



# THE ABSENTEE SHAWNEE NEWS

www.astribe.com

Volume 34, No. 10

October 2024

## Absentee Shawnee Tribal Health System Awarded NIH N Crew Program Grant



On Wednesday, July 30, 2024, the National Institutes of Health (NIH) awarded the Absentee Shawnee Tribal (AST) Health System with the first NIH Native Collective Research Effort to Enhance Wellness (N Crew) Program Grant.

The proposal was met with enthusiasm and was followed up by a site visit by senior NIH leadership, including NIH Director, Dr. Monica M. Bertagnoli, M.D., National Institute of Drug Abuse Director, Nora Volkow, M.D., Associate Director for Data Science and Director of the Office of Data Science Strategy, Dr. Susan Gregurick, Director of the NIH Tribal Health Research Office, Dr. Karina Walters, and Assistant Director of Science Administration of the National Institute of Neurological Disorders and Stroke, Dr. Rita Devine. This was the first visit to a tribal health system by the director of the NIH in at least 15 years.

The AST Health System competed against many other tribal entities nationally for this award. The effort was spearheaded by Oklahoma Foundation for Digestive Research President and Medical Director, Dr. Philip Miner, M.D., AST Health System Behavioral Health Medical Director, Dr. Siavash

Nael, M.D., AST Health System Director of Behavioral Health Grants, Dr. Hadyn K. Paternite, Ph.D., MSN, RN, and Swiss Tropical and Public Health Institute Epidemiologist, Dr. Aliya Karim, Ph.D.

The NIH N Crew Program focuses on supporting research prioritized and focusing on Native communities while integrating Indigenous knowledge and culture, enhancing research capacity led by Native American Tribes and Native American-serving organizations through training, resources, and tools; and improving access and the quality of data on substance abuse, pain, and related factors to better help Native communities. Native approaches to pain management are expected to be integrated into the final program.

“This research will pave the road not only for pain management and how to deal with chronic pain and how we look at the roots of the problem, but how people develop chronic pain and how they handle it and what happened to them,” Dr. Siavash Nael said.

The health system’s research team will expand upon a novel systems-based, mixed-methods research approach specific to community health systems of vulnerable populations, incorporating

third-party data from the local Native community within the first two years to build their research model.

“One of the first steps that we will take is the collective development of an AST-oriented AI/IN community health systems framework that will be specific to behavioral health,” Dr. Aliya Karim announced. “The program is multi-pronged, and we ultimately hope to understand a few things. First, where do we see attrition of cases across the trajectory of care for behavioral health issues like substance abuse or pain management — care seeking, diagnosis, treatment, follow-up, etc.? Second, what modifiable and non-modifiable systemic, demographic, policy or contextual factors are contributing to the onset, diagnosis, and treatment of the behavioral health issue? It is not simply that native voices are “a part” of this research initiative — they design the very tools that we will use for evaluation.”

The NIH N CREW program will be conducted in two phases:

Phase one lasts two years and will support projects that plan, develop, and lead Native community-driven research and/or data improvement projects with a focus on substance abuse and pain.

NIH will also support the development of a Native Research Resource Network to provide comprehensive training, resources, and real-time support to N Crew participants to support research projects.

The AST will be eligible to compete in the second, five-year phase, expected to start in fall 2026, which will build on the first phase to further develop Native community-driven research and/or data improvement projects. Total available funding for phase two is \$268 million.

The AST Health System behavioral health department is not contributing to this program alone. There will be a conference on September 22nd, 2024 in Minneapolis, MN where the AST grant team will work with 14 other tribal-affiliated organizations who received NIH N Crew grants to discuss how to build that network and support one another in this effort to develop a nationwide research network.

“One of the things I love about this program is that everyone isn’t reinventing the wheel, we’re not working in isolation, but as an interactive community where we can discuss the challenges, trade ideas, and share common resources,” Dr. Hadyn Paternite said.

## Absentee Shawnee Tribe Donates Ambulance



Left Photo L-R: AST Representative Anthony Johnson; AST Governor John Johnson; Meeker Assistant Police Chief Scott Wilson; Meeker Police Officer Dallas Covell; AST Lt. Governor Diane Ponkilla and AST Secretary Misty McGirt.

The Absentee Shawnee Tribe recently donated an ambulance to the Meeker Police Department. The 2001 vehicle was not in service and had not been used for several years. “This vehicle was just sitting here unused and had been for eight or nine years. The Meeker Police Department reached out to us to use it,” explained Governor John Johnson. “I am really glad they are able to put it to good use.”

The vehicle has already been put in service as a community response vehicle.

“We appreciate the donation. It has been fantastic.” Meeker Police Officer Dallas Covell said.



Follow Us on Social Media



Absentee Shawnee Tribe



**GOVERNOR'S REPORT**

John Johnson, AST Governor



**GOVERNOR**  
John Johnson

Hello Tribal Members,

Thanksgiving is just around the corner, are you ready? What are you thankful for? I look forward to Thanksgiving every year, I am thankful for my family and all the tribal people.

The Absentee Shawnee Tribe Health center hosted the 2024 Annual SSA Oklahoma Tribal Summit. I was honored to give the opening statement for this event. The Social Security Administration office gave a brief presentation of the benefits of Social Security and how they helped bridge the gap with surrounding tribes in

recent years on consultation, education, and benefits assistance. The SSA also implemented a Social Security Tribal Division program last year which will be helpful to tribal members that still may need assistance or even have questions.

I also attended the 2024 Renewable Energy Symposium hosted by Oklahoma University and Caddo Nation. The entire symposium dedicated to empower Native Tribes through sustainable solar energy. Their mission was to promote energy independence, reduce costs, and foster economic growth in tribal communities. This event was very interesting, it has given me thought of looking more into solar energy for our tribal entities on and off campus. This could be something that

could be beneficial to us all.

The 93rd semi-annual General Council was held on October 5, 2024 at the Thunderbird event center. I hope you got to attend, if not you may request the GC booklet (if available) with the Tribal Secretary's office.

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

John Johnson 405-275-4030 ext. 3500  
Alvina Barnes 405-275-4030 ext. 3501

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

Thank you

**LT. GOVERNOR'S REPORT**

Diane Ponkilla, AST Lt. Governor



**Lt. GOVERNOR**  
Diane Ponkilla

Greetings,

I would like to extend my deepest condolences to the families who have lost a loved one these past few months. I have been in office for three months and everything is slowly coming together, I am at a point where I can relax. My first day in office on Friday, June 28, 2024, I entered into a completely empty office, no files, paperwork, office supplies and barely had a budget. Therefore, I had no clue of activities of departments, Executive Committee or projects that were in progress. I began by meeting with each department, employees and Executive Committee Round Table meetings gave me some insight on what direction I needed to take.

Agriculture and Maintenance are the two departments that I have focused on. The Maintenance department had a newly hired Director, Lenard Mathews, different staff and structure. Agriculture was without guidance and structure. Misty McGirt, Secretary and I appointed John Mann, Interim Agriculture Coordinator.

