney's. I happy to



SECRETARY
Misty McGirt

SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,

I hope everyone had a great 4th of July and if you got a chance to attend the annual Thunderbird Pow wow. That's always a great event to attend the staff always put on a great event for not only our tribal members but our community. It's been very busy since my last report on June 1st I went to the capital to represent the Absentee-Shawnee Tribe. The Oklahoma Society Daughters of the American Revolution hosted an event to honor all the tribes located in Oklahoma for the 100th anniversary of the Indian Citizen Act of 1924. Many may feel this event should have not taken place at one point I thought the same way because we were here first. I then started thinking back to my ancestors and along with members of A.I.M (American Indian Movement). How hard they all have fought for all us natives to have equal rights in this world it took so long to get done but it finally got accomplished we natives got a win. It's



TREASURER
Joseph Blanchard

TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello fellow AST Tribal Members, Family, and Friends:

I hope all is well with you this month. At the time of this report, the Tribe will have completed the Run-off Election for the Lt. Governor and Representative positions. I graciously "Welcome!" those elected by our People to help lead our Tribe into the future. My hope is we can continue to build a legacy to progress our Tribe forward, and prosper into the 21st century. Once they have had a chance to settle into their office and positions, I will be a constant reminder we have much to do in their individual 'call to action'.

As many have heard me say before, I am no different than you. I have just been fortunate enough to be voted into my position to help lead and be a voice for change and improvement to our system. Like you, I have concerns about bills, the future, my kids, and how I will live when retirement age arrives. Many of these issues I utilize to help foster our Tribal

ing with other tribal leaders and many Oklahoma legislatures. This year the symposium covered Government to Government issues, Juvenile Issues, the Water Law, Economic Development, Health-Care and Gaming. I look forward to these symposiums, there is a lot of information to take in.

The first ever Native Nations event was a huge success. We had about 45 visitors from several surrounding tribes. The goal of this event was to give insight to those tribes surrounding us on what "we" (The Absentee Shawnee Tribe of Oklahoma) offer to our Tribal members. Each department gave a brief summary on what the program has to offer to our members

announce the tree that was growing out of one of the chimney's is now gone and both chimneys have been lowered and capped. The replacement of the fascia boards and painting the trim should be completed by fall.

We are starting a new project with the help of the summer youth. Most all hand rails and railings leading up to buildings will be painted and some of the rust stains on the concrete will be removed. I hope to complete this project by fall.

We have continued having weekly training sessions along with several safety meetings. Again, I want to state I am very impressed with the attitudes and abilities of our people. They are doing an amazing job.

BIA Roads Program

The Absentee Shawnee Tribe is being awarded for SS4A (Safe Streets for All) Grant to develop a comprehensive safety action plan. The award amount is \$263,322.00 and the road department will have to provide a 20% match. The purpose of this grant is to do research within our jurisdiction to make a plan to eventually have a goal of zero or a percentage reduction of roadway fatalities and serious injuries. Being awarded this grant will give us opportunities to apply for other grants to help make those improvements.

The tribe is also receiving a small award of \$3,750.00 from the Tribal Transporta-

good in today's society seeing that groups want to recognize us for our wins even though we were here first, but it show the world is moving in the right direction by remembering history and hopefully we can move better together for all of our future. On June 7th I was honored to be present with our elders and E.C. members when the Great council state park had there grand opening in Ohio. Our cultural preservation department along with others did a great job in making sure we were represented well and unite with the other two Shawnee tribes. On June 11-12 I attended the 2024 sovereignty symposium along with Governor Johnson. This was great for us to attend to meet with other tribal leaders and to get updates with the federal and state officials in Oklahoma that attended. June 14th I along with other board members was invited to attend a graduation ceremony for the children that attend the CTSA daycare. They had a great event a lot of tired and fussy little ones but it ended being great in the end. The Agriculture department had their annual Fishing for nutrition event held

Vision and to fulfill a mission of providing for our People. Last month, I didn't submit a report as I attempted to juggle work, family, funeral, and Tribal duties. That being said, I send 'condolences and well-wishes' to those who have lost loved ones, or had to deal with tragedy recently.

To bring folks up to speed, here is a list of events me and my office have participated in the last couple months. During the month of May, I attended the Spring NAFOA conference. As soon as I returned, I helped with Spring Bread Dance ceremonies at the South Grounds. In the 3rd week, I attended the Annual 477 Conference, specifically components dealing with Finance and Accounting principles. Besides the Regular EC meeting, I also attended the monthly Bank Board meeting in Calumet. This month, we conducted a Mandatory Grants Meeting to provide discussion, instruction and updates on specific grants. The session was led by Grants, Finance, and Procurement staff.

The biggest event I participated in, and was able to represent the Tribe, I delivered a speech for the Grand Opening of

and how they are eligible. I am very happy with the turnout of this event, I look forward to hosting another event in the future.

