

# THE ABSENTEE SHAWNEE NEWS

www.astribe.com Volume 34, No. 06 June 2024

# **ASTHS Little Axe Health Center Celebrates Expansion**

Nearly two years after breaking ground construction on the Little Axe Health Center is complete. On May 1 Absentee Shawnee Secretary Misty McGirt, ASTHS leadership past and present, AST Health Board members, former AST EC members, tribal and health employees, construction representatives and tribal members gathered to commemorate this occasion.

The celebration featured the AST Veterans Association posting the colors, an exhibition dance and a blessing from tribal elder Jerry Little Axe.

The project added 40,000 square-feet and renovated 17,000 square-feet. An additional 47 treatment rooms were added and the pharmacy drive-thru was expanded from one lane to four.

"As we cut the ribbon today, we also open the door to a brighter future. We envision research collaborations, telehealth innovations and community outreach programs." said ASTHS Executive Director Chris Larkin. "Our commitment to patient-centered care remains unwavering and we look forward to serving you with excellence."

After the ribbon cutting, guests were invited to tour the newly expanded clinic. Little Axe Health Center opened in 2012 and broke ground June 2022 for the expansion project.



















**GOVERNOR** John Johnson



**Lt. GOVERNOR** Ezra DeLodge



**SECRETARY** Misty McGirt



**TREASURER**Joseph Blanchard



**REPRESENTATIVE**DeWayne Wilson



#### **GOVERNOR'S REPORT**

John Johnson, AST Governor

Hello Tribal Members,

Summer months are almost here. With the summer heat quickly approaching, be sure and check your air filters and your ac units, make sure they are in working order to out stand the heat. The prediction for this summer is expected to be hot and rainy.

I will be attending the 2024 Sovereignty Symposium on June 11-12, 2024 here in Oklahoma at the Skirvin Hotel. This is an annual meeting I attend with the other members of the Executive Committee. This symposium keeps us up to date with Federal and State officials in Oklahoma. It keeps all Oklahoma tribes updated on what's to come.

For the first time, the Absentee Shawnee Tribe will host "Leadership Native Oklahoma 2024" on June 24, 2024 for the surrounding tribes that share boundaries with us. It will be held here on campus at the Multi-purpose building. This informational class will give other tribes insight of the programs and services we offer to our members. Overall the goal is to give clarification of the programs we have and how tribal members benefit

from these services. A few of our vital departments will give a brief introduction of the program they oversee and the requirements for eligibility. After class, our visitors will be able to tour campus, the daycares, the casinos and the location of the food bank.

Should you have any questions or concerns please feel free to contact my office at the information listed below.

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

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

Thank you

#### LT. GOVERNOR'S REPORT Ezra DeLodge, AST Lt. Governor

<u>Maintenance</u>

The maintenance department has been busy with off campus elder repairs and service calls. We are now taking on larger projects and not contracting out the work as done in the past, which will save the tribe money and control the quality of work being done.

I have been involved with the work on repairing building three. The roof repair is going well and should be complete within the next few weeks. All the wood at the roof line is being replaced and wrapped in metal to stop all future rot. The new roofs are being contoured with high density foam to control the flow of water and prevent water from pooling in the corners.

We are also working with the gas com-

pany to replace the existing old and leaking steel line. The new line will be plastic and sized for the current load that includes the generator.

The mowing season is now upon us and many days have now been spent mowing, spraying and weed eating the campus along with some offsite sites. Please contact Title six if you are in need of having your lawn mowed.

The past few weeks we started replacing most all the old worn out benches located throughout the campus. Joe Morton one of our lead construction workers built and installed benches. If you haven't had a chance to see them please do, they look amazing. Good job Joe!

We have continued having weekly training sessions along with several safety meetings. Again, I want to state I am very impressed with the attitudes and abilities

of our people. They are doing an amazing job. **OEH:** 

In total for 2024 OEH has assisted Tribal members with 30 different septic renovations and installations, water well drilling and installations, well renovations, and community water connections.

For 2024, we have collected, processed, and recycled 18 bales of shredded office paper and cardboard equaling roughly 13.5 tons of recyclable waste that has been diverted from landfills.

We would like to remind Tribal Members that if they see any activities related to illegal dumping of trash or other discarded items on Tribal lands to please contact OEH at the email or phone number.

Respectfully, Lt. Governor DeLodge

### SECRETARY'S REPORT

Misty McGirt, AST Secretary

Hello Tribal Members,

I hope everyone is doing well and staying safe with all the storms we have been having. Our traditional ceremonies went well from all the grounds. It's a great time to be humble and connect with our family, people and ancestors. To start May I was able to join ICW for a zoo trip. I re-

ally enjoyed it I was able to see the families interact with the children. It was great seeing how loved, cared and happy they are with their families. A huge thank you to the families that are helping with the children you all are amazing. On May 7 ICW had their first adoption ceremony it was an honor to attend to be there with the family and celebrate this journey with them. On the evening of this day the TOR program had a Fentanyl awareness

event it was very informational on the outbreak of Fentanyl in our community and to learn more of the truth to fentanyl misuse. Thanks to the directors, staff and the panelist for this informational event. That's all I have to report at this time if you have any question or concerns feel free to give me a call at 405-275-4030 Ext. 3505 or by email: MMcGirt@astribe.com.

Ne yi wa! Secretary McGirt

# **REPRESENTATIVE'S REPORT**DeWayne Wilson, AST Representative

Hello Tribal members, it was nice to see those that attended our General Council in April. I hope everyone gets out and Votes during our Run- off Election in June. It is important for the Tribal members to vote for the best candidate who they feel will keep our Tribe moving forward. My door is always open and as always Take Care of yourself and others.

ways Take Care of yourself and others.

