



# THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

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November 2024

## Celebrating 50 Years of The Absentee Shawnee Logo

In 1974 the Absentee Shawnee Tribe held a tribal logo contest. The winning design was drawn by Tribal member Leroy White, (1928-2002).

White was a talented artist who never sold any of his work for profit. He was a man of many talents, both athletically and artistically. He was an avid fisherman, bowler, baseball player, and three-time winner of the State Indian Men's Horseshoe tournament.

Leroy, also known by his Shawnee name "Wesegep'to", was born October 4, 1928 in the Little Axe community (near Norman, Oklahoma) to Willie and Tennie (Little Jim) White. He was raised on the 1886 Indian allotment forced upon his family. While English was spoken in his home, his first language as a child was Shawnee. Through his mother, Leroy was a lineal descendant of traditional Shawnee leadership.

He was a grandson of Little Jim "Totom'mo" who was chief from 1907-1962; a great-grandson of Big Jim "Wipimep'to", who was chief from 1872 until his death in 1900 near Sabine River, Mexico; a great-great-grandson of Nay-thah-way-nah "Nafawani", who passed in 1840; and a direct descendant of Tecumseh "Takim'fa", who died at the

Battle of Thames in 1813.

Like his ancestors before him, Leroy was conservative in his beliefs and devoted much of his life to preserving traditional Shawnee customs and ceremonies. In 1976, Leroy succeeded his uncle, Webster Little Jim, as the ceremonial chief of the Big Jim Band of Absentee Shawnees at the "Old (South) Ground" in Little Axe. Today, traditional leadership of the "Old (South) Ground" continues with Leroy's eldest son, Calvin White, who has been ceremonial chief from 2002 to present, "I promised my Dad to carry on the traditions of our forefathers. I am proud to fulfill that every day of my life, and to see his legacy live on Among the Shawnee."

The aspects of the tribal logo were well thought out and had a special meaning to the Absentee Shawnee people.

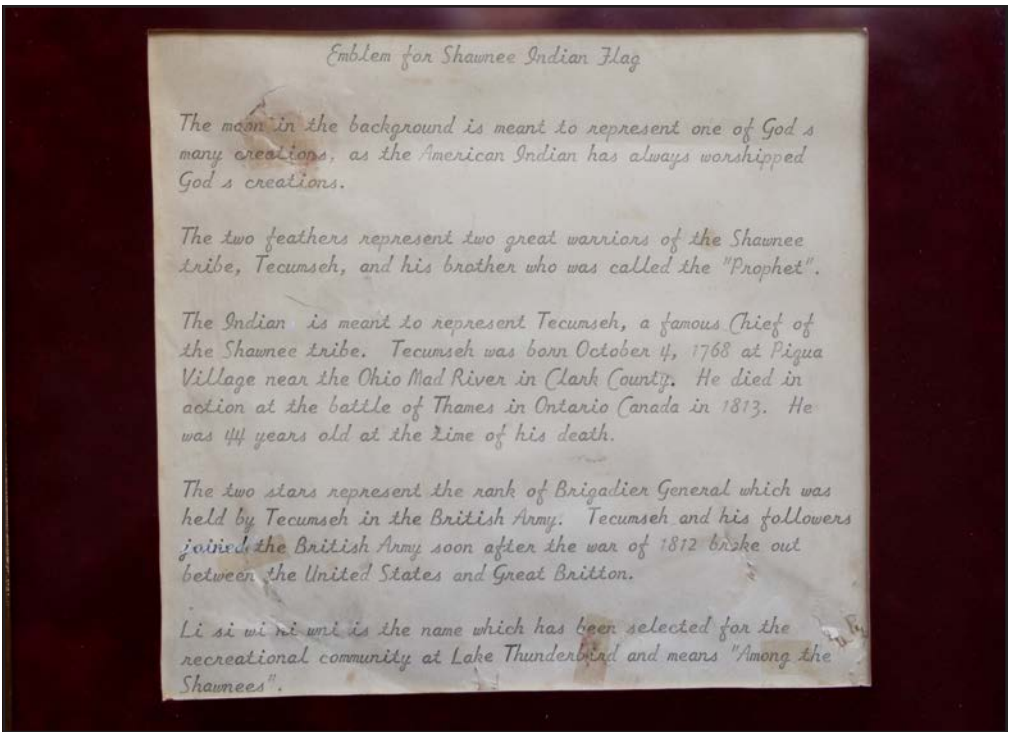
White's oldest son Calvin remembers his dad working on the logo. "One Saturday morning, when I was 16 years old, I walked in the house and found my dad drawing something on his pool table. He had a coffee can out drawing a circle on a piece of paper. I asked him, "What are you drawing?" In his typical humorous fashion, he replied, "I'm going to win \$200 dollars!"

"He had a rough draft and explained the story behind it. The moon represents the end of life for a great leader, Tecumseh and a profile of him. The two feathers represents Tecumseh and his brother Tenskatawa, the prophet. The four stars represents Tecumseh was named a 4 star brigadier General by the British. This is something that is disputed by American history fiction writers but the British, using their own terms, what other honorary term would they use for the leader of the native Americans that

fought with the British army against the independent slaughters of our people and takers of our land. We fought with the resistant people who wore red coats. Many native lives were lost and this is why we don't wear red in funerals."

Fifty years later, his logo is still recognized as the official emblem for the Absentee Shawnee Tribe.

Also contributing to the article - Devon Frazier-Smith, Teri Reed, Calvin White, and Delores White.



Top Right Photo (L-R): Chairman of the AST Business Committee in 1974, Dan Little Axe Sr, showcases the new tribal flag with AST logo designer Leroy White. Bottom Photos: Leroy White's original logo submissions.

## Ohio Governor visits AST complex

Ohio Governor Mike DeWine, along with First Lady Fran DeWine, recently visited the AST complex. Also making the trip was Mary Mertz, director of the Ohio Department of Natural Resources. The short visit included a tour of the Shawnee campus and Little Axe Health Center. Governor DeWine was even able to stay for a few minutes and observe the Regular Executive Committee Meeting.

Within the last month, Governor DeWine has also visited the Eastern Shawnee and Shawnee tribe. The Absentee Shawnee Tribe recently made the trip to Ohio for the grand opening of the Great Council State Park in June. Governor DeWine spearheaded the campaign to bring the Great Council State Park to life.

"He and his wife Fran have been very understanding and resourceful as far as being good allies to not only our tribe but the Loyals and Eastern as well," said Treasurer Joseph Blanchard.

What did Governor DeWine think of the AST campus? "It's a beautiful campus." Governor DeWine explained, "We enjoyed it very much and we appreciated the hospitality."



Left Photo (L-R): AST Representative Anthony Johnson; AST Lt. Governor Diane Ponkilla; Ohio First Lady Fran DeWine; Ohio Governor Mike DeWine; AST Governor John Johnson; AST Secretary Misty McGirt; AST Treasurer Joseph Blanchard. Right Photo (L-R): Representative Anthony Johnson; Ohio Governor Mike DeWine; Ohio First Lady Fran DeWine; ASTHS Executive Director Chris Larkin; Director of the Ohio Department of Natural Resources Mary Mertz.



**GOVERNOR**  
John Johnson

## GOVERNOR'S REPORT

John Johnson, AST Governor

Hello Tribal Members,

Happy Thanksgiving everyone, November is a month to be thankful. This year the Employee committee is holding a canned food drive for the employees to participate in. The items that are being requested are non-perishable food items. All donations will kindly be donated to the AST food pantry. I would like to thank the Employee Committee in advance for the kind generosity.

