



THE ABSENTEE SHAWNEE NEWS

www.atribe.com

Volume 34, No. 09

September 2024

AST Teen Financial Education Class

The Absentee Shawnee Tribe & AllNations Bank hosted a luncheon covering financial education for teens. The BBQ Lunch & Learn event was held July 25 at the Multi-Purpose Building in Shawnee.

The topics covered ranged from financial institutions, money, credit and credit scores, interest and budgeting.

“The things that we will talk about today, these are the things that are important to get you ready to enter into the work force - introduce budgeting concepts, and prepare you for adulthood.” AST Treasurer Joseph Blanchard told the teens.

Many young people will enter adulthood without the essential financial

knowledge and skills they need to make informed choices about their money. Without basic financial know-how, they are more susceptible to predatory lending and managing debt which could lead them on a path of negative credit scores or unstable economic security.

AST Financial Analyst Lisa Griffin led the class and even had the teens work up a sample budget.

“Learning the ways to handle money and credit early will put you significantly ahead of most young adults.” Griffin said.

A 2023 statistic shows that young Americans owe over \$1 trillion in debt, and 70 percent of millennials live paycheck to paycheck. When young

people lack the financial knowledge they need to make informed decisions, they are more likely to become trapped in cycles of poverty and debt.

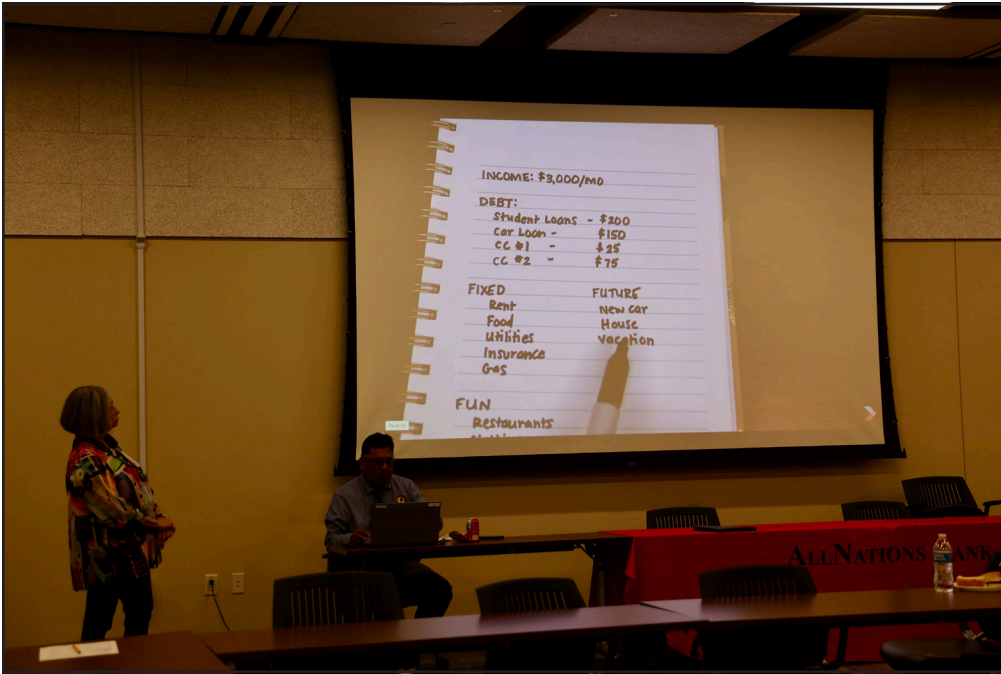
“Understanding how starting your savings early will help you to establish a sound financial foundation for the future. Also, as you begin to plan on making large purchases such as a home or a car, interest rates and credit scores will directly impact how much you will have to pay for those items, or if you are going to even be able to buy them at all.” Griffin went on to explain the need for having a savings account or 401K.

Treasurer Blanchard noted the feedback was all positive and hopefully more classes can be held in the future.

“Once the session was complete, we received back comments from parents and others in the community. ‘I wish this was taught and explained when I was their age. It would’ve saved me a lot of anxiety and stress over the years had I learned this earlier in life.’” said Blanchard.

Also speaking were AllNations Bank, Debbie Coym, AVP/Branch Manager; Bruce Dawson Community President/Commercial Loan Officer and Chief Executive Officer Steve Smith.

Teens aren’t usually concerned about finances or planning for the future but hopefully the tips they learned will start them out on a good financial path.



AST Tribal Health System holds Back to School Drive-Thru Event



**93RD SEMI-ANNUAL GENERAL COUNCIL MEETING
SATURDAY, OCTOBER 5, 2024 - 10:00 AM
THUNDERBIRD EVENT CENTER - NORMAN, OK**

GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello Tribal Members,

August has flew by so fast, the fall holidays are just around the corner. August weather has been extremely hot and unbearable, I sure hope fall comes pretty quick so we can all get some weather relief. Please continue checking on your family members especially any tribal elders you know or anyone living alone. The temperatures lately have been extremely hot.

I attended the Oklahoma Indian Gaming Association (OIGA) conference in Oklahoma City on August 13 & 14, 2024. I sat in on the discussion of the Creek

Nations integration of the state-wide self-exclusion program with a review of the compact requirements. Also state key updates were given for tribal gaming and the future of sports betting.

The Presidential elections for 2024 are coming up. I recommend you get out and cast your vote this year. This is a big election that is crucial for the people of the United States. Change is coming and we need to stay aware of all aspects, state and local.