477 Program: Currently, the 477 Department has 221 adult cases and 155 youth cases for a total of 376 for the year. They had thirty- three (33) new 477 Participants for the month of May 2024. Five of the 477 participants have been placed on subsidized employment with the Tribe. The 477 Program Summer Youth Employment approved thirty- six (36) participants, thirty- three (33) of these participants are temporarily employed at the Tribal Complex. The 477 staff attended the 2024 NINAETC Conference in Orlando, Fl.

Construction of the new After School Building at Horseshoe Bend, the concrete has been poured and the saferoom has been completed. As for the Tecumseh Square Building, we are working with the architects on the designs of this building.

Education: Since the last newsletter article, the Education staff received training from Dream Navigator, who was on site to work on our tribal-specific career planning system. The Education staff training consisted of how they will present tribal- specific planning system to youth. The Education staff also attended a cultural activity at the Norman North High School, where they presented Fentanyl prevention information and Missing and Murder Indigenous Women/ Girls information to the students in attendance. The Education Director along with Grants Department staff to submit to the Office for Victims Crime (OVC) Preventing the Trafficking of Girls grant through Just-Grants. The Education Department staff continues to be involved consultations (North Rock Creek School), webinars (Street Drugs Impact on Tribal Communities), Zooms (Office of American Education/ Power hour) to name a few.

Workforce Program: The H/VAC program has transitioned into servicing airconditioning units. The H/VAC mechanic and the H/VAC interns continue to be busy completing work orders on the Tribal Complex and to Tribal member homes. Let us know if we can be of service.

**Cultural Preservation:** For the past months, the Language program and the Tribal Historic Preservation office have been focusing their time on their respective grants with the help of the Grants department.

Language Program will be submitting their application for the Native American Language Preservation and Maintenance (P&M) grant offered by the Administration for Native Americans (ANA). This grant provides funding for projects designed to ensure continuing vitality of

Native American languages. Tribal Historic Preservation Office -The THPO office has been working on the different sections for the Historic Preservation Fund-Annual Tribal Historic Preservation Office Grant. The funds from this grant will be used to support the Absentee Shawnee Tribe of Indians of Oklahoma's Tribal Historic Preservation office. The consultations assist staff in conducting the activities they have assumed from the Oklahoma State Historic Preservation Office which includes protecting cultural resources, participating in consultations, and providing outreach and support in collaborative efforts and dialogue with the intention of developing respectful relationships ect.

The Gift Shop Manager and Library Technician/Gift Shop Assistant have begun their evaluation and rebranding of the gift shop and library. Books have been removed from the shelves in the library and will be replaced by books about Native Americans or written by Native American authors. In the Gift Shop, new products and new vendors are being added every day.

Finally, at the time of drafting this article, several staff from Cultural Preservation and THPO attended the 2024 TVA

(Tennessee Valley Authority) Annual Tribal Consultation in Chattanooga, Tennessee. Like other conferences and consultations they have attended, the hot topic of the discussion is NAGPRA. Focusing on protection, repatriation, and planning for the future.

Gaming Commission: I continue to attend the Gaming Commission meetings throughout the month. The AST Gaming Commission external audit has been completed and it was submitted to the National Indian Gaming Commission (NIGC) in April. Our External Audit remains another year with no findings. This past month, The State Audit was completed, and we are currently waiting on their results. Aside from auditing, we continue to receive training and keep up-date with any regulations through the NIGC and OTGRA (Oklahoma Tribal Gaming Regulatory Association) Conferences. Gaming Commission staff and Gaming Commissioners attended the OTGRA conference in April. Also in May, they attended a 2-day comprehensive workshop with NIGC that placed emphasis on the IGRA (Indian Gaming Regulatory Act), SPI (Sole Proprietary Interest) and Management contracts which involved critical thinking, discussions, and handson activities. They continue to stay busy with the review and approval process on casino policies & procedures, licensing, and projects with electronic gaming ma-

Youth Camp: Presently, construction on installing a water harvest project around the dining hall continues. The water harvest project will allow the water to be used to irrigate the softball field. Finally, the lighting construction has started for parking lot, playground area, tennis court, basketball court, and softball field

In closing, it is my pleasure to serve our Tribe as the Tribal Representative. If you have any questions or concerns regarding these programs or need my assistance, feel free to contact me at (405) 275- 4030 at Ext. 3512.

Ne Yi Wa DeWayne Wilson June 2024 www.astribe.com 3A

#### FROM THE ELECTION COMMISSION:

#### **Tribal Members:**

The Annual (Run Off) Election will be held on Saturday, June 15, 2024. The voting polls will be located at the Little Axe Resource Center on Peebly Road, 1970 156th Ave NE, in Norman, Oklahoma and at the AST Health Multipurpose Building, 2029 James L Edwards Lane, on the Tribal Complex in Shawnee, Oklahoma. The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.

#### **APPROPRIATE POLL BEHAVIOR**

According to the Election Ordinance Article VIII Section 1- The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion. For Example:

No "vote for..." sticker on cars

No campaign clothing

No disbursement of campaign material

No counseling as to who to vote for

Do not loiter at poll site: 1. Arrive

Arrive
 Register

3. Vote

4. Exit

Unless there is a line, each voter should be at the poll no more than 10 minutes outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not "visit" with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds.

Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

#### **Policies and Procedures states:**

There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.

Tear Off **☞** 

#### **BALLOT**

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA ANNUAL (RUN OFF) ELECTION JUNE 15, 2024

**<u>VOTING INSTRUCTIONS:</u>** Cast your vote by placing an [X] or  $[\checkmark]$  mark in the box next to the candidate name of your choice. Any other mark outside the box will be considered a spoiled ballot.

