



PONCA TRIBE OF NEBRASKA Member News



Powwow Season

Ponca Tribe prepares to celebrate annual Powwow gathering in August.



Follow us on Facebook for the most up-to-date information regarding the Powwow: facebook.com/PTNPowwow

27th Annual Northern Ponca

POWwow

August 13, 14 & 15, 2021

Grand Entries: Fri - 7 pm | Sat - 1 pm & 7 pm | Sun - 1 pm
Meals provided 1 hour before each Grand Entry

- Diabetes Fun Run**
August 13 | 5 pm
Join us for a fun walk/run before Friday Grand Entry
- Horseshoe Tournament**
August 15 | 10 am
1st Prize: \$250
2nd Prize: \$150
3rd Prize: \$100
- Hand Drum Contest**
1 person must have their own drum.
1st Prize: \$300
2nd Prize: \$200
3rd Prize: \$100
- Team Dance Contest**
3-5 dancers, all dancers must be in regalia
1st Prize: \$400
2nd Prize: \$250
3rd Prize: \$150

- Head Man**
Quentin Bonge
- Head Woman**
Taya Wright
- Head Boy**
Mike Sheridan, Jr.
- Head Girl**
Kitanna Wright
- Arena Director**
Josh LeRoy
- MC**
Shannon LeRoy
- Head Singer**
Robert Collins
- Invited Drums**
Omaha Whitetail
Young Bucks
The Horse
Standing Eagle
Mato Pejuta
Mazakute

- Senior Princess**
Nevaeh Horse
- Junior Princess**
CeCe Taylor
- Little Miss**
Cante Iyapa Blacktail
Deer (Rosebud)

All Dancers, Vendors and Spectators Welcome.
Security and First Aid Provided. Restrooms, Running Water, and Limited Camping on Site
PTN POWWOW GROUNDS DIRECTIONS: One mile West of Niobrara on Highway 12. Turn left at the Ponca Sign, located across from the Niobrara State Park. Follow the pavement to the Powwow Grounds.

PONCA TRIBE OF NEBRASKA

With the support of the Nebraska Arts Council.

NEBRASKA ARTS COUNCIL



Powwow Etiquette Guidelines

The Gathering arena is blessed before the Gathering begins and is considered a sacred area. It is impolite to walk through the arena if you are not a participant. If you need to get to the other side of the arena, please walk around the perimeter and instruct your children to do the same.

PHOTOGRAPHY is generally permitted when the performers are in the arena using available light only. **PLEASE NO FLASH PHOTOGRAPHY.**

PHOTOGRAPHY IS PROHIBITED during some of the spiritual ceremonies. Please remember Eagle feathers are sacred and must not be touched.

PLEASE STAND AND REMOVE YOUR HAT when the Eagle staff is brought in during the Grand Entry, Flag Songs, Veterans Songs, Invocations, Eagle Feather Retrieval Ceremonies, Memorials, Honor Songs, and Closing Songs.

BE RESPECTFUL to the singers and the drums. Do not step in between the singers and the drum. Do not move or sit at the seats at the drum. No drum hopping. Respect the drum.

POLITENESS always goes a long way - if you



are unsure, ask some polite questions. A little interest will be flattering to the dancer. Pointing a finger is considered impolite.

SPECTATOR SEATING is in the bleachers and chairs may be set up so long as they are outside the circle of the arena. Benches near the arena are for dancers. Please do not disturb the dancers or their belongings. Be sure to allow seating for elders.

PLEASE LISTEN TO THE MASTER OF CEREMONIES as announcements will be made instructing the participants and informing the spectators of the significance and history of the dances. Feel free to join in the "Intertribal Dances".

OTHER COURTESIES include never hindering or bothering the perform-

ers or standing in front of those preparing to dance or sing. **DO NOT** touch a dancer's clothing without permission, much or all of what the dancer is wearing is hand created. Some of the items of regalia may be heirlooms and have special or spiritual meaning. Many items are very delicate, some have been made by a respected family member and are especially cherished by the dancer. Respect other people's camps, and don't disturb fireplaces.