The newly elected officials have been in office now for a couple months, if you have a chance stop by meet them and introduce yourself. We all want to work together to address any and all concerns. I

want to say thank you to the Emergency Management team. Lt. Governor Ponkilla and I assisted 14 AST families in Cushing with water when their town was without water for a few days. Emergency management delivered several cases of water to each home all over the town of Cushing.

Should you have any questions, comments or concerns, please feel free to contact myself or my assistant:
John Johnson 405-275-4030 ext. 3500
Alvina Barnes 405-275-4030 ext. 3501

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

Thank you

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor



Lt. GOVERNOR
Diane Ponkilla

Hello AST Members,

I would like to announce that the Office of the Lt. Governor is fully staffed. We have Deric Spoon, Executive Administrative Assistant who takes care of the daily office duties and Joseph Morton, Project Coordinator who does the AST Homeowner Emergency Repairs, assist the maintenance department as needed and is part of the Evaluation Committee who attend construction meetings. I have confidence in the Lt. Governor's staff to achieve the work, open communication and assist the tribe and tribal people to the best of their ability. I have oversight of BIA/Self Governance, OEH, HVAC, Maintenance and share oversight of Agriculture with Secretary, Misty McGirt.

We are in the processes of setting up interviews for the Agriculture Coordinator position. As of to date John Mann is the interim of Agriculture and the four staff members. I attended the following meetings in July:

- July 12: Sac and Fox Nation Fun Day@ 8am -12pm
- July 15: Director's Meeting@ 10am
- July 17: Reg. Executive Committee Meeting@ 10am
- July 17: Ed Bolt, Shawnee Mayor
- July 18: Gaming Commission (Mid-year Budget) @ 3pm
- July 18: Agriculture Demonstration Cooking (Corn) @ 3pm - 8pm
- July 20: Eider's Meeting (AST Homeowners Emergency Repair information) w/Deric Spoon @ 10am
- July 24: ARPA Meeting (Sponsored Programs) @ 3pm
- July 25: Lt. Governor's (Mid-year Bud-

- get) @ 10am
- July 25: BIA (Mid-year Budget)@ 2pm
- July 29: Cooper Bear@ 10am
- July 31: Shareholders Meeting@ 10am

As the Lt. Governor I appreciate the guidance from the other Executive Committee Members and the AST employees. I look forward to our weekly (Monday) Executive Committee Round Table Meetings where we discuss and receive feedback amongst each other about concerns and ideals, these meetings start at 11am and at times last 3 to 4 hours. I have met with a few tribal members who came in for assistance or a complaint and ended up visiting for a while. I welcome anyone who would just like to stop by and talk or who needs information about other AST Programs, if I do not have the answer I will guide you to who could help you.

Ne yi wa (Thank you)



TREASURER'S REPORT

Joseph Blanchard, AST Treasurer



SECRETARY
Misty McGirt

Hello fellow AST Tribal Members, Family, and Friends:

Can you believe Summer '24 is already over? Seems like it was just yesterday, classes were getting out, then "poof", posts galore the last two weeks and people sharing pictures of their kiddos. My wish for them is they have a great learning year, make new friends, and keep progressing towards the completion of their goals. I say this each year, if you would like me to attend your child's event, send me a copy of their season schedule. I will do my best to coordinate and attend at least one activity, especially when there are multiple families or members to support.

These last couple months have been bombarded with meetings, getting programs up to speed, and finding ways to save the Tribe money. At the end of June to late July, Finance scheduled "Mid-Year Budget Reviews" with all Department Heads, Directors and Coordinators. I am happy to report the majority of programs were on target and their data confirmed. There were only a few who did not meet expectations, either by not spending enough or having unplanned expenditures. We always tell staff, "Spend the Free money (Grants, Compact) before using Tribal funds. Our goal is to save the Tribe's dollars until the Federal monies are gone. Of course, this impacts the amount we are able to charge back to Indirect Cost (IDC).

Many don't understand IDC and its use. They see the Line Item (GL code) in their budget, think "Oh, I have extra money" and then want to spend it. We have to remind them those funds are not to be utilized by the Program but it's there in the budget to show the associated cost for their portion of the monthly expenditure like electric, water, sewer and trash, and security. The formula calculates our normal yearly expenses used to operate and provide services. Not all Departments qualify, which is why there are almost 30 Departments which use Tribal General Fund. The last few years, our Base numbers increased drastically, due to CARES and ARPA funds. Initially, these weren't

supposed to be included, then there was a Final Rule released, advising us to add these to the overall Total. Our rate basically doubled and increased the amount we charge. I'll be happy when the current three (3) year look back period has passed and we no longer have to account for these extra dollars.

For those who have listened the last few years, I've mentioned a handful of times the need to create new business. This in turn creates new jobs, new revenue, and new taxes besides the advent of a new service, which becomes a new resource for our Tribal community and neighbors. So why is this important? I mention it because Governor Johnson, a couple staff, and I attended the City of Tecumseh Zoning Commission meeting last week. Previously, we submitted a Request to Rezone for the Tecumseh Square location, from Industrial to C-4; which allows for Office space, restaurants, and shopping centers. The Application was approved and now goes before the full City Commission on September 3rd.

Recently, members of the Executive Committee met with the U.S. Army Corp of Engineers (USACE), Tulsa District. In that discussion, we were able to visit with Tribal Liaison Michelle Horn, and ask pertinent questions regarding the Technical Advisory (TA) process and the types of services their program provides, especially for properties or sites located in Flood Zones. This is important as we look to expand, create new business, and utilize existing specific sites within or near these areas. There is a Bible verse, Matthew 7:24-27, which speaks about the man who builds his house on sand. We definitely want to be the opposite who builds on rock and has a good foundation.