#### EXECUTIVE COMMITTEE

LT. GOVERNOR (4 Year Term)

REPRESENTATIVE (4 Year Term)

Anthony "Tadpole" Johnson-----
DeWayne Wilson------



#### June 2024

# Library Newsletter by Paula Jackson

# BOOK OF THE MONTH A Few Beautiful Minutes Experiencing A Solar Eclipse by Kate Allen Fox (Author) and Khoa Le (Illustrator)

Delve into a poetic and beautifully illustrated account of a solar eclipse and the enchantment of unity, as seen through the innocent eyes of a child. During a solar eclipse, the sun disappears, light fades into darkness, diurnal animals rest, and nocturnal animals awaken. The moon gracefully dominates the sky as people pause their activities to gaze upward in unison,

Embracing this mesmerizing celestial event, "A Few Beautiful Minutes" inspires young readers to explore each phase of a solar eclipse safely, fostering a sense of connection among us all.

This book was generously donated

witnessing the transformative

spectacle.

to the library by SPI.



#### LIBRARY NEWS In March, I went to Bu

In March, I went to Building Blocks in Shawnee to read "Mr. Brown Can Moo! Can You?" for Read Across America Day.

During Easter, I read "The Golden Egg" by Margaret Wise Brown at both Building Block sites and organized Easter crafts.

In April, accompanied by Scott Miller, I traveled to Mt. Vernon, Ohio.
Together, we collaborated with the Science Play-Space Initiative(SPI) to perform a skit about the Eclipse of 1806 and distributed certificates to





YOU CAN NOW APPLY FOR A AST LIBRARY CARD ONLINE! HTTPS://FORM.JOTFORM.COM/230804193039150 HTTPS://LIBBYAPP.COM/LIBRARY/OKVIRTUALLIBRARY Po ki mi we ke s'fwa
Plum Month
(June)

Hi ta pe ka pi mi we fo pa me ni ke? Are blackberries ready to pick?

Ni na me, we yi s'ki m'sko fe ke. Almost, they are red.

Na yo la ka wi ke hi le ki te ki we ke sa ke ka. Maybe in a few days.

Ma ge ki pi ya qi ki s'qa ya ti la fe wi ge. Be careful the bush has thorns.

Ka ge pi t'to ko ke no ke ka ki l's'ke na ko ke. They will poke and scratch you.

Ne mi ma ne hi m'wi ke me ni ke.
I like to eat blackberries.

We ke lo ke pi ya qi ma ge me n'ki ni ne ti se. They are good but have a bunch of seeds.

He ne me n'ki ni wa fi ke ta ne ke we pe ti l'we. Seeds will get stuck in your teeth.

*Ka ke la k'fa to ma li se he ne ke me ni ke.* Mix sugar with the berries.

Ko ge wa we ke lo ke. They will taste sweet.

Ne ko ge! Ne yi wa ya se hi ko wa ti we yi ne!

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! He ne!





## **Celebration Weekend 2024!**

Thursday, July 4th
Outdoor 80's Tribute concert (multiple bands)
Food trucks, Inflatables, Vendor market
Firework Show at 10:30pm



Friday, July 5th
Inflatables, Watermelon feed, Vendor market
Pow Wow Day one: Tiny Tots, Golden Age, Special contests,
10:30pm Firework Show,
11:00pm Stomp Dance.

Saturday, July 6th
5K race, 1K Fun walk. Inflatables, Horse shoes tournament, Vendor market
Pow Wow Day two: Gourd Dance, Supper, Adult contests.

Please join us!

**4A** www.astribe.com June 2024

# Absentee Shawnee Tribe ICW Celebrates Adoption

The Absentee Shawnee Tribe ICW held an adoption ceremony for tribal member Scarlett Jo Limon May 7. Her family, friends, tribal employees and especially AST ICW staff all celebrated her finding her forever family.

Little Scarlett started her life with insurmountable odds against her. She was born with an abundance of narcotics in her system and was placed in the NICU. Scarlett couldn't breathe on her own and it wasn't clear if she would even survive. Scarlett was in a hospital room by herself with no family or friends by her side.

AST ICW spent long days and nights at the hospital trying to be by her side while trying to handle other cases. "I remember driving back to the office from leaving the hospital in tears because the doctor stated to me, I had to up her oxygen she is just not able to get enough oxygen through her little body. That night, I just cried and prayed for this little girl to become strong enough." said ICW case manager Paige LittleCharley.

ICW reached out to Jennifer Limon and said there was a possible kinship in custody and asked if she would foster Scarlett. Jennifer and her husband Richard said yes with no hesitation and even spent every night with Scarlett in the hospital.

The couple has already raised three children – 30, 26 and a 17 year-old and even has one grandchild. Despite being close to having an empty nest and just enjoy being grandparents, these 2 jumped onto the chance to raise Scarlett.

When Scarlett was strong enough to go home; Jennifer and Richard took her home and has loved Scarlett unconditionally. To this day, Scarlett feels the love from her family and is just the happiest little baby. She always has a smile on her face. AST ICW would like to congratulate the Limon family on adoption and wants to say thank you for being a part of our foster care family.

Despite her initial circumstances, Scarlett is thriving today. She is happy, healthy and loved.

A testimony like Scarlett's story is tough to hear. ICW is in need of foster homes, emergency foster homes, and respite homes. We struggle finding homes to put our native children with native families and sometimes our children have to go into a non-native home. Those non-native homes could possibly adopt our children.

If you want to make a difference in a child's life, this is your opportunity to step up and foster a child. You may have the child for a short period of time or forever but either way; you are making an impact on that child's life and yours too. If you are interested in becoming a foster parent, please contact AST ICW at (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



Building Blocks had an amazing May. 'Muffins for Mom's' was a huge success. Lots of Moms and Grandma's joined us in celebrating our wonderful Mother's. Thanks to all who came!!