The AG department also held the third annual "Fishing for Nutrition". It was also a huge success and a great turnout. I hope you was able to attend and enjoyed the company while fishing.

Should you have any question or concerns, please feel free to contact my office or my assistant at the numbers listed.

governor@astrobe.com 405-275-4030 ext: 3500

alvinab@astrobe.com 405-275-4030 ext: 3501

Thank you

tion Program Safety Funds for intersection improvements. One intersection awarded is 108th Ave SE & Post Oak Road and the other intersection is 180th Ave NE at Tecumseh Road. City of Norman will be assisting with these projects.

A big thank you to Pottawatomie County District 2 in helping repave Brangus Road from Hardesty to Bob Crouch.

Any questions or concerns please email me at TwylaB@astrobe.com or call (405)275-4030.

Weatherization Program

The weatherization program is still accepting applications. We have received 8 more elder applications. The process is elders first then the remaining tribal members. The goal is to get all projects completed by the years end. our progress is not moving as fast as planned but is moving forward. The weatherization program will notify you one week prior of the start date. It is very important to return calls if a message is left. If there is no call back we move to the next person in line. Thank you for your patience and if you have any questions please feel free to call: cell 405-827-4311 or e-mail dmarshall@astrobe.com.

Respectfully,

Lt. Governor DeLodge

June 21 if you didn't get to attend I hope you can next year. Thanks to all the departments that helped make this an exciting event for our youth couldn't done it without all the support. Another great event was held by our Domestic Violence department in honor of our elders and to bring awareness to elder abuse the ladies did great coordinating this event along with the help from several departments we appreciate and thank you. That's all I have to report on at this time if you have any question feel free to contact my office 405-275-4030 ex: 3505.

Ne yi wa!

Secretary McGirt



REPRESENTATIVE
DeWayne Wilson

the new, State funded, Great Council State Park in Dayton, Ohio. While there, I also had the privilege of driving around members of our Elders Council while they were able to visit several historic earth works and mound sites. I won't say much about the trip as I expect another story to appear in the newsletter, describing this in more detail.

As I complete this month's submission, I want to remind folks to attend the upcoming Annual Thunderbird Powwow, normally held around the 4th of July weekend. There are many activities scheduled during that week many will be able to enjoy. I want to say "Thank You!" to all those who contribute and have a hand in planning. For those who may not attend, be safe during the holiday. I will provide more information next month on upcoming events. I appreciate the continued support, advice, and recommendations from our membership.

Neyiwa!

Joseph H. Blanchard
Tribal Treasurer



REPRESENTATIVE'S REPORT
DeWayne Wilson, AST Representative

I wanted to use this opportunity to say, Ne Yi Wa, (Thank You) to the voters who supported and put their trust in me in the Primary and Run-off elections. It wasn't the outcome I wanted but I know that everything happens for a reason. Life is good.

First I want to say, Ne Yi Wa, (Thank you), to the past and present Executive Committee members who felt that I would be the best candidate for the Tribal Representative appointed position in June of 2021. I am humbled and proud that you all had faith in my ability to help lead our Tribe. I hope I didn't let you all down.

Second, I want to give a big, Ne Yi Wa, (Thank You), to the Tribe's directors and employees for all their hard work and dedication, especially the departments heads and employees that I had direct oversight of. I saw firsthand the passion and dedication that you put into your job. It is true when leaders say that we can't do our job without your help. I am so grateful for the opportunity of not just working, day in and day out, with you all but also the privilege of getting to know you. We all had the common goal and purpose of making this Tribe grow and to offer more services to the Absentee Shawnee people.

Since mid-year of 2021 and comments from Tribal members, I been representing our Tribe by having the vision to invest in our Tribal membership by providing programs/services for assistance and/or preserving our Tribal identity/ culture. I feel we have accomplished that vision and that I am leaving our Tribal membership with more opportunities. I am speaking of the 477 Program which has already been utilize to enhance programs such as; Cultural Preservation, Language, Education (JOM and JPT) and WIO. However, there is more work to be done for it to reach the full potential of the 477 programs/ services. I know the work we have done and the programs we've started will continue to grow. I hope they do great things. These programs can really help our tribal members and all Native tribes in our service area (Pott., Cleveland and Okla. counties). We also invested in a

Workforce Program that allows our Tribe to train three (3) Tribal members in the H/VAC field. We have also made good progress at the Youth Camp in the last three years.

Lastly, I want to say it has been my privilege and honor to be your Tribal Representative for the last three (3) years. Thanks to all the tribal members that I have encountered and gotten to know during this time. I hope I have served you all well and hope you all agree my efforts have pushed our Tribe into a positive direction. I wish the future Executive Committee members continue success in their quest of "Moving our Tribe Forward".