As we welcome the newest EC members, Lt. Gov. Diane Ponkilla and Rep. Anthony Johnson, I would be remiss in not mentioning the Federal, State and Local runoffs. Hopefully you have heard my request for our members to participate, not only in Tribal, but these other elections as well. As stated before, this makes our job easier when we attend Consultations and/or other professional meetings, and we're not having to explain or describe the Tribe's history, status, and par-

ticipation (or lack thereof) to uninformed people in positions of authority. Having an advocate or someone with similar likes and interests makes the job easier, especially when they support your movement and what you are trying to accomplish.

The EC invited local candidates to come and tell the Tribe what their plans are and how they will include the Tribe. Without a benefit to us, why should we invest in their municipality? I am glad to say after these visits; the EC reached a majority to support the individual who best represented our values and allow for inclusiveness. As agreed and stated, "What happens with one affects the other. It's a shame the Tribe was not involved or did not have a seat at the Table." I appreciate both gentlemen for coming but there can be only one choice. So I ask our Tribal members who vote and live within the Shawnee community to support Eric Stephens in his quest to become the next City of Shawnee Mayor.

Professionally, I don't think there is much discussion that needs to be had regarding the next U.S. President. Under the current administration, Tribal Nations have had UNPRECEDENTED contact with Government officials, Federal Agencies, and countless funding opportunities due to President Biden's "Memo". This official document to Department Heads, regarding E.O. 13175, provided specific directives and reinforced Consultation requirements with Tribes. Though Mr. Biden will not seek a 2nd term, it is smart for minorities to support his potential successor, current Vice-President Kamala Harris. Please keep an eye out for future Social Media posts regarding "Rock the Native Vote" and how to register before the next deadline.

As I come to a close for this month's submission, I hope all is well with your families. For those loved ones who have walked on, my sincerest condolences for your loss. Take it one day at a time and ask the Creator for his Grace. As always, I am grateful to the folks who continue to provide advice, encouragement, and support. Pray for our military and Elders.

Neyiwa!

Joseph H. Blanchard
Tribal Treasurer



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson



REPRESENTATIVE'S REPORT

Anthony Johnson, AST Representative

Hello Tribal Members,

I want to thank you all and express my gratitude to the voters for electing me to serve our tribe. I was sworn into office on June 27, 2024. Since then, we, the Executive Committee, have been to meetings with our Health Board, Gaming Commission/Thunderbird Entertainment, and Housing Authority. I am looking forward to working with our Cultural Preservation and Education departments, Tribal Employment Rights Office (TERO) and our Youth Camp. If you have any questions or need to reach me, you can contact my office at:

(405) 531-3512 or adjohnson@astribe.com

I look forward to serving our tribal community. Thank you!

Sincerely,

Anthony "Tadpole" Johnson, Tribal Representative

AST 477 PROGRAM

- Currently have 247 Adult 477 Cases and 146 Youth Cases. Total Case Load is 393 cases. We have 7 new cases this month.
- We have moved off the AST Complex and we are located for Intake/Visitors at 421 N. Beard and 477 Administration at 214 N. Oklahoma in Shawnee. We have grown exponentially and had to have more office staff to accommodate. This is a short term solution and we are hoping to finalize a long term solution soon.
- Summer Youth Employment has ended and the AST 477 Program was able to assist 33 native youth with subsidized employment. They learned on the job training as well as life skills that were taught every two week by our staff and other departments. I want to thank Stephanie Martinez, Youth Case Manager for all of her time and planning for this summer!
- School supply distribution is going on now and if there is anyone who is not receiving JOM assistance from their school or other tribe can contact our offices to see if we can assist.
- We will be having a Youth Parent Committee Meeting soon. Please be on the lookout for that information and plan to attend. Our hope is to have a parent representative from every school that we have children in our service area.
- The After School Program Shawnee will be open for after school care. If you would like to be placed on the waiting list please contact the ASP Manager or stop by the ASP Shawnee building across from Building Blocks on the complex/
- The After School Program Horseshoe Bend construction is ongoing and we hope to have it completed by the middle of 2025.

AST 477 DEPARTMENT HAS MOVED!

NEW LOCATION
421 N. Beard Street Shawnee, OK 74801

KEEP IN TOUCH

- 🌐 www.astribe.com/477-program
- ✉ 477program@astribe.com
- ☎ (405) 275-4030
- 📍 421 N. Beard Street Shawnee, OK 74801

Fostering Hope: The Critical Need for Native Foster Homes

Native American children enter the foster care system at alarmingly high rates, yet there's a severe shortage of Native foster homes to care for them. This disparity creates a crisis within Tribal communities, threatening cultural continuity and the well-being of Native youth. Becoming a foster parent for Native children is a profound way to support Tribal communities and help preserve vital cultural connections. Let's explore why this is so crucial and how interested individuals can get involved.

The Current Situation

Statistics paint a stark picture: Native American children are overrepresented in the foster care system, often at rates two to three times their proportion of the general population. This overrepresentation stems from complex historical and socioeconomic factors, including the lingering effects of historical trauma, poverty, and systemic biases in states child welfare systems.

Despite this high need, there's a significant shortage of Native foster homes. This shortage often results in Native children being placed in non-Native homes, potentially disconnecting them from their cultural heritage and community supports.

