



# Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

## INSIDE

### Updates

- MMU in Action
- Senior Services/Elder Nutrition host Elder Bingo
- Sept. Suicide Prevention Mo. COVID-19 Surge
- Call for Vendors
- Upcoming Events

### ONHS Award Winners

Highlights of Employee Award Winners for August

### Health & Wellness Topics

The very latest of a variety of Health & Wellness topics happening today.

## MMU In Action Providing Sports Physicals



Michelle Crtichfield, ANPRN-CNP and Amanda Miller, RN provide services/sports physicals to youth in the MMU

By Mark Rogers, CEO

The Osage Nation Health System (ONHS) is proud to operate its Mobile Medical Unit (MMU), a groundbreaking initiative aimed at providing accessible healthcare services to Native American patients across Osage County. This innovative, state-of-the-art mobile clinic bridges the gap for many residents who face challenges such as distance and lack of transportation when seeking medical care. By bringing services directly to the community, the MMU eliminates these barriers, ensuring that every individual has access to quality healthcare without having to travel far from home.

### What the Mobile Medical Unit Offers

The MMU is staffed by a dedicated team of healthcare professionals and equipped to provide a wide range of services, including: routine check-ups, vaccinations, health screenings, basic diagnostic services. This flexibility allows the MMU to operate across several locations in Skiatook, Fairfax, and Hominy, esuring that even the most

remote communities in Osage County are well-served. Whether it's a busy parent needing a quick health screening or an elder in the community requiring regular check-ups, the MMU is here to meet their needs.

Recently, Pawhuska youth benefited from this mobile unit as they received sports physicals on-site, ensuring that they are healthy and prepared for their upcoming school activities. This is just one of many ways the MMU is making a difference in the lives of Osage families.

In addition to its regular services, starting September 23rd, 2024, the MMU will begin providing COVID-19 and Flu vaccinations at all its scheduled stops. As the flu season approaches, now is the time to protect yourself and those you love. Early vaccination helps reduce the risk of severe illness and keeps the community safe. For MMU schedule see pg. 5.

## The ONHS Senior Services and Elder Nutrition Teamed Up to Provide Senior Bingo Event.

By Senior Services Staff



(Elders who participated in Friday's Bingo event in Pawhuska.)

Thursday, September 19th, the Osage Nation Health System (ONHS) Senior Services and Elder Nutrition programs brought joy and excitement to the elder community by hosting a fun-filled Bingo event. Held at the Pawhuska Elder Nutrition Site, this event saw elders aged 55 and older come together to enjoy an afternoon of games, prizes, and laughter.

The event began at 1:30 PM with an enthusiastic turnout of elders eager to try their luck at Bingo and win fantastic prizes. Elders from across Osage County participated, and the atmosphere was filled with anticipation as each number was called. Many familiar faces in the community joined in, and the camaraderie among participants was heartwarming.

Prizes and Fun Galore!

The prizes added excitement and ranged from household items to personal care products and even gift cards. These thoughtful prizes were designed to bring practical benefits and a little joy into the winners' lives, showing our elders how much they are valued. Elders were thrilled to be able to take home something special, and the competitive yet friendly spirit made for an engaging and energetic event.

With so much to offer, from friendly games to prizes, this Bingo event was a hit with the elderly community. It also provided an opportunity for elders to socialize and reconnect with friends, all while enjoying a light-hearted and entertaining afternoon.

Those who couldn't attend Friday's event still have another chance to enjoy the fun! ONHS will host another Bingo event at Pawhuska Elder Nutrition on Thursday, October 17th and the Fairfax Elder Nutrition Site on Wednesday, October 23rd both at 1:30 PM.

With pictures capturing the smiles and shared moments of the day, this Bingo event has already become a treasured memory for our staff and, hopefully, our elders. The ONHS Senior Services and Elder Nutrition programs will continue to organize such engaging events, aiming to foster a strong sense of community and well-being among Osage elders.

Be sure to mark your calendars for upcoming Bingo events, and don't miss out on the chance to win great prizes and enjoy some Bingo fun!



(Bingo Prizes to help with some household items.)

# BINGO GAMES

**PRIZES | FUN** FOR  
Elders 55+



**THURSDAY, OCTOBER 17TH AND  
WEDNESDAY, OCTOBER 23RD AT 1:30 PM**



**PAWHUSKA ELDER  
NUTRITION SITE (17TH)  
& FAIRFAX ELDER  
NUTRITION SITE (23RD)**



# September is National Suicide Prevention Month and ONHS Prevention Department Hosts events

By Dana Lott, ONHS Prevention Department

September is National Suicide Prevention Awareness Month, and the Osage Nation Health System Prevention Department is hosting events to raise awareness of the suicide prevention activities happening nationally and locally at Osage Nation.

