



THE ABSENTEE SHAWNEE NEWS

www.astrobe.com

Volume 34, No. 08

August 2024

Election Commission Swears In Newly Elected Officials



On June 27th the Absentee Shawnee Tribe Election Commission held a Swearing-In ceremony for Lt. Governor Diane Ponkilla, Treasurer Joseph Blanchard, Representative Anthony Johnson and Election Commission Member #1 Brandi Routledge-Hunt. The Lt. Governor, Treasurer and Representative will serve a four-year term and the Election Commission Member #1 is a three year-term.

Rising Warrior Department Holds Elder Abuse Awareness Event



The Absentee Shawnee Rising Warrior Department held an Elder Abuse Awareness Event June 28 in the AST Multi-Purpose Building. Elders were treated to lunch, prizes and several departments shared the services they offer to Elders. The highlight of the event was the unveiling of 2 Embark buses promoting the Rising Warrior department and the Elder Protection Program. Two of our very own AST Elders appear on the buses. Be on the lookout for the buses in the Norman/OKC area.

GOVERNOR'S REPORT

John Johnson, AST Governor



GOVERNOR
John Johnson

Hello Tribal Members,

August is back to school for most of the kiddos. I hope you are prepared and the kids are ready to return. Have a great school year!!!

Leadership Native Oklahoma was a huge success. We received amazing feedback with many many compliments of our campus and our programs. Scott Miller with Cultural Preservation gave a very thorough report of the tribe and the culture history of our people. Briana Ponkilla with the 477 program also gave an amazing introduction. Chris Larkin gave his presentation of the clinics and the future plans for them. I was very pleased with

the presentations of these departments. Visitors from all over Oklahoma attended this one day event. We gave them a tour of campus, the Tiny Home Village, the AST Food Bank, both Thunderbird Casinos and the Shawnee and LA Clinic. I want to personally thank Bailey Walker, President of the American Indian Chamber of Commerce of Oklahoma (AICCO) and Susan Dean, REI Oklahoma, for giving us the opportunity to host this event. It turned out to be "the best one yet" and I hope we get asked to host more events in the future.

I attended the 2024 Intertribal Symposium in Tulsa on July 12, 2024. The agenda for this conference covered many different topics that Oklahomans face. The one meeting I found interesting was the Native SBA 8(a). They discussed all

the benefits of 8(a) for Oklahoma tribes and how their members benefit from it as well. It was very interesting and informative.

Summer is half way thru I ask you to continue checking in on your tribal elders and anyone else that may be having a hard time with the heat. The weather doesn't seem to be cooling down anytime soon, so please stay hydrated and weather aware.

Should you have any questions you may reach me or my staff at the numbers listed below.

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

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

Thank you

LT. GOVERNOR'S REPORT

Diane Ponkilla, AST Lt. Governor



Lt. GOVERNOR
Diane Ponkilla

Greetings AST Members,

I would like to thank the voters and extend my appreciation for allowing me the opportunity to serve as the Lt. Governor. I was sworn into office on Thursday, June 27, 2024 and my first day was Friday, June 28, 2024. The first week was getting set up with email, phone, internet and moving the office from the back office of building two to one of the front offic-

es. I met the new staff and re-acquainted with the present staff. I hired Deric Spoon as my Executive Assistant I believe he will be a great asset to the department of the Lt. Governor. Twyla Blanchard, Self-Governance/Bia/Roads Director, Jarrod Lloyd, OEH Director, Lenard Mathews, Maintenance Director and 11 other employees are also within the department. We have been playing catch up with work orders and invoices. I am in office all day and we are ready to assist and welcome any visitors.

Diane Ponkilla

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COMMERCIAL & RESIDENTIAL

Pat Johnson (405) 615-7154 pat.johnson0@me.com
George Blanchard, Jr. (405) 431-7922 gblanchjr@yahoo.com

SECRETARY'S REPORT

Misty McGirt, AST Secretary



SECRETARY
Misty McGirt

Hello Tribal Members,

I hope all is doing well during this heat as this summer comes to an end for the kids. I'd like to welcome our new Executive members LT. Governor Ponkilla and Representative Johnson. This past month was a little slow aside from the day to day operations of business and meet-

ings. The Agriculture department hosted their first ever corn demonstration event. At this event participants learned how to prepare corn for cooking along with Shawnee words. This was a last minute event that took place if you didn't get to attend my apologies we look forward to seeing you at future events and will have the information out in a timelier manner. I attended the 72nd annual OCA (Oklahoma Cattlemen's Association) Conven-

tion in Norman Oklahoma July 19-20. It was a great experience to attend and network with others to help make our agriculture department better for our Tribe and Members. That's all I have to report on at this time if you have any questions or concerns feel free to contact my office by email: MMcGirt@astrobe.com or by phone: 405-275-4030 Ext: 3505.

Ne yi wa!
Secretary McGirt

The Absentee Shawnee Tribe Hosted Leadership Native Oklahoma



TREASURER
Joseph Blanchard



REPRESENTATIVE
Anthony Johnson



The Absentee Shawnee Tribe hosted Leadership Native Oklahoma on June 24. The event held at the AST Multi-Purpose Building was attended by several surrounding tribes. Representatives from Cultural Preservation gave a presentation called "Who Are We" and several tribal departments gave overviews on the services they provide. The attendees also toured the AST complex, AST Police Safety Center, AST food pantry, Building Blocks II, After School Program, Little Axe Health Clinic and Thunderbird Casino in Norman and Shawnee.

"Leadership Native Oklahoma was a huge success." Said Governor John Johnson. "We received amazing feedback with many, many compliments of our campus and our programs. I hope we get asked to host more events in the future."

Leadership Native Oklahoma is a statewide organization encompassing Native American Citizens from every region of the state ensuring a diverse group of leaders. LNO is a unique opportunity to foster cohesiveness from a group of tribal leaders and future tribal leaders from different backgrounds.



From the Election Commission

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

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

EXECUTIVE COMMITTEE

LT. GOVERNOR (4 Year Term)

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

REPRESENTATIVE (4 Year Term)

Anthony 'Tadpole' Johnson 198 Votes
DeWayne Wilson 184 Votes

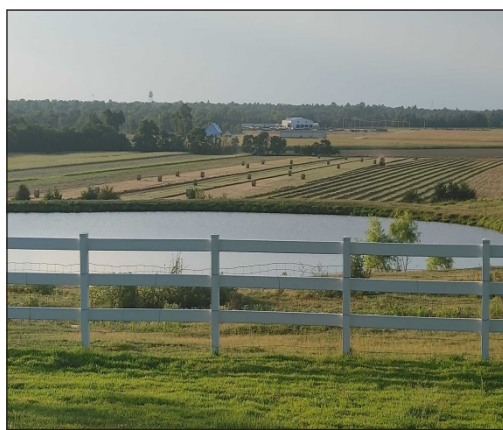
We, the Officials, are responsible for declaring the above election results do hereby claim the above statements are true and correct to the best of our knowledge.