Sunday, August 25, 2024 thru Thursday, August 29, 2024 I attended the 2024 National Transportation in Indian Country Conference (NTICC) at the Choctaw Casino & Resort in Durant, Oklahoma along with Twyla Blanchard, BIA Roads/Self-Governance Director and Donnie Marshall, BIA Roads/Weatherization. The breakout sessions began at 11:00am-12:30pm and at 3:30pm-5:00pm. On the last day of the conference we attended the closing dinner and award ceremony. I

attended Tribal Transit, Women in Tribal Transportation, Right of Way, Traffic Safety in Indian Country, Bridge/Culvert end Repair and 911 Systems in Tribal Roadways. I attended to gain more insight, have a better understanding on the process and meaning of the BIA Roads Department.

I have great respect for the past and current Executive Committee Members. This is a fast paced learning progress. I thought being the Lt. Governor's Executive Administrative Assistant for all these years it would be a walk in the park. I am excited and anxious to serve as the Lt. Governor, once again thank you for the opportunity to represent the AST.

Ne yi wa.  
Diane Ponkilla

**REPRESENTATIVE'S REPORT**

Anthony Johnson, AST Representative



**SECRETARY**  
Misty McGirt

Hello Fellow Tribal Members,

Hope everyone has a good Indigenous Peoples' Day this month. Our office has been busy getting ready for General Council on October 5th. Additionally, we, the Executive Committee, helped facilitate the donation of an ambulance to

the City of Meeker Police Department. We wish to thank the Absentee Shawnee Tribe Opioid Response grant for their donation of Narcan that was included with the ambulance donation. Just a reminder that the Diabetes and Wellness department will host their annual, "Zombie 5k Fun Run and 1-Mile Walk", October 24th at 5:30 pm at Thunderbird State Park Little Axe Area Campground.

If you have any questions or need to reach me, you can contact my office at: (405) 531-3512 or adjohnson@astrobe.com

Thank you, and have a safe and happy October.

Sincerely,  
Anthony "Tadpole" Johnson, Tribal Representative

**BIA ROADS PROGRAM**

Our next project will be the Comprehensive Safety Action Plan. We were awarded \$263,322.00 for the SS4A (Safe Streets and Roads for All) Grant. The agreement is currently being drafted and once signed, we will begin the work in October 2024 and should be completed by July 2026. The purpose of the grant is

to create a plan with the goal of promoting safety to prevent death and serious injuries on public roadways within the Absentee Shawnee Tribe's jurisdiction.

I am currently in my second year as serving as the Secretary for the Intertribal Transportation Association (term ends beginning of December 2024), Southern Plains Representative for the Tribal Transportation Coordinating Committee

that reports directly to DOI (term ends September 2025), on the Southern TTAP Steering Committee and just recently been nominated to serve on the Oklahoma Department of Transportation Tribal Advisory Board (awaiting on approval from the Senate).

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

**MAINTENANCE DEPT.**

The maintenance department has added two additional staff members to the team. We are excited to have Calvin Wilson join the team at the end of the September to assist with general maintenance and grounds keeping. We have also added Josiah Creek Harjo to housekeeping. Josiah came to us through the 477 program and been assisting with housekeeping over the past few months. His attention to detail is exceptional and he is a great asset to the department.

The maintenance team has been very busy with projects on campus. For example:

1. We have replaced some of the plumbing in the Cultural Arts basement.
2. Assisted with installing new supply air dampers in finance HVAC systems which will improve tempera-

3. Replaced some LED lighting in Procurement warehouse.
4. We have cleaned up the area east of the new after school building, including all the metal, wood and concrete debris that has been piled up for several years.
5. Assisted with relocating the 477 Program to their new off campus offices. Congratulations 477 Program.
6. Installed a new high pressure gas line to building #3.
7. Installed a French drain on the east and south east corner of building #3.
8. Replacements of the fascia trim, on building #2.
9. Within the next few weeks if you visit the campus you'll notice that we are starting to add some flowers to the existing flower beds and

flower pots. Some of the projects are as follows:

1. Mowing of AST Property and Elderly Title VI Participants.
2. Emergency repairs for and elderly: Removal of a large tree to gain access to the main sewer line. Once exposed we found the drain to be defective and had replace a portion of the main drain.
3. We have been working of the water harvest project at the Camp Nikoti. It includes over 300' of 6" water line, connecting down spouts from the camp community building and installing electric from the building to the harvest collection tank.

I want thank everyone for being patient and assisting when we have requested help. The department goal is to exceed expectation every time.



**TREASURER**  
Joseph Blanchard



**REPRESENTATIVE**  
Anthony Johnson





**OCTOBER 11 IS THE LAST DAY TO REGISTER TO VOTE!**

**YOUR VOTE MATTERS**




**MAKE SURE YOU ARE REGISTERED TO VOTE!**



# 477 Programs



Photo: Right to left LaNora Buswell 477 Child Care Director, Heather Deatherage 477 Assistant Ex. Director, Briana Ponkilla 477 Executive Director, Connor Edwards 477 Operations Specialist, Scott Miller Language Coordinator.

The Absentee Shawnee 477 Program participated in "Hike the Denali" event on September 19th. A big thank you to Shawnee Public Schools for hosting this event. Everyone took plenty of laps around the Avedis Foundation Trail behind Shawnee Middle School!"

**AST 477**

The 477 Program is designed to provide resources and support to help individuals and families become economically self-sufficient while reducing the need for short-term social service intervention.

**QUESTIONS?** 421 N. Beard St. Shawnee, OK 74801  
**CONTACT US!** (405) 878-4545 | 477program@atribe.com  
**ONLINE APP:** <https://www.atribe.com/477-program>

Scan for Application! \*Tribal ID Required

**MARK YOUR CALENDARS FOR ALL THE FUN EVENTS DURING GROOVE AROUND THE GLOBE 2024 STEPS CHALLENGE!**

- 9/19 HIKE THE DENALI | SHAWNEE MIDDLE SCHOOL | 6PM
- 9/28 BIKE ACROSS FRANCE AT PEDAL PALOOZA | OBU | 10AM-1PM
- 10/2 WE LIKE TO MOVE IT ZUMBA WITH CANDI | HEALTHY HIVE | 6:30PM
- 10/10 GLOW WALK | BOY SCOUT PARK | 7PM
- 10/15 EVERGREEN YOGA | MABEE-GERRER MUSUEUM | 6PM
- 10/22 BOULDER & BELAY THE GREAT WALL | BISON RECWELL | 6PM
- 11/4 CELEBRATION! | SHAWNEE FAMILY YMCA | 5:30PM

<https://www.facebook.com/GrooveAroundtheGlobe2024>

## AST 477 DEPARTMENT HAS MOVED!

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

**KEEP IN TOUCH**

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

## NATIVE OUTREACH EVENTS

**ABSENTEE SHAWNEE WILLS CLINIC**  
AT  
**THUNDERBIRD CASINO (WARRIOR ROOM)**  
15700 OK-9  
NORMAN, OK 73026

**OCTOBER 31, 2024**  
10:00 AM - 3:00 PM  
**\*\*LAST APPOINTMENT AT 2:00\*\***

OILS WILL BE AVAILABLE TO PROVIDE ANSWERS TO LEGAL QUESTIONS AND TAKE APPLICATIONS FOR LEGAL SERVICES.

