

# PONCA TRIBE OF NEBRASKA Member News

## Lending a hand at harvest

Ponca members and others gather to  
harvest the Sacred Ponca Corn.





# Sacred Ponca Corn harvest smaller, but meaningful

On Wednesday, October 7th, Ponca tribal members, friends, and pipeline fighters gathered to harvest the Sacred Ponca Corn on land deeded to the Ponca Tribe of Nebraska at the Art Tanderup farm near Neligh, NE. While the COVID-19 pandemic cancelled the communal plant-

ing this spring, and drought conditions made crop growth challenging, those who gathered for the socially spaced harvest event were still able to enjoy the rewards of harvesting many ears of multi-colored corn from this year's stalks (along with a few sandburrs!)



# iPonca undertaking delivers devices to members

by **Becci Sullivan**

A special THANK YOU to all of our members and/or staff that stepped up to assist with the iPonca drive up events. I was involved with SIX dates in the Omaha area, two days in Lincoln, and two days in Sioux City. Candace hosted several days in Norfolk and Niobrara. It was especially so exciting to see the excitement of the youth and the smiles of our elders. It is so nice to celebrate the 1,300+ devices handed out ... now to make the other 1,300+ members happy by shipping their devices! An enormous shout out to the employees that made this all happen behind the scenes which include Brent

Bossard, Amy Okamoto, and Jessica Hitchcock! We could not have done this without you!

I just wanted to share a few of the special memories of the iPonca Project. Candace and I are proud to lead such an amazing project!



*On the cover: The hard work of harvesting corn by hand is shared by volunteers helping harvest the Sacred Ponca Corn.*

# Pó<sup>n</sup>ka Íye-t<sup>h</sup>e! The Ponca Language

Need help saying the words? **Hear audio recordings on the PTN website at [poncatribes.net/category/language/](http://poncatribes.net/category/language/)** and refer to the pronunciation guide on this page.

Our Ponca words have been color coded with the corresponding English word. As you can see, English is most of the time backwards to Ponca. And remember, our Ponca words have more meaning than what English words can approximate. So, just because the Ponca word(s) is used for an English word in one sentence doesn't always mean it will be used for that English word in all sentences.

-Angie Starkel

## Wathát<sup>h</sup>e - Food

**Ní íthibize-a?**

Are you thirsty? (makes it a question)

**Áo<sup>n</sup>, ní o<sup>n</sup>thó<sup>n</sup>bize.**

Yes, I'm thirsty.

**Ó<sup>n</sup>kazhi.**

No.

**Tható<sup>n</sup>-a! Tható<sup>n</sup>-ga!**

Drink! (Said to one person by female / male)

**Tható<sup>n</sup>-i-a! Tható<sup>n</sup>-i-ga!**

Drink! (Said to multiple people by female / male)

**No<sup>n</sup>péthihi-a?**

Are you hungry?

**No<sup>n</sup>pó<sup>n</sup>hi.**

I'm hungry.

**Wathát<sup>h</sup>-a-a! Wathát<sup>h</sup>-a-ga!**

Eat! (Said to one person by female / male)

**Wathát<sup>h</sup>-ai-a! Wathát<sup>h</sup>-ai-ga!**

Eat! (Said to multiple people by female / male)

**\_\_\_ shkóna-a? Mo<sup>n</sup>kó<sup>n</sup> sabe shkóna-a?**

Do you want (food, drink)? Do you want coffee?

**\_\_\_ kó<sup>n</sup>btha. Ní kó<sup>n</sup>btha.**

I want (food, drink). I want water.