The 93rd semi-annual General Council had a great turn out. Over 75 tribal mem-

bers were in attendance. All semi-annual reports were given with updates from the Clinic, the casino and All Nations Bank. I hope you was there, if not you may watch the full video on the AST website at astrobe.com.

In June some of the Executive Committee members visited Ohio for the grand opening ceremony of the 76th Ohio state park. They joined the Ohio Department of Natural Resources (ODNR) to dedicate a statue of Tecumseh to the Shawnee People. After our visit to their state, The Ohio Governor and first lady planned a visit with us and the other Shawnee tribes of Oklahoma. On October 16, 2024, the

Executive Committee introduced Governor DeWine, First Lady Fran DeWine and other members of his staff to the AST campus. Mr. DeWine was very impressed with campus and the AST clinic.

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

John Johnson 405-275-4030 ext. 3500

Alvina Barnes 405-275-4030 ext. 3501

You may also email me:

governor@astrobe.com

alvinab@astrobe.com

Thank you



**Lt. GOVERNOR**  
Diane Ponkilla

## LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor

Hello Tribal Members,

First off, I want to send out condolences to the families whom have lost loved ones recently. All of us are thinking of you and hope that you will continue to be strong and be there for one another.

I hope everyone is staying healthy in this final stretch of the year! Since winter is getting closer, make sure and be mindful on the health of yourself as well as your loved ones. Who knows what this winter time will bring us.

This month has been a very busy following Fall General Council. The Governor of Ohio, Mike DeWine, paid us a visit this month. All members of the EC had breakfast with him and took him and his

wife on a tour of the campus. We visited the cultural preservation building, multipurpose building, the new police department, as well as the new afterschool program and after the visit was over they were gifted with many items from the gift shop. They were glad that they were able to come up and see one of the original tribes of what is now known as Ohio.

As of right now, The AST Homeowner Emergency Repair Assistance Program is still only able to provide assistance to tribal elders. I know that may put other tribal members in rough spots, and I do want to apologize, but our elders are our main priority when it comes to assistance through this program at this moment. I hope that will change in 2025, but rest assured I will keep you updated on what goes on.

Since June the tribe now has 23 calves

spread across our lands, 5 that have died due to various reasons, 7 that have been sold and 3 that have been processed. Since there is a new director now, next month's report will have more information regarding what is done with the cows being processed and how the overall program is doing.

Our ceremonial dances are in full swing this time of year and it makes me happy to hear the stories being told and I hope that everyone continues to get out and participate! Get those young ones started in our ways that way it can continue on for many generations to come!

I stay pretty busy with meetings, but as always, my door is always open should anyone wish to come speak with me.

Ne yi wa



**SECRETARY**  
Misty McGirt

## SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,

My apologies for these past couple absences on my reports I've been very busy with the day to day monthly meetings. In September 23-25 I had a chance to attend the 28th annual NNAHRA (National Native American Human Resources Association) conference held in Durant Oklahoma. It was very informational plus I had a chance to do some great networking for our tribe. They had a lot of great speakers in attendance Mo Brings Plenty, Treasure of the United States Chief Lynn Malerba (she is the first Native American to hold this position) and many more that spoke. My office has been very these past few months preparing for our recent 93rd annual general council meeting that was held on October 5th 2024. We had a great turn out if you couldn't make it I hope we will see you at our next meeting

which will be held in the spring of next year. Great job to all the staff that helped my office coordinate and prepare for this meeting Ne Yi Wa. October 16th Governor of Ohio Mike DeWine and his wife Frances came to visit the complex all the Executive Committee members were in attendance and gave them a proper welcoming. We were well prepared with breakfast and a tour of the complex. He even got a chance to briefly attend our executive committee meeting held that same day at 10:00 before he had to head back to Ohio. Ne Yi Wa to the staff that helped this turn out great. October was Domestic Violence awareness month our Rising Warrior ladies held Purple Day on October 17 everyone brought awareness by wearing Purple that day. To bring awareness they held walks one October 22nd at Little Axe and another at the Absentee-Shawnee complex October 24th. I hope all the kids had a great Halloween with events held by health with their annual zombie run October 24 and housing

having their yearly trunk or treat held October 31st. With Halloween being my favorite time of year my office held our first coloring contest for our AST children ages 3-12. Ne Yi Wa for the feedback from our tribal members you all helped my staff I. With your feedback we got to make a few adjustments to make it better. I hope all enjoyed it the winner will be announced on the website and next newsletter. Plus check the Absentee Shawnee Facebook page for the winner and for recent updates for the tribe. We recently had our fall bread dance at the south grounds we had a good dance our other dance grounds had there's as well. It's a great time to be humble with our brother and sisters, teach our children our traditions, and pray for our people our world especially with all the recent hurricanes happening in Florida. That all I have to report at this time if you need anything please feel free to reach my office.

Ne yi wa!

Secretary McGirt



**TREASURER**  
Joseph Blanchard

## TREASURER'S REPORT

Joseph Blanchard, AST Treasurer

Hello!

I want to say "Welcome to November" to our members. There are a lot of activities scheduled throughout this month: Veteran's Day, Native American Month, and Thanksgiving. For me, it is hard to believe this year is almost over. Before long, families will be setting down to break bread as the Holiday season approaches. For many, it is a time to reflect and be "thankful" for the year's production. Others, it is a somber time as they continue to adjust to the missing member at the table. We will pray for those that are sad, ill, or going through rough times.

As I begin this month's article, I want to give a quick acknowledgement to our Veterans. We hold these individuals in high regard for their selfless acts and willingness to defend our way of life. Because of your service, the world is a better place. Neyiwa!

Recently, I was approached and asked to make a recommendation for a "Hall of Fame" candidate from our Tribe. My

first question was, Living or Posthumously? When given the reply, either, I didn't have to think long or very hard about who to consider. I won't know an answer anytime soon but I suggested 1st Sergeant John Sloat, who is the Absentee Shawnee Tribe's most decorated military veteran, along with being one of our 1st elected officials. I had the opportunity to meet and interact with him prior to his passing and enjoyed his humility and demeanor.

At the time of this submission, we will have begun a two and a half week period of updates for 2025 Budget proposals and meeting with all Directors and Coordinators, plus their oversight. After hours of discussion and final preparation, the final suggestion will be provided to the Executive Committee for review and comment, prior to Final Draft for the December Regular EC Meeting. There has been chatter mentioned previously, suggesting "the Tribe has an inflated budget and there isn't a need for all those employees".

What I can tell you is the Tribe operates off a minimal amount of workers and a limited budget. Of the various departments, the Health system has the most

staff, which are paid by one of three (3) sources: Grants, IHS Compact, or 3rd party billing. Additionally, the Tribe and Health system are not the same as they were 30-40 years ago. After this month's EC meeting, Enrollment numbers have now eclipsed 4700 total Tribal Members, which is approximately 1700 more than we had when the blood quantum decreased to 1/8 over a decade ago.

In other news, I am happy to report the EC has approved another appointment to the ASEDA Board. Though he is a younger Tribal member, he has an excellent education and background that will be a huge benefit to the program and assist with promoting future growth for the Tribe. Please "Welcome" Clayton Dodds, a promising young legal mind who is very familiar with our AST Culture and Traditions.