James Spybuck, Jr.
James Spybuck, Jr., "Acting" Commissioner
Billie James
Billie James, "Acting" Secretary
Zackery Smith
Zackery Smith, "Acting" Commission Member #2
Shirley Adkins
Shirley Adkins, "Acting" Deputy Commissioner
Brandi Routledge-Hunt
Brandi Routledge-Hunt, Commission Member #1
James Palinkas
James Palinkas, Judge
6/24/24
Date



1st time AST Voters

Where's the Beef?



Hello Tribal Members,

Our Agriculture department has been very busy these past couple months. They held their annual Fishing for Nutrition event. It was a great turn out thanks to all the departments that contributed.

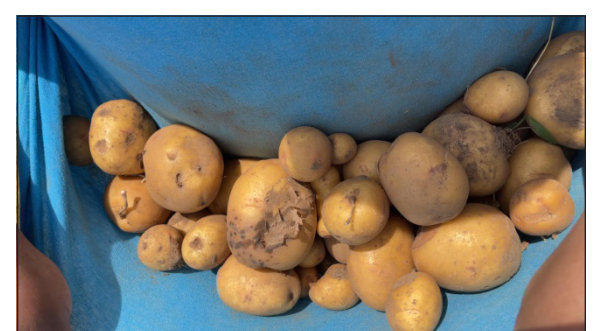
Cow Production- We have 147 head as of 7/15/2024. Recent vet visits we had a C-section cow, 1 month old calf with bloat and pneumonia, and had to do a lateral hoof amputation on one she is recovering well.

Hay Production- over 80 acres was cut and over 300 bales were made.

Crops- Corn and potatoes were harvested.

Summer Youth- Our AG department has had help from a great group of summer youth workers. This is a very great learning experience for our youth. So far they have had the opportunity to help building fence, harvested crops, and learning the process of tagging and weighing new calves on the farm.

Our Agriculture department consists of two tribal employees and two ARPA workers. We are looking forward to growing this program for our Tribe and Tribal Members.



Maintenance Department

The Maintenance Department has swung into high gear repairing air conditioners. Most repairs are because the systems are not being maintained properly. I strongly recommend changing the air filter monthly keep grass and debris off the outdoor unit. Wash the outdoor unit once in the spring and then again midseason and try to turn the system higher during the day and lowering the temperature in the evening. This will not only extend the life of the system but help reduce your electric bill.

We have continued replacing the fascia boards on building two. The east side is almost complete and we are hoping to start the south side this week. The replacement of the fascia boards and painting the trim should be completed by fall.

We have started painting some handrails on the back of finance building. After completing that building we will move to building two. Our goal is to complete all the buildings this summer and fall. That will include painting and removing rust stains.

Thank you!

HUD 184 Native American Home Loan Workshop

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

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

**Chickasaw
Community
Bank**

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

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

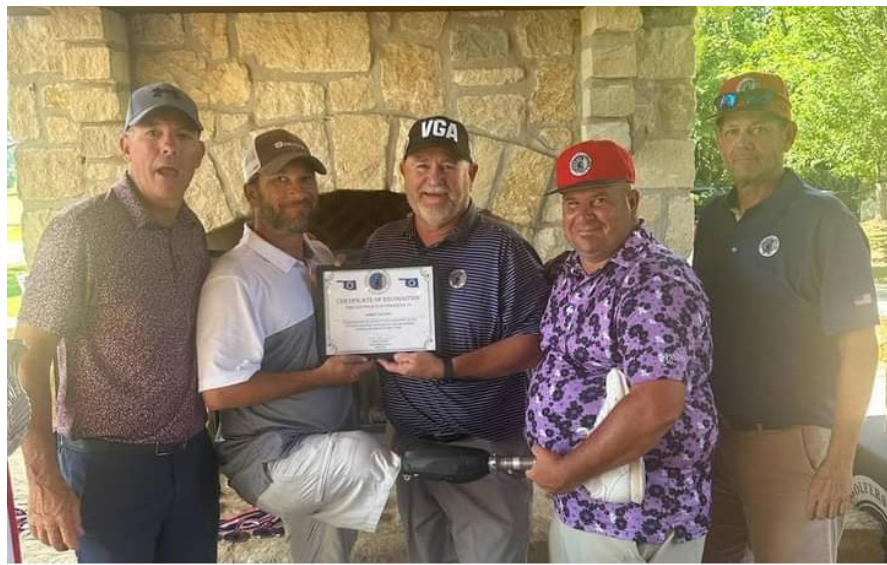
NOTICE

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY

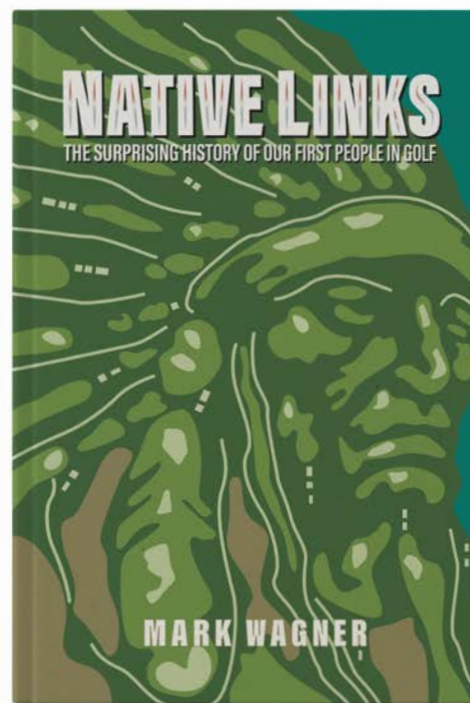
Please give us a call at (405) 598-1279 or send an email to media@astribe.com

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.



VGA Oklahoma May 2024 Player of the Month Jimmy Squire



Tribal member Jimmy Squire will be featured in the upcoming book *Native Links, the Surprising History of our First People in Golf* by Mark Wagner. He was also recently named the Veterans Golf Association player of the month. He also placed 3rd in state at Shangri-La state tournament in family flight C and is currently ranked 8th in the state in the Veterans Golf Association rankings.