OILS CANNOT PROVIDE ADVICE IF YOU CURRENTLY HAVE AN ATTORNEY. WE CANNOT PROVIDE ADVICE FOR CRIMINAL MATTERS INVOLVING THE STATE DISTRICT COURTS. OILS MUST FOLLOW FEDERAL POVERTY GUIDELINES TO PROVIDE SERVICES.

**WWW.OILSONLINE.ORG**  
405.943.6457  
800.658.1497 (IN-STATE ONLY)

## GET READY FOR WINTER

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

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

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

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

# NOTICE

**IF YOU WOULD LIKE TO SUBMIT AN ARTICLE OR STORY**

Please give us a call at (405) 598-1279 or send an email to [media@atribe.com](mailto:media@atribe.com)

All articles for the next month's issue are **DUE** by the **15th of the current month.**

Unfortunately we can only accept **ONE PICTURE PER BIRTHDAY PERSON**, not per birthday wish.





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

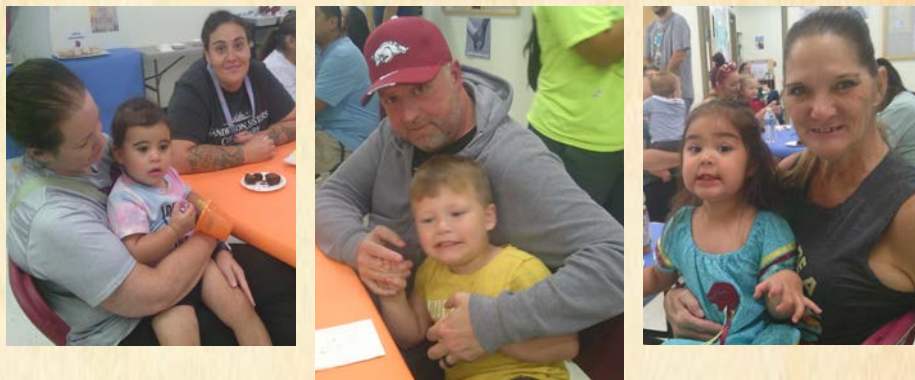


Building Blocks II is a 5 Star, OKDHS Licensed Center. Our teachers and children enjoy this time of year. They do lots of fall and Halloween activities. Fall has arrived, bringing cooler weather for the children to enjoy more outside activities.

**DATES TO REMEMBER:** Children's Christmas Pictures are Wednesday, October 16<sup>th</sup> @ 8:00a.m.. Parent-Teachers Conferences are scheduled October 17-24<sup>th</sup>. Fall Festival Open House is on Friday, October 25<sup>th</sup> in the evening. Building Blocks will Trick or Treat the AST Complex, October 31<sup>st</sup> @ 9:00a.m.

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

**We are taking waiting list applications for all of our classrooms. We take 6 week olds through the summer after Pre-K (4 Year Olds). Please call to inquire about our waiting list and spots for enrollment. You may drop by for a waiting list application or we can email one to you.**



Absentee Shawnee Tribe of Oklahoma Building Blocks III C.D.C.  
 16051 Little Axe Drive, Norman, OK 73026  
 Phone: (405) 860-2710; Fax: (405) 860-2726

# OCTOBER NEWSLETTER

**In the Classroom**

Our infants will be working on their hand-eye coordination by learning how to wave "hello" and "goodbye" and associate the words that go with each action. The 2's will be studying what the word opposite means. They will be learning examples of this concept.

In our 3-year-old classroom our students will be learning about the changing of the seasons and what happens to trees as the seasons change. Our 4 and 5-year-olds will have the theme of "All About Me". The main objective will be to develop a sense of self and develop independence. They will learn how to verbally ask for help and how to express their feelings.

**In the Center**

Our friends will be trick-or-treating at the Health Clinic on Halloween @ 10:00.

**Reminder**

We will be closed October 14th for **Indigenous Day**

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

**Director: Skye Foreman**  
**Asst. Director: Renee Richardson**

## Pictures

**Tribal Member Corner:**

**October Article:**

I encourage members, to write articles for our paper.

The tribal, CPR class was informative and helpful. I hope they teach the First Aid class for members too, soon.

Tribal members may like to view pictures, of inside the tiny home or tour. Mindy, can you assist with the pictures and place in newspaper?

Can the food pantry provide cheese, for the tribal members?

AST Day, there is a need to provide a celebratory occasion, for members at large. A luncheon, prizes, speech from Governor. Past, present and future of our tribe.

Health: Many tribal people in this country face health disparity with IHS', as it is known fact.

The IHS purchase referred care, pays outside provider for services.

But yet there are rejects, many go without treatment, face health bills. Some, are told to deal with pain.

M any are denied, placed on a waiting list for funding numerous times and over years.

IHS ranks by medical priority list, see a surgeon, seen only, if risk of death.

US government violating treaties, with tribal nations in providing health and welfare of tribes, for their land. Maybe compensation needs to be granted, for those who have experienced damage.

There is a shortage of IHS workers.

Congress, needs to allocate more dollars to PRC.

Many may need to apply, if qualifies, for Obamacare or Sooner Care too.

Remember, to be proactive in your own health.

Reminder, for a free credit report, go to annulcreditreport.com online. Call 1-877-322-8228.

Thanks to the employees, that work for our tribe and the services provided.

Attend a church service.

Eileen Pearce, Tribal Member  
 Questions, Comments: Lapearce@att.net  
 405.227.2036

## LEGAL NOTICE

IN THE TRIAL COURT OF  
 THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA  
 SHAWNEE, OKLAHOMA 74801

FILED In the Office  
 of the Court Clerk

SEP 16 2024

Absentee Shawnee Tribal Court  
 Court Clerk

Theresa King )  
 Vs. )  
 Jessica Stockton ) Case No. JFD-2024-26  
 )  
 )

**AFFIDAVIT TO OBTAIN SERVICE BY PUBLICATION**

THE ABSENTEE SHAWNEE TRIBE OF INDIANS )  
 SHAWNEE, OKLAHOMA ) §.

Theresa King being duly sworn upon oath states:

That she/he is the Plaintiff Theresa King, above-named, and that on the 16 day of September, 2024, said Plaintiff filed in this Court a Motion against Defendant and this is one of the class of cases prescribed by the Statutes of the Absentee Shawnee Tribe of Indians of Oklahoma, and is absent therefrom, and that with and after the exercise of due diligence, said Plaintiff is unable to make personal service upon said Defendant, Jessica Stockton, within the jurisdiction of the Absentee Shawnee Tribe, and that Plaintiff wishes to obtain service upon the said Defendant by publication as provided by law. (AST CODE OF LAWS, Section 205, Section 206 and Section 209)

Theresa King  
 PLAINTIFF

Subscribed and sworn to before me this 16 day of September, 2024

*Milla Cole*  
 NOTARY PUBLIC

My Commission Expires:







Happy Birthday Jaden and Carsyn!  
From Mom, Clay & Shylah



Happy Heavenly Birthday, Kokoge.  
We love you and miss you so much.

