Ponca Tribe of Nebraska
Member News



Heritage Harvest

Annual Ponca Corn Harvest yields more than just ears

November 2021

Ponca Tribe joins in celebration of Indigenous Peoples Day at State Capitol





Ground breaking ceremony held for new Chief Standing Bear High School in Lincoln



Ponca Tribe of Nebraska members and descendants of Chief Standing Bear were honored at the ground breaking ceremony for the new Chief Standing Bear High School in southeast Lincoln.

Chief Standing Bear High School will be the first high school in Lincoln named after a historic figure, rather than location, an honor and a tribute to Chief Standing Bear.









On the cover: Sacred Ponca Corn comes in many colors. This picture shows just a few of the beautiful variations.

Annual Sacred Corn Harvest brings Ponca members and pipeline fighters together

Sunshine and fair weather greeted volunteers who gathered to help harvest the Ponca Sacred Corn on the Tanderup farm near Neligh. The sacred corn, once believed lost from the Tribe's forced removal, has been revived. The yearly planting takes place along the portion of the Trail of Tears that runs through the Tanderup farm. In 2018, the Tanderups returned that land to the Tribe. Each Spring, the corn is hand planted. This past October 16th, members and allies joined together again to hand-harvest the ancestral corn.















Ponca Tribe staff goes pink for breast cancer awareness

Nancie Velasquez
Community Health Manager/
Case Manager

On Oct. 5th, staff honored those who are fighting, those we've lost, and those who are survivors of breast cancer. Within our people, 1 in 8 women will get breast cancer in their lifetime. It is the 2nd most common cause of cancer deaths among Native American women. In order for cancer rates to be lowered among Native Americans, we need support systems to be put in place and give our patients the tools to succeed in maintaining a healthier lifestyle. It all starts with preventative care: learning how to do self-exams at home and staying on top of your mammograms. If you feel anything abnormal, contact your doctor as soon as possible to be seen or have a mammogram done.

The most common symptom of breast cancer is a new lump or mass. A mass that is painless, hard, and has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass or lump, or breast change checked by a health care professional experienced in diagnosing breast diseases. Other possible signs of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaly-ness, or thickening of the nipple or breast skin
- A nipple discharge other than breast milk

Please feel free to reach out to your provider or local community health worker for more information or to make an appointment.







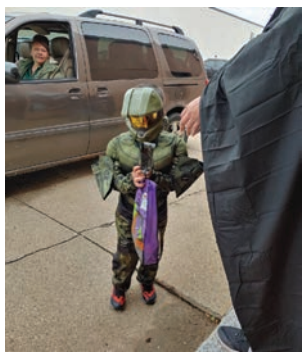


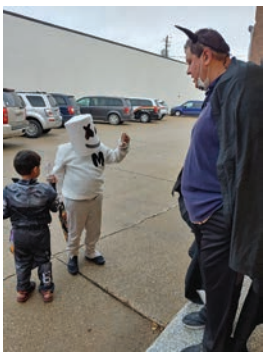




District 1 drive-through events get a jump start on Halloween!

For more photos of Halloween events for members, see the December edition of the newsletter!







District 2 Upcoming Events

Here's a quick look at what's coming up for Ponca members in District 2 over the next few months!

- **November** - Elder food baskets
- **November** - HOH Ham and Turkey Give Aways
- **December** - The movie "Encanto" at the Marcus Theater
- **December** - Toy Drive Thru Event for D2 members ages 0-12
- **December** - Toys for Teens for D2 members ages 13-18
- **December** - Senior Secret Santas for D2 members ages 55+

Dates of some events may be subject to change. Watch your mail, visit www.poncatribe-ne.org, or find us on Facebook for more information. You can also contact Becci Sullivan at 531.222.4471.

PONCA TRIBE OF NEBRASKA

Health Insurance Marketplace Open Enrollment

The Health insurance marketplace Open Enrollment and Annual Redetermination period will begin November 1, 2021 through January 15, 2022. Enroll by December 15, 2021, for coverage to start January 1, 2022.

What is the Health Insurance Marketplace?

Individuals who don't have health coverage through a job, Medicare, Medicaid, or another source that provides qualifying health coverage can apply for healthcare coverage.

What is qualifying health coverage?

Qualifying coverage refers to any health insurance plan that is considered minimum essential coverage under the Affordable Care Act.

What is minimum essential coverage?

Health insurance that satisfies the ACA's individual mandate.

Is the Indian Health Services considered qualifying healthcare coverage?

No, Indian Health Services alone does not meet the minimum essential coverage defined by the ACA, therefore is not considered qualifying health coverage.