Ne Yi Wa,
DeWayne Wilson

ABSENTEE SHAWNEE ELECTION COMMISSION
UNOFFICIAL ELECTION RESULTS
ANNUAL (RUN OFF) ELECTION – JUNE 15, 2024

This is to announce the **UNOFFICIAL** results of the June 15, 2024 Annual (Run Off) Election for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant to the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

EXECUTIVE COMMITTEE

LT. GOVERNOR (4 Year Term)

Yvonne Diane Ponkilla 218 Votes
Isaac Gibson, Jr. 170 Votes

REPRESENTATIVE (4 Year Term)

Anthony 'Tadpole' Johnson 198 Votes
DeWayne Wilson 184 Votes

We, the Officials, are responsible for declaring the above election results do hereby claim the above statements are true and correct to the best of our knowledge.

James Spybuck Jr.
James Spybuck Jr., "Acting" Commissioner
Shirley Adkins
Shirley Adkins, "Acting" Deputy Commissioner
Billie James
Billie James, "Acting" Secretary
Brandi Routledge-Hunt
Brandi Routledge-Hunt, Commission Member #1
Zackery Smith
Zackery Smith, "Acting" Commission Member #2
James Palinkas
James Palinkas, Judge

06/15/2024
Date



AST Treasurer Joseph Blanchard celebrated his birthday with the Finance Department during their monthly meeting.



Absentee Shawnee Housing Authority

The Absentee Shawnee Tribe, in partnership with the Board of Commissioners and staff of the Absentee Shawnee Housing Authority, acknowledge and endorse the following as the mission of our organizations:

Our duty and mission are to provide quality and affordable housing to Low Income Indian Families in our communities. Our entity establishes goals for the program annually that serve the housing needs of the Indian people.

The Absentee Shawnee Housing Authority exists to serve people in need, primarily Indian people. Service to the Indian Community must always be our first and foremost priority. It is our goal to provide excellence in service by being committed to improving the housing conditions and related social, education, and economic aspects which affect the overall living conditions of the Indian community. To accomplish this goal, we must constantly strive to expand and improve housing and related services through dedication, integrity, compassion, and responsiveness to all the needs of those we serve.

Services available:

- » Low Rent Housing
- » Home Ownership/Mutual Help
- » Over Income Down Payment Assistance (AST Only)
- » Safe Shelter Housing
- » Over Income Lease to Own
- » Market Rate Rental
- » College Housing Assistance
- » Tiny Home Lease Purchase Program



ATTENTION ALL ASHA RESIDENTS & AST YOUTH
Back to School Bash & Kiddy 500
ENJOY THE EVENING FILLED WITH COMMUNITY, FOOD, SCHOOL SUPPLIES, INFLATABLES & GAMES

BACKPACKS & SCHOOL SUPPLIES
AGES 4-18

"RACING TO DEFEAT CHILD ABUSE"
AGES 2-14

FREE EVENT

BACK TO SCHOOL

T-SHIRTS FOR ALL RACERS

FOR BACKPACK/SCHOOL SUPPLIES QUESTIONS ONLY CONTACT:
COMMUNITYDEV@ASHOUSINGAUTHORITY.COM
OR
(405) 617-0480

FOR KIDDY 500 QUESTIONS ONLY CONTACT:
ASTCHILDCARE@ASTRIBE.COM

August 2, 2023 5:00 p.m. - 8:00 p.m.
Rolling Hills Community Center
2102 E. Main St. Shawnee, OK 74801

REGISTRATION REQUIRED

DEADLINE FRI. JULY 12, 2024

A special thank you to all of our contributors!

HUD 184 Native American Home Loan Workshop

October 25, 2024 | 12:00pm-1:00pm

AST Multi Purpose Building
2029 James L. Edwards Ln, Shawnee, OK 74801

Chickasaw Community Bank

Tribal Assistance Fair:
1:00pm-3:00pm
Please RSVP to let us know you're coming!
(405) 617-0480
Light Refreshments will be provided

Brandon Caruso
Mortgage Loan Officer
NMLS #1269054
brandon.caruso@ccb.bank
405.295.7071

Member FDIC NMLS #440526

Absentee Shawnee Tribal Elders Council Ohio Trip 2024

Members of the AST Elders Council recently returned from a trip to Ohio where they attended the grand opening of the Great Council State Park, toured Fort Ancient, Newark Earthworks, Great Circle Earthworks, and the Octagon Earthworks.





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



We thank all of Building Blocks wonderful Dads for joining us for Donuts with Dads on June 14th. We appreciate them for joining Building Blocks in celebrating Father's Day.

We are currently hiring staff, if you are interested in applying visit https://www.astribe.com/employment for applications and to see what positions are available.

Building Blocks is accepting waiting list applications for all of our ages; 6 weeks through Pre-K/4 Year Olds. If you are interested in getting your child on our waiting list please call and we can email you a waiting list application or you may stop by to fill one out.

Building Blocks children love the Splash Pad! They are really having fun visiting our splash pad to cool off!