On Friday, June 14<sup>th</sup> at 3:00p.m. **Building Blocks is having 'Donuts with** Dads' in celebration of Building Blocks **Fantastic Fathers!** 



Sunday, June 16<sup>th</sup> is Father's Day.



Building Blocks will be closed Wednesday, June 19<sup>th</sup> in observance of Juneteenth.

Summer is officially here Thursday, June 20<sup>th</sup>. Remember to drink lots of water and wear sunscreen when doing outside activities.

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.

Have a Great June!





AST Treasurer Joseph Blanchard recently held a going away party for his executive assistant Jan Ranft. She is moving to Florida and getting married this fall. The Absentee Shawnee Tribe wishes her all the best and appreciates all the hard work she put in for us.

## **Absentee Shawnee Tribe of**

Oklahoma **Building Blocks III C.D.C** 16051 Little Axe Drive, Norman, OK 73026

Fax: (405) 360-2726

Phone: (405) 360-2710;

#### June **Newsletter**

Director: Skye **Foreman** Assistant **Director: Renee** Richardson

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

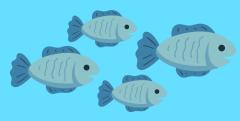
#### In the Classroom

This month our infants will be working with positional words such as in, out, up, down, etc. In our Toddler and two-year-old classrooms they will be working on colors while learning to identify them throughout their environment. Our three-yearolds will be focusing on Summer by exploring sand and water. The 4's and 5's are going to be learning all about insects.

#### In the Center

We had a great turnout to our Mom's & Mini's Afternoon Tea Party for Mother's Day. students were excited to celebrate their mom's and give them their gifts. Our 3-1's had a field trip to the zoo and learned about all of the different zoo animals.

The Center will be closed on June 19th for Juneteenth!



















# **ONLINE HOUSING APPLICATIONS**

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



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



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

#### ONLINE **PROGRAM** APPLICATIONS

WWW.ASHOUSINGAUTHORITY.COM

FOR MORE INFORMATION Call: (405) 273-1050

**6A** www.astribe.com

June 2024

# **VOTE JUNE 15, 2024**





I AM ASKING FOR YOUR SUPPORT JUNE 15, 2024

# **REASON TO VOTE FOR ME**

- EXPERIENCED & EDUCATED ✓
- PROVEN & DEDICATED LEADER ✓
- HARDWORKING & DETERMINED ✓

# A VOTE FOR ME IS A VOTE FOR PROSPERITY

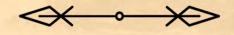
NE YI WAY (THANK YOU)

# Ne mi ta Si wi nwi to wa (I want to speak Shawnee)

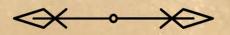
Pre-recorded online lessons are now available to help tribal members learn to speak Shawnee.

Each 15-20 minute lesson is broken into vocabulary, phrases, and brief conversations for each subject.

The lessons can be viewed multiple times and are available in printable form.



Lessons can be accessed under the LANGUAGE tab on the tribal member only page https://www.astribe.com/tmo-login



For questions regarding online lessons, please email ASTLanguage@astribe.com.



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



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

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

Our services are confidential and include:

Safety Planning
Emergency Assistance
Court Advocacy
Shelter Placement Assistance
Referrals

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

#### Who we serve:

Natives and non-Natives

LGBTQ2S+

Any Religion

Any income level

EVERYONE

#### Where we serve:

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

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

# **Contact Us:**

**Office Line** 405,273,2888

Fax 405.273.1192

Webpage https://www.astribe.com/domestic-violence
Link to intake https://www.astribe.com/forms/victim-intake

**f** @ASTRisingWarrior

For emergencies call 911 or AST PD @ 405.275.3200



#### **Position:**

- Attorney General
- Desktop Support Analyst
- LPN'S
- AP Clerk

**Apply Now** 





astribe.com/employment

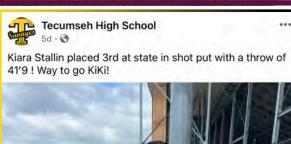
June 2024 www.astribe.com



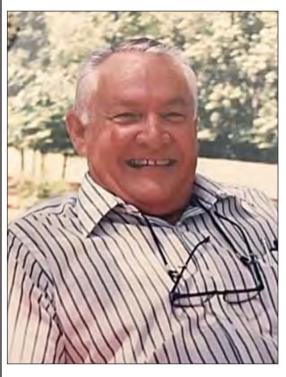
**Happy Birthday** Momeo! We love you











# **Obituary**

David William Powell, 88, of Mount Pleasant, SC, passed away March 29, 2024. He was the husband of Joan Bennett Powell of Mount Pleasant. A private service will be held for the family. Dave was born October 26, 1935, in Cleveland, Ohio, to the late David Kelso Powell and Rachel Alford Powell. He attended the University of North Carolina, Chapel Hill, before serving in the United States Army. He worked as Production Print Manager at the Medical University of South Carolina for 25 years. He was a member of the Absentee Shawnee Tribe, and Lifetime Member of the East Cooper Outboard Motor Club. He is survived by his wife of 64 years, Joan Bennett Powell; four sons, David K. "Kelly" Powell II (Tracy), of Mt. Pleasant, SC, Phillip M. Powell (Rhonda) of Kingsland, GA, Robert E. Powell (Karen) of Mt. Pleasant, SC, and Scott Powell (Jill), of Charleston, SC; his grandsons, David K. Powell III (Mary Beth), William Drew Powell (Meghan), Reece Avery Powell and Hunter Powell; and his granddaughters, Caroline Ann Drennon (Daniel) and Megan Elizabeth Powell; his great-grandchildren, Addison, Olivia, Reece, Ford, and Maverick. He was preceded in death by his brothers, Thomas Edward Powell and Robert Morgan Powell; and his sister, Mary Rachel Cole.