## PRONUNCIATION GUIDE

<b>a</b>	Like a in father
<b>b</b>	Like b in big
<b>ch</b>	Like 2nd ch in church
<b>ch<sup>h</sup></b>	Like 1st ch in church
<b>d</b>	like d in dig
<b>e</b>	Like e in Vegas
<b>g</b>	like g in game
<b>h</b>	like h in home
<b>i</b>	Like i in ski
<b>i<sup>n</sup></b>	Like ea in mean
<b>k</b>	Like k in ski
<b>k<sup>h</sup></b>	Like k in key
<b>m</b>	Like m in man
<b>n</b>	Like n in need
<b>o</b>	Like o in no
<b>o<sup>n</sup></b>	Like aw in dawn
<b>p</b>	Like p in spot
<b>p<sup>h</sup></b>	Like p in pot
<b>s</b>	Like s in sing
<b>sh</b>	Like sh in shop
<b>t</b>	Like t in stop
<b>t<sup>h</sup></b>	Like t in top
<b>th</b>	Like th in that
<b>u</b>	Like u in blue
<b>w</b>	Like w in woman
<b>x</b>	Like ch in German Bach
<b>z</b>	Like z in zebra
<b>zh</b>	Like ge in beige

The raised letter n (<sup>n</sup>) means to nasally say the vowel before the <sup>n</sup>.

The ' above a vowel (like é) means to stress that sound. There is no "L" sound in Ponca. Some confuse the "TH" as a L sound.



**Zho<sup>n</sup>í**  
Sugar



**Niskít<sup>h</sup>e**  
Salt



**Wiúkiho<sup>n</sup>**  
Pepper



**Téska mo<sup>n</sup>zéní**  
Milk



**Bawégthi<sup>n</sup>**  
Butter



**Xáde mo<sup>n</sup>kó<sup>n</sup>**  
Tea



**Nigátushi**  
Soda pop



**Wahába**  
Corn



**Wathó<sup>n</sup>**  
Pumpkin



**Hi<sup>n</sup>bthi<sup>n</sup>ge**  
Beans



**Wéta**  
Eggs



**Wamó<sup>n</sup>ske**  
Bread



**Taní**  
Soup



**Washí<sup>n</sup> zhegtho<sup>n</sup>**  
Frybread



**Shé**  
Apple



**Sezí**  
Orange



**Házi**  
Grape



**Basté**  
Strawberry



**Nú**  
Potato



**Wazhíde**  
Tomato



# Elders can experience domestic violence

## StrongHearts Native Helpline

### Native American Elders

A Native American is usually considered an elder when they are above the age of 60 to 65, although it varies from tribe to tribe.

In our Native communities, we are taught to respect our elders. We honor them at ceremony, community gatherings, and pow wows. Their presence is considered to be an honor. We depend on them for wisdom and guidance gleaned from their years of experience. They are invaluable to us. Yet, they can still be victims of domestic violence.

Abuse can happen to anyone. It is not limited to a specific age, class, religion, gender or sexual orientation. Abuse can happen in relationships where couples are married, living together, dating or have children together. Violent behavior can appear at any time in a relationship, though possessive, controlling and other alarming behavior often reveals itself as the relationship becomes more serious.

Domestic violence happens when an intimate partner uses a repetitive

pattern of abuse to maintain power and control over their partner. The abuse can physically harm, intimidate, prevent a person from acting freely, or force them to behave in ways they do not want.

### Types of Abuse

What can domestic violence look like in elder relationships? Domestic violence can look similar in elder relationships as it does in their younger counterparts, but some elders may be more vulnerable to the impacts of abuse and less able to get support.

- Physical abuse includes inflicting physical pain or injury upon the victim like pushing, holding or pinching. It can also include prohibiting one to get medical help, withholding medicine, or not allowing one time to heal after illness or surgery.
- Emotional abuse includes verbal assaults, threats of abuse, and intimidation. It also includes isolation, where the abusive partner will not let the victim visit with their relatives. Isolation can be particularly harmful to elders as they may already have limited mobility or relationships.
- Gaslighting is also a form of emotional abuse. This can occur when the abusive partner blames the victim for their behavior in such a way that the victim begins to question their own version of events or reality. In this situation, it can be very difficult for the victim to recognize that abuse is happening.
- Spiritual and cultural abuse happens when the abusive partners uses hurtful stereotypes to criticize the victim, uses tribal membership against them, won't allow them to participate in traditions, or restricts them from honoring their beliefs.
- Sexual abuse includes grabbing and hurting the sexual parts of the victim's body, pressuring the victim for sex and becoming angry or violent when refused sex.
- Financial abuse happens when an abusive partner keeps money, accounts or financial information hidden from the victim. The abusive partner may also give an allowance to the victim or keep the victim's social security or per capita checks. They may also use gaslighting as a tactic of control here. They

may say things like, "I've always controlled the money." or "You aren't good with money."; or "You have everything you need, don't you?"