AST Elders Council

Hello, to fellow tribal members, Elders, Veterans and Executive Committee members and we want to thank the Travel Specialists in Procurement Braden Queen & Elizabeth Jones for working with the Tribal Elders on making our travel arrangements to Dayton, Ohio. We all had a really great time touring the Newark Earthworks and the Dedication of the Great Council Museum that we attended the Grand Opening and heard the speeches of Governor Ohio, Mike DeWine, First Lady Fran DeWine, Eastern Shawnee Governor, Glenna Wallace, Chief Shawnee Nation and Absentee Shawnee Treasurer, Joseph Blanchard. The Tribal Elders were gratified to hear Treasurer, Joseph Blanchard put into words what we had known for years that we were the original inhabitants of Ohio and it's good to be back home in our country again. It was a momentous trip in my opinion as it was a chance for a reunification of the Shawnee's historical place in Ohio's history. It was a very good Dedication of the new beautiful 3 story museum in the design of the Shawnee longhouse with a living stream on the first floor along with a small theater.

The Tribal Elders would like to at this time extend a very big Thank You to Treasurer Joseph Blanchard because for the Elders to get around in Dayton, Ohio we were able to rent a van and Joseph Blanchard graciously let me know that he offered to drive the Elders in Ohio. I have to admit this really relieved my worries as to who is going to drive us around and I did not relish the idea of trying to drive around in Dayton, Ohio. That was really a daunting task but Joseph Blanchard had his cell phone and ipad he hooked up front and once he pulled up

the maps and directions off we went. We all really had a good time in the van talking, joking around and laughing, some people driving that bothers them everyone talking but not, Joseph Blanchard he joined in the talking and laughing. As a group when we went out to eat everyone got kind of quiet but after they were fed everyone started talking and laughing the Veterans went to a couple of restaurants with the group. Also, the waitresses often joined in the joking and laughing as well like at the Longhorn Steakhouse where we all had a very good meal. Of course after that lunch we all decided to go to the local Wal-Mart there in Dayton and we bought a small plastic step stool so the Elders could step on getting out of the van. That evening the Eastern Shawnees invited us to a picnic at Fort Ancient and after everyone had eaten they invited all of us to go on their big bus for a small tour to a look out spot of this huge green covered valley.

When we returned to the hotel to rest for our last day with a tour of the Newark Earthworks in Newark and we were a picnic out in the tree shade after we made a tour of the circle mound and the Park and Archaeological highlights. Those highlights were explained to us was the circle and the Octagon Earthworks are an architectural feat or astonishing precision. Newark Earthworks was named Ohio's first UNESCO Heritage site on the list with Pyramids of Giza, the Great Wall of China, the Taj Mahal, Stonehenge and the Great Barrier Reef. Along with all this background information that was provided to us by the people who hosted our tour and our lunch we were informed that it was the Ancient Ones who they believe that the Shawnees are descendants of the very people who built these mounds.

Then of course our time in Dayton, Ohio was drawing to an end as the Tribal Elders would have one last meal here supper and we would all get ready to fly back to Oklahoma on June 9, 2024. We were all very tired and ready to come home. As I'm sure our families were all glad that we returned home safely.

I believe it was well worth the time spent getting ready for this trip tp Dayton, Ohio.

So the Tribal Elders are now preparing for the rest of our activities for the rest of the year.

Our list of Elders Meetings are below:

August 17, 2024 at 10:00 am at Warriors room Thunderbird Casino

September 21, 2024 at 10:00 am Multipurpose room

October 19, 2024 at 10:00 am Warriors room Thunderbird Casino

November 16, 2024 at 10:00 am Multipurpose room

December 21, 2024 a 10:00 am Warriors room Thunderbird Casino

Any questions call: Twila Parker 405-229-8052 Shirley Adkins-405-778-9353 Audrey Dodds 405-593-5987 Charlotte Ellis 405-620-4091



Honor Guard 2024-2025 Calendar

**Sac & Fox Nation, Absentee Shawnee Tribe,
Ioway Nation, Seminole Nation,
And Citizen Potawatomi Nation**

Absentee Shawnee Veterans Association are selling them for our Fundraiser for Honor Guard at Eastern Shawnees in September 20, 21 & 22, 2024

SUPPORT THE ABSENTEE SHAWNEE VETERANS!!

Cost of Honor Guards of 5 nations \$10.00
Contact: Jason Bender-405-441-0986

Contact: Twila Parker-405-229-8052

Contact: Sandra Abshire at LAHC



ABSENTEE SHAWNEE TRIBE

BOARD VACANCIES

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

Foster Care (2)

Health (3)

ASEDA (1)

NAGPRA (5)

Gaming Commission (2)

ASHA Housing (2)

TEI (2)

**PLEASE SUBMIT YOUR LETTERS OF INTEREST
WITH RESUME ATTACHED TO:**

Tribal Secretary
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
secretary@astrobe.com





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.astribe.com/employment for applications and to see what positions are available.

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

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!



In the Classroom

This month our Toddlers and two-year-olds will be learning about transportation and the different ways to travel. The students will focus on modes of transportation, along with car safety. Our three-year-olds will be learning about the body including what they look like on the inside and out. They will also explore the 5 senses. In the 4's & 5's classroom they will be exercising and discussing why being active is healthy for our bodies. The school agers will learn about bus safety, how to respect our teachers and friends, along with expectations for the hallways and bathrooms, to get ready for a new school year.

In the Center

We had some amazing activities in the center last month to recognize our community helpers! July 15th the Mad Scientist came with their presentation about dinosaurs. July 18th the Norman Fire Department came so the students could learn more about fire safety. The 24th we had a visit from Extreme Animals where the students were able to interact with a variety of different animals, and on the 31st the Tribal Police Department came to the center. We appreciate all of the community helpers that help our students learn and explore the world around us!



You can find us on Facebook @ AST Building Blocks Child Development Center III- Little Axe to see all of our latest updates.

Director: Skye Foreman
Assistant Director: Renee Richardson



Ke n'we ke s'fva
(kee n'wee kee s'thweh)
Long Month
August

M'ska qe - lake
(m'skeh qee)

Fe po wa fe - river
(thee poh weh thee)

Ho la l'we - swim
(hoh leh l'wee)

Na pe - water
(neh pee)

Hi ko fe - shade or sit in the shade
(hah koh thee)

Hi ko fe ki - umbrella
(hah koh thee kah)

Hi pi li mo ta fi ke ge - It's hot outside.
(hah pah lah moh teh thah kee chee)

Hi ko fe p'wi - You all sit in the shade.
(hah koh thee p'wah)

Ta pe m'ska ko ke ka hi pa - Let's go to the lake.
(teh pee m'skeh koh kee keh hah peh)

Ka pi ho la l'we pa - Let's go swimming.
(kay pah hoh leh l'wee peh)

T'ki n'we he ne na pe - The water is cold.
(t'kah n'wee hee nee neh pee)

Pi ho la l'we ke hi se ho wa se li si mo ko fe wi ge - They went swimming to feel good.
(pah hoh leh l'wee hee hah see hoh weh see lah sah moh koh thee wah chee)

Qe li he ka k'ge ta la ti pa ho ke qi ki ni he na pe ke - Watch out for stumps in the water.
(qee lah hee keh k'chee teh leh tah peh hoh kee qah kah nah ne na pee kee)

He ne ko ge! 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!