Tribal Member Corner:

June Article:

Contented to see some of the follow up results:

Contented to see the Little Axe meal site is available now, at the Resource Center.

The Title Vi Salad bar at Shawnee site, is great. Check menu, to see when available.

Thanks to Chris Larkin, at the LA Clinic for following up. Heart Scans are available to elder tribal members. Speak with your LA/Shawnee primary doctor. CPR classes for tribal members, are being discussed. They are working on a current Health guide.

We desire General Council meetings, to be televised live on the AST private member website or Spotify. We would still need members, to be physically present, to meet quorum.

Taxes: If you have Obamacare/ Marketplace health insurance, you have to file a tax return. A premium tax credit form 8962, has to be completed. We found many taxpayers were scammed last year and received a call, and were automatically enrolled. Therefore, requiring them to supply a 1095A Health Insurance Marketplace statement.

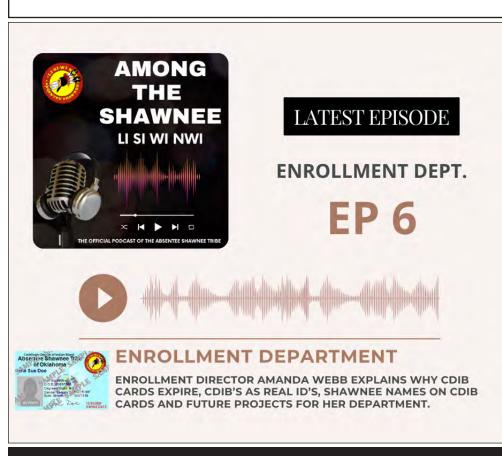
The Osage, Cherokee, Creek and Quapaw have meat processing plants. Some utilized covid funds,

to commence startup costs.

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

Eileen Pearce, Tribal Member

Questions, comments: Lapearce@att.net





# 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.

www.astribe.com June 2024



OF INDIANS OF OKLAHOMA

#### **PHONE DIRECTORY - DIRECT NUMBERS**

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

# JUNETEENT







THE ABSENTEE SHAWNEE TRIBE WILL BE CLOSED MONDAY, JUNE 19, 2024 IN OBSERVANCE OF JUNETEENTH DAY

# Come meet our friendly Shawnee team!







Debbie



Kyle



Wendy

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



# **AllNations Bank**

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

Prevention. Progress. Pride. I

www.asthealth.org June 2024 Section B

# **ASTHS June 2024 Monthly Update**

#### Elder Abuse Awareness Day is June 15th

Older people throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation. Elder abuse also creates health care and legal costs for our society. Older people are mistreated more often than we think due to the lack of support for older people in our communities. It doesn't have to be this way. Get involved in creating a stronger society that safeguards our communities and prevents abuse.

An estimated 5 million, or 1 in 10, older Americans experience elder abuse, neglect, or exploitation. Working together across our networks, we can generate awareness and foster action to end elder abuse. Let's work to keep everyone safe as we age.

#### What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)

Each state defines elder abuse differently (you may wish to look up your state's statutes to see how elder abuse is defined. For assistance, contact the NCEA.). There is some debate over whether mistreatment by strangers, rather than by a person in a trust relationship to the older person such as spouse, child, or friend, also constitutes elder abuse, neglect, or exploitation.

#### Why Should We Care About Elder Abuse?

Caring about elder abuse is caring about justice for all. As a country, we are committed to ensuring the just treatment of all people, but elder abuse violates this value.

The costs of elder abuse are high for the affected individuals and society alike. Their losses can be tangible (*homes and life savings*) and intangible (*dignity, independence, and possibly their lives*). For society, elder abuse is both a social and economic issue: it creates health care and legal costs, which are often shouldered by public programs like Medicare and Medicaid, and isolates them from the community. It's in everyone's interest to care about and prevent elder abuse.

#### What Causes Elder Abuse?

Some policies and practices make it hard to stay involved with and connected to our communities as we age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. Elder abuse affects older people across all socioeconomic groups, cultures, and races and can occur anywhere when they are disconnected from social supports:

- In a person's own home
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

While any older person is potentially at risk of elder abuse, some are more susceptible to experience abuse or neglect than others. Based on available information, women and people 80 years and older are more likely to experience abuse. Factors such as dementia or poor physical health can increase older people's isolation, which in turn puts people at greater risk of experiencing abuse or neglect.

#### **Some Common Risk Factors:**

- Dementia
- Mental health or substance abuse issues of an older person and/or a perpetrator
- Social isolation
- Poor physical health

#### Just How Big Is the Problem?

Elder abuse is an injustice with many consequences for our society, affecting everything from our communities' public health to our economic resources.

Elder abuse is widespread. A comprehensive review article published in 2015 found the prevalence of elder abuse to be approximately 10% including physical abuse, psychological or verbal abuse, sexual abuse, financial exploitation, and neglect.

Elder abuse is significantly under-identified and underreported. This is in part due to a lack of social supports that would make it easier for those who experience abuse to report it.

#### Elder Abuse in Native Americans

American Indian elders have one of the lowest life expectancies in the United States. Disproportionate disease burden, socioeconomic disparities, and higher rates of violence across the lifespan are thought to contribute to higher rates of elder abuse. Elder abuse and higher rates of trauma exposure are linked with adverse outcomes.