We want to welcome everyone to two of the events:

"Understanding Trauma and How it Affects our Communities" Workshop featuring Dr. Darryl Tonemah on September 24th & 25th

Outdoor Family Movie Night - Inside Out 2 on September 28th

For more info about the workshop or movie night, please see the flyers in this newsletter.

Although special recognition of suicide prevention awareness is given in September, the Prevention Department focuses on suicide prevention year-round. It has been implementing suicide prevention activities for over ten years.

The department implements many different types of prevention activities, including suicide prevention, substance use prevention, and promoting positive youth development. Some of the activities that you have likely seen around the community are school-based prevention education programs - such as Too Good for Drugs and Violence, community workshops, outdoor family movie nights, social marketing, helping schools and youth-serving organizations write suicide prevention/intervention/postvention policy and protocol, and the Osage Nation Holiday Market, plus much more.

The Native Connections infographic to the right highlights five years' worth of these activities, which were supported by grant funding from SAMHSA's (Substance Abuse and Mental Health Services Administration) Native Connections grant.

The Native Connections grant ended in April of this year, but suicide prevention services did not stop. We also enthusiastically announce that the Osage Nation Health System was awarded another 5-year Native Connections Grant, and the Prevention Department will continue to enrich the lives of so many families in the Osage Nation.

The Prevention Department Staff thanks all Osage Nation Community Members for their support over the years and is thankful to continue serving the community and the people they love.

## OSAGE NATION HEALTH SYSTEM PREVENTION DEPARTMENT

### Native Connections Project Activities At a Glance 2019 - 2024

Native Connections is a 5-year grant project to Prevent Suicide Among Native American Youth in Osage Nation

#### OUTREACH

- 1,778 People Received Evidence-Based Mental-Health Related Services
- 360,709 prevention contacts made with people
- 211 People Were Referred to Mental Health or Related Services
- 141 People Received Services After a Referral

#### SOCIAL MEDIA

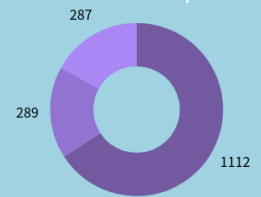


Information Shared in Social Media Posts:

- 988 Mental Health Crisis Lifeline
- Prevention Program Activities
- Encouraging Messages
- And More!

#### PREVENTION EDUCATION

Number of Participants



- Youth/Students
- Community Members
- School Staff & Parents

#### School-Based Prevention Education



- Too Good for Drugs & Violence
- Lifelines for students & faculty
- Gizmo's Pawesome Guide to Mental Health
- It's Real: Teens & Mental Health
- Life Skills
- LivingWorks Start
- Kognito Suicide Prevention

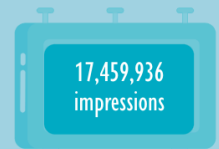
#### Community-Based Prevention Workshops



- Trauma Healing
- Drug Trends & Identification

#### BILLBOARDS

11 Different Billboards that promoted 988 and Mental & Behavioral Health Resources



#### UPCOMING EVENTS

Osage Nation Health System was recently awarded a third 5-year Native Connections grant starting September 2024 - Suicide Prevention Awareness Month



To learn more about the Prevention Department, call 539-212-2521  
If you or someone you know is experiencing a mental health crisis, call 988

# October is Fire Prevention Month.

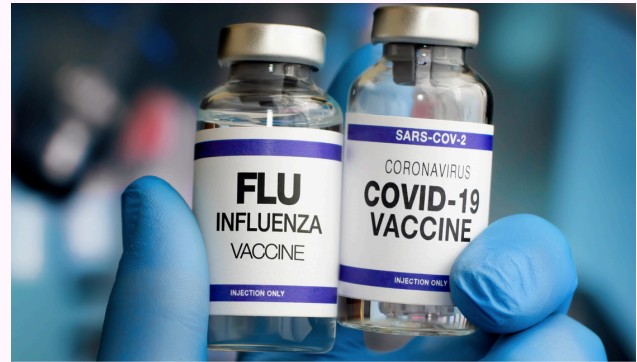
By April Black, Compliance & Risk Management Officer

October is Fire Prevention Month! The goal of Fire Prevention Month is to raise fire safety awareness and help protect businesses, homes, and families. In 1922, the National Fire Protection Association (NFPA) named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. As we approach the fall season and dryer weather the chances of accidental fire increases. We are celebrating fire prevention month by spreading fire safety awareness and providing resources to avoid fire and limit fire damage. On Sept 25, 2024, at town hall, mandatory fire safety training will be conducted by The Osage Nation Emergency Management; followed by a workplace violence presentation by William Mitchell. Please be on the watch for an email from MedTrainer with your assigned courses on fire safety and active shooter with a date due on 30 September 2024. April Black has emailed instructions on accessing MedTrainer course content. Any problems or concerns with MedTrainer contact April Black.