Remember as summer heat gets Hotter to stay hydrated with drinking lots of water. Also, remember to apply sunscreen when doing outside activities.



Building Blocks will be closed Thursday, July 4th & Friday, July 5th in observance of Independence Day.

Have a safe July!



July Newsletter
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
In the Classroom
In the Center
The Center will be closed July 4th & 5th for Independence Day
Director: Skye Foreman
Assistant Director: Renee Richardson

2024 Sovereignty Symposium



Governor Johnson and Secretary McGirt carried in the Absentee Shawnee Tribe flag on day one of the 2024 Sovereignty Symposium.

The two-day event was held at the Skirvin Hotel in OKC, June 11 & 12.

LEGAL NOTICE

IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
SHAWNEE, OKLAHOMA 74801
JUN 18 2024
Absentee Shawnee Tribal Court Clerk
Brandy Hocker Vs Billy Hocker
Case No. JFD-2024-29
AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION
THE ABSENTEE SHAWNEE TRIBE OF INDIANS)
SHAWNEE, OKLAHOMA) §.
Brandy Hocker being duly sworn upon oath states:
That she/he is the Petitioner Brandy Hocker above-named, and that on the 18 day of June, 2024, said Petitioner filed in this Court a Petition against Respondent, Billy Hocker: 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 Petitioner is unable to make personal service upon said Respondent, Billy Hocker, within the jurisdiction of the Absentee Shawnee Tribe, and that Petitioner wishes to obtain service upon the said Respondent by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)
Brandy Hocker
PETITIONER
Subscribed and sworn to before me 18 day of June, 2024
Ashley Stanley
NOTARY PUBLIC
My Commission Expires: June 23, 2024
SEAL
ASHLEY STANLEY
Notary Public - State of Oklahoma
Commission Number 20007499
Commission Expires Jun 23, 2024

Fishin for Nutrition - June 21, 2024



AST 477 Program & Education Department - Class of 2024 Graduation Banquet





Happy birthday to the most awesome great-nephew a proud aunt could have. May your special day be filled with laughter, love and all the things that make you smile.

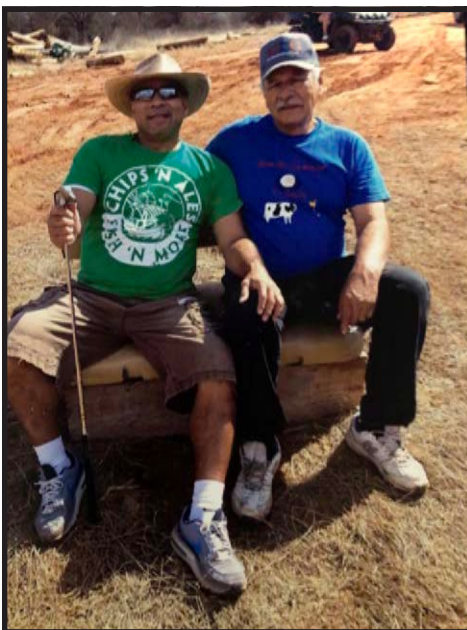
Aunt Trina & Uncle Booner

HAPPY BIRTHDAY



Happy 3rd Birthday Gianna!
We love you!
Mama & Daddy

Happy Birthday



Happy Birthday Jr, your truly blessed!
We love you!
Anna and the FAM

Happy Birthday!



Congratulations!

I want to congratulate my granddaughter Madelynn Rose Tiger for being on the Superintendent Honor Roll and for making straight A's all year long. She was also chosen Dancer of the Year in her dance group.
Love you



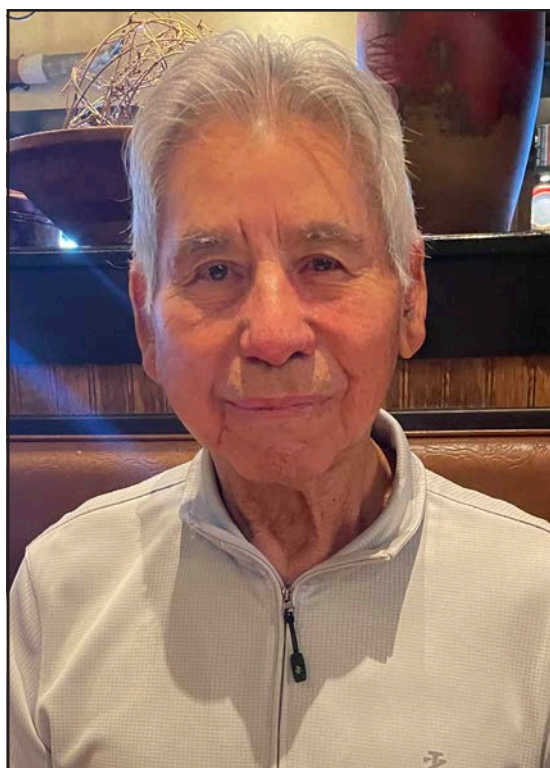
Congrats!