Of the nine studies published in the last 30 years, rates of elder abuse varied by study, location, and tribal affiliation from 4.3% to 45.9%. Large studies with comparison populations found higher rates for American Indians. There was a consensus for three risk factors: substance abuse, mental health problems, and caregiving issues. Importance of tribal norms, the notion of respect conferred to elders, and the concept of acculturation were major culturally relevant themes. Perceived tribal norms and strengths, for example, respect for elders were at odds with abuse experiences, particularly financial exploitation and neglect. Historical trauma, shame, and fear impacted reporting.

High rates of abuse suggest healthcare providers should be encouraged to screen and intervene despite the lack of empirical evidence. Providers should not assume

that traditional culturally ascribed strengths, such as honor and respect for elders, provide any degree of protection against elder abuse.

# Government Programs, For-Profit, or Non-Profit Organizations Provide Both Public & Tribal-Specific Social Services

- The goal of social services is to prevent and alleviate elder abuse and neglect.Indigenous communities have developed tribally-operated elder services
- and programs to meet their older or disabled adults' needs.

  In 1965, the United States Congress passed a federal bill, the Older American
- In 1965, the United States Congress passed a federal bill, the Older American Act (OAA) to address the lack of community social services for older persons.
- The OAA provides federal funding for aging services, resulting in expanded services all over the country

#### **OAA Title VI**

- In 1978 the OAA was amended to include Title VI, which established federal funding for elderly nutrition and supportive services for Native Americans (American Indians, Alaska Natives, and Native Hawaiians).
- The program has expanded to include caregiver support services.

#### **Title VI Program and Elder Abuse Prevention**

All social services outlined in the Title VI program can be used to prevent elder abuse and neglect by:

- Encouraging participation by seniors in communal services
- Helping older and disabled adults access financial help
- Balancing family support with older and disabled adults' independence

#### How Can We Report Elder Abuse?

It is up to everyone to prevent and address elder abuse. Report suspected mistreatment to your local adult protective services, long-term care ombudsman, or law enforcement agency who can investigate the situation.

In Oklahoma, Triad is an agreement between local law enforcement and older/retired persons that work together to reduce the criminal victimization of the elderly. Triad enhances the delivery of law enforcement services to our older citizens. Triad educates citizens in crime prevention and victim/witness programs for older persons. Triad also recruits and trains volunteers to assist the police and sheriff's departments. Triad provides a forum for law enforcement and the community to share needs and concerns and work together to develop solutions and identify problem areas for seniors, and develop and implement community wide solutions.

The coordinator for Oklahoma City's Triad program is Sheryl Presley. Sheryl can be reached at (405) 316-4336. She is available for speaking engagements on the topics of personal and home safety, current frauds and scams and identity theft

#### Reporting Elder Abuse

- Some tribes have adopted an elder abuse code or ordinance to protect tribal elders from abuse and neglect.
- If you suspect elder abuse or neglect, report it to your state or tribal APS office or local police department.
- If you need help locating a number to call to report elder abuse, please visit: https://www.njeji.org/hotlines

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1-800-677-1116 (eldercare.gov).

If you believe that an older person is in a life-threatening situation, contact 911 or the local police or sheriff's department.

Learn more about the issue. Visit the National Center on Elder Abuse website at <a href="https://ncea.acl.gov">https://ncea.acl.gov</a>

#### References:

Crowder, J., Burnett, C., Laughon, K., & Dreisbach, C. (2019). Elder Abuse in American Indian Communities: An Integrative Review. Journal of forensic nursing, 15(4), 250–258. https://doi.org/10.1097/JFN.0000000000000259

NATIONAL INDIGENOUS ELDER JUSTICE INITIATIVE. Social Services for Elders in Indian Country. https://pfs2.acl.gov/strapib/assets/Social\_Services\_for\_Elders\_in\_Indian\_Country\_25602de444.pdf

Oklahoma City Police Department. Triad. https://www.okc.gov/departments/police/community-programs/triad

World Elder Abuse Awareness Day Factsheet. https://eldermistreatment.usc.edu/wp-content/uploads/2024/01/WEAAD-Factsheet-FAQs.pdf

#### CONSTRUCTION UPDATE

#### Little Axe Health Clinic

• COMPLETED! Grand opening was held May 1st

#### **Shawnee Health Center**

NEW SHAWNEE HEALTH CLINIC! (Coming Soon)

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

The feasibility study has been completed and an architect has been selected. Design phase has been initiated and interviews have been completed for Construction Manager. Planning for Groundbreaking Ceremony is ongoing.

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

Employee of the Month: Shannon Livsey, Provider Relations Manager

Team of the Month: Housekeeping

Special Leadership Award: Terra Little Jim, Lead Patient Registration

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# **Monthly Closures**

All AST Health facilities will observe the following hours on:

Wednesday, June 5th:

**CLOSED** from 12PM-5PM

for in-service trainings and meetings Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM

Wednesday, June 19th:

**CLOSED** for Juneteenth

Visit asthealth.org or our Facebook page for updates!



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

**Absentee Shawnee Tribal Health System 2024** Health Fair

July 12, 2024 12PM-4PM

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

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





Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe to heat stroke, which can be deadly. Although exertional heat stroke can be fatal, death is preventable if it's quickly recognized and properly treated.

core body temperature of 105 degrees or higher

Fluid replacement should be based on





SWEAT LOSS.

is one of the top three

elmets and padding, when enviro

ng worn by athletes should be light colored, lightweight and protect agains

conditions become extrem



• Dehydration at levels of 3% to 4% body mass loss can reduce muscle strength by an





beverages.

should be limited to one practice per day.