If I am eligible for Purchased/Referred Care (PRC), isn't this considered my health insurance coverage?

No, PRC is not an entitlement program, it is not insurance and cannot guarantee payment. PRC funds are meant to complement and supplement other health care resources available to eligible patients. To ensure compliance, an individual must apply for and use all alternative resources that are available. To be eligible for PRC, a patient must meet certain criteria.

How much does it cost?

Premiums are based upon your annual income and household size. For some individuals, they may have the option to utilize their annual tax credits to pay their monthly premium. Which results in no upfront out-of-pocket premium cost to them.

Are there multiple plans available?

The Health insurance marketplace offers several different plans ranging from Health Maintenance Organization (HMO) and Preferred Provider Organization (PPO) with little to no cost for deductibles, out-of-pocket, copay and coinsurance costs.

Can I still continue to receive my healthcare services at Fred Leroy or Ponca Hills Health and Wellness Center?

Yes, we accept some insurance plans offered through the Health Insurance Marketplace. This allows us to bill the insurance plan for our services and will provide third-party revenue to our facility so we may offer additional services in the future.

I already applied for the Marketplace in 2021, do I need to reapply again?

Participants who are currently enrolled in a Marketplace plan will need to reapply to determine their eligibility for 2022.

Can I change my current healthcare plan with Marketplace?

Yes, after submitting your 2022 marketplace application, applicants have the option to remain in their current healthcare plan or choose a new plan that better suits their healthcare needs.

Medicare Annual Open Enrollment

Medicare Annual Enrollment Period will begin October 15, 2021 and go through December 7, 2021. Medicare participants who currently have active Medicare Part B and/or Medicare Advantage can make changes to their health and drug plans for 2022.

Medicare Part B or Medicare Advantage participants can make any of these changes to their current plan.

1. Switch from Medicare Advantage back to Original Medicare
2. Dis-enroll from Original Medicare and enroll in Medicare Advantage
3. Change from one Medicare Advantage plan to another
4. Sign up for a Part D prescription drug plan
5. Change from one Part D prescription plan to another
6. Cancel your prescription drug coverage

If you opted out of Medicare Part B in your initial enrollment period and would like to sign up for benefits in 2022, open enrollment period for Medicare Part B will begin January 1, 2022 through March 31, 2022, and coverage will begin July 1, 2022. A 10% penalty fee in addition to the annual Medicare Part B premium may apply.

Please contact a patient benefits coordinator to schedule a time to discuss which Medicare Plan best fits your health care needs.

Contact one of our Patient Benefits Coordinators:

Sylvia Allen-Lopez, Fred Leroy Health & Wellness Center, 402.738.3151
Michelle Hallowell, Fred Leroy Health & Wellness Center, 402.738.3177

Nebraska Heritage Health Adult Program

On October 1, 2020, Nebraska Medicaid had expanded to provide healthcare to Nebraskan residents, age 19 through 19, whose income is at or below 138 percent of the federal poverty level (FPL). For 2021, that is a monthly income of $1428 for a single person and $2938 for a household of four. The initial program identified two types of plans: Basic and Prime.

The basic benefits package includes medical, behavioral health, and prescription drug coverage.

The prime benefits package includes all benefits, plus dental, vision and over-the-counter medication coverage. The package is only available to pregnant women, medically frail adults, and adults 19 to 20 years of age.

Effective October 1, 2021, the Heritage Health Adult Program combined the basic and prime plan into one benefits package. It includes medical, behavioral health, prescription drug coverage, dental, vision and over-the-counter medication coverage.

Eligible basic plan participants will have vision, dental, and over-the-counter medication coverage.

For dental coverage please contact:

Managed Care of North America (MCNA)
1-844-351-6262, Monday-Friday 7am – 7pm (excluding national holidays), or review their website www.mcnane.net for dental benefits and in-network providers.

For vision coverage, please contact your assigned Managed Care Organization (MCO):

Healthy Blue
1-833-388-1405
www.healthybluene.com

Nebraska Total Care
1-844-385-2192
www.nebraskatotalcare.com

UnitedHealthcare Community Plan
1-800-641-1902
www.uhccommunityplan.com/ne

Nebraska Heritage Health Adult Program Verification Request and Medicaid Renewals

As eligible Heritage Health Adult Ponca members return to the workforce, Medicaid will often mail out a Verification Request for paystubs and employer form. Please comply with the request or renewal, even if knowing the household income will exceed the allowable income. Federal guidance related to the State of Emergency due to COVID-19 pandemic states Nebraska Medicaid cases will remain open. What this means is participants will continue to receive Heritage Health Adult Program benefits until the State of Emergency is lifted and Nebraska Medicaid has re-determined eligibility, allowing a participant to maintain benefits until the re-determination period.