In closing, I hope all is well with your household and families. Be blessed and have a "Happy Turkey Day!"

Respectfully,  
Joseph H. Blanchard  
Tribal Treasurer



**REPRESENTATIVE**  
Anthony Johnson



**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 Elections 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.



*P'sa k'fe we Ke s'fwa*  
(p'seh k'thee wee Kee s'thweh)

Deer Month (November)

November is the time of year when deer become active and are in abundance. Many of our tribal members are deer hunters and enjoy hunting deer to eat. We also use the deer hides for clothing such as moccasins and leggings.

*P'sa k'fe* – deer  
(p'seh k'thee)

*Wa pe* – cold  
(weh pee)

*Hi li we* – hunt  
(hah lah wee)

*Ma ffe ke* – everywhere  
(meh th'thee kee)

*Ne mi ma ne* – I like  
(nee mah meh nee)

*Ko li wi pi ne* – early morning  
(koh lah wah pah nee)

*Ne ga ne ni ke* – Brothers  
(nee cheh nee nah kee)

*Ne ma so m'fi* – my grandfather  
(nee meh soh m'thah)

*Ki ma ke ya pi m'fa ti* – ones who went overseas or veterans  
(kah meh kee yeh pah m'theh tah)

*Hi la me wa pe* – It's getting cold.  
(hah leh mee weh pee)

*Ho wa ka pi ni to na h'wi pa p'sa k'fe* – Time to hunt deer.  
(hoh weh keh pah nah toh neh h'wah pah p'seh k'thee)

*Ne ke p'sa k'fe ke ma ffe ke* – There are deer everywhere.  
(nee kee p'seh k'thee kee meh th'thee kee)

*Ne mi ma ne pi hi li we* – I like to hunt.  
(nee mah meh nee pah hah lah wee)

*Ko li wi pi ne pi p'sa k'fe hi li we ke ne ga ne ni ke* – Brothers went hunting early in the morning.  
(koh lah wah pah nee pah p'seh k'thee hah lah wee kee nee cheh nee nah kee)

*Ta pe ho wa se hi li we he ni* – He is a good hunter.  
(teh pee hoh weh see hah lah wee hee nah)

*Ne ma so m'fi n'hi li we la ne* – My grandpa was a good hunter.  
(nee meh soh m'thah n'hah lah wee leh nee)

*Ne yi wa gi yi ke ki ma ke ya pi m'fa ti* – Thank you all our veterans.  
(nee yah weh chah kee neh nah toh kee)

*Ka we yi ki me li we pa hi se si wi nwi to wa yi qa! Si li no ke ka no la p'wi! Ne yi wa!*  
(keh wee yah kah mee lah wee pah hah see sah wah nwhah toh weh yah qeh sah lah noh kee keh noh leh p'wah nee yah weh)

**Enjoy a day of holiday shopping, multiple food vendors, and a silent auction hosted by your Miss, Jr. Miss, and Little Miss Indian Oklahoma City!**

**\*FREE ENTRY\***  
10AM-3PM  
SILENT AUCTION  
CLOSES AT 2PM

**VENDOR FEE:**  
\$40 + DONATION ITEM  
**VENDOR CONTACT:**  
BECCA HAMILTON  
(405) 887-1571  
TEXT ONLY  
9AM-5PM

**ALL PROCEEDS BENEFIT OKC PRINCESSES HONOR DANCE**

**THUNDERBIRD CASINO EVENT CENTER**  
15700 E SH-9  
NORMAN, OK  
73026

**VENDOR SIGN UP**

**\*10AM -3PM\***  
**THUNDERBIRD CASINO EVENT CENTER**  
15700 E SH-9  
NORMAN, OK 73026  
**VENDOR FEE:**  
\$40 + DONATION ITEM  
**VENDOR SET UP:**  
8:30AM  
**VENDOR CONTACT:**  
BECCA HAMILTON  
(405) 887-1571  
TEXT ONLY 9AM-5PM

**ALL PROCEEDS BENEFIT OKC PRINCESSES HONOR DANCE**

**AST 477**

- Child need school supplies?
- Need help with reinstatement fees?
- Need Behavioral Health Services?
- Are you out of employment?
- Need education assistance?
- Homeless?
- Need help finding a job?
- Need Childcare?
- Need assistance for clothes with new job?
- Help with GED?

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@astribe.com**  
**ONLINE APP: https://www.astribe.com/477-program**

Scan for Application! \*Tribal ID Required

**AST 477 DEPARTMENT HAS MOVED!**

**Scan me!**

**NEW LOCATION**  
421 N. Beard Street Shawnee, OK 74801

**KEEP IN TOUCH**

- www.astribe.com/477-program
- 477program@astribe.com
- (405) 878-4545
- 421 N. Beard Street Shawnee, OK 74801

**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.

# Tribal Member Manages Off Broadway Musical



Tribal member Amber Johnson was the Stage Manager for the off-Broadway production of “Distant Thunder”. This was the first mainstream Indigenous musical to be performed in New York City. As the Stage Manager, she was responsible for everything from coordinating schedules, tracking script changes and calling all technical cues.

Johnson has spent the last few years working on Broadway musicals such as SIX, Waitress, HAMILTON, and MOTOWN: The Musical. Her other NY work includes, SUFFS at The Public Theater, and another Native show called BETWEEN TWO KNEES at NYC-PAC.

Before she moved to NY, she worked in Chicago on Jersey Boys and The Book of Mormon while also working on local productions of Mamma Mia, West Side Story and Oklahoma. She is a 2002 graduate of the University of Oklahoma with a BFA in Theater.

“Distant Thunder” centered around a young attorney who returns to his Blackfeet Nation home in Montana after being taken away as a young child. The show ran from September 25 through October 27.

Left Photo (L-R): Tribal Member Amber Johnson pictured with her dad AST Governor John Johnson and Shaun Taylor-Corbett, the co-writer and star of the show.

## Recognizing AST Authors for National Author’s Day

### Keith Longhorn Jr.

Tribal member Keith Longhorn Jr. has quite an impressive resume. He has worked as a model, actor, Native American dancer, artist and a musician. Now he can add published author to that list.

He recently published a children’s book called Stevie and Shasta Search for Cassiopeia. The characters Stevie and Shasta are named after his daughter and French bulldog respectively. The book was written for his six year-old daughter.

“I wanted to start a legacy of my daughter and include my dog. I also wanted other children to relate.” Longhorn said. “I wanted to create adventures from a child’s perspective.”

And how many more adventures will Stevie and Shasta have?

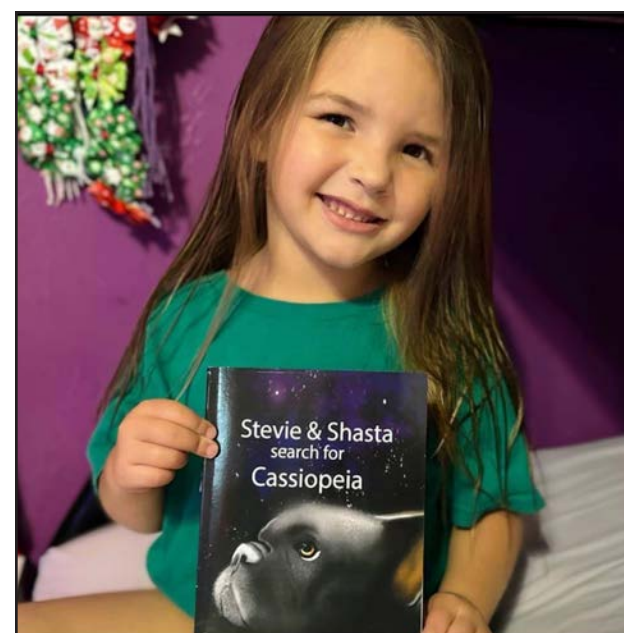
“There’s no limit to the adventures I could write. I would say at least 10.”