It's official: Standing Bear High is name of new high school in southeast Lincoln

Zach Hammack
Lincoln Journal Star

Lincoln Public Schools has finally put the question to rest.

What's in a name?

All three of the district's new schools finally have one after the Lincoln Board of Education Tuesday approved Standing

Bear High as the name for the new high school in southeast Lincoln set to open in 2023.

Lincoln Northwest High and Robinson Elementary, names for the two other schools being built with money from a \$290 million bond issue, were approved last month.

Standing Bear High joins Lincoln High as the city's only public high schools not based on a direction and it's the first to be named for a person.

That person is one of the most important figures in Nebraska's history. Chief Standing Bear, who led the Ponca Tribe during the turbulence of the 19th

century, persuaded a federal judge in an Omaha courtroom in 1879 to recognize Natives as persons with the right to sue for their freedom.

Board member Annie Mumgaard said she's heard some concern from the community about the Standing Bear name,

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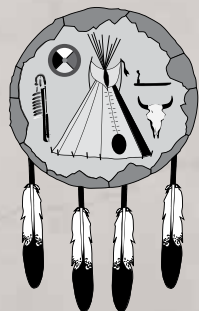
Give 2021 Your Best Shot!

The Ponca Tribe of Nebraska is offering \$100 Target gift card incentive for **fully vaccinated** (both shots of the Pfizer or Moderna vaccine, or one shot of the Johnson & Johnson vaccine) Ponca Tribe of Nebraska members, and staff from all Ponca Tribe of Nebraska entities. This incentive is available to Ponca Tribe of Nebraska members nationwide.

To apply, you must complete the form online at <https://tinyurl.com/nt3pd7>. Please be aware that submissions may take 1-2 weeks to process. Incomplete forms will not be processed.

For questions, please contact Becci Sullivan at 531.222.4471

Offer open to enrolled members of the Ponca Tribe of Nebraska, and current employees of all Ponca Tribe of Nebraska entities ONLY. Ponca Health Services can look up vaccine records for anyone who has received the COVID-19 vaccine at any of our Ponca Health Services locations and/or events, if documentation is unavailable. One incentive per person. Fraudulent claims may affect eligibility for future programs or employment status. Lost or stolen gift cards will NOT be replaced.



**PONCA TRIBE
OF NEBRASKA**



Ponca Tribe of Nebraska expecting the return of Standing Bear’s pipe tomahawk

Carolyn Conte
News Channel Nebraska

PONCA, Neb. -- It was 1897...Native Americans were still fighting for basic human rights. One Ponca tribe leader, Standing Bear, took his right to be recognized as a human to court and won. But when it came time to pay his lawyer for his services, he did not have cash. So, he gifted the attorney his tomahawk.

It ended up in the pos-

session of a Harvard museum. Now, the Ponca Tribe is asking for the tomahawk back.

“Direct descendants ... can see this is why we’re here today,” Ponca Chairman Larry Wright said of the memorabilia.

Wright said museums are useful for sharing information, but that the tomahawk was given as a gift to pay for something they shouldn’t have had