- Digital abuse happens when the abusive partner takes away phones, iPads, or computers in a bid to control who the victim can contact.

### A Stay Together Era

Elders can be more traditional. They came of age when families stayed together even during abuse. Some elders have endured a lifetime of domestic violence. To understand why elder-survivors of domestic violence stay, consider the following.

- Love: They have a long history of loving their partner and believe the abuse will someday end.
- Family: They want to maintain harmony within the family.
- Normalization: Elders may feel they have lived through the violence their whole life and there is no need or way to change it now.
- Community: They fear having to leave the community in order to escape the abuse or are embarrassed about what other

**continued on page 3**

# 4 ways for everyone to honor Native Americans during Native American Heritage Month this November

**Skyelar Beavers**  
DV Case Manager

Happy November! Not only is November the start of the busy holiday season, but it is also Native American Heritage Month. Here are some ways for you to honor Native Americans:

## History

Learn about Native American History: Native American Heritage Month can be an opportunity to learn the history about your own family. Consider using this month to familiarize children with how Native Americans have influenced America, help your kids enhance their appreciation for history by talking about the Ponca tribe traditions, language,

and reaching out to the Native elders for stories.

## Get Moving

Interact with nature: Head outside to a trail with family and connect with nature as it is an important aspect of Native American culture. The Ponca Tribe has places for you to visit, Niobrara River Valley, the Missouri River area, Ponca cultural grounds, and the Grandmother Earth where you can practice our culture in the traditional setting.

## Arts Connection

Get Inspired: This is your opportunity to relieve some stress or relax by painting, beading and/or sewing. You can also stop into the Transit in Norfolk to check out some beading items from

Cherry Creations by Dani Wright and her father Richard Wright. During this time with Covid-19, their business has been slow with no powwow, so show their business some support. You can also listen to Native American music, dance to it, and learn some Native songs and understand the meaning behind it.

## Educational

Support Native Americans: You can read the works of Native American authors, including Ponca member Cliff Taylor, who recently published a book called The Memory of Souls available on Amazon. Support native-owned businesses and charities; Stacy Laravie is the owner of

Icing and Morsel Custom Cookies - follow her on Facebook and e-mail her at slavarie85@yahoo.com or phone her at 402-851-0627. You can follow the Ponca Tribe of Nebraska on Facebook for any upcoming events or virtual presentations. Let's do our best to support our tribal members – especially during the month of November!

Supporting each other and learning more about our heritage is good for the soul. The DV program sponsors many educational and healing events throughout the year, so be sure to check the PTN Facebook page and website to keep updated and register for these events.

## ELDERS: Understanding is the key for offering help

**continued from page 2**

members of the community would think about the abuse.

- Manipulation and Low Self-Esteem: They blame themselves for the abuse, or feel hopeless.

- No Money/Resources: They don't have the resources to leave their situation, or feel a responsibility to financially support their abusive partner.

- Denial/Shame: Denial or shame happens when a survivor is embarrassed and wants to protect themselves, their children and/or families from being associated with the stigma of abuse.

### Help is Available

At StrongHearts Native Helpline, we know that Native American elders are humble and it can be difficult for them to ask for help.

StrongHearts Native Helpline is a free, culturally-appropriate, and anonymous helpline for Native Americans and Alaska Natives impacted by domestic violence and dating violence. We acknowledge and support all victims regardless of age, gender, sexual orientation or relationship status. If you or someone you love is experiencing domestic violence, help is available.

Contact StrongHearts at 1-844-7NATIVE or click on the Chat Now icon to connect one-on-one with and advocate daily from 7 a.m. to 10 p.m. CT. As a collaborative effort of the National Domestic Violence Hotline (The Hotline) and the National Indigenous Women's Resource Center, after-hour callers can connect with The Hotline by choosing option one.

### Attention All AVT/HIED Students Nationwide:

Please remember to submit your official transcripts after **EACH** term funded in order to be eligible to receive future funding.