Longhorn drew all the illustrations, wrote the story and self-published the book. And he did all this in one month.

“From start date to end date, is one month. I did everything in one month. The storyline, the pictures.” Longhorn explained. “Other people have asked me to help them with their stories now. They’ve tracked the progress.”

Even with his success, Longhorn remains humble. “I want all praises to go to Ko ko m’fa ni, our father, the creator. He blessed me with these gifts so I want to represent Him as best as I can with His blessings.”

He currently works as an Adult Education Instructor (acrylic painting) at Northeast Tech in Kansas, OK. Longhorn’s book is available on Amazon in paperback and Kindle.



### Jami Thompson

Tribal member Jami Thompson, who writes under the name J.L. Sloat, has published a trilogy of books with her Journey series. She went through some traumatic experiences and the books were written as a form of healing for her.

“The events that I wrote about, along with the past, helped me grow into a different type of person”, explained Thompson, “It was therapeutic in a way that I no longer feel the pain as I’m living it over and over.”

The books were a healing process for her and a way to deal with her trauma. “I stepped outside of myself and saw how I was going through life and how it affected my relationships and my goals. I was going through the motions. Now I am actually living.”

She is currently working on the fourth book in the series. Her second book, Dropping Anchor, was picked up overseas and she has even been contacted about a possible script forthcoming.

Her journey is far from over. “This part of me isn’t all of me, but it’s a start to understanding the life I’ve had, the life I live, and the life I have yet to finish.” Thompson is currently working on a cookbook. She also works as Director of Nursing for a home health company.

Her books are available for purchase or download on Amazon.



## Warrior Up to Vote

United Indian Nations of Oklahoma stopped by the Absentee Shawnee Complex on October 2. The Warrior Up to Vote event was a statewide initiative to increase voter registration among Native Americans in Oklahoma.

Currently, Oklahoma ranks 50th in voter participation and registration and Native Americans typically have some of the lowest voter registration and turnout rates.

Oklahoma has the second-highest Native population in the nation. The 39 tribal nations based in Oklahoma account for 12% of the voting-age population, according to the National Congress of American Indians. Another alarming statistic from NCAI, is one in three Native Americans who are old enough to vote are not registered.

Warrior Up to Vote hopes to change that. Better voting turnout leads to better representation.

The tour ran from September 23 to October 5 and included stops at tribal nations statewide. October 11 was the last day to register to vote in Oklahoma. Election Day in the US is November 5.



Photo (L-R): AST Treasurer Joseph Blanchard; AST Governor John Johnson; UINO Executive Director Margo Gray; AST Secretary Misty McGirt; AST Lt. Governor Diane Ponkilla.



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



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

Building Blocks Teachers and Children enjoy preparing and doing activities for the holiday season. This month they are doing activities celebrating Thanksgiving. We wish everyone a safe and Happy Thanksgiving Holiday.

We will be collecting Donations for the Tecumseh Nursing Home's Elders Starting November 25th through December 19th. Donations accepted are Throw-Blankets and Socks. Our 3 Year and 4 Year olds will deliver the Donations to the Nursing Home and sing Christmas Carols.

Dates to Remember: November 11th-Building Blocks is closed for Veteran's Day. November 28th & 29th-Building Blocks is closed for Thanksgiving. Includes turkey illustration.

We would like to thank the AST Police, State Fire Marshall & Shawnee Fire Department for coming on Friday, October 11th and visiting with the children during our Community Involvement Day.



Community Involvement October 11th Police & Fire Visit the Center.

Absentee Shawnee Tribe of Oklahoma Building Blocks III C.D.C. 16051 Little Axe Drive, Norman, OK 73026. Includes contact info, director name, and a 'In the Classroom' section about Thanksgiving activities.

A picture is the pause button on life! Includes a grid of photos showing children playing and learning in the classroom.

Tribal Member Corner: November Article: I encourage members, to write articles for our paper. General Council: Could the meeting start at 9:30 a.m., and grant only 5 minutes each, for the reports on Agenda. Timed, by the Secretary. Reserve remaining time, for members questions. Adjourn at 12 noon.

LEGAL NOTICE IN THE TRIAL COURT OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA SHAWNEE, OKLAHOMA 74801. Raymond Tiger vs LaDonna Bradford. Case No. JFD-2024-46. AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION.

## Education Department: Tribal Youth Programs

We have been working close with the Little Axe High School Indian Club over the past couple months. We have been to several of their meetings to support them and to help in any way we can. We provided a pregame meal for the Little Axe Football team on September 26th. The Indian club reached out about us helping sponsor their meal, because we have several Native Students that participate on the team.

We invited Governor Johnson to come and speak with the youth on September 25th. He came out and spoke with them about what he does and the success he has accomplished in his life. He encouraged them to follow their dreams and work hard in order to be successful. We would like to thank the Governor for taking the time to come out and speak with the youth. The Indian club and school officials were very excited to have him as a guest.

We also sponsored a trip for the kids on October 9th. They attended the Seminole State College Tribal Fest, and then went to eat pizza and go bowling at Firelake Bowling Alley. We helped provide them with drinks and paid for their bowling and rental fees for bowling shoes. The kids had a lot of fun and really enjoyed their time.

We have several other activities planned for the near future, and look forward to continuing our work with them for the remainder of the school year.



## Veterans Association

Absentee Shawnee Veteran Association was given the Honor of being the Host Color Guard for the Eastern Shawnee Tribe Annual Powwow in September. This was the first time the Veterans Association was asked from our Brother Tribe to represent both Eastern and Absentee Shawnee Nations at the Powwow. The Absentee Shawnee veterans were proud to attend all three days at the Powwow carrying both Tribal flags, National Flag and all Military Branches Standards. The Veterans were Proud to represent the Absentee Shawnee Tribe, Veterans, Family and Kinfolk and Tribal Members at this Event. We invite all Veterans to come and join the Absentee Shawnee Veterans Association monthly meetings if you ever get a chance or participate in up coming Events.

NE Yi WAH!