to fight for in the first place

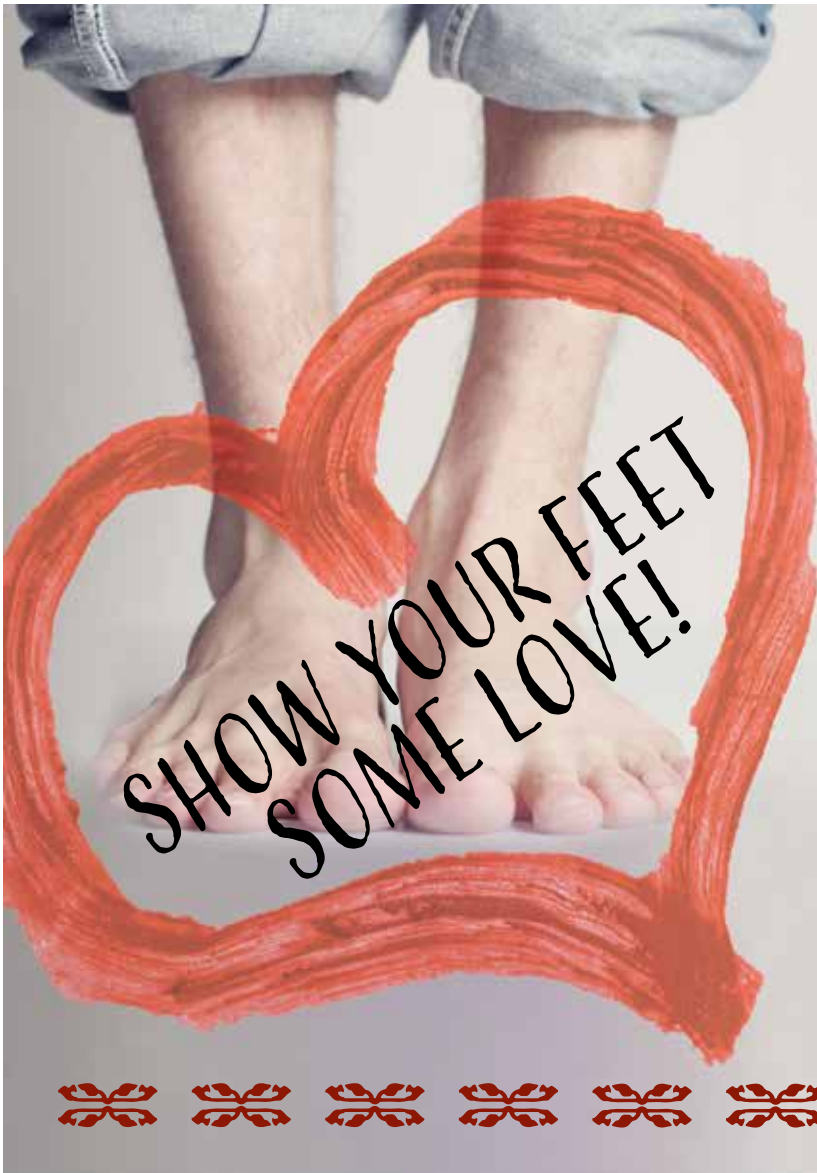
“Through all the things the Ponca has been through ... it is important those entities understand the importance of items coming home.”

Nebraska State Senator Tom Brewer supports the return and was part of a committee that sent a recommendation to the legislature.

‘We have gone a long

time without understanding native culture,” he said, hoping this will bridge cultural gaps.

It’s not only a step toward understanding, but toward renewal for the Ponca tribe. They lost one-third of the tribe along the trail of tears to Oklahoma, and Wright said they have been trying ever since restoration in 1990 to bring their culture back to life.



Nurse Foot Care Clinic

2nd and 4th Fridays | 9 am-2 pm

Fred LeRoy Health & Wellness Center
2602 J Street | Omaha, NE

Comprehensive Foot Exam:

- Dermatological Assessment, including skin temperatures, redness, dryness, cracking, ulceration, calluses, and nail dystrophy.
- Musculoskeletal Assessment, includes identification of deformities such as hammer/claw toe, or charcot foot.
- Neurological Assessment, identifies peripheral neuropathy and includes monofilament, vibration, and reflexes tests.
- Vascular Assessment for presence of pulses.
- Reduce calluses, clip and file nails
- Provide education

To schedule an appointment, please contact Lora Langley RN, BSN, at either 402.738.3157 or 402.649.2568



5 tips for healthy aging

Tip 1: Learn to cope with change

In life, there will always be periods of both joy and stress. It's important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

- **Acknowledge and express your feelings**

You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

- **Accept the things you can't change**

Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

- **Take daily action to deal with life's challenges**

When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Tip 2: Find meaning and joy

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

- **Pick up a long-neglected hobby or try a new one**

Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the

same time. Take a scenic hike, go fishing or camping, join a book club, or go to a concert or play.

- **Learn Something new**

Such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline.