- Days 1-2: Helmet/headgear only - Days 3-5: Helmet and shoulder pads

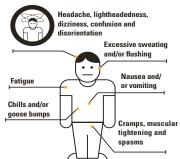
· Also, during the first week, slowly integrate equipment into practice

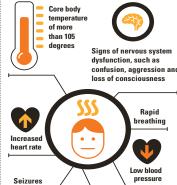
- Get a location-specific measurement of heat stress using a wet-bulb
- humidity, wind and radiation from the sur

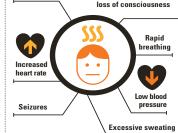
Infographic courtesy of the National Athletic Trainers' Association (Updated 2023)

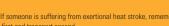
- needed to treat exertional heat stroke
- done by a trained medical professional, such as an athletic trainer

#### SIGNS OF EXTERNAL **HEAT ILLNESS**



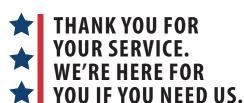






- Have shade and cooling stations available and large cold tubs ready

Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA, National Center for Catastrophic Sport Injury Research, University of North Carolina









1-800-MyVA411

#### 



Were you exposed to burn pits, herbicides, or other toxins while in the military?

You may be eligible for VA health care and compensation. Learn more at **VA.gov/PACT**.



## (800-698-2411)

**Download VA's** 

VA.gov/welcome-kit

**Welcome Kit!** 

including:

The one number all Veterans, their families, caregivers, and survivors can use to access VA resources 24 hours-a-day, 365 days-a-year.

Download the VA Welcome Kit and

**Small Business Support** 

explore va benefits and services

#### 

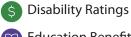
#### Download the **VA Health and Benefits App!**

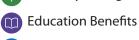


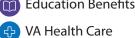
- View and cancel appointments
- Check claims and appeal status
- View payment information
- Download Veteran Service Letters



















## **Purchase Referred Care (PRC) Policy Reminder**

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

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

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

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

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

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



#### **NOTICE**

**COVID** guidelines have changed as we continue our fight against COVID. Please review the following:

- COVID patients no longer need to be separated in waiting areas.
- Patients do not need to wait inside their vehicle at any of our locations.
  - Symptomatic patients do not need to use separate entrances/exits.

You must wear a mask in waiting areas if you have COVID symptoms!

Little Axe Health Center 405.447.0300 Shawnee Clinic 405.878.5850 PlusCare Clinic 405.447.0477



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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7
TAMALE	HOT DOG	<b>BAKED CHICKEN</b>	WAFFLES
<b>SPANISH RICE</b>	CHIPS	VEGGIES	SAUSAGE PATTIES
<b>REFRIED BEANS</b>	POT SALAD	ROLL	FRUIT
PINEAPPLES	MANDARIN ORANGES	JELL-O	
11	12	13	14
PULLED PORK		TATOR TOTS	BOILED EGG
SANDWICH	CHICKEN RICE &	CASSEROLE	SAUSAGE PATTIES
ONIONS, PICKLES	BROCOLLI CASSEROLE	BRUSSELL SPROUTS	MUFFIN
COOKIE	SALAD BAR*	PEACHES	
18	19	20	21
<b>GRILLED CHEZ</b>	CLOSED FOR	TURKEY	SCRAMBLED EGGS
SANDWICH	* * *	SANDWICH	SAUSAGE GRAVY
<b>VEGGIE SOUP</b>	FREEDOM DAY	LTOP	BISCUIT
PEARS	No. of the last of	FLUFF	
25	26	27	28
CHEF SALAD	BAKED POT	<b>BEANS W HAM</b>	SCRAMBLED EGGS
W TURKEY	BROCC W CHEZ	STEAK FRIES	BACON
CRACKERS	ONION,HAM	CORN BREAD	TOAST
PEACHES	APPLESAUCE	MIXED FRUIT	
	TAMALE SPANISH RICE REFRIED BEANS PINEAPPLES  11 PULLED PORK SANDWICH ONIONS, PICKLES COOKIE  18 GRILLED CHEZ SANDWICH VEGGIE SOUP PEARS 25 CHEF SALAD W TURKEY CRACKERS	TAMALE SPANISH RICE REFRIED BEANS PINEAPPLES  PULLED PORK SANDWICH ONIONS, PICKLES COOKIE  GRILLED CHEZ SANDWICH VEGGIE SOUP PEARS  25  CHEF SALAD W TURKEY CRACKERS  THOT DOG CHIPS POT SALAD MANDARIN ORANGES  CHICKEN RICE & BROCOLLI CASSEROLE SALAD BAR*  19  CLOSED FOR BAKED POT BROCC W CHEZ ONION, HAM	TAMALE SPANISH RICE REFRIED BEANS PINEAPPLES  POT SALAD MANDARIN ORANGES  11  PULLED PORK SANDWICH ONIONS, PICKLES COOKIE  GRILLED CHEZ SANDWICH VEGGIE SOUP PEARS  CHEF SALAD W TURKEY CRACKERS  POT SALAD MANDARIN ORANGES  ROLL JELL-O  13  TATOR TOTS CASSEROLE BRUSSELL SPROUTS PEACHES  TURKEY SANDWICH LTOP FLUFF  25  CHEF SALAD BAKED POT BROCC W CHEZ ONION, HAM STEAK FRIES CORN BREAD

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

WE ARE NOW SERVING AT LITTLE AXE RESOURCE CENTER AND SHAWNEE SITE

LUNCH SERVED MONDAY – THURSDAY 11 AM TO 1 PM BREAKFAST SERVED FRIDAYS 9 AM TO 11 AM

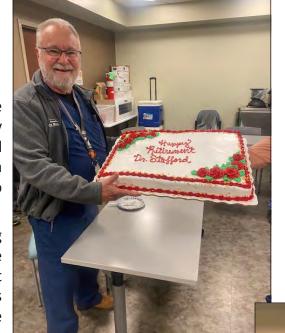
# A Legend Retires – Dr. Bruce Stafford

Dr. Bruce Stafford, MD, has been an intergral part of the Absentee Shawnee Tribal Health System for over nine years. He began his journey in the medical field in 1996, after meeting a young Honduran girl who had a facial disfigurement which turned his worldview upside down. After a great desire to become a physician enveloped him, he decided to dedicate his life to helping those in need.