**Winter 2020 deadline: November 15, 2020**  
**Spring 2021 deadline: December 15, 2020**

The Ponca Educational Trust Fund is available nationwide to students who enroll at one of the University of Nebraska Campuses/Online Courses: Lincoln ~ Omaha ~ Kearney (Must be enrolled in 12 or more credit hours per semester to be eligible)

### Attention All K-12 YIP Students Nationwide:

- High School Seniors for the 2020-2021 school year are eligible to receive a \$500.00 Graduation Incentive!
- Our department is accepting projects for incentives in the following areas: Art, Essay/Poetry, and Student of the Month. *\*Winners may receive \$100.00 for 1st place, \$50.00 for 2nd place, and \$25.00 for 3rd place.* Grade divisions are as follows: Primary (K-2), Intermediate (3-5), Middle (6-8), and High School (9-12)
- Perfect Attendance \$100.00 (0-.49 days of absenteeism), \$50.00 (.5-3.49 days absenteeism), and \$25.00 (3.5-5.49 days of absenteeism).

**Deadline to apply for the 2020-2021 school year is July 31, 2021.**

All Education Department Applications and Program Information is available online on our tribal website. If you have any questions for the education department, please feel free to contact Aubrey Knudsen @ office (402)371-8834, work cell (402)844-0957, or [aknudsen@poncatribene.org](mailto:aknudsen@poncatribene.org).

*\*Ponca tribal enrollment is required for ALL education programs\**

# November is Diabetes Awareness Month

Throughout the month of November, the Ponca Tribe of Nebraska Diabetes program will be sharing a variety of information on diabetes prevention and management.

Follow the Ponca Tribe of Nebraska Diabetes Program Facebook page to learn more about diabetes in November!

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

For more information, please contact:  
 Sara Pfeifer,  
 402.371.8834,  
 Crystal Mundorf,  
 402.371.8834,  
 or Alison Jordan,  
 402.738.3183.



# WIOA Program can offer financial assistance to students

**Bianca Marino**  
Vocational Training  
Specialist

If FAFSA and federal loans are insufficient to meet a student's financial needs, there is WIOA, Workforce Innovation, and Opportunity Act. WIOA can assist students who demonstrate a financial need, based upon select criteria of acceptance. Standards can change, so a student should never fail to attempt to qualify for this assistance.

Here are a few numbers on those who have used WIOA this quarter.

- 12 WIOA participants used the program to purchase books for college.
- 7 WIOA participants used the program to acquire their basic C.N.A., and we'll continue to use WIOA to obtain other medical certifications.
- 2 WIOA participants used the program to acquire their CDL certification.

- 2 WIOA participants used the program to purchase tools, which included laptops for college.

- 3 WIOA participants used the program to help pay for their college tuition.

If you are interested in obtaining education and training, contact the WIOA program to see if you qualify for assistance. The WIOA Staff are:

**Lincoln Office**  
**Stephanie**  
**Prichard-Slobotski**

Workforce Development  
Program Director  
402-438-9222

**Tierra Hernandez**  
Vocational Training  
Specialist  
402-438-9222

**Omaha Office**  
**Colleen Plasek**  
Vocational Training  
Specialist  
402-315-2765

**Norfolk Office**  
**Bianca Marino**  
Vocational Training  
Specialist  
402-371-8834

## MEMBERS NEEDED!

### NORTHERN PONCA HOUSING AUTHORITY

A vacancy will exist in January 2021 on the NPHA Board of Commissioners for District 1 (JoAn Ehlers Schlotman's position) to complete the unexpired term. The term will expire on 5/31/21. District 1 represents Boyd, Knox, and Holt Counties of Nebraska, Charles Mix County of South Dakota and Woodbury County of Iowa.

Commissioners receive a \$250 stipend per meeting as well as mileage reimbursement and per diem. A meeting is held 1 day per month and four months of the year a 2 day meeting is held.