“Now, Always and Forever.”

Ariel, Caley Pie, Neyawe,  
Christian, Austin, Andee and StellaRae  
Henryetta Ellis 10/14/52- 12/22/23



Donnie Groves IV

We want to wish you luck and to let you know that we're so proud of you! Keep up the hard work son! Donnie is on the 1st/2nd Grade Football team for the Tecumseh Savages. Go #4!

Donnie is the son of Ariel Ellis and Donnie Groves, the grandson of Andrew and Mandy Ellis, the great grandson of Leroy and the late Henryetta Ellis, Leora and Dave Alford and the late Rocky Larney.



**LITTLE AXE  
CONSTRUCTION**

**WE DO DIRT  
WORK**

- Gravel Driveways
- Land Clearing
- Tractor Work  
and SO MUCH MORE!

**FREE ESTIMATES!**

**405-432-7443**



*Si ta pi ki no fe ke s'fwa*  
(sah teh pah kah noh thee kee s'thweh)  
Wilted Month (October)

It is fall time and the leaves start to change colors and fall of the trees, hence wilted month. This is also around the time our ceremonial cycle ends before we hibernate until the spring.

- |                                |                             |
|--------------------------------|-----------------------------|
| <i>Ti qi ke ke</i> – Fall time | <i>M'ta qe</i> – tree       |
| <i>M'ta ko</i> – trees         | <i>M'sa ske</i> – leaves    |
| <i>Ke la ke ne ki</i> – sumac  | <i>M'ta ko me</i> – acorn   |
| <i>Wi pe ko</i> – pumpkin      | <i>Pe mo pa</i> – hibernate |

*He ne m'sa ske na ki hi la me m'si ta* – Leaves are turning colors.  
(hee nee m'seh skee neh kah hah leh mee m'sah the)

*Ne ke hi ne qi ke ho ma ke ni ni wi m'ta ko me* – Squirrels are gathering acorns.  
(nee kee hah nee qah kee hoh meh kee nah nah wah m'teh koh mee)

*Gi ke we ya he hi la me m'si ta* – Everything is changing colors.  
(chah kee wee yeh hee hah leh mee m'sah the)

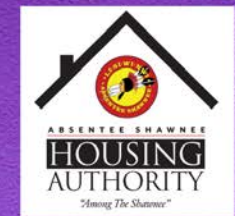
*Ke la ke ne ki m'sa ske hi la me m'sqi we* – Sumac leaves are turning red.  
(kee leh kee nee kah m'seh skee hah leh mee m'sqah wee)

*Ho wa ka ma ke ni pa wi pe ko* – Let's go gather pumpkins.  
(hoh weh keh meh kee nah peh wah pee koh)

*Ma ke n'h'wa ke ni to na hi wi yi me ge ke* – Animals looking for something to eat.  
(meh kee n'h'wa kee nah toh neh nah wah yah mee chee kee)

*Ka we yi ki me li we pa hi se si wi nwi to wa yi qa* – Let's get serious to speak Shawnee.  
(keh wee yah kah mee lah wee peh hah see sah wah nwh toh weh yah qeh)

Don't forget to scan the QR-Code with your smartphone to hear the words and phrases.



*Rising Warrior  
and Absentee Shawnee  
Housing Authority  
is hosting*



# Walk United Against Domestic Violence

*We will walk to raise awareness about Domestic Violence*



October 22nd at the  
Little Axe Clinic  
Time: 10am to 10:30am

And

October 24th at the  
Shawnee Complex  
Time: 10am to 10:30am

*Light Refreshments will be provided after the walk (while supplies last)*



This project was supported by Grant No. 15J0VW-21-GG-02363-TRIB awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/information are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

**Join Rising Warrior in**

# Wear Purple to

*bring AWARENESS to*

# STOPPING

# Domestic Violence

**National Awareness Day  
October 17th**  
Please send pictures to  
405-827-4213



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**IMPORTANT!**

**Little Axe Public Schools will send out their forms for the Impact Aid Grant on October 1, 2024.**

This grant is paid to the school based on the lost income from property taxes for federal land. The school district qualifies for this grant based on the number of **students living on tribal land, students whose parents are currently serving in the military, and students whose parents work on any federal property – this includes tribal property and/or housing.**

**Examples of Federal Properties in Oklahoma:**

- Tinker Air Force Base – Either employed directly by Tinker or performing contract services on the base.
- National Postal Training Facility
- FAA Aeronautical Center
- Veteran's Hospital
- Any Employment on Tribal Land
- Tribal Housing Authorities
- Tribal Health Systems
- Tribal Smoke Shops
- Tribal Day Care
- All Casinos
- Weather Bureau
- Will Rogers Airport, OKC – EXCEPT HANGAR #13
- Most Dams/Reservoirs in Oklahoma



For any questions regarding the form, contact Cathey Miller at Little Axe Public Schools, (405) 579-2963





ABSENTEE SHAWNEE TRIBE  
OF INDIANS OF OKLAHOMA

**PHONE DIRECTORY - DIRECT NUMBERS**

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

**The Absentee Shawnee Tribe will be closed  
Monday, October 14 - Indigenous Peoples' Day**

**Guess Why They Call Us A Community Bank?**

Because we're part of this wonderful community.  
We were born and raised here. We're your friends, family, and neighbors. Your money stays in this community helping it to grow and prosper. Stop by today and you'll see we have a lot more than money invested in this community.

**AllNations Bank**

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

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sheroofing@yahoo.com

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- Installations
- Replacements





## ASTHS October 2024 Monthly Update

### October is Breast Cancer Awareness Month

Breast Cancer Awareness Month just might be the best known “awareness” month of them all. Pink ribbons, Race for the Cure events, and mobile mammogram units abound during October. At this point, the top breast cancer statistic – that 1 in 8 women will be diagnosed – is emblazoned on the American consciousness. To a lesser extent, Americans are aware that women of color experience higher mortality rates from breast cancer. What isn’t talked about as much: the actions needed to improve access to screenings and treatment.

In the United States, Native women are 7 percent more likely to get breast cancer and 10 percent more likely to die from it than non-Hispanic white women. They’re also more likely to be diagnosed before age 50. Breast cancer is the second leading cause of cancer death for Native women – and they have the worst breast cancer survival outcomes of any racial group in the U.S. Disparities in Indigenous health are laid bare in breast cancer. As cancer deaths drop in every other group, the Centers for Disease Control and Prevention (CDC) says they are rising in Native American women, jumping nearly 2 percent each year among Native women in their 40s. It often takes longer for Native American women to get diagnosed because they have one of the lowest screening rates in the country. Those who do have a positive mammogram result are less likely to get a biopsy to confirm the diagnosis.