Why Native Foster Homes Matter

1. Cultural Preservation

When Native children are placed with Native foster families, they're more likely to maintain ties to their heritage, language, and traditions. This cultural continuity is crucial for a child's sense of identity and belonging. Native foster parents can provide insights into tribal customs, participate in cultural events, and help children understand their place within their Tribal community.

2. Reducing Trauma

Placement in a culturally similar environment can help reduce the trauma of family separation. Native foster parents often have a deeper understanding of the unique challenges these children face, including potential experiences of historical trauma or discrimination. This understanding can lead to more empathetic and effective care.

3. Legal Compliance

The Indian Child Welfare Act (ICWA), passed in 1978, prioritizes placing Native children with relatives or other Native families. This law was enacted to address the high rates of removal of Native children from their communities. More Native foster homes help support ICWA's goals of keeping Native children connected to their tribes and cultural heritage.

4. Breaking Cycles

By providing stable, culturally-informed care, Native foster parents can help break cycles of intergenerational trauma that affect many Tribal communities. They can model healthy behaviors, provide emotional support, and connect children with community resources.

5. Community Strengthening

Native foster parents play a vital role in strengthening their communities by caring for its most vulnerable members and preserving cultural knowledge. They become crucial links in the chain of cultural transmission, ensuring that traditional values and practices continue to the next generation.

6. Supporting Reunification

When the goal is family reunification, Native foster parents can often better facilitate this process. They may have a deeper understanding of the challenges facing Native families and can work more effectively with biological parents, tribal foster care worker, and other stakeholders.

Becoming a Native Foster Parent

If you're interested in becoming a foster parent for Native children, here are some steps to consider:

- Research: Learn about the specific needs of Native children in foster care and the requirements for becoming a foster parent in your area.
- Contact Your Tribe: If you're a tribal member, reach out to your tribe's Indian Child Welfare department for information on their foster care program requirements and licensing process.
- Home Study: Prepare for and complete a home study, which assesses your ability to provide a safe and nurturing environment.
- Support Network: Connect with other Native foster parents and support groups to build a network of resources and shared experiences.

Challenges and Rewards

Becoming a foster parent is not without its challenges. It requires patience, resilience, and a commitment to ongoing learning. Foster parents may need to navigate complex family dynamics, address the effects of trauma, and work within the child welfare system.

However, the rewards can be immense. Foster parents have the opportunity to make a profound difference in a child's life, preserving cultural connections and providing a stable, loving home. They become key players in the effort to strengthen Tribal communities and ensure the well-being of future generations.

We Need YOU!

The need for Native foster homes is urgent and ongoing. By stepping up to become foster parents, Native individuals and families can play a crucial role in supporting their communities, preserving cultural heritage, and providing loving homes for children in need. While the journey may be challenging, the impact of this work ripples through generations, fostering hope and resilience in Tribal communities.

OUR COMMUNITY
OUR KIDS

FOSTER TODAY!
(405) 395-4490



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 had a busy and fun July at Building Blocks. The children loved making 4th of July T-Shirts. They also have really enjoyed playing on our splash pad. The classrooms have scheduled days to play on the Splash Pad and it will continue throughout August.

We are currently hiring staff, if you are interested in applying visit <https://www.atribe.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.

Summer is upon us and it is key to stay hydrated by drinking lots of water. Our children have their own water jugs that they can freely choose to drink throughout the day. Also, it is taken outside with the children when they go out to play.

Building Blocks will be closed in August when the tribe is closed for AST Day. Date to be announced.

Building Blocks will have lots of 4 and 5 year old children going to Kindergarten and Pre-K this fall. SECC and TECC schools start back on August 15th. We have 10 children going into Kindergarten and age out of Building Blocks. There are 8 children going into Pre-K. We wish them all the best of luck in their new learning adventures.

Have an Awesome August!



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

September Newsletter

In the Classroom

The theme in our infant room this month is "All About Me". The primary objective will be the introduction of body parts. In our Toddler class the students will be learning about farm animals. They will explore where they live, what sounds they make, and what they eat. The 2's will also be learning about farms. In addition to studying the animals they will also be exploring the job of a farmer. Our three-year-olds will gain math, science, art and physical development skills as it relates to transportation. The students in the 4's and 5's classroom will also have the theme of "All About Me", but their objective will be to develop a sense of self and develop independence. They will learn how to verbally ask for help and how to express their feelings.

In the Center

Our "big kids" have started back to school. We celebrated with a back to school bash that included a tie dye water game and ice cream sundaes. In addition to learning in the classroom, we offer other tools that our students can enjoy at home. The center has a library where our friends can check out books and also Family Engagement Packs that focus on literacy and math skills. We will be having a visit from the Mad Scientist again this month. The students are looking forward to the "Fire & Ice" lesson that will be presented. Over the summer our staff completed CPR training that covered performing the procedure on infants, children, and adults. They also learned how to properly perform the Heimlich maneuver.

"The more that you read, the more things you will know.
 The more that you learn, the more places you'll go."
 ~Dr. Seuss

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



ABSENTEE SHAWNEE TRIBE

BOARD VACANCIES

IF YOU ARE INTERESTED IN SERVING ON ONE OF THE FOLLOWING BOARDS, COMMISSIONS, COMMITTEES OR COUNCILS:

Foster Care (1)

NAGPRA (5)

Gaming Commission (1)

TEI (2)

PLEASE SUBMIT YOUR LETTERS OF INTEREST WITH RESUME ATTACHED TO:

Tribal Secretary
 2025 S. Gordon Cooper Drive
 Shawnee, OK 74801
 secretary@atribe.com

TAKE CARE OF YOU.

HOME EQUITY LOANS

You've been taking care of your home for years... Now it's time you let it take care of you.