To be qualified to be appointed a Commissioner, a person shall:

- Be at least the age of twenty-five (25) years.
- Not have pled guilty or no contest or been convicted of any felony, any sex-related offense, or any civil or criminal offense involving dishonesty or fraudulent representation to any persons
- Unless the Commissioner is an at large Commissioner, physically reside in the geographic district which the Commissioner would represent.
- Not be a member of the Tribal Council or an employee, or contractor of the Authority;
- Not have an immediate family member currently serving as a Commissioner. (Immediate family is defined as mother, father, grandparent, child, grandchild, brother, sister, spouse, domestic partner, or individuals residing in the same household, including half, step and in-law relations).

Please mail your letter of interest with a resume or brief background on why you would be a good candidate for the Board of Commissioners to the Ponca Tribal Council, PO. Box 288, Niobrara, NE 68760 or via e-mail to Jan Colwell janc@poncatribes-ne.org. If you need more detailed information please contact Joel Nathan, Executive Director of the Northern Ponca Housing Authority at 402-379-8224. A background check will be conducted and interviews held for this position. Deadline to apply December 1, 2020.

# Youth Council hard at work creating opportunities and experiences for tribal members

**Maci Schott**  
Youth Council  
Chairwoman

The Osni Ponka Youth Council is excited to announce our upcoming projects for the 2021 fiscal year. As decided in our September meeting, each member of our Youth Council has the responsibility to lead, collaborate, and carry out their own project.

The first project being conducted is taking place right now and will continue through the beginning of this fiscal year. This is our Fitness Tracker project. This project is being led by two of our members, Taya Lehman and Claire Howell. Together, these young ladies have been in contact with contestants, distributed trackers to offices, and they are tracking steps daily. This project will have four rounds; each round will have 10 contestants competing. Each round will last over the course of two weeks. There will be incentives given out to contestants throughout the week. Plus, the winner of each round will receive a \$50 gift card to Target!

The next upcoming project will be conducted

by Cami Schott. She is leading the annual Senior Secret Santa project this winter. Currently, she is working on setting updates for this project. She will be in charge of purchasing gifts and creating a flier with a list of categories for elders to pick from. She is excited to give back to our elders and provide them with some happiness this winter. We hope to make this project very special for our elders because we know many of them are not able to see their families due to the pandemic crisis. Lastly, we want to remind you that this event is for elders located in our service delivery areas ages 60+.

Another winter festivity we will be working on is the Toys for Teens annual project. This will be conducted by me, Maci Schott. This year for Toys for Teens we hope to make new categories for our teens to pick from. This will include different types of gifts from previous years. We are excited to purchase these gifts in November and we hope to create the flier for teens to view soon! So keep a lookout in your mail for a special letter from the

Osni Ponka Youth Council! Lastly, a reminder that this is a project for all Ponka youth ages 14-18 located in our service delivery areas!

In May of 2021, Trip Howell will be leading the MMIR 5K event. This event will be located at Standing Bear Lake in Omaha, NE. This is a special event where we plan to honor and remember missing and murder indigenous relatives. We are excited to announce that Jordan Daniels will be with us, as our guest speaker for this event. This summer, we received a \$2,000 check from the Unity Conference Business Competition. We won this because of the business plan created by Youth Council members Makala Laravie, Cami Schott, and Maci Schott, along with our advisor, Rebecca Sullivan. We made a plan to create shirts for participants to wear at the run. We have recently voted on a shirt design and plan to get them developed as soon as possible. We look forward to this event, and we hope you can join us to remember those we have lost.

In August of 2021, Ben Schott will be leading an event titled, "Honoring Our Elders: Breakfast and Bingo". This event will take place on the Saturday of powwow weekend in Niobrara, NE. Here, Youth Council hopes to serve our elders breakfast as they enjoy playing bingo. We hope to collaborate with our Elder's Council to purchase gift cards for our elders to win during the games! We are excited to recognize our elders and show them our appreciation for all that they have done for our tribe. Many of the elders have not been able to see their families throughout the pandemic, so we are once again excited to recognize them and hold this event.