- **Get involved in your community**

Try attending a local event or volunteering for a cause that's important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment.

Tip 3: Stay connected

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer

against loneliness, depression, disability, hardship, and loss.

- **Connect regularly with family and friends**

Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

- **Volunteer**

Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

- **Find support groups in times of change**

If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

Tip 4: Get active and boost vitality

Don't fall for the myth that growing older auto-

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AGING: Tune your mind, spirit, and body

continued from page 4

matically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

• Exercise

Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming. Walking with a family member or friend will help keep you motivated and you will not only benefit from physical activity, but from the social contact as well.

• Eat Well

As you age, your relationship to food may change along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. But now, more than ever, healthy eating is important to maintain your energy and health.

• Get plenty of sleep

Many adults complain of sleep problems as they age, including insomnia, daytime sleepiness, and frequent waking during the night. But getting older doesn't automatically bring sleep problems. Developing healthy sleep habits as you age can help you ensure you get enough quality sleep each night. Make sure your bedroom is quiet, dark, and cool, avoid artificial light from screens for at least one hour before bed, and increase your activity levels during the day.

Tip 5: Keep your mind sharp

There are many good reasons for keeping your brain as active as your body. Exercising, keeping your brain active, and maintaining creativity can actually help to prevent cognitive decline and memory problems. The more active and social you are and the more you use and sharpen your brain, the more benefits you will get. This is especially true if your career no longer challenges you or if you've retired from work altogether.

• Challenge your brain

For some people, challenging your brain could involve playing

new games or sports.

Other people may enjoy puzzles or trying out new cooking recipes. Find something that you enjoy and challenge your brain by trying new variations or increasing how well you do an activity. If you like crosswords, move to a more challenging crossword series or try your hand at a new word game, or if you like to cook, try a completely different type of food.

• Vary your habits



You don't have to work elaborate crosswords or puzzles to keep your memory sharp. Try to work in something new each day, whether it is taking a different route to

work or the grocery store or brushing your teeth with a different hand. Varying your habits can help to create new pathways in the brain.


• Take on a completely new subject

Taking on a new subject is a great way to continue to learn. Have you always wanted to learn a different language? Learn new computer skills? Learn to play the piano? There are many inexpensive classes at community centers or community colleges that allow you to tackle new subjects.

EMERGENCY RENTAL ASSISTANCE PROGRAM

Have you been affected by COVID-19? NPHA's ERA program provides eligible households up to 12 months of assistance to cover past-due or future rental and utility payments.


[Apply online today at www.poncahousing.org](http://www.poncahousing.org)

For questions or more information, contact Maria (402) 992-0745 or Olivia (402) 860-6934 — maria@poncahousing.org or olivia@poncahousing.org

SCHOOL: Naming raises opportunities for education

continued from page 2

but said the educational opportunity it provides is “long overdue.”

“I really do believe this is a very healthy thing for our community,” she said, calling the name “a large responsibility” the district must handle with respect.

Board member Bob Rauner, who chaired the southeast high school naming committee, said there were mixed opinions about the name initially. But it soon became evident, he said, that the school district could take a leading role in the nation at a time when using Native names and likenesses has become problematic.

“The name itself is an

educational process,” he said. “I am confident LPS will do it the right way.”

With names out of the way, the attention turns to school mascots and colors.

That process includes each school’s principal and staff working with parents and incoming students to “build an identity,” said John Neal, associate superintendent for governmental relations.

Mascots and school colors are like any other individual school policy, Neal added, and don’t have to be formally approved by the board. There is also no set timeline on when those elements are decided.



ATTENTION: All 2021 high school graduates

You have until July 31, 2021, to submit for the Youth Initiatives Program Senior Incentive. Please contact either Pat or Aubrey in the Education Department, if you have any questions.

You may contact us by email at pate@poncatrIBE-ne.org or aknudsen@poncatrIBE-ne.org. or you may call us at (402) 371-8834 and ask for Pat or Aubrey.

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. Students must apply each school year.