LEGAL NOTICE

LEGAL NOTICE form containing court details, case information, and signatures for Stacy Bellmule and Wesley Yargee.

Thunderbird Casino Anniversary Celebration Powwow





I'd like to wish my youngest son a Happy Birthday!

Happy Birthday!



Slayer Dane Little Axe
 Grade: 8th Age: 13
 Height: 5' 10" Weight: 233 lbs

Absentee Shawnee Tribal Member Slayer Little Axe is progressing towards his goal to play for the Oklahoma Sooners through hard work and dedication, his goals are to play football for the Sooners possibly as Tight End or Defensive End. Slayer has MCAD a genetic disorder that doesn't allow him to utilize fat stores as energy, he has to eat carbohydrates every few hours to keep him healthy. Slayer has wrestled in Little League qualifying for the State Tournament, and also has played in two league championship football games for two different schools earning two silver rings. Here he is pictured with Head Coach Brent Venables at his second year at the Venables summer football camp.



Congratulations!

Absentee Shawnee Tribal member Isaac Wilson is a graduate of Pendleton Heights High School, Pendleton, IN. He received a scholarship to play football from Colorado Mesa University, Grand Junction, CO. He is the son of Adam Wilson, grandson of Terry Wilson, and great grandson of the late Francis Wilson.

Camp Nikoti Summer Camp 2024

Camp Nikoti's 23rd Summer Camp started on June 10th and ended with the Final Reward Day Trip on July 9th. Camp Nikoti is open to all youth ages 10-14 years old. We had camp for four weeks and four days out of the week. We had 40 youth that signed up for camp this year and 32 that attended and completed camp. Out of the 32 youth that completed camp, 17 were tribal youth. Our youth participated in all kinds of activities such as playing games, team building, arts and crafts, singing, gardening, cooking, prevention activities, cultural activities and more. We did two evening events where the kids got to hangout, watch a movie, and enjoy some down time with each other. During one of the evening events we had a water inflatable out for the kids to play on, and we provided Pizza for dinner. We had several guest speakers come out to contribute, present, and do activities with our kids such as: The AST Police Department, Emergency Management, Native Connections, TOR, SAMHSA grants, OEH, Domestic Violence, Education, Cedric Sunray and Tdoha Sunray, Jayden Watson with Eagle Adventure, Diabetes and Wellness, Cultural Preservation and the AST Housing Authority. We would like to thank all of them for taking the time to come out and be a part of camp, and for their help and contributions. We also went on several field trips throughout the summer. We went to the University of Oklahoma's College of Education for the day, Lake Wewoka twice, the OKC Zoo, Ron's Hamburger and Chili, and Shawnee Bowl. The end of Camp Reward Day that the youth had to work toward earning, we went to Cracker Barrel in Norman, the Water-Zoo Indoor Water Park in Clinton, Celebration Station in OKC, Toby Keith's Restaurant in Moore, and to watch Despicable Me 4 at the Moore Warren Movie Theater. The kids had a lot of fun and Camp was a great success.



Ki ke fi pa Ti me (kah kee thah peh dah mee) - Let's dry corn!

On July 18 The AST Agriculture Department hosted a class on how to prepare corn for cooking and learn Shawnee words for different parts of corn.



The Absentee Shawnee Tribe will be closed Friday, August 30 - AST Day & Monday, September 2 - Labor Day



Back 2 School

Get ready Mom and Dad, it's that time again! Shopping for clothes, supplies, lunches and all the things your child will need to get off to a good start for the year. You can do this!

It might also be a good time to mention that we can help with a savings account to help save for all the things you need rather than using a credit card and paying high interest.

Come in and let us show you the options for saving for the future!



AllNations Bank

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

Member FDIC

Tribal Member Corner:

August Article:

Submitted the draft resolution, for 2-year Executive Committee term in January. Asked to be placed on the EC agenda, to send to a referendum for vote by members. It has not been done to date?

Thanks to Cody and Bryce from the HVAC department, for their services. I am thankful, that the tribe has this service for the members.

I hope that many of us, can visit the Great Council State Park in Xenia, OH.

Also, if you have never attended the Tecumseh play in Chillicothe, OH, it is something to view.

I hope that you can attend, a Native American Comedy night, at the Bricktown Comedy Club in Oklahoma City, some day. By the time this publishes, they had one July 21st. I attended one, couple of years ago.

A book to read, 100 things to do in Oklahoma City before you die, by Jeff Provine and Dennis Spielman. It provides restaurants, museums, places to see.

Recently, I was in Osage country, where they filmed Killers of the Flower Moon. I did forget to stop by their meat market. I did purchase some rare, white buffalo turquoise jewelry. I never heard of white buffalo. It is a white and black stone, from one mine in Nevada.

Great to see, many young Shawnees participating at the South dance ground.

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

Eileen Pearce, Tribal Member
Questions, comments: Lapearce@att.net
4052272036



ASTHS August 2024 Monthly Update

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

Vaccines Protect Against Diseases

Different vaccines work in different ways, but every vaccine helps the body's immune system learn how to fight germs. It typically takes a few weeks for protection to develop after vaccination, but that protection can last a lifetime. A few vaccines, such as those for tetanus or seasonal flu, require occasional booster doses to maintain the body's defenses.

Strengthening Your Baby's Immune System

Immunity is the body's way of preventing disease. Because a baby's immune system is not fully developed at birth, babies face a greater risk of becoming infected and getting seriously ill. Vaccines help teach the immune system how to defend against germs. Vaccination protects your baby by helping build up their natural defenses.

- **Children are exposed to thousands of germs every day.** This happens through the food they eat, the air they breathe, and the things they put in their mouth.
- **Babies are born with immune systems that can fight most germs, but some germs cause serious or even deadly diseases a baby can't handle.** For those, babies need the help of vaccines.
- **Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases.** Antigens are the parts of a germ that cause the body's immune system to go to work.

Vaccine Ingredients

Today's vaccines use only the ingredients they need to be as safe and effective as possible. A vaccine could include any of these kinds of ingredients:

- **Adjuvants** such as aluminum salts help boost the body's response to a vaccination. (Also found in antacids, antiperspirants, etc.)
- **Stabilizers** such as sugars or gelatin help keep a vaccine effective after it is manufactured. (Naturally present in the body and found in foods such as Jell-O®.)
- **Formaldehyde** helps prevent bacterial contamination during manufacturing. Formaldehyde is naturally present in the body at levels higher than vaccines. (Also found in the environment, preservatives, and household products.)
- **Thimerosal** is a preservative used in the vaccine manufacturing process. It is no longer used to make any vaccine except multi-dose vials of the flu vaccine. Single dose vials of the flu vaccine are available as an alternative.