Dr. Stafford received a Master's degree in Nursing while attending Southern Nazarene University and a Doctorate in Osteopathic Medicine at Oklahoma State University and completed three years of residency at OU Family Medicine in 2004, at the age of 56. He worked for many years in self-employed practice, as well as at hospitals, the VA, and the Department of Defense.

After wrestling with the idea that there was more he could do to help others, Dr. Stafford reached out to an exceptional colleague, Dr. Marty Lofgren, MD, to see if there was a place for him at the Absentee Shawnee Tribal Health System. As fate would have it, there was. Dr. Stafford settled in as a family medicine practitioner at the Absentee Shawnee Tribal Health System and dedicated himself fully to not just caring for its patients, but learning about the culture and language of the Absentee Shawnee people.

While Dr. Stafford's last day was on May 10th, 2024, we will always remember the impact he had on not only our health system but on our patients and our community as well. We wish him well on his well-deserved retirement and blessings on the next chapter of his professional career.





#### June Newsletter Article- AST Tribal Opioid Response (TOR) Project

Tuesday, May 7th was the National Fentanyl Day of Awareness. What should you know about fentanyl? First, fentanyl is a human-made pain killer. If you misuse fentanyl, whether it's legally or illegally made, it can be unsafe and deadly.

One common misconception about fentanyl is that it's only illegally made. Fentanyl is legally produced and prescribed to treat people in severe pain, typically people in the advanced stages of cancer. It is 50 to 100 xs more powerful than morphine.

Fentanyl is also illegally made and sold, it is inexpensive to manufacture and a little bit goes a long way, and due to its potency a small quantity equal to approximately a dozen grains of table salt can be lethal. While some drug suppliers purposefully sell fentanyl to interested and aware buyers, other sellers aren't as upfront about what's in their illicit products, they cut their drugs with fentanyl to increase the potency. Substances like methamphetamine, cocaine, black tar heroin, and marijuana, counterfeit or pressed pills have tested positive for fentanyl. According to a statement made by OKC Law Enforcement at the TOR organized Fentanyl: Fact vs Fiction panel on May 7th, two of the most common forms of fentanyl they see in their jurisdiction are M-30s (pills) or powdered fentanyl.

The misuse of fentanyl has led to a rise in substance use disorders and unintentional drug overdose deaths. One step you can take to address unintentional drug overdoses is to keep Narcan/Naloxone on hand to help reverse an opioid drug overdose, to pick up a box of Narcan stop by the TOR Office located at the Little Axe Resource Center. TOR has also set up several Narcan/Naloxone distribution boxes in Shawnee: Absentee Shawnee Tribal Police Department, Domestic Violence Department (Contact First), Absentee Shawnee Housing Authority and the Indian Child Welfare Department. Any of these places you can pick up a box or several boxes of Narcan/Naloxone.

4B www.astribe.com June 2024

# HEALTH BUZZ!! 📚



#### JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH!



The human brain is a complex organ and has at least three levels of functions that affect all aspects of our daily lives:

- Interpretation of senses and control of movement;
- Maintenance of cognitive, mental and emotional processes; and
- Maintenance of normal behavior and social cognition.

Maintaining a healthy brain during one's life is the uppermost goal in pursuing health and longevity. As the population ages, the burden of neurological disorders and challenges for the preservation of brain health increase.

Evidence indicates that healthy behaviors have been shown to prevent cancer, diabetes, heart disease, and cognitive decline. Here are 8 ways to help improve your brain health:

- 1. Quit Smoking
- Prevent and manage High Blood Pressure
- Prevent and manage High Cholesterol
- 4. Maintain a healthy weight
- 5. Get enough sleep
- 6. Stay engaged
- 7. Manage blood sugar
- 8. If you drink, do so in moderation!

In general, Native Americans are more likely to get Alzheimer's or other types of dementia than other groups. It is believed that certain habits and preventable health conditions may raise your chances for worse brain health and possibly dementia later in life. By taking steps to reduce your risk now, they will give you the best chance for a better quality of life.

#### THE BOTTOM LINE!!

A healthy lifestyle can not only help you feel better, but it can also reduce the risk of some diseases, lengthen your lifespan, save you money, and benefit the environment.

Your version of a healthy lifestyle is whatever you define it to be. Start small when you make changes. Living a healthy lifestyle does not mean you have to give up the things that may be considered "bad habits". It is perfectly possible to balance healthy living with eating cookies, taking a day off from working out, or having wine with dinner!! In fact, enjoying a treat once in a while can help you better stick to healthy eating habits.

Remember, you are never too old to get moving, get stronger, and improve your health!



The Alzheimer Program Team is pleased to provide dementia and brain health educational information in our monthly articles. If you have a specific dementia topic you would like for us to address, please let us know. If you know of someone needing our services and support, please do not hesitate to contact us!



#### Savvy Caregiver in Indian Country and Music & Memory

Check out our web-page:

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

You can also contact me directly at: (405) 561-7893.

Best regards, Atheda Fletcher Grant Project PI

## THE GREATEST WEALTH IS HEALTH!



# PURCHASED REFERRED CARE (PRC) NEWS

We are excited to introduce our new PRC Director, Lawana Martin, and our new Assistant PRC Director, Lena Carroll. They, along with our PRC team, will continue to be dedicated to serving our tribal patients.



Lawana Martin-PRC Director

Please feel free to contact the PRC department with any questions!

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