Fall 2021 deadline: August 15, 2021

Winter 2021 deadline: December 15, 2021

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@poncatrIBE-ne.org.

Ponca tribal enrollment is required for ALL education programs

Youth Council promotes fitness with Let's Have A Ball events

Maci Schott

This May, our Youth Council raised awareness for Missing and Murdered Indigenous Relatives. Our Youth Council created a video, posted statistics, and more. This all can be seen on Youth Council's Instagram. We raised awareness the entire month of May with hopes that our relatives do not become a statistic. We remembered all men, women, and children who are victims of this epidemic.

In May and June, Youth


Council hosted an event called Let's Have a Ball! During this event, Youth Council handed out balls to enrolled Ponca youth ages 2-18 years old. We supplied basketballs, dodge balls, footballs, soccer balls, and volleyballs. We are happy to have had the opportunity to supply our youth with balls for them to play with during the summer!

Later this summer, Youth Council is looking forward to putting on a Breakfast and Bingo event



to honor our elders at the annual powwow in Niobrara. This will be held on Saturday, August 14, 2021. The event will be held at the Niobrara headquarters. During

this event, we hope to serve breakfast and supply gift cards as prizes for enrolled Ponca elders to win! We look forward to seeing you there.



Breakfast & Bingo Honoring our Elders

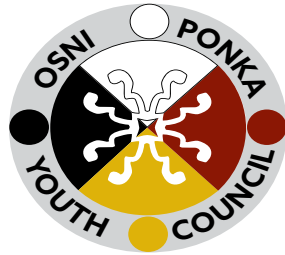
Saturday, August 14 | 9-11 am
PTN Headquarters | 2523 Woodbine Street | Niobrara, NE

Make time before the Powwow on Saturday to meet the Northern Ponca Elder's Council (Gahiye niashiⁿga) for Breakfast and Bingo, hosted by the Ponca Tribe Youth Council!

A hot breakfast will be served by the PTN Youth Council, and Tribal Council and Elder's Council members will have the opportunity to introduce themselves, and talk about their mission.

Bingo will start at 9:45 am, and will go until all games have been played and prizes distributed.

Breakfast provided by the PTN Youth Council. All prizes provided by the PTN Tribal Council and the PTN Youth Council.



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...

Change of Address Form

Mail to: PTN Enrollment Dept PO Box 288 Niobrara, NE 68760 Fax: 402-857-3771

HEAD OF HOUSEHOLD MUST BE AN ENROLLED PONCA TRIBE MEMBER

OTHER ENROLLED PONCA TRIBE MEMBERS IN HOUSEHOLD:

PREVIOUS ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

NEW ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

NEAREST RELATIVE
PHONE/ADDRESS:

PHONE NUMBER:

ALTERNATE/CELL
NUMBER:

E-mail

DATE NEW ADDRESS IN EFFECT:

To provide better services to Ponca tribal members, this information will be shared with all PTON Departments as needed. Any service may be suspended until this information is corrected and/or updated.

SIGNATURE REQUIRED

DATE

(Please sign your name in the area below with a BLACK felt tip marker)

I _____ I

TRIBAL MEMBERS

(please print)

NAME: _____ DOB: _____

ADDRESS: _____

DO YOU WANT YOUR SS NUMBER ON YOUR ID CARD? YES _____ OR NO _____
If yes, please check one of the following: Full SS number _____ or Last 4 digits only _____

By marking **Yes** you understand it is your responsibility to keep your SSN confidential and acknowledge that the Ponca Tribe of Nebraska is not responsible if the card is lost or stolen.