Some websites may claim that ingredients are harmful; make sure you seek information from credible sources.

Vaccines Are Safe

Before a new vaccine is ever given to people, extensive lab testing is done. Once testing in people begins, it can still take years before clinical studies are complete and the vaccine is licensed.

After a vaccine is licensed, the Food and Drug Administration (FDA), CDC, National Institutes of Health (NIH), and other federal agencies continue routine monitoring and investigate any potential safety concerns.

Why Your Child Should Get Vaccinated

Vaccines can prevent common diseases that used to seriously harm or even kill infants, children, and adults. Without vaccines, your child is at risk of becoming seriously ill or even dying from childhood diseases such as measles and whooping cough.

How Vaccines Strengthen Your Baby's Immune System

Your child is exposed to thousands of germs every day in his environment. This happens through the food he eats, air he breathes and things he puts in his mouth. Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle. That's why they need vaccines to strengthen their immune system. Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases. Antigens are parts of germs that cause the body's immune system to go to work. Thirty years ago, vaccines used 3,000 antigens to protect against 8 diseases by age two. Today, vaccines use 305 antigens to protect against 14 diseases by age two. Thanks to scientific advances, today's vaccines can protect children from more diseases using fewer antigens. Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day. Vaccines help strengthen your baby's immune system and keep him safe from vaccine-preventable diseases.

Keeping Track of Records

It's important for you to keep track of your child's vaccination records. CDC does not keep vaccination records. The following resources can help you find and update your vaccine records. Keep your child's vaccination records in a safe place beginning with their first vaccine. Your child's doctor will keep a record of vaccines given in their clinic. Ask your child's doctor or nurse how they keep vaccination records and how you can get an official copy. You can also ask your child's doctor to enter vaccination information in your state's immunization information system (IIS), a statewide registry for records.

Why You Need Your Child's Vaccine Records

It is important to keep your child's vaccination records (the history of which vaccines they received) up to date and in a safe place. Without documentation, your child might not be allowed to attend school, play sports, or travel abroad. Your child may need their vaccination records later as adults for certain occupations.

- **School and Childcare:** Vaccine requirements for schools or childcare facilities are different in each state. Talk to your school system or childcare facility to learn about the requirements where you live.
- **Extracurricular Activities and Teams:** Some athletic programs, sports teams, summer camps or other activities require physical examinations and vaccinations. Talk to your child's athletic department or program to learn the requirements.
- **Adoption and Fostering:** When adopting or fostering a child, it is important to know their vaccination history. You or your children might need additional shots.

Schedule Your Child's Visit Now

School will be starting soon so now is the time so schedule your child's doctor visit and check to see if they are due any vaccinations. Don't forget to bring in their vaccination card so the nurse can update it. Make your child's appointment by calling the Little Axe Health Center at (405) 447-0300 or the Shawnee Clinic at (405) 878-5850.

References:

CDC (2024). *How Vaccines Strengthen Your Baby's Immune System.* <https://www.cdc.gov/vaccines/parents/infographics/strengthen-baby-immune-system.html#text>
CDC (2024). *Making the Vaccine Decision: Addressing Common Concerns.* <https://www.cdc.gov/vaccines/parents/why-vaccinate/vaccine-decision.html>

CONSTRUCTION UPDATE

Shawnee Health Center

NEW SHAWNEE HEALTH CLINIC! (Coming Soon)

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

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

July 2024 Health Employee Awards of the Month

Employee of the Month: Kara Douthit, LPN – Specialty Clinic

Team of the Month: Alzheimer's Program

Special Leadership Award: Darlene Perryman, HIM Director/ Privacy Officer

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

Happy Health Fair, Everyone!

We are so blessed to have been able to host our annual health fair on Friday, July 12th, 2024 after five long years. The pandemic knocked us down, but we're happy to be back!

We had around 150 people visit us at our fair and we received a lot of positive feedback both about the decorations and the information we provided about our well-trained departments and programs. Our staff worked tirelessly to ensure we gave you a wild time and we couldn't have navigated this jungle of an event with them!

We are grateful to help you all understand the services we offer here at Absentee Shawnee Tribal Health System. We thank you for visiting us during this year's health fair and we can't wait to see you again!

If you didn't have a chance to visit us, please enjoy these pictures from the event and check out our website for our next upcoming events—and remember, Don't Monkey Around With Your Health!



Monthly Closures

All AST Health facilities will observe the following hours on:

Wednesday, August 7th:
CLOSED from 12PM- 5PM
 for in-service trainings and meetings
Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Visit asthealth.org or our Facebook page for updates!




Are You Ready for Back to School Season?


Don't forget to talk with your Primary Care Provider about sports physicals before your kids head back to school!

Schedule an appointment today!

Little Axe Health Center
 (405) 447-0300

Shawnee Clinic
 (405) 878-5850





PHYSICAL ACTIVITY FOR PEOPLE WITH TYPE 2 DIABETES

- DO AEROBIC EXERCISE MOST DAYS OF THE WEEK FOR 30 MINUTES AT A MODERATE INTENSITY.
- DO RESISTANCE TRAINING 2-3 DAYS PER WEEK FOR 1-3 SETS OF 10-15 REPS, MODERATE OR GREATER INTENSITY.
- ADDING RESISTANCE TRAINING MAY BE MORE EFFECTIVE AT MANAGING DIABETES THAN CARDIO ALONE.
- PHYSICAL ACTIVITY AFTER MEALS CAN MANAGE SPIKES IN BLOOD GLUCOSE.
- FOR WEIGHT LOSS, LONGER DURATION EXERCISE MAY BE NEEDED.
- ASK YOUR DOCTOR, REGISTERED DIETITIAN OR EXERCISE PROFESSIONAL ABOUT HOW EXERCISE AFFECTS BLOOD GLUCOSE LEVELS.

Recommendations are based off the American College of Sports Medicine

AST DIABETES AND WELLNESS CENTER
 405-364-7298



Purchase Referred Care (PRC) Policy Reminder

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

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

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

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

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

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



Heal With CompleteCare

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

How?

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

Best of all?

It's done under the guidance of your doctor!

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

Community CPR Classes for Elders (55+)


Learn How to Save a Life with Us!

Sept. 11th	Sept. 25th
Conference Rooms A&B Little Axe Clinic Norman, OK	AST Multipurpose Building Shawnee, OK

These classes will cover how to use an EPI pen, Narcan, Adult, Child, and Infant CPR, AEDs, and choking.

Certifications will be handed out at **No Cost** at the end of the class.