## OUR WEBSITE COMING SOON!

On our website you can see department resources and information, upcoming ONHS events, make inquiries and so much more. Follow the Osage Nation Health System on facebook for the official announcement.



## FLU / COVID 19 VACCINES ARE HERE!

*Let's protect yourself and your loved ones*

There are two ways to get them:

- Ask your provider at your appointment
- Inquire with pharmacy, no appointment necessary



Wahzhazhe Health Center  
715 Grandview Avenue, Pawhuska, OK 74056 | 918.287.9300



# FAMILY VIOLENCE PREVENTION

**MONDAY- FRIDAY 8AM TO 4:30PM:**

**539-212-2411**

**24 HOUR CRISIS LINE:**

**866-897-4747**

**ADDRESS:**

**1201 E. 11TH STREET, PAWHUSKA, OK 74056**

**EMAIL: FAMILYVIOLENCE@OSAGEHEALTH.ORG**

# Osage Nation Health System August Employee Recognitions



Employee of the Month, Joe Don Mashunkashey, ONHS Maintenance (Picture Not available)



Justin Blackard, ONHS Security & Facilities the Unsung Hero Award by CEO Mark Rogers (right), and COO Kirk Shaw (left).



Lyric Brooks, ONCC PRTC was presented the Special Leadership Award by CEO Mark Rogers (right), and COO Kirk Shaw (left).



August work Anniversary recognition of Employees by CEO Mark Rogers and COO Kirk Shaw



August birthday recognition of Employees by CEO Mark Rogers and COO Kirk Shaw

**Osage County**

**OSAGE NATION HEALTH SYSTEM**  
A Culture of Caring

**Ask about Flu/COVID 19 Vaccines at your MMU appointments!**

## ONHS MOBILE MEDICAL UNIT SCHEDULE (September/October)

### September

**Skiatook- Osage Casino Property**  
3rd, 10th, 17th - TUESDAY, 8:30 a.m. - 3:30 p.m.

**Fairfax- Osage Fitness Center**  
4th, 11th, & 18th - WEDNESDAY, 8:30 a.m. - 3:30 p.m.

**Hominy- community center property across from high school**  
5th, 12th, 19th, 26th- THURSDAY, 8:30 a.m. - 3:30 p.m.

### October

**Skiatook- Osage Casino Property**  
1st, 8th, 15th, 22nd & 29th - TUESDAY, 8:30 a.m. - 3:30 p.m.

**Fairfax- Osage Fitness Center**  
2nd, 9th, 16th, 23rd & 30th - WEDNESDAY, 8:30 a.m. - 3:30 p.m.

**Hominy- community center property across from high school**  
10th, 17th, 24th, & 31st - THURSDAY, 8:30 a.m. - 3:30 p.m.

For a Mobile Medical Unit appointment call 918.287.9300

## Updated COVID Vaccines: Who Should Get One, and When?

Article by: Dr. Tony Little, CMO

New updated COVID vaccines will soon be available at Wahzhazhe Health Center, but who can get them, who should get them, and when? Two updated COVID vaccines, one by Moderna and the other by Pfizer, have been authorized or approved by the US Food and Drug Administration (FDA) for those aged 6 months or older.

The Centers for Disease Control and Prevention's (CDC's) Advisory Committee on Immunization Practices (ACIP) recommends a dose of the 2024-2025 updated COVID vaccine for everyone aged 6 months or older. This includes people who have never been vaccinated against COVID, those who have been vaccinated, as well as people with previous COVID infection.

The big question is when, and FDA and CDC have set some parameters. For the updated vaccines, you should wait at least 2 months after your last dose of any COVID vaccine before getting a dose of the updated vaccine.

If you have recently had COVID, the wait time is even longer: You can wait 3 months after a COVID infection to be vaccinated, but you don't have to.