**FOR A PHOTO ID PLEASE SIGN AND FILL OUT THIS PAGE,
DON'T FORGET TO SEND (EMAIL) YOUR PICTURE AS WELL**

Photo ID Instructions

1. Please completely fill in the information on the bottom of the signature page. With a black felt tip marker please sign your name in the middle of the top of the signature page. (Please note that children do not require a signature. Only adults need to sign for their own ID's.)
2. Clear readable copies of the following must be submitted:
 - a: State Driver's License, State ID Card or other valid Picture ID card (It must have your picture and signature on it)
 - b: If you are not an enrolled member of the Ponca Tribe but your child is, you must still submit a copy of your State Driver's License, State ID Card or other valid Picture ID and a copy of your child(s) Social Security Card and Tribal Enrollment Card for proof of enrollment.
3. Photo Options:

Please email a current photo (without filters) to - enrollment@poncatribene.org

You may scan and email or mail documentation to:

Ponca Tribe of Nebraska
Enrollment Department
PO Box 288
Niobrara, NE 68760-0288

Casino staff boost Buffalo Program

Team members from Prairie Flower Casino pitched in to donate \$1,650 to the tribe's Adopt-A-Buffero Program. A check presentation ceremony was held June 17 at the casino, and Casino General Manager Ben Douglass presented the check to Herd Manager Larry Wright Sr.



ATTENTION PONCA MEMBERS!!!

If you have moved, moved out of your previous District to a new District, changed your name, would like to register to vote, or your signature has changed over the years, you will need to (re)register by submitting another voter registration form to the Ponca Election Board.

Please send new voter registration forms to P.O. Box 9, Niobrara, NE 68760. DO NOT send voter registration forms to Tribal Headquarters and do not fax or email registration forms. Please note, electronic signatures will NOT be accepted, as signatures are used during election year to match ballots with voter registrations.

Voter registration can be downloaded here: <https://www.poncatribene.org/council/boards-committees/election-committee/>

MEMBERS NEEDED!

POW WOW COMMITTEE

There are 3 terms expiring on the Pow Wow Committee on 09/30/21. Letters of interest are being accepted at this time. Committee members are paid a \$250.00 stipend, plus mileage reimbursement up to 410 miles roundtrip at the current federally approved rate. If you are interested in serving, please submit a letter of interest ASAP to Beth Barger, Ponca Tribe of Nebraska, P.O. Box 288, Niobrara, NE 68760 or by email to: bbarger@poncatribene.org. Positions open until filled.



Elder's Council Meeting

July 2 & 3 | 9 am

NPHA | Norfolk

August 13 & 14 | 9 am

Ponca Tribe Headquarters | Niobrara



Congratulations on your success at State Track!

We would like to take this opportunity to congratulate the Ponca Youth who competed and placed at State Track in 2021.



Grace Cramblett

Placed 11th in the state in the 4x800, and her entire team placed 3rd in the state, and were Regional Champions in 6A.



Charlie Yunker

Belgrade High School, Montana

Placed 4th in the 4x100 and 6th in the discus



Abraham Larson

Junior at Stanton High School

Placed 7th in both the boys 1,600 and 3,200 meter runs at state.



Hunter Oestreich

Battle Creek High School

Placed 8th with his team in the 4x800



Congratulations to Michael Morris on making the Dean's List at California State University, Los Angeles. Michael is the son of Tom Morris, and the grandson of Councilwoman Susie Baker.



We would like to thank Donnie Bair for his service, and congratulate him on his retirement! The Ponca Tribe has been blessed to have you come back out of retirement to work with us again! Good luck and Happy Retirement!



We would like to thank Rick Wright as he retires from the Ponca Tribe. He plans to relax with the grandkids and great grandbabies, spend his free time beading and making diamond willow canes, and plans to travel all over to many powwows! Rick has always been active with the Tribe, serving on Tribal Council and the Restoration Committee, and the Ponca Tribe has been blessed to have you on the team for the past 7 years!



Aurora Eevee Yunker daughter of William and Lynnea Yunker; granddaughter to William Yunker, Sr. and Robin Choate, Rick and Connie Norton; great granddaughter to Rita and Barry Pitzer and great-great granddaughter to Ernest and Amelia "Babe" Ironthunder; was born April 12, 2021 at 12:51p weighing 8lbs. 8oz. and 18 inches.



PONCA TRIBE OF NEBRASKA

P.O. Box 288
Niobrara, NE 68760

www.poncatrIBE-ne.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@poncatrIBE-ne.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.poncatrIBE-ne.org