Must register to attend!
 Please call Kathy (405) 701-7997 or Betty (405) 561-7889; or email kheldenbrand@atribe.com or bhicholson@atribe.com





AST DAY 8/30

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BAKED CHICKEN WILD RICE BROCCOLI PUDDING	2 CEREAL SAUSAGE PATTIES FRUIT
5 SALISBURY STEAK MASHED POT/GRAVY BRUSSEL SPROUTS PEARS	6 BURRITO CHIPS/SALSA SPANISH RICE COOKIE	7 BEEF TIPS & NOODLES VEGGIES SALAD BAR* BREAD	8 WEINERS & KRAUT GREENBEANS BREAD MIXED FRUIT	9* SCRAMBLED EGGS BACON TOAST/FRUIT
12 SLICED HAM YAM PATTY PEAS & CARROTS BREAD/FRUIT	13 SLOPPY JOE SANDWICH ONION RINGS PICKLES	14 CHEF SALAD W/CHICKEN EGGS,CHEZ COTTAGE CHEZ/PEACHES	15 HAM WRAP LTOP CHIPS ICE CREAM	16 SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
19 SMOKED SAUSAGE MAC & CHEZ VEGGIES TROPICAL FRUIT	20 CHICKEN ALFREDO BROCCOLI GARLIC TOAST	21 SHEPHERD'S PIE PEARS	22 ROAST CARROTS RED POT CAKE	23* OATMEAL SAUSAGE PATTIES TOAST/FRUIT
26 SLICED HAM SCALLOPED POT BLACK EYED PEAS PUDDING	27 CHICKEN STRIPS MASHED POT/GRAVY BEETS ROLL/FRUIT	28 TUNA SALAD SANDWICH LETT & TOM CHIPS FLUFF	29 MIPPA EVENT LARC DETAILS COMING SOON	30 AST DAY NO MEALS WILL BE DELIVERED OR SERVED
<p>*MENU SUBJECT TO CHANGE*</p> <p>LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM</p> <p>BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM</p> <p>SHAWNEE SITE AND LITTLE AXE RESOURCE CENTER</p>				

Educating the Young and Old

On Friday, June 28, 2024, our Alzheimer’s Disease Program Initiative (ADPI) program and Public Health department visited the 477 Youth program at the AST After School Program Building.

Atheda Fletcher, Grant Project Principle Investigator for ADPI, presented her grant program services and encouraged the youth group to practice healthy habits—such as eating healthy foods, exercising, and avoiding harmful substances—to help prevent the onset of dementia and Alzheimer’s later in their lives.

The Public Health department also gave a brief presentation about their community-centered services to the 477 Youth program and encouraged them to continue to pursue their career goals regardless of how old they are when they start. Beverly Felton, the ASTHS Public Health Director, described her path toward achieving a higher education in health care while growing her family.

“Don’t let anyone tell you what you can’t do,” Felton said.

The youth also took an opportunity to explore the two mobile units provided by the Public Health department. The units act as mobile health care rooms with vaccines and first aid materials onboard.

After their presentation, both programs set up at the AST Multi-Purpose Building for the Elders Abuse Awareness Event, hosted by the Tribe’s Domestic Violence program. The ADPI program educated the attending elders on their services and ways to prevent or slow the progression of dementia and Alzheimer’s disease, while the Public Health department displayed their mobile units to help showcase what they do for both the Tribal community and more.



HEALTH BUZZZZZ

I hope everyone enjoyed the 4th of July.

On June 14th staff enjoyed participating in the "Elders Just Move It" event! Our staff did an amazing educational presentation on dementia and Alzheimer's and gave insight on how the disease affects the brain. All those that attended had the opportunity to ask about our programs. We engaged with community partners, we took part in exercise-based activities, joined in on giveaways, and much more. We extend our heartfelt thanks and appreciation to The Oklahoma City Indian Clinic and Camp Trivera for their invaluable support in making this event a success.



The Savvy Caregiver in Indian Country

The Savvy Caregiving in Indian Country program offers invaluable support to caregivers across our five service areas—Pottawatomie, Oklahoma, Cleveland, Lincoln, and Logan counties.

Our program supports unpaid caregivers facing challenges with dementia care. It offers tailored sessions to enhance caregiving skills, cover healthcare coordination, direct care methods, and personalized strategies. The six sessions in our "Savvy Caregiving in Indian Country" program focus on caregiving fundamentals, self-care, dementia phases, support systems, behavior understanding, daily challenges, and empowering families.



By offering these sessions, we aim to enhance the quality of care provided by caregivers while respecting and preserving the cultural traditions of our Native American communities. Through education and support, we strive to empower caregivers to provide compassionate and effective care, ensuring the well-being of their loved ones.

Aging Our Way: Oklahoma's Multisector Plan on Aging



The population of older Oklahomans is projected to increase 21.3% by 2034. For the first time ever, adults 60 and over are expected to outnumber children in Oklahoma.



The staff of the ASTHS Health Promotions Department participated in an implementation and presentation session with the State of Oklahoma. Oklahoma Human Services has spearheaded a collaborative initiative known as "Aging Our Way: Oklahoma's Multisector Plan" on aging to prepare for a significant demographic shift anticipated in the next decade. This implementation session is crucial for everyone as we all age. According to former Director, Lance Robertson, Oklahoma is leading the action by rolling out a pioneering plan aimed at enhancing care for our elderly population. The state aims to consolidate resources such as caregivers, social connections, housing income, and more into a single accessible platform for all.



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

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



Savvy Caregiver in Indian Country and Music & Memory

Check out our web-page:

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

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

NATIONAL BREASTFEEDING MONTH AUGUST



SUSAN GEORGE
Family Medicine
Women's Health
CREDENTIALS
APRN-CNP
PRIMARY LOCATION:
Shawnee Clinic
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

- BREASTFEEDING REDUCES THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS).
- MOTHERS WHO BREASTFEED HAVE A DECREASED RISK OF BREAST AND OVARIAN CANCERS.
- FAMILIES WHO FOLLOW OPTIMAL BREASTFEEDING PRACTICES CAN SAVE BETWEEN \$1,200-\$1,500 IN EXPENDITURES ON INFANT FORMULA IN THE FIRST YEAR ALONE.
- BREASTFEEDING PROTECTS BABIES FROM INFECTIONS AND ILLNESSES THAT INCLUDE DIARRHEA, EAR INFECTIONS, AND PNEUMONIA.
- BREASTFED BABIES ARE LESS LIKELY TO DEVELOP ASTHMA.
- CHILDREN WHO ARE BREASTFED FOR SIX MONTHS ARE LESS LIKELY TO BECOME OBESE.



According to: <https://www.hhs.gov/surgeongeneral/reports-and-publications/breastfeeding/factsheet/index.html>

WE ARE HIRING



Apply at www.atribe.com/employment

ADDICTION AND THE BRAIN

Keep in mind nobody strives to be addicted to drugs. Yet you may have heard stories of or witnessed a person misuse drugs and lose everything - their children, family, friends, job, housing, self-respect, dignity and freedom - and still keep misusing drugs. And question why won't they just stop? Another question to consider is why can't they stop?