Whether you're looking to remodel your old kitchen, buy that new car, or consolidate debt, AllNations Bank can help. Our Home Equity Loans make it easy for you to enjoy the appreciation in your home. Stop by today and let us show you where the money is in your home.

AllNations Bank

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

Member FDIC



**Happy 3rd Birthda
Everlynn!!!**

Love,
Nana Jennifer, Des, Jay and
Uncle Daniel



Harland

For your 4th birthday we send you best regards and wishing you have an unforgettable day.

Love from family and friends



Hi si me ni ke s'fwa
Paw-paw Month
(September)

Back when Shawnees were further east, paw-paw trees were more abundant and the fruit they provided were ripe in what we know as September.

September also used to be the start of school many years ago. Here are some phrases we might have heard at home and at school.

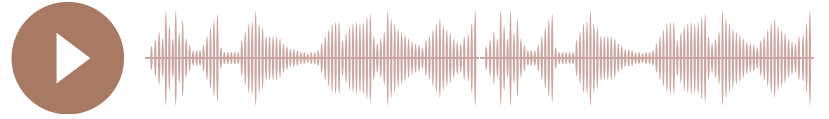
- *Fi ke ge k'ya hi* – go outside
- *Ma ge ki* – be careful
- *K'ya pe ke lo ti* – do your school paper
- *Hi ki wa sa lo* – you listen
- *Hi ki wa sa ko* – you all listen
- *Pi wi ne ta fe lo* – go play
- *Pi wi ne ta fe ko* – you all go play
- *Ka pi ke fe la g'yi* – wash your hands
- *Te k'ya pa ke s'to* – don't bother that
- *Ka ho wa se wi ne ta fe p'wi* – play nice
- *Te k'ya no g'yi la te p'wi* – don't pick on each other
- *Fi ke ge k'ya se pi wi ne ta fe* – go outside to play



LATEST EPISODE

EP 8

LET'S LEARN OUR LANGUAGE



LET'S LEARN OUR LANGUAGE

AST LANGUAGE DIRECTOR SCOTT MILLER TALKS ABOUT THE LACK OF FLUENT SHAWNEE SPEAKERS AND TELLS US HOW HE PLANS TO INCREASE THE NUMBERS WITH THE UPCOMING LANGUAGE CLASSES HE WILL TEACH.

Maintenance Department

The department is going through another transition; recently we've had two members of the team promoted to new positions inside and outside the department. Because of these promotions our labor force has been stretched thin. We currently have six members working in the field trying to keep up with on campus repairs. For example we have replaced some of the plumbing in the Cultural Arts basement. At Finance we installed new supply air dampers to improve temperature control in each room. We replaced some LED lighting in Procurement warehouse. Also, we have cleaned up the area east of the new after school building, including all the metal, wood and concrete debris that has been piled up for several years.

We are actively looking for new members to add to the team. Please be patient if we are responding a little slower. Understand this is another growth transition that we are going through.

I am happy to announce that we are still continuing with the larger projects, such as replacing the trim on building two. Also, we are completing the water collection system at the camp. Soon we will be assisting with renovations in building three.

Within the next few weeks if you visit the campus you'll notice that we are starting to add some flowers to the existing flower beds and flower pots.

Thank you!

Tribal Member Corner:

I encourage members, to write articles for our paper.

Attended a CPR class, held by the OKC Fire Department, taught by Captains and Major. I was going to provide you, their information, but our tribe will be hosting classes. The tribe will hold Community CPR classes for Elders, 55 +, Sept 11th and Sept 25th in Norman and Shawnee respectively. Contact Kathy, 405 701 7997 to register and more information. I am happy, the tribe is providing these classes.

Thanks to the employees, who do the lawn mowing and for Title VI.

Recently, there was a shooting at Pine Ridge, South Dakota, at a powwow. One person was fatally shot and one person arrested. We need to be careful at gatherings.

A tribal member, Maxine Little Axe is a business partner/owner of All Hours Professional Detail Service (Vehicles). Indigenous owned for 55 years by Bo 405.473.0863. I have utilized their services, and they did an excellent job!

Thanks to the employees, that work for our tribe. Also, thanks to the tribe for providing services, that you currently do.

Attend a church service.

Eileen Pearce, Tribal

Member Questions,

Comments:

Lapearce@att.net

405.227.2036



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.



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



www.asthealth.org

September 2024

ASTHS September 2024 Monthly Update

September is Dementia Awareness Month

Dementia is an umbrella term for a collection of symptoms that are caused by disorders affecting the brain and impact on memory, thinking, behavior and emotion. The most common is Alzheimer's disease, which affects 50-60% of people with dementia. Other types of dementia include vascular dementia, Lewy body dementia and fronto-temporal dementia. Dementia can also sometimes affect people who are under the age of 65. This is known as young onset dementia.

Our brains are made up of over 86 billion nerve cells – more than the stars in the Milky Way. Dementia damages nerve cells so they are no longer able to communicate effectively and this impacts on how our body functions.

The specific symptoms a person living with dementia experiences will depend upon what parts of the brain are affected and/or the specific disease that is causing their dementia. Symptoms may include:

- loss of memory
- difficulty in finding the right words or understanding what people are saying
- difficulty in performing previously routine tasks
- personality and mood changes

Although each person will experience dementia in their own way, eventually those affected will be unable to care for themselves and need help with all aspects of daily life. Dementia is the leading cause of disability and dependency among the elderly.