AST Veterans Commander Jason Bender



## AST Gift Shop

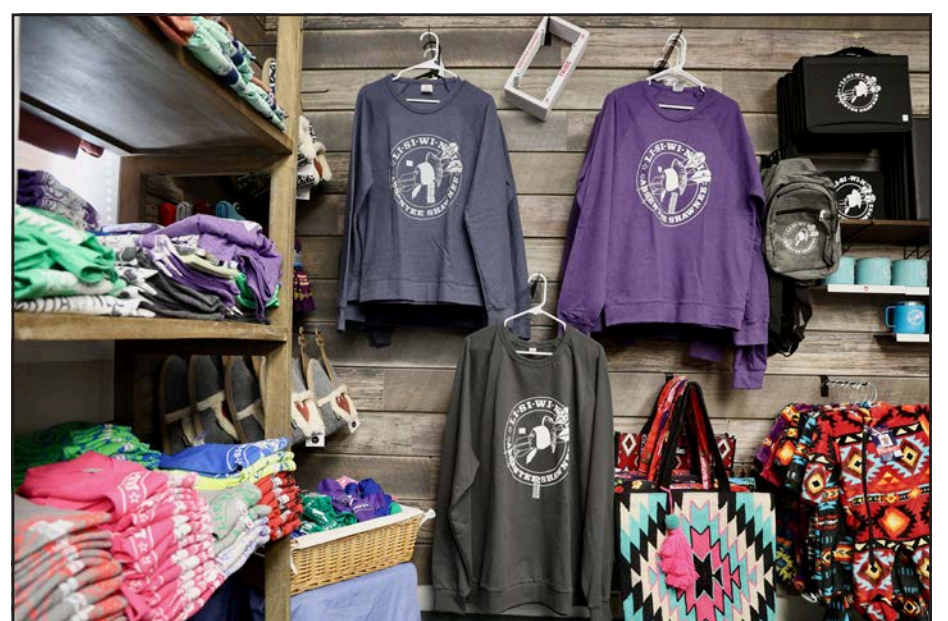
The AST Gift Shop received new AST sweatshirts and hoodies just in time for the cooler weather. Stop by and get yours today!

Sweatshirts are available in denim heather and purple heather. Prices are S-XL \$23.99; 2X-3X \$24.99

Grey is only available in 4X for \$38.99.

Hoodies come in military green, black and pink. Prices are \$27.99 S-XL, \$32.99 2X, \$35.99 3XL and \$38.99 4XL.

AST Gift Shop is located in Building 6, 2025 S Gordon Cooper Drive, Shawnee, OK 74801. Hours are Monday-Friday 8 am - 5 pm.





**Happy Sweet 16, Kaydence!**  
Love, Mom & Jaxon




**AMONG THE SHAWNEE**  
LI SI WI NWI

**LATEST EPISODE**

**ABC'S (AND D) OF MEDICARE**  
**EP 9**

THE OFFICIAL PODCAST OF THE ABSENTEE SHAWNEE TRIBE



**ABC'S (AND D) OF MEDICARE**

CONNIE BOTTARO & MELINDA FERRELL WITH ASTHS & AL TRIGGS OF LEGACY TRIBAL SERVICES TALK ALL THINGS MEDICARE. THEY BREAK DOWN THE DIFFERENT PARTS OF MEDICARE, WHAT IS COVERED AND THE BEST WAYS TO MAKE MEDICARE WORK FOR YOU.



ABSENTEE SHAWNEE  
**HOUSING AUTHORITY**

**ONLINE HOUSING APPLICATIONS**

**\*\*AVAILABLE NOW\*\***



**FOLLOW AND LIKE US ON OUR NEW FACEBOOK PAGE!**




Absentee Shawnee Housing Authority

- Low Rent
- Homeownership
- Down Payment Assistance
- College Housing Assistance
- Home Rehab Assistance
- Over Income Lease to Own
- Market Rate Rental
- Rolling Hills Community Center (for residents in the R.H. community and staff)
- Bob White Community Center (open for public use, for residents in the Bob White community and staff)
- Tiny Home Lease Purchase Program
- Employment Application

**ONLINE PROGRAM APPLICATIONS**  
[WWW.ASHOUSINGAUTHORITY.COM](http://WWW.ASHOUSINGAUTHORITY.COM)


**FOR MORE INFORMATION**  
Call: (405) 273-1050



**Let us help...**


With one of your Cooling/ Heating/Water bill  
Through the LIHEAP or LIHWAP Assistance Programs  
If you live in Pottawatomie or Cleveland counties  
And enrolled with any federally recognized tribe.

LIHEAP - Heating / Electric  
LIHWAP - Water



Applications can be picked up at the Social Service Department or printed off the website of the Absentee Shawnee Tribe. For any questions please call:

Social Service Department  
(405) 878-4723  
Fax: (405) 273-7938  
Email: [awilson@astribe.com](mailto:awilson@astribe.com) / [NEdwards@astribe.com](mailto:NEdwards@astribe.com)



**ELDERS COUNCIL CARE BASKETS**  
**APPLICATION FORM**  
Form due by November 16, 2024

**Qualifications:**

- 1) Must be Absentee Shawnee Tribal Member
- 2) Must be 55 years old or above
- 3) Must reside within the countries of Pottawatomie, Cleveland, Lincoln, or Oklahoma
- 4) Must meet the Criteria Reason listed below

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

NOMINATED BY: \_\_\_\_\_

REASON:  Nursing Home  Home Bound  No Transportation  Health Issue

Other: Describe *(Be Specific)*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Submit application no later than Saturday, November 16, 2024

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

**OFFICE USE ONLY:**

Date received: \_\_\_\_\_ Received: \_\_\_\_\_

Method of Delivery: \_\_\_\_\_ Date of Delivery: \_\_\_\_\_

**Absentee Shawnee Tribe's Domestic Violence Department**



**Our mission is to:**  
Eliminate violence in Native Country and to strengthen Native families to end the cycle of violence.

**We help with:**  
Domestic Violence  
Sexual Assault  
Dating Violence  
Stalking  
Sex Trafficking

**Our services are confidential and include:**

Safety Planning  
Emergency Assistance  
Court Advocacy  
Shelter Placement Assistance  
Referrals

Must be intimate partner related violence and the victim must be fleeing the home/situation

**Who we serve:**  
Natives and non-Natives  
LGBTQ2S+  
Any Religion  
Any income level  
EVERYONE

**Where we serve:**  
Because we are federally funded we get to serve all populations within our \*service area, which includes Cleveland, Oklahoma and Pottawatomie counties.

\*If you are AST and outside the service area, please call our office and we will see what we can do to help you.

**Contact Us:**  
Office Line 405.273.2888  
Fax 405.273.1192  
Webpage <https://www.astribe.com/domestic-violence>  
Link to intake <https://www.astribe.com/forms/victim-intake>  
 @ASTRisingWarrior  
For emergencies call 911 or AST PD @ 405.275.3200

**WE ARE HIRING**

**Join Our Team**

**BENEFITS OF WORKING WITH US**

- MEDICAL, DENTAL & VISION
- BASIC & VOLUNTARY LIFE
- SHORT-TERM DISABILITY
- 401K RETIREMENT
- VACATION & SICK LEAVE
- 13 PAID HOLIDAYS PLUS BIRTHDAY

Apply at [www.astribe.com/employment](http://www.astribe.com/employment)






ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA

PHONE DIRECTORY - DIRECT NUMBERS

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

**The Absentee Shawnee Tribe will be closed**  
**Monday, November 11th - Veterans Day**  
**Wednesday, November 27th - Closing at 12pm**  
**Thursday & Friday, November 28th & 29th - Thanksgiving**

**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

Member FDIC

**GET READY FOR WINTER**

**IT'S TIME TO HAVE YOUR HEATER & FURNACES TESTED BEFORE IT GETS COLD!**

- Must have application on file
- Elderly will be given priority first
- Be a current homeowner
- Current CDIB
- Only Service those in AST jurisdiction

Absentee Shawnee Tribe  
2025 S. Gordon Cooper Drive  
Shawnee, OK 74801

Contact Lt. Governor Office:  
**(405) 275-4030**  
www.atribe.com





## ASTHS November 2024 Monthly Update

### Whooping Cough

Breast Whooping cough (pertussis) is a highly contagious respiratory tract infection. In many people, it's marked by a severe hacking cough followed by a high-pitched intake of breath that sounds like "whoop".