Apply for the Medical Care Advisory Committee

Nebraska Medicaid and Long-Term Care (MLTC) has been working to re-launch the Medical Care Advisory Committee (MCAC) and is seeking many valuable perspectives, especially from the Nebraska's Tribes and people from rural backgrounds.

Members of the committee can be Medicaid beneficiaries, advocates, and providers.

The MCAC helps advise and make recommendations regarding Medicaid services in Nebraska.

- To formulate and recommend policies
- To analyze and recommend changes in programs
- To interpret stakeholder opinions and needs

If you have any questions and/or interested in applying to become a committee member please contact:

Sylvia Allen-Lopez, Patient Benefits Coordinator, 402.738.3151, sallen-lopez@poncatribe-ne.org

Michelle Hallowell, Patient Benefits Coordinator, 402.738.3177, mhallowell@poncatribe-ne.org

Or email the Nebraska Medicaid and Long-Term Care at dhhs.mcac@nebraksa.gov

Ponca Tribe of Nebraska Diabetes Program Spotlig

The Ponca Tribe of Nebraska Diabetes Program will be featuring the stories and experiences of some of their clients, beginning in November, which is Diabetes Awareness Month, and continuing throughout the year. Some of these interviews will be published in our newsletter, and some will be featured on our YouTube channel and social media. We invite you to join us as we explore the experiences and successes of our clients. If you are a client of the Ponca Tribe of Nebraska Diabetes Program, and would like to share your story, please contact Sara Pfeifer at 402.371.8834.

In this month's newsletter, we're visiting with Freddie Tso.

"You have diabetes, but diabetes does not have you."

1. How long have you had diabetes?

Freddie Tso, Arizona native and member of the Navajo Tribe, started noticing something wasn't quite right in 2010. "I had to urinate frequently." The problem kept getting worse. He had been drinking a lot of pop, but he had also lost a lot of weight with no obvious cause. When he moved to Nebraska shortly after, Freddie went to the Ponca Hills Health and Wellness Center to discover what was causing his symptoms. He was diagnosed with type 2 diabetes. At the time of his diagnosis, his blood glucose was over 500, well above the target of less than 100 for someone without diabetes.

2. How did you feel when you were first diagnosed with diabetes?

"At first I was ashamed, and I tried to hide it. I was in denial of being a diabetic." He pretended he didn't have diabetes and was not taking his diabetes medication, but his symptoms just kept getting worse.

a. Was the diagnosis a surprise?

Freddie was surprised to find out he had type 2 diabetes. "I was very active in and out of a truck all day and moving cases of soda into stores". He was also thinner than family members who had not developed diabetes.

b. Does it run in your family?

However, he did have a family history of diabetes. His grandma on his mother's side had diabetes, along with his dad, an uncle, and an aunt.

3. How do you feel about diabetes today?

Today, Freddie has a more positive outlook on his diabetes and health. "I have it under control now. My numbers are between 90 to 130. I accept being a diabetic."

4. What has helped you manage your diabetes well?

When asked what has helped him manage his diabetes well he says "Insulin and proper diet". Freddie says he focuses on healthy eating, avoids fried foods, and limits fast food. Freddie and his family support each other in their efforts to eat healthily. His wife plans meals for the week, which has helped his family eat healthier and they are less likely to eat out, and his daughter is involved in athletics and finds nutrition important.

5. Have there been some challenges with managing your diabetes? What were they?

It didn't always come this easy for him, though. Freddie says he enjoyed midnight snacks such as potato chips or Hostess cupcakes and it was challenging for him to give them up. "I look at them now and say I don't need to eat that. I thought about my grandma who lost her leg and was in a wheelchair, and told myself I was not going to let them take my legs."

6. What would you recommend others to do to take care of their diabetes?

Freddie recommends others with diabetes to "find an exercise routine that works for you and your budget. Take a lot of walks and work out at home." He also encourages others to follow a healthy eating plan and limit fast food by planning meals ahead of time. One thing he says he wished he would have done differently when he was younger that he thinks others could benefit from is learning from elders on how to prepare food.

Freddie encourages others to attend diabetes classes or join the walking group put on by the Ponca Tribe of Nebraska Diabetes Program.

He also encourages others to set goals, "do so many miles one week or lift weights and increase slowly each week". Freddie enjoys walking the trail at Skyview Lake in Norfolk. "Keep trying. Don't give up. Believe you

ight: Freddie Tso

can do it. Find someone supportive in helping you achieve your goals."