Makala Laravie is leading a project for creating 30th anniversary t-shirts for our Youth Council to sell at events. Makala has collaborated to get a design passed and printed on shirts. The Youth Council has voted on designs and the majority agreed to pass a design with Chief Standing Bear depicted on it. We feel that this is a powerful design that displays our tribe's history

**continued on page 3**



# It's not too late to observe National Indoor Air Quality Month

**Allison Gienapp**  
Air Technician

Not only was October National Energy Awareness Month it was also National Indoor Air Quality Month. The purpose of National Indoor Air Quality Month is to remind citizens about their indoor air quality. With the recent COVID-19 pandemic, it has become even more crucial to keep our indoor air clean and healthy. Many factors contribute to the quality of your indoor air, and these include things like mold, cleaning chemicals, home ventilation, pets, HVAC upkeep, and etc.

When it comes to certain fall cleaning for Indoor Air Quality ask yourself these questions.

- When was the last time you had your air ducts work clean?
- When was the last time you checked/replaced your HVAC system filter?
- Are there any holes the size of a quarter or larger leading in from the outside?

- Does your vacuum have a HEPA rated filter?

If you do not have an answer to any of the above questions, the general recommendations are as followed.

- It is recommended that your air ducts be professionally cleaned every 2-5 years depending on the size of your system.
- For individual homeowners it is recommended to check you HVAC system filters monthly, replacing if soiled or every 3 months. If there are people in the home that has asthma, it is recommended to use HEPA filters. HEPA filters are specially designed to pull more particles out of the air than normal filters.
- By filling up holes leading into your home from the outside, you are blocking the infiltration route of unwanted pest like mice and cockroaches.
- If your vacuum does not have a HEPA filter then it is recommended that you replace to one

that does, especially if you have people in the home with asthma and/or pets. HEPA rated vacuums help pull out dander and dust from the air making it cleaner.

For more information about Indoor Air Quality, contact Allison Gienapp, Air Technician, by phone 402.857.3391 or email [agienapp@poncatribene.org](mailto:agienapp@poncatribene.org).

## Sources

<https://iaqa.org/consumer-resources/hvac-preventive-maintenance-is-essential/>

<https://nadca.com/resources/blog/what-indoor-air-quality#:~:text=National%20Indoor%20Air%20Quality%20Awareness,of%20the%20air%20they%20breathe.>

<https://www.onehourheatandair.com/articles/expert-tips/air-quality/celebrate-national-indoor-air-quality-awareness-/>

<https://www.prnewswire.com/news-releases/october-is-indoor-air-quality-month-104296298.html>

## YOUTH: Bringing personal talents to the table

**continued from page 2**  
and powerful leader. We will be able to sell these shirts at tribal events, such as powwows, health fairs, and more.

Lastly, Sofia Hegstrom is creating a tutoring brochure for each area to have in their offices.

We hope to share this brochure virtually and have it printed out for our members to view. She is collaborating with the education department to get information about how our youth can benefit and receive services for tutoring. She hopes to

help our youth be successful in school. She also will be adding scholarship information. This will help students further their education and receive services.

Youth Council would like to thank Ponca members for their support. We are

grateful to have the opportunity to create events like these for our members to enjoy.



Cante' Waste' Win Tiospaye' Talking Circle



Please join our Female Talking Circle  
Every 1st & 3rd Friday each month @ 6pm  
Nebraska Urban Indian Health Coalition  
2240 Landon Ct, Omaha NE  
Any questions contact Marissa Wright (402)309-4503  
or Lestina Saul (402)885-5445

Healing through tradition, ceremony and  
prayer...





A big Thank You to Tribal Council and ALL the efforts from the working bees to provide for us an electronic device. We are so grateful.

-Shay Laravie & Bam Laravie

### Councilman Laravie paying it forward



Councilman Laravie gifts his iPonca device to young relative.

Belva Phillips, a young relative to Steve, is a member of the Lower Sloux Indian Community. Belva has been growing her language and teaching in her community. With this device she will be able to broaden her teaching within her People.

It is my great ability to honor my son as he has the living ability to keep our Ponca language alive. He is very passionate about language, as he respectfully understands the importance of our Culture for our future generations.

I'm more than humbled that my grandchildren and great granddaughters will know how to speak their language.