Congratulations to Brady Johnson (Absentee Shawnee/Kansas Kickapoo), out of Shawnee, Oklahoma, who is now the new 155lbs Real Deal Kickboxing Champion

Happy Birthday to Sandra Thorpe Pawpa from- mama, and your brothers & sisters.
You're the best!

Happy Birthday!

Obituary



April 6, 1936 - June 9, 2024

Clifton Nicholas Brokeshoulder, Jr.

It is with great sadness that the remaining family of Minnie and Clifton Nicholas Brokeshoulder, announce the passing of their oldest brother Clifton (Cliff) Nicholas Brokeshoulder Jr. on June 9, 2024. Cliff died from Covid related complications in Surprise, AZ. Cliff was 88 years old and enjoying life before catching covid while attending a family wedding on the cruise ship.

We share our story of Cliff who desired to be a professional golfer from his teenage years. In 1945, the Brokeshoulder family left Shawnee, OK farm for Ardmore, OK. Cliff entered Washington Grade and Ardmore Middle Schools. While in Middle school, Cliff worked as a Caddie for the professional golfers such as Jack Nicklus at the Dornick Hills Country Club. From the Pros, Cliff learned and loved the game of Golf. During his lifetime, he competed in several golf tournaments. At 78, he took part in the Chamber of Commerce Golf Tournament in West Linn, OR at the invitation of Sister Loretta Schwarz of West Linn, OR.

In 1957, Cliff graduated from High School at Haskell Institute, Lawrence, KS. After post high school study in Cooking, he worked for Haskell as a Cook. His long career was with Shawnee Mission Medical Center as a Boiler Operator. He retired at age 65 and moved from Overland Park, KS to Surprise, AZ with his wife, Joy.

While at Haskell, Cliff enjoyed track and field events and trained with Billy Mills. Of course, Billy Mills graduated from Kansas University (KU) and competed in 1964 Olympics and won the "10,000 Meter Race". Clifton and Billy remained long-term friends. Before Brother Cliff died, Billy gave Cliff an encouraging I-phone call which lifted his spirits.

Clifton is survived by his wife Joy, three daughters, Vicki Brokeshoulder, Tammy (Dwight) Tyner, Sheri (David) Clark and son, Gerald (Beverlee) Brokeshoulder. He leaves behind six grandchildren, and 9 great-grandchildren.

Surviving Immediate Family Members are: Loretta Schwarz (Les) Reed of West Linn, OR; Wynona (Marshall deceased) Lumpmouth, Phoenix, AZ; Glenda (Martin) Johnson of Woodbridge, VA; Katrina (Lorenzo) Coriz, Albuquerque, NM and Rita Brokeshoulder, Shawnee, OK.

Preceding Cliff are his parents, Clifton (Minnie) Brokeshoulder, and brothers Harry, Harrell, Eddie Brokeshoulder and sister Helen (Leo) Arns.

Tribal Member Corner:

July Article:

We need newer blood pressure cuff machines at the Little Axe Clinic. It over pressures/inflates for the patients. Whereas, at other outside doctor offices, they pressure a few times and can read the result. A nurse commented, they may have newer machines. In the meantime, patients could ask for a manual test.

Also, when a patient is prescribed a new medication, can we have a medicine information sheet, that lists side effects etc..

Can we assist tribal elders, with 50% of their monthly, out of pocket premiums on non-Medicare health insurance too. This result saves health expenses overtime and can be filed on insurances, for reimbursement for clinic.

House insurance annual average cost in Oklahoma, is over \$5000.00, to increase by 5% this year. That is staggering.

Thanks to the tribe for providing services, that you currently do.

Eileen Pearce, Tribal Member
Questions, comments: Lapearce@att.net



ABSSENTEE 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
Thursday & Friday, July 4th & 5th - Independence Day

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@atribe.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.

Come meet our friendly
Shawnee team!



Bruce



Debbie



Kyle



Wendy

We are here because we wanted to be part of a great community. We pay it forward by providing great service and helping generations of local people and businesses thrive.



AllNations Bank

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



ASTHS July 2024 Monthly Update

Herbal/Prescription Drug Interaction Awareness Month

July is designated as Herbal-Prescription Interaction Awareness Month to educate consumers about the risks associated with taking herbal supplements before consulting your doctor. The slogan “All Natural” is often used as a marketing tool to highlight products as healthy, dietary supplements. However, while some dietary and herbal supplements come from natural sources and offer health benefits, the term “natural” does not always mean something is safe for you to consume.

A study published in the British Journal of Clinical Pharmacology showed a relation between herbal supplements, like Green Tea and Ginkgo Biloba, with a reduced absorption and metabolism of prescription medications in the body. For patients on blood thinners or blood pressure medication, herbal supplements can interact with the prescribed medication and result in bleeding problems. These are just a few of the many dangerous side-effects that can occur when you add unknown supplements to your regimen without consulting your doctor.