#### What Are the Risks?

A few things increase your chances of getting breast cancer. It's important to talk to your doctor about risks like these:

- **Your Genes** – Changes called mutations in genes can increase your risk of getting breast cancer. If your mother, sister, daughter, or another close relative had breast cancer, it might run in your family.
- **Your Age** – Most breast cancers are diagnosed in women over age 50. Native American women are more likely than white women to be diagnosed earlier, before age 50.
- **Your Breast Density** – Breasts are made from fat and connective tissue. Having dense breasts means your breasts contain more tissue than fat. This not only increases your risk for breast cancer, but it also makes the cancer harder to see on a mammogram. Because of this, ASTHS was the first in the state to invest in Hologic 3D Mammography. With 3D Mammography radiologists scan for cancerous tumors by providing a more complete image than 2D alone. It’s the only mammogram that’s FDA-approved as superior for women with dense breasts, since dense breasts show up white in a mammogram and often hide cancerous tumors. 3D mammograms have been shown to find up to 65% more invasive breast cancers than 2D alone and reduce callbacks.
- **Your Weight** – Over half of Native American women are overweight and nearly one-third are obese. When you have extra fat tissue, your body makes more of the hormones insulin and estrogen, which have been linked to an increased risk for breast cancer. Not exercising enough can also lead to weight gain and a higher breast cancer risk.
- **How Much You Drink** – Alcohol is linked to breast cancer risk. The more alcohol you drink, the more that risk rises.
- **Whether You Breastfed** – When you breastfeed, your body makes less estrogen, a hormone that can increase breast cancer risk. For every 12 months of breastfeeding, the breast cancer risk drops by more than 4 percent. Native American mothers are less likely to exclusively breastfeed in their baby’s first 6 months compared to women of other ethnic groups.

#### Understanding and Managing Risk

While’s no way to eliminate the possibility of a breast cancer diagnosis, Native women can take steps toward managing their risk and treatment:

- **Creating a Risk Profile** – This assessment can be based on genetics, lifestyle, and environmental factors. Family history, such as a mother, aunt, grandmother, or sister with breast cancer, can indicate elevated risk; age is a factor, as is breast density, which not only increases risk but can “disguise” cancer on a mammogram.
- **Regular Screenings** – Mammograms remain the best way to detect breast cancer early, when it’s most treatable. Thermal imaging, which measures infrared heat waves from breasts to detect hotter cancerous cells, is becoming more popular too. Current guidelines recommend creating a “baseline” mammogram between ages 40 and 50 – but because breast cancer affects Native American women at a younger age than other women, they may want to begin screening sooner.

- **Weight Management and Moderate Alcohol Consumption** – Extra fat tissue can lead to more creation of insulin and estrogen, both linked to an increased risk for breast cancer. Alcohol consumption is also linked to breast cancer risk. Maintaining a healthy weight, limiting alcohol intake, and exercising at least 3 days a week are recommended to lower risk.

#### Improving Breast Cancer Treatment in Tribal Nations

As with every clinical specialty, culturally responsive care is a must for breast cancer treatment in Native communities. Additional funding, resources, and equipment can also increase the screening rate. When it comes to treatment, the University of Arizona team suggested that medical centers find ways to cluster patients’ care and make it easier for them to complete therapy in a smaller number of visits – lessening the burden on women who travel long distances for care.

Also helpful: testing to reveal a patient’s cancer hormone status. Studies have found that most breast cancers in Alaska Native women are hormone receptor-positive, meaning they can feed on estrogen or progesterone. Knowing a patient’s status can help doctors devise a safe and effective treatment plan, but Native women are less likely than white women to get tested.

Finally, telehealth can bring specialists and multidisciplinary care teams to patients in remote areas and reservations. Women can access genetic counseling, lactation consultants, follow-up visits, and long-term survivorship care without leaving home.

#### What Can You Do?

You do have some control over your breast cancer risk. First, it's important to find a doctor you trust. Talk to your doctor about your breast cancer risk. Though you can't change things like your age or genes, there are a few things you can do to lower your chance of getting breast cancer:

- Keep your weight in a healthy range
- Walk or do other exercises at least 3 days a week
- Limit alcohol to one drink a day or less
- If you have a baby, breastfeed for at least one year if you can

Screening is also important. Many women with breast cancer don't have symptoms. Ask your doctor when you should start getting mammograms. Guidelines recommend starting between ages 40 and 50, but because breast cancer affects Native American women at a younger age, you might want to start screening sooner, depending on your risks.

Between mammograms, check your breasts. Call your doctor right away if you notice:

- A lump
- Any changes in size or shape
- Flaking, peeling, scaling, or crusting of the nipple
- Redness or warmth
- Fluid leaking from the nipple

To learn more about breast cancer, contact ASTHS or visit the American Cancer Society or the American Indian Cancer Foundation. These organizations offer resources, including ways to find help paying for cancer screenings and treatments.

#### References:

*Tribal Health (2024). Breast Cancer in Native American Women. <https://tribalhealth.com/breast-cancer/#:~:text=In%20the%20United%20States%2C%20Native,than%20non%2DHispanic%20white%20women>.*

*WebMD (2024). Breast Cancer in Native American Women. <https://www.webmd.com/breast-cancer/breast-cancer-native-american-women>*

#### CONSTRUCTION UPDATE

##### Shawnee Health Center

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

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

Architect and Construction Manager have been selected. Design Phase is being concluded. Planning for Groundbreaking Ceremony is ongoing.

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

**Employee of the Month:** Todd Thompson, Phlebotomist/ Med. Lab Asst.

**Team of the Month:** Shawnee and LA Providers

**Special Leadership Award:** Jason Bender, Security Supervisor



## Scheduled Closures

All AST Health facilities will observe the following hours on:

**Wednesday, October 2nd**  
**CLOSED** from 12PM- 5PM  
 for in-service trainings and meetings  
*Only PlusCare and LA/Shawnee Pharmacies will reopen after 5PM*

**Monday, October 14th:**  
**CLOSED** for Indigenous Day

Visit [asthealth.org](http://asthealth.org) or our Facebook page for updates!

ABSENTEE SHAWNEE TRIBE & LAKE THUNDERBIRD STATE PARK PRESENT

# ZOMBIE 5K FUN RUN AND 1-MILE WALK

October 24th, 2024  
 Check-In begins at 5:00 PM  
 No Same Day Registration  
 Food truck, games, fall festival, and Trunk or Treat

<https://runsignup.com/Race/OK/Norman/RunForYourLifeZombieRun5K>

Contact info: 405-701-7977  
 Location:  
 Thunderbird State Park Little Axe Area Campground

As we celebrate National Physical Therapy Month this October, it is important to recognize the invaluable role that physical therapy plays in improving the overall health and well-being of individuals. Physical therapy is a crucial component of healthcare that focuses on restoring and enhancing mobility, strength, and function in individuals of all ages.

At Complete Care Home Health, we understand the importance of physical therapy in promoting recovery and independence. Our team of skilled physical therapists is dedicated to providing personalized care that addresses the unique needs of each individual. Whether recovering from surgery, managing a chronic condition, or seeking to improve mobility and balance, our physical therapy services are designed to help individuals achieve their goals and regain their quality of life.