"NIH-funded scientists are working to learn more about the biology of addiction. They've shown that addiction is a long-lasting and complex brain disease, and that current treatments can help people control their addictions. But even for those who've successfully quit, there's always a risk of the addiction returning, which is called relapse.

Researchers have found that much of addiction's power lies in its ability to hijack and even destroy key brain regions that are meant to help us survive.

A healthy brain rewards healthy behaviors—like exercising, eating, or bonding with loved ones. It does this by switching on brain circuits that make you feel wonderful, which then motivates you to repeat those behaviors. In contrast, when you're in danger, a healthy brain pushes your body to react quickly with fear or alarm, so you'll get out of harm's way. If you're tempted by something questionable—like eating ice cream before dinner or buying things you can't afford—the front regions of your brain can help you decide if the consequences are worth the actions.

But when you're becoming addicted to a substance, that normal hardwiring of helpful brain processes can begin to work against you. Drugs or alcohol can hijack the pleasure/reward circuits in your brain and hook you into wanting more and more. Addiction can also send your emotional danger-sensing circuits into overdrive, making you feel anxious and stressed when you're not using the drugs or alcohol. At this stage, people often use drugs or alcohol to keep from feeling bad rather than for their pleasurable effects." (BIOLOGY OF ADDICTION. NIH NEWS IN HEALTH, OCTOBER 2015.)

A common belief is that a person stays addicted because they choose not to stop using, because an addict should be able to stop anytime, right? However, as a person becomes addicted, the reward pathways of their brain also change. It can make a person crave the very substance they are trying to avoid. Side by side on the pathway to addiction is also the addicted person's pathway to brain disease.

For each native person we lose to brain disease, the Native community becomes even smaller. In rebuilding and strengthening Native communities, it's important we find ways to support persons in active addiction or in recovery from addiction who are trying to embrace a safer, healthier lifestyle. One way we can support persons in active addiction or recovery is to understand the nature of addiction.

Keep an eye out through the AST/ASTHS newsletter and social media for information relating to the National Fentanyl Prevention and Awareness Day, August 21st, International Overdose Awareness Day, August 31st, and National Recovery Month, the month of September.

Bullying: What American Indian and Alaska Native Parents Need to Know

Bullying continues to be a significant problem for youth, parents, school counselors, and many others. This paper provides general information about bullying, and specific information about bullying of Native youth and those with disabilities. It also offers action steps for parents to take. We hope Parent Centers will share this resource in trainings with Native parents and in information booths at Native community events.

What is Bullying?

The U. S. Department of Education defines bullying as "unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time."¹ The term **power imbalance** means that one young person has or seems to have more physical strength, popularity, or access to embarrassing information than the person being bullied.

Examples of bullying behaviors include intentionally making threats, teasing, name-calling, pushing, kicking, biting, hitting, stealing or damaging another's property, spreading rumors or others' secrets, and excluding someone from a group. Nationally, between **25-33% of students** report being bullied in one or more of these ways at school.²

Bullying is different from normal childhood conflict or everyday rough-housing. It's about control. We cannot shrug it off as "kids will be kids." Those who bully:

- select a target who is smaller, younger, or less able to cope socially (**power imbalance**);
- pick on the target day after day (**repetition**); and
- enjoy seeing their target afraid and upset (**intention**).

Who are Common Bullying Targets?

In general, youth who are targeted and bullied are seen as being different from their peers in some way. They may be bullied based on their weight, gender, sexual orientation, religious beliefs, race, and/or disability. Targets may be loners, new students, or new immigrants.³

What are the Impacts of Bullying?

Children who are bullied can become increasingly withdrawn, sad, frustrated, and aggressive. Most begin to avoid peers, social events, and school. Truancy and poor school performance can result. They may show signs of stress, complain of headaches or stomachaches, and have trouble sleeping. Depression and feelings of hopelessness are serious warning signs for parents.⁴

Why are Native Youth Bullied?

American Indian/Alaska Native (AI/AN) children are often targeted because of their race. Nationally, at least 1 in 5 minority students report being bullied specifically for their race.⁵ If you are a parent or relative of an AI/AN child, you may have experienced how common it is for Native young people to be bullied.

Those who bully seek out targets who have less power, whether it is a physical weakness or less social status.

Native youths are likely targeted because negative stereotypes and misconceptions about American Indians and Alaska Natives still exist. Such stereotypes encourage racist beliefs and behaviors. These stereotypes are difficult to eliminate, because they have become part of the accepted history of this country. After the taking of Indian lands and subsequent wars, the new United States government depicted the original Native inhabitants as inferior.⁶ Federal policies further marginalized Native peoples.

Currently, Native communities and organizations continue to struggle against the use of Indians as sports team mascots and negative commercial logos. Turning Natives into caricatures belittles American Indians/Alaska Natives as a people and reinforces stereotypes. As one Navajo blogged: "These degrading images and (our) outright erasure slowly accumulated in the minds of Native youth to the point of believing we are less than."⁷

Stereotypes can also play a role in the bullying of Native youth when they excel in school. They may experience verbal harassment and social isolation when they don't conform to the stereotype that AI/AN youth will perform poorly in school.

In some homes, young Native people grow up witnessing the isolating effects of poverty, substance abuse, domestic violence, and feeling "less than." Without social supports, they may want to make themselves feel better and release their anger and frustration, so may resort to bullying others, including other AI/AN youth.

Why are Native Youths with Disabilities Bullied?

Recent studies indicate that students with disabilities are one of the groups most targeted for bullying. They are 2-3 times more likely to be bullied than their nondisabled peers.⁸ Consider the vulnerability of young people who are Native *and* have a disability.

Remember that those who bully seek out targets who have less power, whether it's a physical weakness or less social status. We know that children with disabilities often start out with a lower social standing among their peers, and they struggle with school work and self-esteem issues. These factors alone can make them frequent targets of bullying.

In addition, youth with developmental disabilities may have limited social skills. Those with motor difficulties have issues with reading, writing, and participating in physical activities. Children with visible, physical disabilities may move slower and with an impaired gait. Those

with communication disabilities may use assistive technologies, which can be misunderstood, considered weird, or even desired by peers. These additional factors can lead to verbal bullying, such as using the hurtful and stereotyped word "retard" and even physical bullying.⁹

What Can a Parent Do about Bullying?

Listen to your child/teenager. If they tell you they've been bullied, listen and remain as calm as you can. Let them know you are there for them.

Be careful not to shame or blame. Most youth will be embarrassed and ashamed already and feel the bullying incident was their own fault. They will also worry that they've disappointed you or will make you angry. Instead, honor them for the courage it took to come forward.

Raise the issue of bullying. If you notice warning signs, such as avoiding school or increased sadness, but your child hasn't mentioned bullying, bring it up in a caring conversation. Let children know they are not alone.