Dementia affects more than 50 million people worldwide, with a new case of dementia occurring somewhere in the world every 3 seconds. Dementia can also affect individuals under the age of 65 (young onset dementia). Greater awareness and understanding of dementia is important to challenge the myths and misconceptions that surround the condition.

There is currently no cure for most types of dementia, but treatment and support are available.

Dementia figures

- There are currently estimated to be over 55 million people worldwide living with dementia. The number of people affected is set to rise to 139 million by 2050, with the greatest increases in low and middle income countries
- Already 60% of people with dementia live in low and middle income countries, but by 2050 this will rise to 71%
- A new case of dementia arises somewhere in the world every 3 seconds
- Up to three quarters of those with dementia worldwide have not received a diagnosis
- Almost 80% of the general public are concerned about developing dementia at some point and 1 in 4 people think that there is nothing we can do to prevent dementia.
- Almost 62% of healthcare practitioners worldwide incorrectly think that dementia is part of normal ageing
- 35% of caregivers across the world said that they have hidden the diagnosis of dementia of a family member
- Over 50% of caregivers globally say their health has suffered as a result of their caring responsibilities even while expressing positive sentiments about their role.

Early symptoms of dementia

MEMORY LOSS

Declining memory, especially short-term memory (remembering things that have happened recently), is the most common early symptom of dementia. People with ordinary forgetfulness can still remember other facts associated with the thing they have forgotten. For example, they may briefly forget their next-door neighbor's name but they still know the person they are talking to is their next-door neighbor. A person living with dementia may not only forget their neighbor's name but also the context. Memories for things that happened long ago may be preserved over recent events.

DIFFICULTY PERFORMING FAMILIAR TASKS

People with dementia often find it hard to complete everyday tasks that are so familiar that we usually do them without thinking. Someone with dementia may not know in what order to put on clothes or the steps for preparing a meal. People with dementia may dress inappropriately, wearing several layers of clothes on a warm day or very few on a cold day.

PROBLEMS WITH LANGUAGE

Occasionally everyone has trouble finding the right word but a person with dementia can often forget simple words or substitute unusual words, making speech or writing hard to understand. They may also have difficulties following a conversation and therefore become more withdrawn.

DISORIENTATION in TIME and PLACE

We all sometimes forget the day of the week or where we are going momentarily but people with dementia can become lost in familiar places such as the road they live in, forget where they are or how they got there, and not know how to get back home. Someone who has dementia may also confuse night and day.

PROBLEMS WITH CONCENTRATION, PLANNING, or ORGANIZING

A person with dementia may find it difficult to make decisions, solve problems, or keep up with paying their bills.

MISPLACING THINGS

Anyone can temporarily misplace his or her wallet or keys. A person with dementia may put things in unusual places such as an iron in the fridge or a wristwatch in the sugar bowl.

CHANGES in MOOD or BEHAVIOR

Everyone can become sad or moody from time to time. Dementia may cause someone to become unusually emotional and experience rapid mood swings or irritability for no apparent reason. Alternatively they may show less emotion or social interaction than was usual previously.

TROUBLE WITH IMAGES or SPATIAL RELATIONSHIPS

Image problems are different from typical age-related problems, such as cataracts. People with dementia can have difficulty in reading, judging distances, seeing objects in three dimensions and in determining color or contrast.

WITHDRAWAL FROM WORK or SOCIAL ACTIVITIES

At times everyone can become tired of housework, business activities, or social obligations. However a person with dementia may become very passive, sitting in front of the television for hours, sleeping more than usual, or appearing to lose interest in hobbies.

If you are experiencing any of these symptoms or are concerned about a friend or relative, visit your doctor and discuss your concerns.

CARING for SOMEONE WITH DEMENTIA

In the past we tended to presume that a person with dementia lost their individuality and personality during the course of their illness.

As physical damage occurred to the brain, their value as a person was assumed to diminish. People with dementia were sometimes not treated as individuals in their own right.

An approach to dementia care which recognizes and respects the personal history, character and individuality of the person living with dementia has been shown to have a positive impact on the progress of the disease.

Local Support

If you are caring for a family member or are being cared for by a caregiver, you can contact the Seeking Hope program, a part of The Alzheimer's and Dementia Initiative within the Absentee Shawnee Tribal Health System. Seeking Hope provides quality, person-centered care and support for Native Americans. Certified Dementia Specialists are available to deliver Home and Community Based Services to people living with dementia and their family members. These services consist of caregiver support trainings; dementia-specific consultation, resource assistance and material; and assistance with home care planning.

Two programs are available for caregivers and family members of those who are experiencing memory loss. Music & Memory and the Savvy Caregiver in Indian Country are the programs that you can enroll and participate if you or a loved one is experiencing Alzheimer's or dementia. Contact Atheda Fletcher at 405-561-7893 for more information.

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 is being concluded. Planning for Groundbreaking Ceremony is ongoing.