Respectfully Submitted,

Pearl Laravie



## Elder's Council Meeting

November 2 & 3 | 9 am

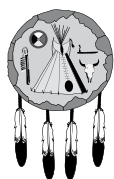
December 7 | 9 am

Lifesize & Conference Call



**Member Registration for Website:** Last Fall, we moved our websites to a new host to improve functionality. If you were registered for membership-level access to our website prior to Fall of 2019, please note that you will need to register for the site again.





# PONCA TRIBE of NEBRASKA

P.O. Box 288  
Niobrara, NE 68760

[www.poncatribene.org](http://www.poncatribene.org)

## PONCA TRIBE of NEBRASKA Office Locations

### **NIOBRARA 68760**

#### **Headquarters**

2523 Woodbine St., P.O. Box 288  
Ph: (402) 857-3391  
Fax: (402) 857-3736

#### **Enrollment**

2523 Woodbine St., P.O. Box 288  
Ph: (402) 857-3391  
Fax: (402) 857-3771

#### **Cultural**

P.O. Box 288  
Ph: (402) 857-3519  
Fax: (402) 857-3652

### **LINCOLN 68508**

#### **Administration**

1701 E Street  
Ph: (402) 438-9222  
Fax: (402) 438-9226

#### **Osni Ponca**

2756 O Street  
Ph: (402) 434-2127  
Fax: (402) 434-2128

### **NORFOLK 68701**

#### **Administration Building**

1800 Syracuse Ave.  
Ph: (402) 371-8834  
Fax: (402) 371-7564

#### **Gym Building**

1800 Syracuse Ave.  
Ph: (402) 371-8834  
Fax: (402) 379-0988

### **Ponca Hills Clinic**

Ph: (402) 371-8780  
(402) 371-5726  
Fax: (402) 379-4291 - Pharmacy  
(402) 379-4293 - Registration  
(402) 371-4094 - Medical Lab

### **Ponca Express**

Ph: 877-769-3111

### **Northern Ponca Housing Authority**

1501 Michigan Ave.  
Ph: (402) 379-8224  
(800) 367-2320  
Fax: (402) 379-8557

### **Purchased/Referred Care**

Ph: (800) 405-0365  
Fax: (402) 371-0176

### **OMAHA 68107**

#### **Fred LeRoy Health & Wellness Clinic**

2602 "J" Street  
Ph: (402) 733-3612  
Fax: (402) 733-3487

#### **Administration**

5805 South 86th Circle, 68127  
Ph: (402) 315-2760

#### **Dental**

2602 "J" Street  
Ph: (402) 733-1325  
Fax: (402) 733-3487

### **Northern Ponca Housing Authority**

10635 Birch., 68134  
Ph: (402) 505-3055  
Fax: (402) 505-3066

### **SIOUX CITY 51103**

#### **Administration**

119 6th Street  
Ph: (712) 258-0500  
Fax: (712) 258-0762

### **OTHER RESOURCES**

#### **Child Abuse Hotline**

800-652-1999 (Nebraska)  
800-362-2178 (Iowa)  
877-244-0864 (South Dakota)

#### **National Child Abuse Hotline**

800-422-4453

#### **National Suicide Hotline**

800-273-8255

#### **Domestic Violence Hotline**

800-799-7233

#### **National Human Trafficking Hotline**

888-373-7888

#### **National Problem Gambling Helpline**

800-522-4700

#### **Elder Abuse Hotline**

800-252-8966

#### **Boys Town Crisis Line**

800-448-3000

#### **Drug Treatment & Referral Hotline**

877-726-4727

#### **Nebraska Family Helpline**

888-866-8660

#### **Veterans Crisis Line**

800-273-8255

The Ponca Tribe of Nebraska Newsletter is published monthly and printed by Printco Graphics, Omaha, Nebraska.  
Deadline for submissions is the 1st of each month. In the event the 1st falls on a weekend, submissions are due the Friday before.  
All submissions of a political nature are subject to Tribal Council approval. Send to Jessica Hitchcock, [jhitchcock@poncatribene.org](mailto:jhitchcock@poncatribene.org).  
See or print the newsletter archives in full color on the member's side (you must log in) of the web site at: [www.poncatribene.org](http://www.poncatribene.org)