Personalizing your vaccine plan possible! You have the greatest protection in the first few weeks to months after a vaccine, after which antibodies tend to wane. It is a good idea to time vaccination so that protection peaks at big events like weddings and major meetings. If you decide to wait, you run the risk of getting a COVID infection. Right now, there is a lot of COVID going around, and most of it is related to JN.1, the target of this year's updated vaccine. If you decide to wait, you should avoid crowded indoor settings or wear a high-quality mask for some protection. Here's the bottom line: Most people (more than 95%) have some degree of COVID protection from a previous infection, vaccination, or both. But if they haven't recently had COVID infection and didn't get a dose of last year's vaccine, they are sitting ducks for getting sick without updated protection. The best way to stay well is to get a dose of the updated vaccine as

soon as possible. This is especially true for those in high-risk groups or who are near someone who is high risk.

We're still seeing increased COVID-related hospitalizations, especially among American Indians, Alaska Natives, and African American populations. People with immunocompromising conditions, those with chronic medical conditions, and people living in long-term care facilities are also at greater risk. Unlike last year, additional vaccine doses are not recommended for those aged 65 or older at this time, but that could change.

Let's face it – we all have booster fatigue, but COVID is now endemic. It's here to stay, and it's much safer to update antibody protection with vaccination rather than with infection. Another benefit of getting vaccinated is that it decreases the chance of getting long COVID. The uptake of last year's COVID vaccine was dismal; only about 23% of adults and 14% of children received it.

Furthermore, we are now entering respiratory virus season, which means we need to think about taking all 3 vaccinations if indicated: COVID, FLU, RSV. Now is the time! You can get all three at the same time, in the same visit, if you choose to do so.

Please contact the Wahzhazhe Health Center today and get your VACCINATIONS!



**Learn how to save lives. Request a**

**NALOXONE (NARCAN) TRAINING**




These free trainings are an essential part of overdose prevention education, where members of the community learn what a fentanyl overdose looks like and what can be done to reverse an overdose.

For Narcan training and Narcan mail delivery, scan this QR code or visit:

Email: [Alexis.Martin@osagenation-nsn.gov](mailto:Alexis.Martin@osagenation-nsn.gov) or call 539.212.2470

**SCAN ME**



**988 SUICIDE & CRISIS LIFELINE**

## Why Do I Need a Comprehensive Dental Exam?

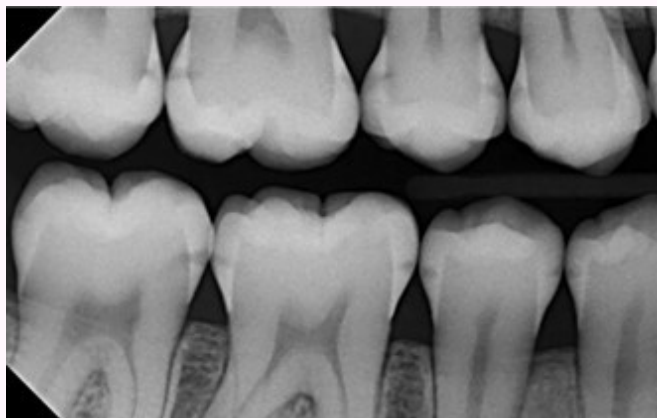
By Miranda Scholz, DDS, Dental Director

In last month's newsletter we discussed the importance of regular dental visits from a dental hygiene perspective, and how frequent cleanings and good home care can prevent gum disease. For this month's edition, I want to explain the importance of these regular visits from the perspective of restorative dentistry.

As mentioned last month, if you are a brand new patient to our clinic, or you haven't been seen in several years, it is important to schedule a comprehensive dental exam. A comprehensive exam includes x-ray images of every tooth, and a complete assessment of your gum health by our hygienists. During this exam, I also complete a detailed examination of the teeth and soft tissues. From this exam, we can create a customized treatment plan to meet your specific needs and get you back to a state of oral health.

If you have not had one recently, it is important to schedule a comprehensive dental examination because not all cavities can be seen by the naked eye. We must take a complete set of x-ray images to fully understand the condition of your teeth. Most tooth decay begins at the contact point between teeth (why it is important to floss!), and we cannot diagnose what we cannot see. Even with the experience I have diagnosing tooth decay, I am still surprised from time to time at what will be visible on a radiograph that I could not see during the oral exam.

Another benefit of regular dental exams is that we will be able to diagnose tooth decay and other problems before they progress into larger problems. A small cavity is repaired by a small filling.