One of the key benefits of physical therapy is that it can be provided in the comfort and convenience of your own home. Our in-home physical therapy services eliminate the need for travel to a clinic or facility, making it easier for individuals to receive the care they need without added stress or inconvenience. Our therapists work closely with patients to develop personalized treatment plans that are tailored to their specific needs and goals, ensuring that they receive the highest quality care in a familiar and comfortable environment.

Whether you or a loved one is in need of physical therapy services, Complete Care Home Health is here to help. Our team is committed to providing compassionate and comprehensive care that empowers individuals to achieve their highest level of function and independence. Contact us today to learn more about our physical therapy services and how we can help you or your loved one on the road to recovery. If you have any questions please call us at 405.701.7085.

## COMPLETE CARE

HOME HEALTH

HEALTH. HEALING. HOME.

# YOUR SMILE IS OUR PRIORITY

## HAPPY NATIONAL DENTAL HYGIENE MONTH

3 facts about what dental hygienists do

Teach patients how to practice good oral hygiene.

Remove soft and hard deposits from teeth.

Provide other preventive dental care.

## Help Yourself → Help Your Tribe

SEE IF YOU QUALIFY FOR A PLAN AT **NO COST** TO YOU OR THE TRIBE  
 Contact a Patient Benefit Advocate today to learn more!  
 Little Axe Clinic 405-447-0300  
 Shawnee Clinic 405-878-5850

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

**DID YOU KNOW...**  
 60% of the funding for our health system comes from outside sources?

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

**2025 Health Benefits & Resources Event**  
 Thursday November 7th 9AM-3PM  
 AST Multi-Purpose Building  
 2029 James L Edwards Lane  
 Shawnee, OK 74801

**Little Axe Clinic Medicare / Marketplace Education Events**  
 October 16th, 30th & November 13th  
 Medicare 1pm-2pm  
 Marketplace 2pm-3pm  
 Little Axe Health Center  
 15951 Little Axe Drive  
 Norman, OK 73026

**Shawnee Clinic Medicare/ Marketplace Education Events**  
 October 24th, November 7th & 19th  
 Medicare 1pm-2pm  
 Marketplace 2pm-3pm  
 AST Multi-Purpose Building  
 2029 James L Edwards Lane  
 Shawnee, OK 74801

## Benefits of Physical Therapy

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

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

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

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

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

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

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

Physical therapists help people overcome barriers to physical activity.

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

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

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

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

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

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

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

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

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

\*Some health care plans require a referral.

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



# October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> PORK CHOP MAC AND TOM MIXED FRUIT	<b>2</b> TITLE VI STAFF WILL BE ATTENDING FOOD SHOW	<b>3</b> BURRITO SPANISH RICE SALSA PINEAPPLES	<b>4</b> BOILED EGG SAUSAGE PATTIES TOAST
<b>7</b> CHICKEN FRIED STEAK MASHED POT/GRAVY VEGGIES MANDARIN ORANGES	<b>8</b> VEGGIE SOUP COLD CUT SANDWICH CUTIE ORANGE	<b>9</b> SMOKED SAUSAGE CABBAGE CORNBREAD PEARS	<b>10</b> SOFT TACO REFRIED BEANS LTOC SALSA/PEACHES	<b>11</b> SCRAMBLED EGGS SAUSAGE GRAVY BISCUIT
<b>14</b> CLOSED FOR INDIGENOUS DAY	<b>15</b> CHICKEN SALAD SANDWICH CHIPS APRICOTS	<b>16</b> TATOR CASSAROLE GREENBEANS COOKIE	<b>17</b> HAM BRUSSEL SPROUTS BREAD APPLESAUCE	<b>18</b> BAGEL BACON TOAST/FRUIT
<b>21</b> HOT HAM & CHEZ SANDWICHES CHIPS JELL-O	<b>22</b> BEEF TIPS & NOODLES BEETS FLUFF	<b>23</b> BEANS STEAKFRIES CORNBREAD ONIONS	<b>24</b> BBQ CHICKEN POT SALAD ICE CREAM	<b>25</b> PANCAKES SAUSAGE PATTIES FRUIT
<b>28</b> LEMON PEPPER CHICKEN PEAS & CARROTS BREAD/PEACHES	<b>29</b> TUNA SANDWICH FIXINGS PICKLE SPEARS CHIPS/PEARS	<b>30</b> PORK & HOMINY SPINACH MIXED FRUIT	<b>31</b> MIPPA EVENT MORE DETAILS TO COME	

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

SERVING AT LITTLE AXE RESOURCE CENTER & SHAWNEE SITE

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



2024

## AST TRIBAL OPIOID RESPONSE

Karen Kaniatobe, Grant Project Coordinator

In 2023, **36.7%** American Indian or Alaska Native (AI/AN) persons aged 12 or older reported using illicit drugs in the past year. The percentages of persons who have used illicit drugs in the past year **INCREASED** from 2022 when it was at **31.7%**.

Each one of us can take action (whether we are tribal citizens or allies) to prevent another one of our native brethren from falling victim to drug misuse.

To make a difference, you don't have to be in active addiction, you just have to care about improving the health and wellness of yourself, family, and/or tribal community.

**October is Substance Use Prevention Month!** Here are some ways you can make a difference in October and all year long:

- Learn about the risk factors associated with substance misuse: family history of substance misuse, lack of parental supervision, hanging out with delinquent or substance-using peers, lack of school involvement, mental health issues, childhood sexual abuse, etc.
- Know the protective factors to keep yourself and others on the right track: break the cycle of intergenerational trauma, develop strong community/family support systems, find and practice healthy lifestyles best for you, engage in healthy socializing, learn about your tribe's/nation's culture, language, and history.
- Set aside time to talk AND listen to young people about the pitfalls and dangers of substance misuse.
- Know that the Absentee Shawnee Tribal Opioid Response project is a prevention, treatment, and recovery resource for American Indians living in Cleveland, Lincoln, Logan, Oklahoma, and Potawatomie counties. Contact TOR at **405.701.7059** or **TOR@astribe.com**
- Support an educational substance misuse outreach event. Join TOR for Red Ribbon Week!

Join TOR in October during Red Ribbon Week, October 23rd through the 31st. Red Ribbon Week is about strengthening your knowledge and motivation to live a lifestyle free from substance misuse. We'll be hosting a moccasin making class during this period so you can get ready to Rock Your Mocs for the annual November event. We'll be posting a flyer with dates and times on the AST Facebook pages and throughout the community. Pop up events will also be occurring during this period, be on lookout for event details or contact our office for more information!

**HEALTH SYSTEM**  
Prevention. Progress. Pride.

Legacy Tribal Services  
Simple Solutions. Uncommon Service.

Medicare Medicaid Marketplace

Help Yourself  
Help Your Tribe

Al Triggs  
Contracted Benefits Advisor  
Legacy Tribal Services  
(918) 853-1211

**Bringing More to You**

We are always innovating and looking for new ways to bring value to our members. AST contracts exclusively with Legacy Tribal Services to help educate, empower and inform you on how you can maximize your health benefits. This service is of no cost to you and helps us enhance everyone's experience within the tribal health system.