Before the vaccine was developed, whooping cough was considered a childhood disease. Now whooping cough primarily affects children too young to have completed the full course of vaccinations and teenagers and adults whose immunity has faded.

Deaths associated with whooping cough are rare but most commonly occur in infants. That's why it's so important for pregnant women — and other people who will have close contact with an infant — to be vaccinated against whooping cough.

#### Symptoms

Once you become infected with whooping cough, it takes about seven to 10 days for signs and symptoms to appear, though it can sometimes take longer. They're usually mild at first and resemble those of a common cold:

- Runny nose
- Nasal congestion
- Red, watery eyes
- Fever
- Cough

After a week or two, signs and symptoms worsen. Thick mucus accumulates inside your airways, causing uncontrollable coughing. Severe and prolonged coughing attacks may:

- Provoke vomiting
- Result in a red or blue face
- Cause extreme fatigue
- End with a high-pitched "whoop" sound during the next breath of air

However, many people don't develop the characteristic whoop. Sometimes, a persistent hacking cough is the only sign that an adolescent or adult has whooping cough.

Infants may not cough at all. Instead, they may struggle to breathe, or they may even temporarily stop breathing.

#### When to See a Doctor

Call your doctor if prolonged coughing spells cause you or your child to:

- Vomit
- Turn red or blue
- Seem to be struggling to breathe or have noticeable pauses in breathing
- Inhale with a whooping sound

#### Causes

Whooping cough is caused by a type of bacteria called *Bordetella pertussis*. When an infected person coughs or sneezes, tiny germ-laden droplets are sprayed into the air and breathed into the lungs of anyone who happens to be nearby.

#### Risk Factors

The whooping cough vaccine you receive as a child eventually wears off. This leaves most teenagers and adults susceptible to the infection during an outbreak — and there continue to be regular outbreaks.

Infants who are younger than age 12 months who are unvaccinated or haven't received the full set of recommended vaccines have the highest risk for severe complications and death.

#### Complications

Teens and adults often recover from whooping cough with no problems. When complications occur, they tend to be side effects of the strenuous coughing, such as:

- Bruised or cracked ribs
- Abdominal hernias
- Broken blood vessels in the skin or the whites of your eyes

#### Infants

In infants — especially those under 6 months of age — complications from whooping cough are more severe and may include:

- Pneumonia
- Slowed or stopped breathing
- Dehydration or weight loss due to feeding difficulties
- Seizures
- Brain damage

Because infants and toddlers are at greatest risk of complications from whooping cough, they're more likely to need treatment in a hospital. Complications can be life-threatening for infants younger than 6 months old.

#### Prevention

The best way to prevent whooping cough is with the pertussis vaccine, which doctors often give in combination with vaccines against two other serious diseases — diphtheria and tetanus. Doctors recommend beginning vaccination during infancy.

The vaccine consists of a series of five injections, typically given to children at these ages:

- 2 months
- 4 months
- 6 months
- 15 to 18 months
- 4 to 6 years

#### Vaccine Side Effects

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

#### Booster Shots

- **Adolescents** – Because immunity from the pertussis vaccine tends to wane by age 11, doctors recommend a booster shot at that age to protect against whooping cough (pertussis), diphtheria, and tetanus.
- **Adults** – Some varieties of the every-10-year tetanus and diphtheria vaccine also include protection against whooping cough (pertussis). This vaccine will also reduce the risk of your transmitting whooping cough to infants.
- **Pregnant women** – Health experts now recommend that pregnant women receive the pertussis vaccine between 27 and 36 weeks of gestation. This may also give some protection to the infant during the first few months of life.

#### Preventive Medications

If you've been exposed to someone who has whooping cough, your doctor may recommend antibiotics to protect against infection if you:

- Are a health care provider
- Are pregnant
- Are younger than age 12 months
- Have a health condition that could put you at risk of severe illness or complications, such as a weakened immune system or asthma
- Live with someone who has whooping cough
- Live with someone who is at high risk of developing severe illness or complications from a whooping cough infection

If you think you or your child has whooping cough, make an appointment with your family doctor or pediatrician. Severe symptoms may warrant a visit to an urgent care center or a hospital's emergency department. **To prevent transmission, cover your cough and wash your hands often and if you have to be around others, wear a mask.**

Contact your primary care provider for an appointment by calling the Shawnee Clinic at 405-878-5850, the Little Axe Clinic at 405-447-0300, or for urgent care, contact PlusCare at 405-447-0477.

#### References:

*Mayo Clinic* (2024) *Whooping Cough*. <https://www.mayoclinic.org/diseases-conditions/whooping-cough/symptoms-causes/syc-20378973>

### CONSTRUCTION UPDATE

#### Shawnee Health Center

#### NEW SHAWNEE HEALTH CLINIC! (Coming Soon)

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

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

#### October 2024 Health Employee Awards of the Month

**Employee of the Month:** Sheena Fixico, Patient Registration

**Team of the Month:** Case Management/ Social Worker

**Special Leadership Award:** Carol Myers, RN Team Lead



## Scheduled Closures

All AST Health facilities will observe the following hours on:

**Wednesday, November 6th**  
**CLOSED** from 12PM- 5PM  
*Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM*

**Monday, November 11th:**  
**CLOSED** for Veterans Day

**Wednesday, November 27th:**  
**CLOSES** at 12PM

**November 28-29th:**  
**CLOSED** for Thanksgiving





## How Can We Help?

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

Scan the QR Code below!




[www.surveymonkey.com/r/2024ASTHA](http://www.surveymonkey.com/r/2024ASTHA)

**This survey takes less than 15 minutes to complete.**

Your feedback is appreciated!


*Ne yi wa (Thank You)!*



## NOVEMBER MEN'S HEALTH AWARENESS MONTH

### WALK-IN PROSTATE CANCER SCREENING DAY

# NOVEMBER 4TH



**FOR ESTABLISHED PATIENTS | 8:00AM - 4:00PM**

**More Information:**  
**405.447.0300**  
**LITTLE AXE HEALTH CENTER SPECIALTY CLINIC**



## Help Yourself → Help Your Tribe

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

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




### OPEN ENROLLMENT

**Medicare: Oct 15 - Dec 7, 2024**  
**Marketplace: Nov 1- Jan 15, 2025**



### DID YOU KNOW...

60% of the funding for our health system comes from outside sources?

YOU CAN receive specialized health care services and help protect tribal funding by seeing if you qualify for a private health plan at zero cost to you. Contact a PBA to learn how you can help yourself and help your tribe!



<b>2025 Health Benefits &amp; Resources Event</b>  Thursday November 7th 9AM-3PM  AST Multi-Purpose Building 2029 James L Edwards Lane Shawnee, OK 74801	<b>Little Axe Clinic Medicare / Marketplace Education Events</b> October 16th, 30th & November 13th Medicare 1pm-2pm Marketplace 2pm-3pm Little Axe Health Center 15951 Little Axe Drive Norman, OK 73026	<b>Shawnee Clinic Medicare/ Marketplace Education Events</b> October 24th, November 7th & 19th Medicare 1pm-2pm Marketplace 2pm-3pm AST Multi-Purpose Building 2029 James L Edwards Lane Shawnee, OK 74801
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# WHOOPING COUGH (PERTUSSIS)

**What is it?**  
 Whooping cough is a very contagious respiratory illness. It may begin like a common cold, but unlike a cold, the severe coughing can last for weeks or months.