When the cavity is very large, however, the tooth can require a crown or a root canal, or it can become so large that it cannot be saved and must be extracted.

My goal as a dentist is to help my patients prevent cavities from forming, but when they do, to preserve as much natural tooth structure as possible. To save you time in my chair, and a toothache, let's get your cavities diagnosed and repaired while they are small! Call the Wahzhazhe Health Center at (918) 287-9300 to schedule your comprehensive dental exam today!

**OSAGE NATION HEALTH SYSTEM**  
DIABETES PROGRAM

**5K**

**5K BUFFALO RUN**  
Saturday, October 12th  
Osage Hills State Park  
2131 Osage Hills, Park Road, Pawhuska, Ok.

Registration opens at 6:45 AM, Race begins at 8 AM  
Free to sign up, participants will receive T-Shirts, prizes, and snacks.

QUESTIONS? CONTACT:  
Katie Weigant, RN at 539.212.2373, [katie.weigant@osagehealth.org](mailto:katie.weigant@osagehealth.org)

**OSAGE NATION HEALTH SYSTEM**  
PREVENTION PROGRAM

**UNDERSTANDING TRAUMA AND HOW IT AFFECTS OUR COMMUNITIES**

**DR. DARYL TONEMAH**

Tuesday, September 24th  
9 a.m. to 3 p.m. (each provider)  
&  
Wednesday, September 25th  
9 a.m. to 3 p.m.

Osage County Fairgrounds Ag Building  
320 Skyline Drive Pawhuska, OK.

Questions?  
Call 539.212.2521

Registration Link: <https://forms.osagenation-nhsn.gov/view.php?id=108835>

**EVENT POSTPONED**

SCAN ME

REGISTRATION

**Program Events:**

- **ONHS Counseling Center:**
  - October 5th - Evening, COIPP Powwow At PHS Fieldhouse.
  - Oct. 11 & 22nd Elder Services and Elder Nutrition hosting Elder Bingo (Pawhuska 11th & Fairfax 22nd)
  - October 31st - Halloween Handgame (ONCC vs. White Eagle Behavioral Health).
- **ONHS Prevention Program:**
  - ~~Sept 24th & 25th~~ Understanding Trauma and How it Affects our Communities (event postponed see flyer to left)
  - Sept. 28th Outdoor Family Movie Night: Inside Out 2 @ Civic Center 6:30pm
- **ONHS CHR:**
  - 5K Buffalo Run, Sunday, October 12th 6:45am registration, race begins 8am
  - October 23rd, ONHS CHR Community Health Fair @ Osage Co. Fairgrounds- Ag Building from 10am-2pm

**OSAGE NATION HEALTH SYSTEM**  
COUNSELING CENTER

**OPIOID AWARENESS AND PREVENTION POWWOW**

**SATURDAY, OCTOBER 5TH**

**HEAD STAFF:**  
**HEAD MAN: TAOS BARRONE**  
**HEAD WOMAN: DORA WILLIAMS**  
**MC: JOSEPH PRATT**  
**AD: NICK WILLIAMS**  
**HEAD SINGER: EDDIE YELLOWFISH**

**DINNER SERVED AT 5, GRAND ENTRY AT 7. SOCIAL AND THEN CONTEST TO FOLLOW.**

**Categories:**

Jr. Girls (7-12): Cloth, Buckskin, Jingle/Fancy Shawl	\$75, \$50, \$25
Jr. Boys (7-12): Straight, Traditional/Grass, Fancy	\$75, \$50, \$25
Teen Girls (13-17): Cloth, Buckskin, Jingle/Fancy Shawl	\$175, \$150, \$125
Teen Boys (13-17): Straight, Traditional/Grass, Fancy	\$175, \$150, \$125
Women (18+): Cloth, Buckskin, Jingle, Fancy Shawl	\$300, \$200, \$100
Men (18+): Straight, Traditional, Grass, Fancy	\$300, \$200, \$100

**PAWHUSKA HIGH SCHOOL FIELD HOUSE, 1800 MCKENZIE ROAD**

**IMPORTANT NUMBERS**

Wahzhazhe Health Center  
918.287.9300

Title VI 539.212.2510  
Prevention 539.212.2521  
ONHS Security 539.212.2559

Family Violence Prevention (FVP)  
539.212.2506  
FVP 24/7 Crisis Hotline  
866.897.4747

24/7 Suicide Crisis Lifeline:  
918.381.0258

ONHS Counseling Center  
M-F 8a-4:30pm  
539.212.2499