**Olivia Wilson**  
★★★★★

"Customer service was excellent- In 15 minutes I learned how Medicare will work with my tribal benefits and Mr. Triggs even got me a plan that costs me absolutely nothing extra!"

**Dedicated Agent**

Al Triggs has over ten years of experience working with the native population in Oklahoma. His extensive knowledge in Medicare, Medicaid and health insurance plans is unmatched. You will feel confident in his recommendations and ongoing follow up.

**Proactive Approach**

Our pledge is to be comprehensive as we assess your needs and we strive to find all benefits and programs you're entitled to.

**Guaranteed Satisfaction**

Discovering how to get everything you're eligible for is your goal and delivering on this promise is ours.

BOOK A CONSULTATION TODAY

918-853-1211

atsales.exec@gmail.com  
www.asthealth.org

**HEALTH SYSTEM**  
Prevention. Progress. Pride.

AAAHC  
ACCREDITED PROVIDER  
OF HEMATOLOGY HEALTH CARE, INC.

OPERATING HOURS

**LITTLE AXE HEALTH CENTER**  
405.447.0300  
7:30am-6:00pm Mon.-Fri.

**LITTLE AXE HEALTH CENTER PHARMACY**  
405.292.9530 Refill Line  
8:00am-8:00pm Mon.-Fri.  
9:00am-5:00pm Sat.-Sun.

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

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

**SHAWNEE CLINIC PHARMACY**  
405.878.5859 Refill Line  
8:00am-8:00pm Mon.-Fri.  
9:00am-5:00pm Sat.

**SHAWNEE SAME DAY WALK-IN CLINIC**  
405.878.5850  
9:00am-5:00pm Mon.-Fri.



## HEALTH BUZZ

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



**T**he Absentee Shawnee Tribal Health System's Dementia services team has been actively raising awareness in neighboring communities. Our goal is to dismantle the stigma surrounding dementia among our elders. We aim to educate on preventive measures against this disease and extend a supportive hand to tribal and community members caring for their loved ones. We deeply respect and appreciate the immense courageshown by those who care for their own.

The ADPI staff for the Music and Memory program brought joy to five new participants over the past two months. Witnessing the smiles on their faces, despite their struggles has brightened our days and reaffirmed the purpose of our work. Music has a profound ability to connect with individuals on a deep emotional level, evoking memories and emotions that transcend cognitive barriers. Through this program, we are honored to provide moments of happiness to those we serve, enriching their lives and ours as well.

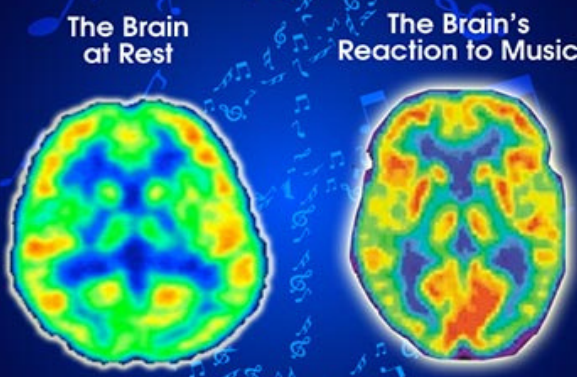


"MUSIC APPEARS TO BE A UNIQUE AND POWERFUL STIMULUS FOR REAFFIRMING PERSONAL IDENTITY AND SOCIAL CONNECTEDNESS IN INDIVIDUALS WITH DEMENTIA."

RONALD DEVERE, MD

Music offers great possibilities to ease the burden carried by dementia caregivers, yet some may not think of it as a resource. Caregivers often contend with extreme stress that undermines their health and well-being, and even increases their risk of dementia. So it is worth emphasizing that music's healing attributes can apply to caregivers themselves. Caregivers can also use music as a tool to engage those they care for. They can use it to help keep their loved ones calm, boost their spirits and forge connections to those who have become distant. The anecdotal evidence is powerful. Caregivers report that the right music can transform the demeanor of those they care for, bringing sudden cheer to those who are usually morose.

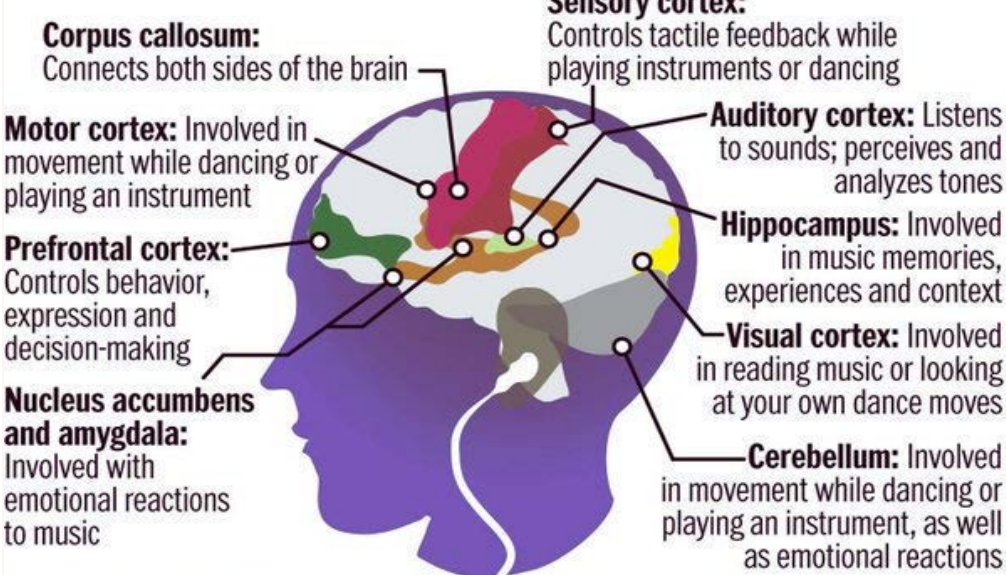
## THE BRAINS REACTION TO MUSIC



DRJOCKERS.COM  
SUPERCHARGE YOUR HEALTH

### Music and the brain

Playing and listening to music works several areas of the brain



## 10 EFFECTIVE WAYS TO CALM A LOVED ONE WITH DEMENTIA

- 1) KEEP CALM
- 2) PAY ATTENTION TO WHAT THEY'RE SAYING
- 3) FOCUS ON THEIR EMOTIONS
- 4) PROVIDE VALIDATION
- 5) CREATE CLUTTER-FREE SPACE
- 6) RESIST DISTRACTIONS
- 7) ENSURE THEY ARE NOT IN PAIN
- 8) KEEP THEM ACTIVE
- 9) FOLLOW A ROUTINE
- 10) BUILD CONNECTION



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

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



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

Savvy Caregiver in Indian Country and Music & Memory

Check out our web-page:

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


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


## THE P.H. WEEKLY ITINERARY

### OCTOBER 2024

BREAST CANCER AWARENESS MONTH	1ST, 10TH, 17TH, 22ND, 29TH
BREAST CANCER AWARENESS	1ST, 9-11 AM SC 1-3 PM LA
BREAST CANCER AWARENESS	10TH 9-11 AM
ERECTILE DYSFUNCTION	10TH 1-3 PM
BREAST CANCER AWARENESS	17TH 9-11 AM
SCREEN TIME AWARENESS	17TH 1-3 PM
BREAST CANCER AWARENESS	22ND 9-11 AM
MENTAL ILLNESS AWARENESS	22ND 1-3 PM
BREAST CANCER AWARENESS	29TH 9-11 AM
HALLOWEEN SAETY TIPS	29TH 1-3 PM



MONTHLY ISSUE	NUMBER 09	 74 1326 600 104	
	STOP BY TO LEARN ABOUT EARLY SCREENINGS AND WARNING SIGNS		
	DATE		OCTOBER 1st, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 1-3 PM

MONTHLY ISSUE	NUMBER 10	 74 1326 600 104	
	STOP BY TO LEARN ABOUT EARLY SCREENINGS AND WARNING SIGNS		
	Dates:		OCTOBER 1st, 10th, 17th, 22nd, 29th, 2024 SHAWNEE CLINIC 9-11 AM LITTLE AXE CLINIC 9-11 AM

# THE P.H. WEEKLY


## OCTOBER WEEK 1: BREAST CANCER AWARENESS




# THE P.H. WEEKLY

## BREAST CANCER AWARENESS MONTH



MONTHLY ISSUE	NUMBER 11	 74 1326 600 104	
	COME LEARN ABOUT AWARENESS AND WAYS TO HELP MANAGE IMPOTENCE		
	DATE		OCTOBER 10th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM

MONTHLY ISSUE	NUMBER 12	 74 1326 600 104	
	COME LEARN ABOUT AWARENESS AND WAYS TO HELP MANAGE IMPOTENCE		
	DATE		OCTOBER 17th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM

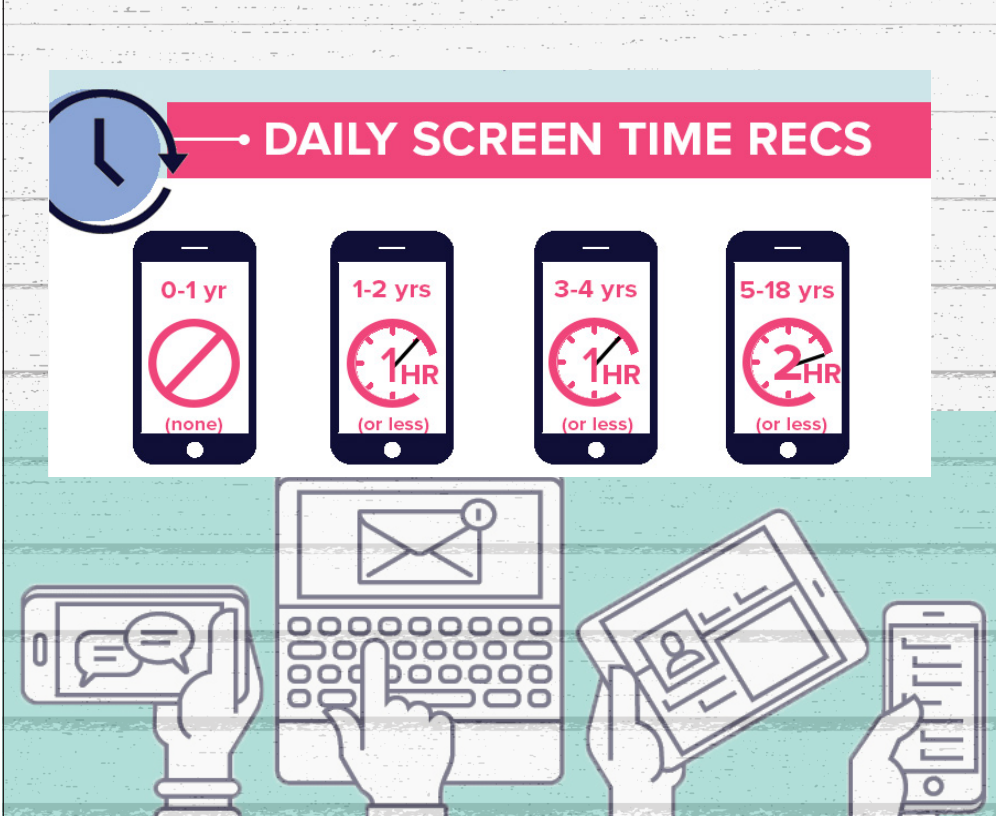
# THE P.H. WEEKLY


## OCTOBER WEEK 2: ERECTILE DYSFUNCTION AWARENESS




# THE P.H. WEEKLY

## OCTOBER WEEK 3: SCREEN TIME AWARENESS



MONTHLY ISSUE	NUMBER 13	 74 1326 600 104	
	STOP BY TO LEARN ABOUT RESOURCES FOR MENTAL HEALTH		
	DATE		OCTOBER 22th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM

MONTHLY ISSUE	NUMBER 14	 74 1326 600 104	
	COME LEARN ABOUT CANDY OVERLOAD AND SAFETY AROUND HALLOWEEN TIME		
	DATE		OCTOBER 29th, 2024 SHAWNEE CLINIC 1-3 PM LITTLE AXE CLINIC 1-3 PM

# THE P.H. WEEKLY

## OCTOBER WEEK 4: MENTAL ILLNESS AWARENESS



# THE P.H. WEEKLY

## OCTOBER WEEK 5: HALLOWEEN SAFETY TIPS





### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### Upper Body



**Reverse Pumpkin Fly**

Start feet shoulder-width apart while holding the dumbbells at your sides. Bring your chest forward and leaning so that your upper body is almost parallel to the floor. Raise both of your upper arms out to your side with a soft bend in your elbows. Squeeze your shoulder blades together as you pull them toward your spine.



**Bicep Curl**

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

### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### Lower Body



**Squats**

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



**Pumpkin Leg Raise**

Stand with feet armpit width apart. Place and hold the pumpkin on the side of your leg and raise leg horizontally while keeping the pumpkin placed on the side of your leg. Return to starting position.





### Get Pumped With Pumpkins

Perform 2-3 Sets and 12 Repetitions

#### CORE



**Seated Jumping Jack**

Start with your arms down by your sides and legs together. Raise your arms up and over your head while moving legs out to the side. Then return to starting position.



**Seated Wood Chop**

Hold a pumpkin, keeping it relatively close to your body. Contract your core muscles to stiffen your torso, holding it vertical to the floor.



**Sitting Knee-up**


Sit at the front of your chair. Lift bent legs up off the ground. Hold for three counts before returning to the ground.



# 2024-2025 Benefits & Resources Event

**Get assistance with:**

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



**Get Same-Day Benefits Assistance!**

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


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

**AST Multipurpose Building**


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

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

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



**HEALTH SYSTEM**  
Prevention. Progress. Pride.



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