**How does it spread?**  
 Whooping cough is spread from person to person through coughing or sneezing while a person with whooping cough is in close contact with others.

**How can I prevent it?**  
 The best way to prevent whooping cough is to practice good hygiene, stay home when sick and talk to your health care provider about the whooping cough vaccine.

If you think you or your child has whooping cough or has been exposed, contact your health care provider for next steps.


**Scan for more information:**








## Benefits of Physical Therapy



Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. They are a key part of your health care team, working with other health care professionals, like your primary care provider, to help you manage your health.

Physical therapy can help you improve mobility and function, manage pain and chronic disease, recover from and prevent injury, and avoid surgery or rehab afterward. Physical therapists work with you to develop strategies and treatment plans to achieve your fitness, wellness, and job- or sport-specific goals.

Physical therapists and physical therapist assistants work with people of all ages and abilities. They provide care that's specific to your body and your lifestyle. Physical therapy can help you:

**Maximize Your Movement**  
 Physical therapists identify, diagnose, and treat movement problems to help you keep or restore as much function as possible. Physical function and movement are vital to:

- Health, wellness, and fitness.
- Managing pain.
- Earning a living.
- Independence.

**Achieve the Recommended Amount of Physical Activity**  
 Regular physical activity can benefit your physical, mental, and social health. It also helps to prevent or improve chronic conditions, such as:

- Heart disease.
- Obesity and diabetes.
- Depression.
- Some cancers.

Physical therapists help people overcome barriers to physical activity.

**Manage Pain Safely**  
 Physical therapy can help you reduce or avoid the need for risky pain medicines. While prescribed opioids are suitable for some cases, they only mask pain. Opioid risks include depression, overdose, and withdrawal symptoms when stopping use.

The Centers for Disease Control and Prevention recommends safe, effective options like physical therapy to manage most long-term pain.

**Avoid Surgery**  
 Pain and movement problems can lead to chronic disease and unwanted surgeries. Physical therapists help address these problems to reduce symptoms, prevent them from getting worse, and prevent new problems. This can help you avoid the need for surgery and the risks and costs that come with it.

Research shows that physical therapy is as effective as surgery for conditions, such as:

- Meniscal tears and knee osteoarthritis.
- Rotator cuff tears.
- Spinal stenosis and degenerative disk disease.

Surgery is not always avoidable. Physical therapists can help you prepare for and recover after any needed surgery.

**Take an Active Role in Your Recovery**  
 Physical therapists and PTAs empower you to take an active role in your care. They also work with each other and other health care providers, to deliver the best care.

**Find a Physical Therapist**  
 Physical therapists and PTAs deliver care in a variety of settings. You may receive physical therapy in an outpatient clinic, at home, work, or school, or at a fitness center. Physical therapists and PTAs also work in hospitals, nursing homes, and rehab facilities.

You do not need a doctor's referral to see a physical therapist.\* To find a physical therapist in your area, visit [ChoosePT.com/FindaPT](http://ChoosePT.com/FindaPT).

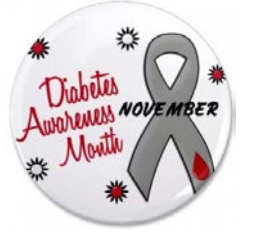
\*Some health care plans require a referral.

To find more information and a physical therapist in your area, visit [ChoosePT.com](http://ChoosePT.com).

**ChoosePT**  
Provided by APTA

NATIVE AMERICAN HERITAGE MONTH **NOVEMBER 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CEREAL BACON TOAST
4 BBQ CHICKEN BAKED BEANS TOSSED SALAD* PEARS	5 PORK CHOP MAC N CHEZ BLACK EYED PEAS MANDARIN ORANGES	6 GOULASH OKRA GARLIC TOAST CRISP	7 NORTHERN BEANS W/HAM CORNBREAD SPINACH/FRUIT	8 SCRAMBLED EGGS SAUSAGE GRAVY BISCUITS
11 VETERAN'S DAY WE ARE CLOSED	12 BAKED CHICKEN PEAS N CARROTS ROLL MIXED FRUIT	13 MANWICH TATOR TOTS PICKLE SPEAR PEACHES	14 BEEF STEW VEGGIES CRACKERS CHEZ STICKS/JELL-O	15 OATMEAL SAUSAGE PATTIES FRUIT
18 SPAGHETTI W/MEATSAUCE MEXICORN GARLIC TOAST/FRUIT	19 BROCOLLI RICE CHICKEN CASSROLE FRIED SQUASH CAKE	20 THANKSGIVING DINNER	21 WEINERS & KRAUT GREEN BEANS BREAD APRICOTS	22 BOILED EGG TOAST SAUSAGE PATTIES FRUIT
25 GRILLED CHEZ SANDWICH CHICKEN NOODLE SOUP FRUIT COCKTAIL	26 CEREAL SAUSAGE PATTIES FRUIT SACK LUNCH FOR HB	27 TITLE VI WILL BE CLOSED	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING



**\*MENU SUBJECT TO CHANGE\***

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

## NOVEMBER IS HOME CARE & HOSPICE MONTH

- WHO THEY ARE:** home health care professionals include nurses, therapists, social workers, home care aides, and health administrators.
- WHAT THEY DO:** they provide medical care, such as wound care, medication management, and physical therapy, in the patient's home.
- WHY IT'S IMPORTANT:** home health care allows patients to recover in a comfortable place while receiving skilled care. It can also improve the quality of life for family members.
- HOW TO CELEBRATE:** You can thank home care and hospice providers, post on social media using #HomeCare&HospiceMonth

**OUR GOAL IS TO HELP YOU LIVE SAFELY AND INDEPENDENTLY IN YOUR OWN HOME.**

**LOOK FOR US IN THE LOBBY DURING PUBLIC HEALTH'S WEEKLY OUTREACH EVENTS**





**COMPLETECARE**  
HOME HEALTH  
HEALTH. HEALING. HOME.

**YOU HEAL BETTER AT HOME**

**HOW CAN WE HELP?**



### 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

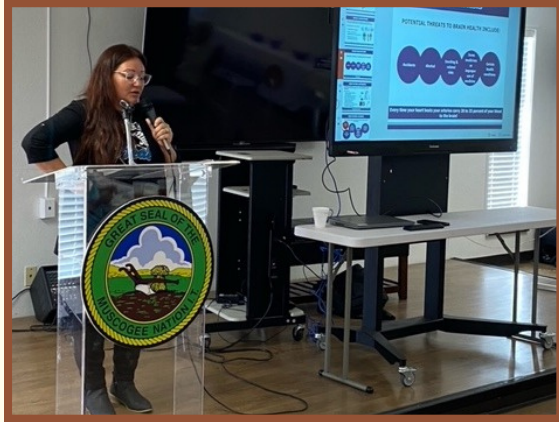
For questions or more information feel free to contact the PRC office at: 405-701-7951 or email PRC@astribe.com.

## Health Buzzzz

### Absentee Shawnee Tribal Health System Seeking Hope for Dementia and Alzheimer's

The ADPI program continues to demonstrate its commitment to community engagement, showing remarkable growth in participation and a series of impactful presentations and events. Recently we have had a major increase in participants over the past year, highlighting the program's significance to our elders and the wider community.

In two recent presentations, Lindsay Hernandez addressed the vital topic of brain health, emphasizing the importance of awareness and preventive measures.



"Our elders are invaluable to us, and by focusing on their health, we can foster a healthier community overall," Hernandez stated.