August 2024 Health Employee Awards of the Month

Employee of the Month: Callie Baker, LPN Pediatrics

Team of the Month: PlusCare/Same Day

Special Leadership Award: Gregory Reading, Chiropractor/Intern Program


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

MONTHLY ISSUE	NUMBER 07	 74 1326 600 104
	COME LEARN ABOUT WAYS TO IMPROVE YOUR SEXUAL HEALTH	
	DATE SEPTEMBER 19th, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 9-11 AM	

THE P.H. WEEKLY

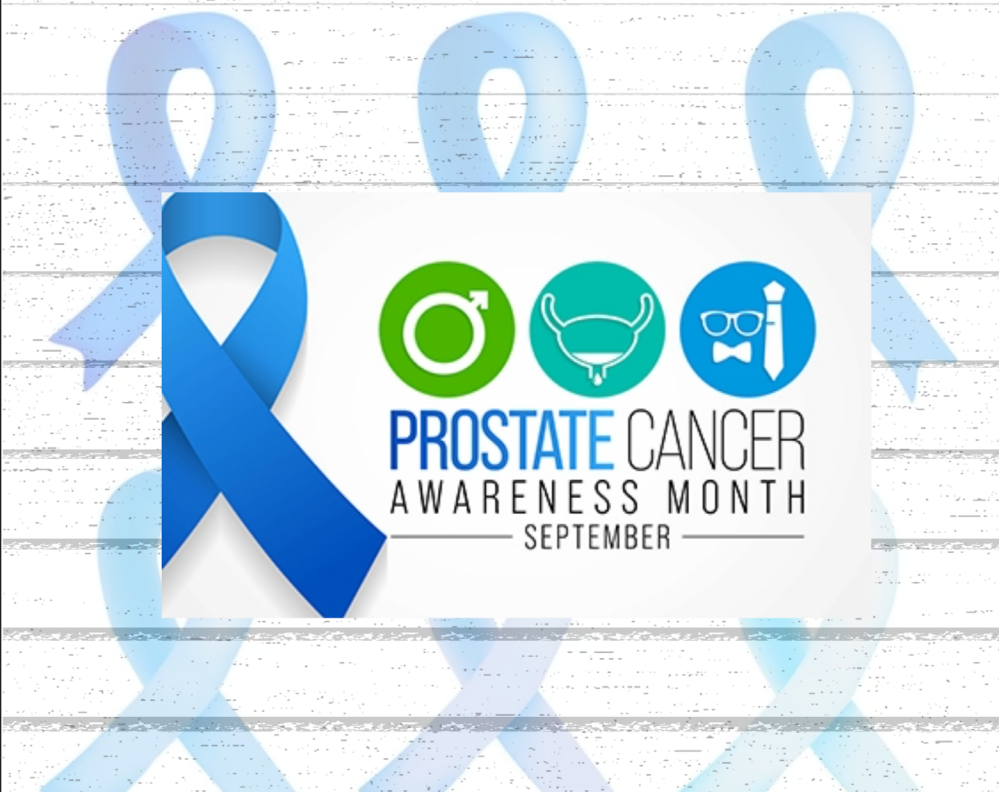
SEPTEMBER WEEK 3: SEXUAL HEALTH AND HIV AWARENESS




MONTHLY ISSUE	NUMBER 06	 74 1326 600 104
	COME LEARN ABOUT THE IMPORTANCE OF CHECKING ON YOUR PROSTATE	
	DATE SEPTEMBER 10th, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 1-3 PM	

THE P.H. WEEKLY

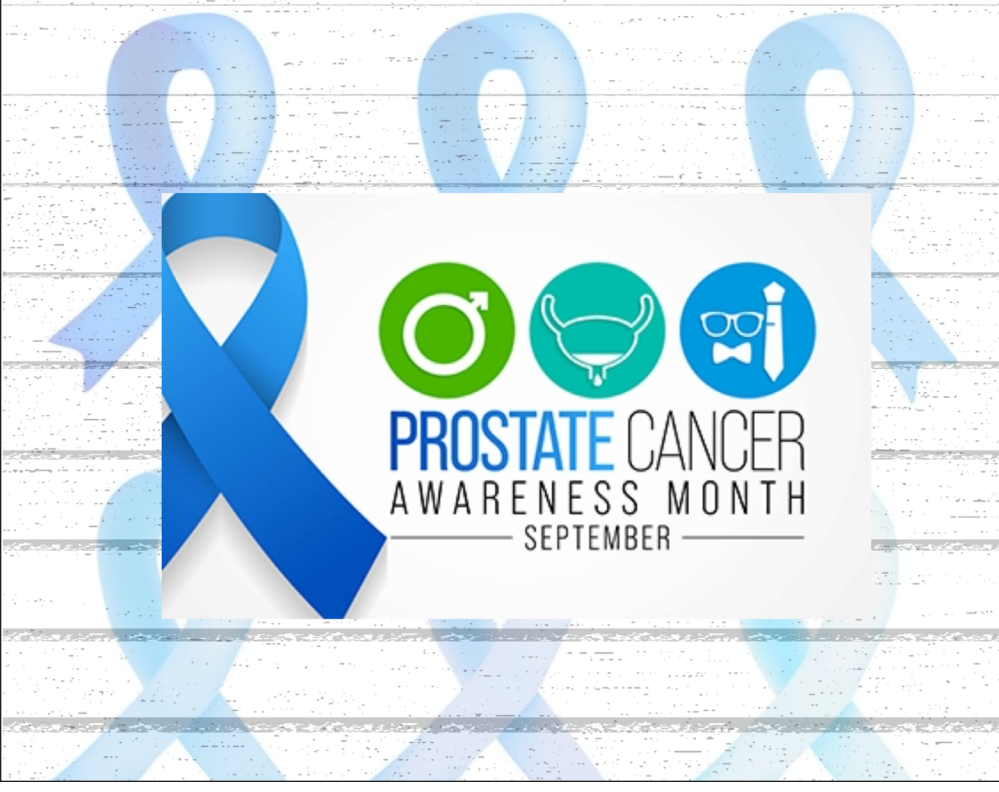
SEPTEMBER WEEK 2: PROSTATE AWARENESS




MONTHLY ISSUE	COME LEARN ABOUT THE IMPORTANCE OF CHECKING ON YOUR PROSTATE	 74 1326 600 104
	Dates: SEPTEMBER 5th, 19th, and 24th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM	
	TOPIC PRESENTED BY JOHN AND DAVID	