7. What are some misconceptions about diabetes you think people might have?

"You can't get rid of diabetes, it is with you forever, but with a combination of insulin or diabetes medication and the right eating plan you can manage it."

8. What are some words of empowerment you would like to share with others?

"You may have diabetes, but diabetes does not have you." Freddie encourages others with diabetes to think about the things you can do, not the things you can't. "Thank God that you woke up that morning. Tell yourself you need to get up and take a walk. Find a place that you enjoy walking or find something to do that you love. You cannot let diabetes take over your life."

9. Is there anything else you would like to share with others about your story with diabetes?

"I don't drink and I have not touched alcohol since the 90s" Freddie shares that he quit drinking for his kids and has never done drugs. He believes this is important for healthy living as well.

Diabetes Awareness Event

November 16 | 11 am

Facebook LIVE Event | PTN Facebook Page

November is Diabetes Awareness Month. Join us LIVE on Facebook a virtual event promoting Diabetes awareness.

There will be an overview on diabetes prevention and management, a cooking demo, and an exercise demo, followed by a Q&A session at the end.

Participants of the live event will have a chance to comment and win to enter a drawing for a Garmin fitness tracker! *(MUST be present during the live event to win.)*

For questions or more information, please contact Sara Pfeifer at 402.371.8834.



Norfolk staff attend Project Homeless Connect in Norfolk

On Friday, October 8th, Marissa Wright, Kylie Bair, and Angela Thomas took part in the Project Homeless Connect event. The annual event strives to connect unhoused persons and families with assistance and services they may need.









PONCA ELECTION 2022

Ponca members, please make sure you are registered to vote as we approach an election year for the Ponca Tribe of Nebraska.

Voter registration forms can be downloaded and printed out on the Ponca Tribe of Nebraska website, **www.poncatribe-ne.org.**

Completed forms must be **mailed** to:
Ponca Election Board
P.O. Box 9
Niobrara, NE 68760

Ballots will be verified by your signature on the return envelope.

Reasons to update registration:
- If your name has changed
- If your signature has changed
- If your address has changed

Electronic signatures WILL NOT be accepted. The name on your registration form and your return envelope **must** match. *(For example, If your name is Joseph Smith both items must say Joseph Smith, no abbreviations.)*

If you have questions, please email the Ponca Election Board at **electionboard@poncatribe-ne.org**

PONCA TRIBE OF NEBRASKA

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. **Signature**
   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 for theirs.)**

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:**
   You can email a current photo (without filters) to - enrollment@poncatribe-ne.org
   OR
   You may scan and email or mail documentation to:

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

CERTIFICATE CARDS
Certificate cards, or non photo ID's, are available upon request. **This form is not required for certificate cards.** Pleases contact the enrollment department if you would like an enrollment card without a picture.

Ponca Member set for success through WIOA Program

Bianca Marino
Vocational Training Specialist

Carla De La Rosa is a member of the Ponca Tribe and a participant in the Ponca Workforce Innovation and Opportunity Act (WIOA) program. She will be completing her education at Northeast Community College to earn her associate degree in Social Services, majoring in Behavior Science. Both the WIOA Program and Education Department assisted Carla in acquiring her degree.



Carla initially reached out to the Education Department for assistance, and they referred her to the WIOA program. The Vocational Training Specialist in Norfolk coordinated with the Education Department to get everything set up. She appreciated the efforts of the Vocational Training Specialist in getting stuff done for her quickly and efficiently.

She decided to pursue her associate in Social Science because she likes working with people and hopes to help any in need. Carla has enjoyed her time in college, saying it was a challenge but well worth the effort. Once she earns her associate degree this coming December, she will continue her education at Wayne State University. From there, she will acquire her Master's degree and pursue a career in Child Psychology.

The Ponca WIOA Program has staff members in Lincoln, Norfolk, and Ralston to assist Nebraska residents. The program can help with academic counseling, employment referrals, and access to computer labs in each location. In Lincoln, contact Stephanie or Tierra at 402-438-9222; in Norfolk, contact Bianca at 402-371-8834; and in Ralston/Omaha, contact Colleen at 402-315-2765.

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.

Winter 2021 deadline: November 15,2021
Spring 2022 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 2021-2022 school year is July 31, 2022.

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

Attention Ponca Tribe of Nebraska members:

You can access Tribal Council minutes on the tribe's website at https://www.poncatribe-ne.org/tribal-documents/council-minutes-agendas/ (note that you must register and be logged in). These are updated as soon as approved minutes are distributed.