Be a role model. Bullying among family members, especially brothers and sisters, called *sibling bullying*, is also common. Prevent all bullying in your own home.

Address school-level bullying. If the bullying is taking place at school or on the school bus, notify your child's teacher(s) and the school administrator. Ask for a copy of the school's Student Code of Conduct and the bullying prevention plan. Use those documents to pressure the school for better enforcement.

Write anti-bullying strategies into your child's IEP. Students with disabilities who receive services under the Individuals with Disabilities Education Act (IDEA) will have an Individualized Education Program (IEP). The IDEA requires that a free appropriate public education be made available to every student receiving special education services. Bullying at school can prevent students with disabilities from receiving that education. Parents can call an IEP meeting at any time. Write into the IEP new strategies to prevent bullying of your child, such as allowing your child to leave classes early to avoid hallway bullying.

Become aware of your state's anti-bullying legislation. All 50 states now have laws against bullying of young people, especially in or near schools. State laws will apply on state-recognized reservations.

Learn about tribal anti-bullying legislation and resources. If you live on a federal reservation, the state legislation won't apply. Instead, check with your Tribal Council about local tribal laws that may apply to bullying. If none exists, urge the Council to pass such laws for the protection of the tribe's youth. Even without a tribal law, some reservation communities have initiated anti-bullying programs. Learn about them and other local, bullying-related resources, and begin a local campaign.

Know your federal rights. If a Native American youth is bullied because of his or her race, or if a youth with disabilities is bullied because of his or her disability, those behaviors may be considered discrimination and harassment, which are against federal civil rights laws. You can seek federal assistance from the Office for Civil Rights (OCR) within the U. S. Department of Education at ocr@ed.gov. Visit OCR online for information about how and where you can file a complaint: <http://www2.ed.gov/about/offices/list/ocr/complaintintro.html>

Form a coalition of other concerned parents. Work with other parents, your extended family, elders, school staff, mental health workers, and other allies to prevent bullying in your urban, rural, or reservation community. A community-wide effort shows that local adults care.

References

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- ³ National Education Association. (2014). *Bully free: It starts with me.* Washington, DC: Author. Available online at: http://www.nea.org/home/nea_bully_free.html
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- ⁵ Campbell, E.M., & Smalling, S.E. (2013, September). American Indians and bullying in schools. *Journal of Indigenous Social Development*, 2(1), 1-2.
- ⁶ Butterfield, R. (2016). *What parent centers need to know: Historical perspectives for working with Native American parents.* Albuquerque, NM: Native American Parent Technical Assistance Center (NAPTAC). Online at: <https://www.parentcenterhub.org/naptac-tier1-culture/>
- ⁷ Slater, S., & Wright, J. (2016, October 25). *Stopbullying blog: The impact of community in Navajo life.* Available online at: <https://www.stopbullying.gov/blog/2016/10/25/impact-community-navajo-life>
- ⁸ AbilityPath.org. (2015). *Walk a mile in their shoes: Bullying and the child with special needs.* Available online at: <http://abilitypath.org/wp-content/uploads/2015/11/walk-a-mile-in-their-shoes.pdf>
- ⁹ Ibid.

This brief has been written by Joann Sebastian Morris for the Native American Parent Technical Assistance Center (NAPTAC).

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AUGUST IS CHILDREN'S EYE HEALTH AND SAFETY MONTH

BE SURE AND MAKE AN EYE EXAM PART OF YOUR BACK TO SCHOOL PREPARATION!



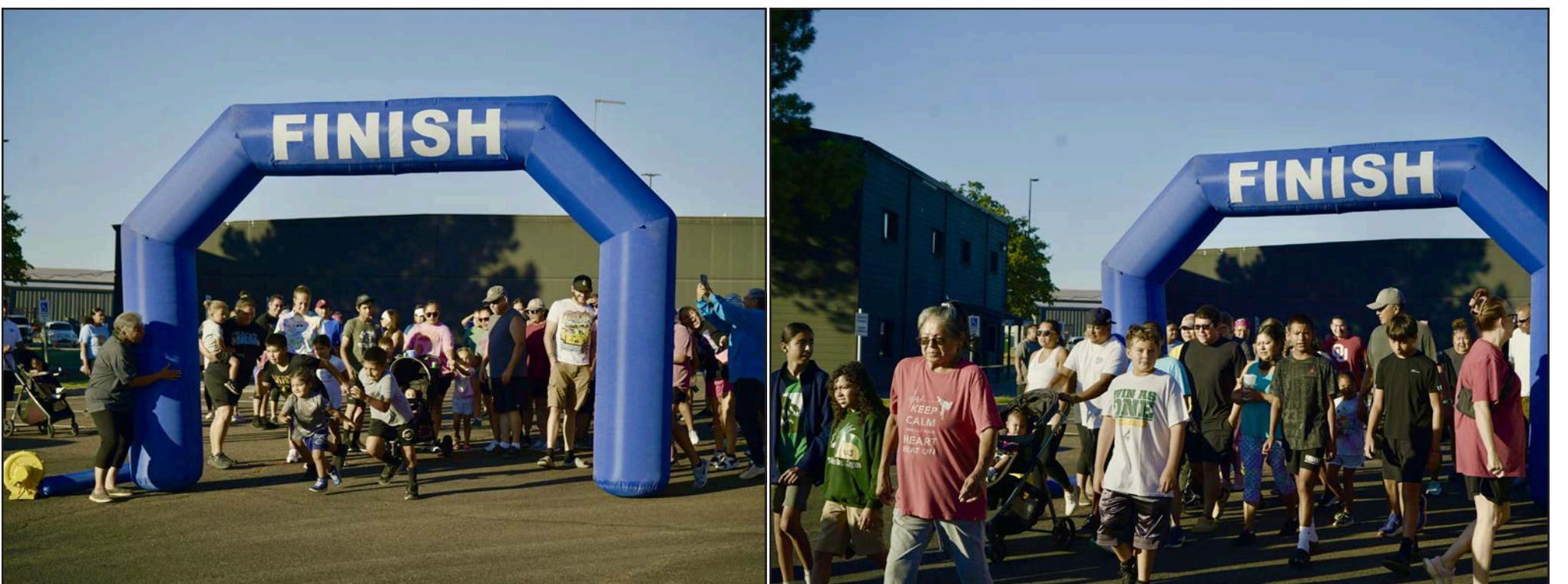
ASTHS VISION CLINIC
15702 E. HIGHWAY 9
NORMAN, OK 73026
405.701.7606



2024 ASTHS Health Fair



Run/Walk for Missing and Murdered Indigenous Women (MMIW) Awareness



**Medicare Open Enrollment is
October 15th - December 7**

**Medicare Open
Enrollment is
Coming Soon!**



**“I’ve got
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