Washington DC VA Medical Center’s Chief of Pharmacy, Ivan Cephas, Pharm. D, explains when seeking medical guidance on herbal supplements, provide as much information about the supplement, like its name and amount you wish to take, with your primary care provider. They can compare it to your medical records to determine if it is compatible, or if your prescription medications can be altered to safely accommodate the supplement.

“Ultimately, you are at the center of your health care team. Your opinion matters and we aren’t trying to discourage you from taking something that can benefit you, we just want to ensure that it will not impact your health in a negative way,” Cephas said. “By being honest about what you’re taking, we can advise you safely.”

The possibility of drug interactions, direct toxicities, and contamination with active pharmaceutical agents are among the safety concerns about dietary and herbal supplements. Although there is a widespread public perception that herbs and botanical products in dietary supplements are safe, research has demonstrated that these products carry the same dangers as other pharmacologically active compounds. Interactions may occur between prescription drugs, over-the-counter drugs, dietary supplements, and even small molecules in food — making it a daunting challenge to identify all interactions that are of clinical concern (National Institute of Health).

That’s why you should talk with your health care providers about all dietary supplements and medications you take. That way, they can help you avoid harmful interactions.

When you visit a health care provider for the first time, you will often be asked what medications and supplements you take. Be sure to update this information each time you visit the provider’s office. You can bring a written list of:

- All the prescription and over-the-counter medications you take, including supplements
- How often you take them
- The doses you take

You could also bring the bottles of the products to the health care provider’s office. This can help your provider answer any questions about the ingredients in your dietary supplements.

Some Supplements May Increase the Effects - and Side Effects - of Medications

Sometimes, taking a medication and a supplement together may increase a medication’s effects. This can result in the medication being too strong and raise the risk of unwanted side effects. For example, glucosamine may increase the effects of anticoagulants (blood thinners) such as warfarin (Coumadin), which can increase the risk of serious bruising and bleeding.

Ashwagandha seems to have sedative effects, and there is some preliminary evidence that it may increase the effects of some benzodiazepines (Valium) and other sedatives and anti-anxiety drugs, including Xanax.

Some Supplements May Decrease the Effects of Medications

Sometimes, taking a medication and supplement together may decrease the medication’s effects. This means that you aren’t getting the full benefit from the medication that your health care provider wants you to have.

The popular herbal supplement St. John’s wort is known to decrease the effects of drugs. It does this by speeding up the processes in your body that change drugs into inactive substances.

Some common medications that are affected by St. John’s wort include:

- Antidepressants
- Birth control pills
- Cyclosporine, which prevents the body from rejecting transplanted organs
- Some heart medications, including digoxin and ivabradine
- Some HIV medications, including indinavir and nevirapine
- Some cancer medications, including irinotecan and imatinib
- Warfarin, an anticoagulant (blood thinner)
- Certain statins, including simvastatin

Recent research found that levels of metformin (the most commonly prescribed medication for people with type-2 diabetes) decreased about 25 percent in healthy adults who were given goldenseal extract plus metformin. This drop was enough to potentially hinder glucose control in people with type-2 diabetes taking metformin.

In addition, green tea at high doses has been shown to reduce blood levels and therefore the effectiveness of the drug nadolol, a beta-blocker used for high blood pressure and heart problems. It may also interact with other medicines.

Interactions with Over-the-Counter Medications

When people think about interactions, they often think about prescription medicine. But some medications that are available without a prescription can also interact with supplements.

Black cohosh and St. John’s wort supplements may interfere with the effectiveness of fexofenadine (Allegra). Additionally, goldenseal, St. John’s wort, kratom, and cannabidiol (CBD) may interact with many medications, including those available without a prescription.

If you’re considering taking both an over-the-counter drug and a dietary supplement, it’s a good idea to talk with your health care provider or a pharmacist about possible interactions.

Tips on Reading Supplement Labels

Sometimes it isn’t obvious what’s in the bottle of a dietary supplement. To find out what’s in a supplement, look for the Supplement Facts panel on the product label. The manufacturer is required to list all the supplement’s ingredients on this panel, either in the Supplement Facts chart or in the list of other ingredients below it.

It’s important to know the U.S. Food and Drug Administration has the authority to act against any adulterated, mislabeled dietary supplement product after it reaches the market. In addition, products with labels indicating they have been tested by independent, third-party groups such as nonprofit U.S. Pharmacopoeia (USP) Dietary Supplement Verification Program or Consumerlab, LLC is a good way to ensure that a dietary supplement contains what’s on the label, is of high quality, and is not contaminated or adulterated with other materials.