THE P.H. WEEKLY

PROSTATE AWARENESS MONTH




MONTHLY ISSUE	NUMBER 08	 74 1326 600 104
	COME LEARN ABOUT COMMON FACTS, DETECTION, AND PREVENTING LICE	
	DATE SEPTEMBER 24th, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 9-11 AM	

THE P.H. WEEKLY

SEPTEMBER WEEK 4: LICE AWARENESS/TIPS



MONTHLY ISSUE	NUMBER 05	 74 1326 600 104
	COME TALK ABOUT PROPER WAYS TO DO WOUND CARE AT HOME	
	DATE SEPTEMBER 5th, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 9-11 AM	

THE P.H. WEEKLY

SEPTEMBER WEEK 1: WOUND CARE



MONTHLY ISSUE	COME LEARN ABOUT THE IMPORTANCE OF CHECKING ON YOUR PROSTATE	 74 1326 600 104
	Dates: SEPTEMBER 5th, 19th, and 24th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM	
	TOPIC PRESENTED BY JOHN AND DAVID	



GRILLED ZUCCHINI WITH PARMESAN

SERVINGS: 4 PREPPING TIME: 20 MIN COOKING TIME: 5 MIN

INGREDIENTS

- ¼ cup olive oil
- 2 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper, or to taste
- ½ cup whole-wheat panko breadcrumbs
- 2 ounces Parmesan cheese, grated (about 1/2 cup)
- 1 ½ teaspoons fresh thyme leaves or 1 teaspoon dried thyme, crushed
- 1 teaspoon lemon zest
- ¼ teaspoon salt
- 2 large zucchini, halved lengthwise
- Lemon wedges for serving

DIRECTIONS

1. Combine oil, garlic and crushed red pepper in a small skillet over low heat. Cook, stirring often, until the garlic is softened and light golden, 3 to 4 minutes. Remove from heat; let cool for 5 minutes. Stir in panko, Parmesan, thyme, lemon zest and salt.
2. Preheat grill to very high (at least 500°F). Oil the grill grates, using tongs to hold an oil-soaked paper towel. Place zucchini, cut-sides down, on the oiled grates; grill, uncovered, until tender-crisp, about 5 minutes per side. Flip the zucchini so they are cut-side up; spoon the panko mixture evenly on top. Grill, covered, until the topping is golden brown in spots, 2 to 3 minutes. Carefully transfer to a serving platter. Serve with lemon wedges.

NOTES

- This recipe is also suitable for grilling yellow summer squash, eggplant, bell peppers and asparagus.



QUESTIONS: CONTACT DIABETES & WELLNESS
(405) 701-7977



September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY	3 CHICKEN PATTY SANDWICH LTOP CHIPS/APRICOTS	4 SALMON PATTIE MAC & CHEZ SALAD BAR*	5 GOULASH BREAD TROPICAL FRUIT	6* BAGEL BOILED EGG GRAPES CREAM CHEZ
9 BEEF FINGERS MASHED POT/GRAVY BRUSSEL SPROUTS M. ORANGES	10 CHEF SALAD HAM,CHEZ,ONIONS CRACKERS FRUIT COCKTAIL	11 CHICKEN POT PIE VEGGIES BISCUIT FLUFF	12 TACO CASSEROLE SALSA/CHIPS APPLESAUCE	13 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
16 PULLED PORK SANDWICH PICKLES/ONIONS PINEAPPLES	17 BAKED POTATO CHEZ,ONIONS, HAM BROC N CHEZ PUDDING	18 BEANS CORNBREAD OKRA JELL-O	19 BAKED ZITA GREEN BEANS TOSSED SALAD*	20* OATMEAL SAUSAGE PATTIES RAISINS
23 EGG ROLL STIR FRIED VEGGIES RICE FORTUNE COOKIES	24 COLD CUT SANDWICH LTOP MAC SALAD COOKIE	25 BEEF FAJITAS BELL PEPPER & ONIONS SPANISH RICE TORTILLA/FRUIT	26 GRILLED CHEZ SANDWICH CHICKEN NOODLE SOUP M. ORANGES	27 ENGLISH MUFFIN HAM SCRAMBLED EGGS
30 BAKED CHICKEN VEGGIES BREAD PEARS	<p>*MENU SUBJECT TO CHANGE*</p> <p>LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM SHAWNEE SITE LUNCH SERVED MONDAY – THURSDAY 12 PM TO 12:30 PM AT BRENDLE CORNER</p> <p>BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM SHAWNEE SITE BREAKFAST SERVED FRIDAYS 10 AM TO 10:30 AT BRENDLE CORNER</p>			



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

Prevention. Progress. Pride.

Help Yourself → Help Your Tribe

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

Contact a PBA today to learn more!
Little Axe Clinic 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!


2025 Health Benefits & Resources Event

Thursday November 7th 9AM-2PM
Multi-Purpose Building
2029 James L Edwards Lane
Shawnee, OK 74801

Little Axe Clinic Medicare / Marketplace Education Events

October 16th, 30th & November 13th
Medicare 1pm-2pm
Marketplace 2pm-3pm
15951 Little Axe Drive
Norman, OK 73026

Shawnee Clinic Medicare/ Marketplace Education Events

October 24th, November 7th & 28th
Medicare 1pm-2pm
Marketplace 2pm-3pm
2029 James L Edwards Lane
Shawnee, OK 74801