## Five tips for challenging your brain

1. Pursue life-long learning. Learn new things and take up new hobbies.
2. Play games. Examples of brain-challenging games can include chess, tabletop games, word and number puzzles, jigsaws, crosswords, and memory games, or find games where you can play and interact with other people.
3. Maintain a routine and use reminders. Maintain a routine and continue to take part in activities you always love to do (when possible). Use reminders and other tips and strategies when completing daily activities.
4. Engage in cultural activities. Check out what's happening in your area, like a community celebration, music event, or art show. After the event, discuss what you saw with a friend.
5. Cross-train your brain. What's something you're not good at doing? Work to improve it and give your brain some flexibility. Try a variety of challenges instead of sticking to one particular area. Some people living with dementia try to use their non-dominant hand for everyday activities like brushing teeth.



Muskogee Creek OKC Resource Center

Research indicates that approximately 20% of older adults experience cognitive decline, making discussions on brain health increasingly crucial.

The ADPI program aims not only to raise awareness but also to equip individuals with the knowledge needed to adopt preventive strategies. Through education and community support, we aspire to help our elders lead healthy, fulfilling lives for as long as possible!



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

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



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

Savvy Caregiver in Indian Country and Music & Memory

Check out our web-page:

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

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

# THANKFUL



## TRIBAL OPIOID RESPONSE (TOR) NEWS

The Absentee Shawnee Tribal Opioid Response project is thankful to announce that this critical resource has been increased and funded for five more years from October 1st, 2024 to September 30th, 2029! This is exciting news! Previous TOR grants operated on two-year cycles. The five-year grant cycle will provide more opportunities to improve and implement prevention, treatment, and recovery services in the AST TOR's service area which includes Cleveland, Oklahoma, Lincoln, Logan, and Pottawatomie counties. AST TOR looks forward to serving the American Indian community by building awareness to reduce the disease of addiction, connecting persons who need help with services like inpatient treatment or medication assisted treatment, and supporting persons in their recovery journey.

Did you know that being involved in your culture lowers the risk of substance misuse? Kick off November, which is *American Indian Heritage Month*, by taking a moment to learn more about your cultural background. Here are some ideas to get you started:

In our grandparents' time, their tribal languages were their first language and fluent speakers were common. Due to being forbidden to speak our indigenous language for decades, nowadays, many tribes/nations have established programs to encourage their people to learn their first language. Whether it be in November or anytime during the year, take a moment to challenge yourself to learn more of your tribe's/nation's language.

One of the things I was told in learning more about Absentee Shawnee culture is that you have to be around, you have to be present. It's so you can listen, learn, observe, connect, and show that you're making an effort. AST TOR will be hosting a number of cultural outreach events to assist you in making or maintaining community connections. Community connections serve as a vital support system.

Explore your history. There are always two sides to a story. Discover your tribe's/nation's side of the story. One of the things I discovered in my research is how the Si wi nwi ancestors encapsulated the meaning of resilience. In the wake of colonization, Si wi nwis made their way west from the east. Consider there were no grocery stores, bridges, roads, cars, cell phones, all of the modern technologies we take for granted today. I think of the trauma and suffering they must have experienced in this journey of hardship and uncertainty. It hurts my heart when I think of this, but at the same time I feel pride that they maintained even when the odds were stacked against them.

Substance misuse prevention is a form of decolonization. From 2022 to 2023, the percentage of people aged 12 or older in 2023 with a past year substance use disorder (SUD) increased among American Indian or Alaska Native (25.3%) people (SAMHSA). To reduce these numbers, we need to pull together to harness our strengths. In a saying attributed to Tecumseh, a noted Si wi nwi leader, "A single twig breaks but a bundle of twigs is strong." We invite you to share your thoughts, words, and presence as we move forward to effect change for Native people.

### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### Upper Body



**Triceps Extension**

Stand with feet armpit width apart holding a pumpkin with both hands on the pumpkin. Slowly press the pumpkin overhead, extending your elbows until your arms are vertical to the floor, elbows pointing forward, but not completely locked. Return to starting position.

**Bicep Curl**

Lift the pumpkin towards the shoulders while bending the elbows and keeping them by the middle of your body



### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### Lower Body



**Squats**

Begin standing with your feet slightly wider than hip-width, with the toes turned slightly outward. Hold your chest up and out, tilt your head slightly up, shift your weight back into your heels while pushing your hips behind you (like you are sitting in a chair).

**Front Lunge**

Stand with your feet together. Slowly lift one foot off the floor, the raised leg should initiate contact with a heel strike first, slowly transferring your body weight into the leading (forward) foot placed firmly on the floor. As you lunge forward, focus more on dropping your hips towards the floor rather than driving your hips forward. Firmly push off with your front leg to return to your starting position.



### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### CORE



**Pumpkin Touch Plank**

Get in a straight arm plank position, put a pumpkin out in front of each shoulder. Reach out and touch the pumpkin with one hand, come back to starting position and repeat exercise of the other side while maintaining a plank position.

**V-Ups**

Lie face-up on the floor with arms and legs straight. In one movement, lift your torso and legs as if you are trying to get the pumpkin to touch your toes. Then return to starting position.

**Spider Plank**

Start in a straight arm plank position with your body in a straight line, your elbows bent and under your shoulders. Bring your right knee to your right elbow. Extend your right leg back and return to the starting position. Repeat on the left side.



# 2024-2025 Benefits & Resources Event

#### Get assistance with:

- **2025 Medicare & Marketplace Open Enrollment**
- **Social Security & DHS Services**
- **SoonerCare**
- **Veterans Administration**
- **Food & Housing**
- **Legal Assistance**
- **Tribal Programs and much more!**

**Get Same-Day Benefits Assistance!**

**Giveaways & Snacks Provided by ASTHS & Legacy Tribal Services**



**Thursday, November 7, 2024 – 9 a.m. – 3 p.m.**

**AST Multipurpose Building**

**2029 James L. Edwards Lane, Shawnee, OK 74801**

**FOR MORE INFORMATION, CONTACT A PATIENT BENEFIT ADVOCATE**

**LITTLE AXE: 405.447.0300 + SHAWNEE: 405.878.5850 + WWW.ASTHEALTH.ORG**



ABSENTEE SHAWNEE TRIBAL  
**HEALTH SYSTEM**  
Prevention. Progress. Pride.



**Legacy Tribal Services**  
Simple Solutions. Uncommon Service.

# 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



ABSENTEE SHAWNEE TRIBAL

# HEALTH SYSTEM

Prevention. Progress. Pride.



## OPERATING HOURS

### LITTLE AXE HEALTH CENTER

405.447.0300  
7:30am-6:00pm Mon.-Fri.

### LITTLE AXE HEALTH CENTER PHARMACY

405.292.9530 Refill Line  
8:00am-8:00pm Mon.-Fri.  
9:00am-5:00pm Sat.-Sun.

### PLUSCARE CLINIC

405.447.0477  
8:00am-7:00pm Mon.-Fri.  
9:00am-4:00pm Sat.-Sun.

### SHAWNEE CLINIC

405.878.5850  
7:30am-6:00pm Mon.-Fri.

### SHAWNEE CLINIC PHARMACY

405.878.5859 Refill Line  
8:00am-8:00pm Mon.-Fri.  
9:00am-5:00pm Sat.

### SHAWNEE SAME DAY WALK-IN CLINIC

405.878.5850  
9:00am-5:00pm Mon.-Fri.