References:

U.S. Department of Health and Human Services (2024). *Herb-Drug Interactions*. *Herb-Drug Interactions* | NCCIH (nih.gov)

U.S. Department of Health and Human Services. (2024). *Know the Science: How Medications and Supplements Can Interact*. *How Medications and Supplements Can Interact* | NCCIH (nih.gov)

U.S. Department of Veteran Affairs (2022). *Herbal-Prescription Interaction Awareness Month*. <https://www.va.gov/washington-dc-health-care/stories/herbal-prescription-interaction-awareness-month/>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC! (Coming Soon)

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

Architect and Construction Manager have been selected. Design Phase has begun with schematic workshops (Department Heads) ongoing. Planning for Groundbreaking Ceremony is ongoing.

June 2024 Health Employee Awards of the Month

Employee of the Month: Valerie Hair, Patient Benefits Advocate

Team of the Month: PBA Team

Special Leadership Award: Braden Fortner, Physical Therapist

Monthly Closures

All AST Health facilities will observe the following hours on:

Wednesday, July 3rd:
CLOSED from 12PM- 5PM
 for in-service trainings and meetings
Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Thursday & Friday, July 4th- 5th:
CLOSED for Independence Day
 Visit asthealth.org or our Facebook page for updates!

IT'S A JUNGLE OUT THERE, DON'T MONKEY AROUND WITH YOUR HEALTH!

Absentee Shawnee Tribal Health System 2024 Health Fair

July 12, 2024 12PM-4PM

**Little Axe Health Center
 15951 Little Axe Drive, Norman, OK**

**Contact: Beverly Felton
 (405).447.0300 or
 bfelton@astribe.com**

FRUIT AND CHEESE SKEWERS

INGREDIENTS

- 12 strawberries, halved
- 24 fresh blueberries
- 12 mini mozzarella balls, halved (packed in water, usually found near the deli section in the grocery store)
- ¼ cup balsamic vinegar (optional)

DIRECTIONS

- Place strawberry half on a plate. (Slice a thin bit off the bottom, if needed, to get them to stand up straight.) Use a toothpick or skewer to add and secure a mozzarella ball and then a blueberry on top.
- Serve on a platter with a bowl of balsamic vinegar for dipping, if desired, and enjoy!

REMEMBER TO HYDRATE, HYDRATE, HYDRATE

July is UV Safety Month: Sunscreen Tips & Benefits

- Look for broad spectrum sunscreen. It can protect your skin from the sun's UVA (aging) rays and UVB (burning) rays, which helps prevent skin cancer, early skin aging (premature age spots, wrinkles, and sagging skin), and sunburn.
- To effectively protect yourself from the sun, the American Academy of Dermatology recommends looking for sunscreens that are broad-spectrum, water-resistant, and have an SPF of 30 or higher.
- The FDA requires that all sunscreens retain their original strength for at least three years. Throw out your sunscreen if it's expired or you're unsure how long you've had it.
- Apply the sunscreen 15 minutes before going outdoors, and reapply every two hours while outdoors or after swimming or sweating.

Purchase Referred Care (PRC) Policy Reminder

Purchased Referred Care (formally referred to as Contract Health) would like to remind all tribal members to report all outside office visits to the PRC department **at least 48 hours prior** to your appointment so that we can process a Coordination of Benefits (COB) to cover your visit.

ER visits must be reported to PRC within 72 hours of the visit to be considered for payment.

To be eligible for payment of outside services, tribal members must be in compliance with PRC guidelines, which include providing the following to the PRC department:

- An Up-To-Date CDIB card,
- Proof of Residence within the AST Catchment Area,
- Copies of All Commercial Insurance Cards, and
- A SoonerCare Application.

Thank you for allowing us to serve you in your healthcare needs!

Phone: (405) 701-7951 Email: PRC@astribe.com

Heal With CompleteCare

Home Health offers skilled care and support so you can live safely and independently in your home.

How?

Our nurses come to your home to check your vitals, discuss your medications, and help you better manage chronic diseases, such as heart diseases, diabetes, and more. Therapists can help reduce your risk of falls and help you safely recover from surgery. Aides help with personal care and hygiene.

Best of all?

It's done under the guidance of your doctor!

If you would like more information, please reach out to one of our staff members at 405.701.7085!