Elder's Committee Meeting

November 5 & 6 | 9 am
Norfolk Transit | Norfolk

December 6 | 9 am
Ponca Tribe Offices | Niobrara

MEMBERS NEEDED!

LANGUAGE & CULTURE COMMITTEE

There is currently an open position for District 3 on the Language & Culture Committee for a term to expire on 3/9/24. Some of the responsibilities of this committee are:

- To provide guidance to the Culture Department and Language Program with long-term planning, programming, and the use of traditional knowledge.
- To generate culturally-appropriate programming to increase tribal involvement on culture and language activities and create a sustainable culture and language program for tribal members inside and outside the SDAs.
- To act as a resource for Tribal departments to create culturally-based programming by providing guidance, knowledge, wisdom, and expertise on Ponca culture, traditions, history, and beliefs.
- To assist the Ponca Tribal government in the formulation of policies and procedures pertaining to the Ponca Language, culture, and history.
- To review and approve all Ponca culturally related educational material, such as instructional materials and modern communication media productions, to be used to provide instruction to
- To review and reserve approval on all other activities and tasks related to the Ponca language, history, and culture as may be referred the Committee.

HOW TO APPLY: You may submit your letter of interest and/or resume to Ponca Tribal Council, ATTN: Beth Barger, P.O. Box 288, Niobrara, NE 68760 or via e-mail to bbarger@poncatribe-ne.org. Thank you.

Brossey recognized by Diversity Journal



Ponca member Katie Brossey was recently honored in Diversity Journal's 3rd quarter issue as a Native American Indigenous Leader Worth Watching.

Katie is the daughter of Judi gaiashkibos, and is Senior Counsel at Akin Gump Strauss Hauer & Feld, LLP, representing Tribal Nations on critical policy and legal issues.

Please join us in recognizing Katie Brossey for her accomplishments.



Dear Ponca Relatives,

My name is Cliff Taylor. I am the son of Cliff Taylor Jr. and the grandson of Cliff Taylor Sr. and Barb Taylor (Picotte). I'm a writer, a jack of many trades (grocery store cashier, gas station cashier; guess that's pretty much it), a Sundancer, and a poet. I love spending my time working on things that I imagine will be of some help or use or inspiration to our people, especially on things that'll continue to help long after us current folks are gone. And in that spirit, I have a new project I would like to invite you all to be a part of.

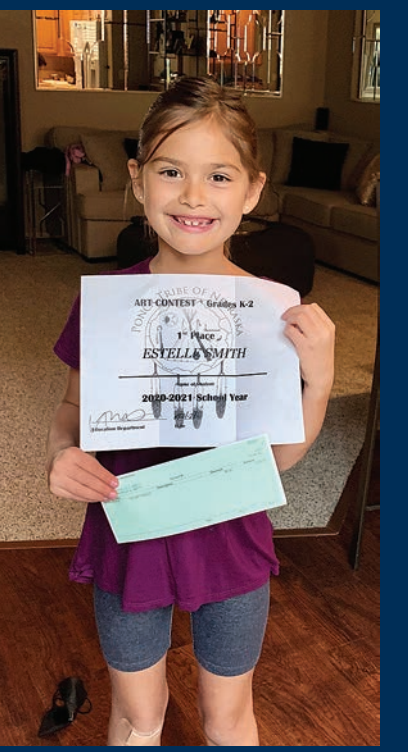
I want to put together a book of stories about our Ponca people, stories of all kinds from all of us, to create a portrait of who we are that we can share with each other far and wide and also pass on to our young ones who are full of all those essential, important questions: like "What does it mean to be Ponca?", "How can I learn about myself and my culture?", "How have our elders handled the challenges of this life?", "What do other Poncas have to say about our tribe and where we're going?" I would love to see this book composed of stories from Poncas young and old. I want this book to be a gift we all make together, compiling a wide, rich selection of perspectives, memories, stories, jokes, teachings, history, and things worth knowing, things worth passing on to future Poncas.

Send me a story or two or three. Tell your family about this project and see if they'd like to participate, maybe buy them a coffee or a Coke, give them some love and attention and volunteer to write their story down for them, and then send it in.

My email is cliffponca@gmail.com and my mailing address is Cliff Taylor/ 3710 Grand Ave/ Astoria, OR 97103. I look forward to reading your stories and finding a place for them in Stories of Our Northern Ponca People.

Weblaho,

Cliff Taylor



Estelle and Harrison, children of Eva Smith, would like to thank the Education Department for the awards they received through the Youth Initiatives program.

Member Thank You

Thank you to the Tribe for the gift cards and pumpkins!

Willow and Woniya Laravie, and the Velder Boys





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