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PORK CHOP MASHED POT/GRAVY BEETS APPLESAUCE	2 BOLOGNA SANDWICH LTOP CHIPS TROPICAL FRUIT	3 CEREAL SAUSAGE PATTIES FRUIT	4 CLOSED FOR INDEPENDENCE DAY	5 CLOSED FOR INDEPENDENCE DAY
8 HOT HAM & CHEZ CHIPS MIXED FRUIT	9 CHEF SALAD CHEZ,EGGS,ONION,HAM CRACKERS PEARS	10 SOFT TACO LETT,TOM,ONION MEXI-CORN CINNAMON ROLLS	11 TURKEY DRESSING/GRAVY CRANBERRY SAUCE ROLL/COBBLER	12 BREAKFAST BURRITO SALSA FRUIT
15 BAKED CHICKEN WILD RICE VEGGIES MANDARIN ORANGES	16 CHICKEN PATTY SANDWICH LTOP BAKED CHIPS MANDARIN ORANGES	17 EGG ROLLS FRIED RICE W VEGGIES FORTURE COOKIES	18 MEATLOAF MASHED POT/GRAVY GREENBEANS BREAD/JELL-O	19 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
22 BBQ CHICKEN POT. SALAD BAKED BEANS PINEAPPLES	23 COLD CUT SANDWICH LTOP MAC SALAD	24 PORK & HOMINY SKILLET BREAD PEARS	25 HAMBURGER LETT & TOM PORK N BEANS ICE CREAM	26 SCRAMBLED EGGS BACON TOAST/FRUIT
29 FISH COLESLAW HUSHPUPLIES FRUIT	30 SPAGHETTI W MEATSAUCE TOSSED SALAD* GARLIC TOAST	31 NAVY BEANS CORNBREAD TOM & ZUCCHINNI		

MENU SUBJECT TO CHANGE
 LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM
 BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM
 OPEN AT BOTH SITES: SHAWNEE AND LITTLE AXE RESOURCE CENTER

HEALTH BUZZ!!



Ho wa se wi pi ne!

Ho wa se ke sa ke hi se si wi nwa we yi ne!

Hello! My name is Lindsay Hernandez, and I am the new ADPI Dementia Care Specialist. I am pleased to be working at the Absentee Shawnee Tribal Health System. I will be producing the health system's "Health Buzz" monthly article. So, if you have any questions or would like me to cover a specific topic, please let me know. This month, I want to share the following dementia information.

Practicing preventative measures for dementia is vital to our health and wellness. **S.H.I.E.L.D** is an acronym that we can remember that gives us a list of preventable measure to dementia.

S - A 2023 study found that adults aged 50 and older who get only five hours of sleep per night may have a 30% higher risk of dementia. Another study found that people in their 50s and 60s who get six hours of sleep or less each night may be 30% more likely to develop dementia later in life than those who get seven hours of sleep.

H - Stress can affect the immune system, which may play a role in dementia development. Stress can also cause memory problems because of the hormone cortisol, which is released when the body is stressed. High levels of cortisol over time have been linked to issues with memory and brain function. A Finnish study of 67,688 people found that psychological distress symptoms, including stress, were associated with an increased risk of dementia.

I - Interaction is great cognitive stimulation. Engaging in meaningful conversations, discussions, and shared activities with others provides cognitive stimulation and intellectual engagement. These interactions challenge the brain, promoting the formation of new neural connections and enhancing cognitive abilities.

E - Exercise helps memory and thinking. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

Many studies have suggested that the parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) have greater volume in people who exercise versus people who don't.

L - Each and every time we learn something new our brain forms new connections and neurons and makes existing neural pathways stronger or weaker. Some experts call these changes "plasticity" in the brain. A British research study showed that being bored (which occurs when you don't learn new things very often) can be dangerous to your health. People in the study who reported being bored over a long period of time had heart disease rates more than twice as high as those who did not report boredom.

Not having new experiences and learning new things will slow your brain down and make it less responsive. Adult learning is good for your health and has been shown to slow the onset and progression of Alzheimer's and dementia, as well as just preventing general slowing of your mental faculties.

D - Eating a healthy diet is important for general well-being, but it might even be beneficial in the prevention and delay of the progression of Alzheimer's disease. Here is a list of the top "brain foods" for potential memory-boosting powers:

- Nuts and seeds such as walnuts, almonds and peanuts as well as sunflower and pumpkin seeds, are brain foods high in protein and omega fatty acids. Protein is the second largest matter in the brain, second only to water, so it's important to nourish your brain with protein rich foods.
- Oily fish, such as salmon, are high in omega 3s, DHA in particular, a building block of the brain that improves brain function. A higher omega 3 intake is shown to improve the memory of Alzheimer's patients.
- Beans are rich in fiber, B vitamins and omega fatty acids. Fiber helps keep you fuller longer and creates a gradual release of sugar, helping concentration and memory.
- Greens such as kale, spinach and broccoli are high in vitamin E as well as folate. Vitamin E helps protect cell membranes against free radicals. Free radicals are unstable molecules that attack cells within our body. Some causes of free radicals include stress, pollution, radiation and processed food. Folate is also found in dark greens, and helps with normal brain development.
- Lean red meats, such as sirloin steak, are high in iron. Iron aids in the production of neurotransmitters, as well as helps blood cells carry oxygen throughout the body, including the brain, aiding in attention and concentration. This can aid in learning new things, and mental stimulation is shown to ward off Alzheimer's.

That's it for this month! I hope that this information is helpful!

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



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) 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
- Public Health
- 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
- COVID Hotline 405-695-1787

VA Pact Act Event

