



# Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

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

## Osage Nation Health System Mobile Medical Unit: Bringing Healthcare to the Community



(From left to right) James Brasel, ONHS Chief Finance Officer; Kirk Shaw, Clinic Administrator; Michelle Critchfield, APRN, Amanda Miller, RN; David James, Elder Services; and Mark Rogers, Chief Executive Officer of the Osage Nation Health System.

The Osage Nation Health System (ONHS) Mobile Medical Unit (MMU) is now operational, delivering vital healthcare services to Native American patients in Skiatook, Fairfax, and Hominy. This initiative marks a significant breakthrough in providing accessible healthcare throughout Osage County, addressing the critical need for medical services in remote and underserved areas.

The MMU is designed to eliminate the barriers of distance and transportation that many residents face. By bringing healthcare directly to the community, the unit ensures that essential medical services are within reach for all, particularly those in remote locations.

Staffed by a team of dedicated healthcare professionals, the MMU offers a range of services, including:

- Routine Check-ups: Regular health assessments to monitor and maintain overall wellness.
- Vaccinations: Immunizations to protect against common and preventable diseases.

- Health Screenings: Early detection of potential health issues through screenings for blood pressure, cholesterol, diabetes, and more.
- Basic Diagnostic Services: Initial diagnosis and management of common medical conditions.

The Mobile Medical Unit's flexible operation allows it to travel to multiple locations across Osage County. This mobility ensures that even the most isolated communities have access to quality healthcare, supporting the health and well-being of all residents.

The ONHS is committed to improving the health outcomes of its community members. The Mobile Medical Unit represents a significant step forward in this mission, ensuring that all Native American patients in the area receive the care they need, when and where they need it.

*For more information about the ONHS Mobile Medical Unit or to schedule an appointment, please contact the ONHS at 918.287.9300. See MMU Schedule on page 8.*

## Invitation to the Osage Nation Health System Ribbon Cutting Ceremony

The Osage Nation Health System (ONHS) invites you to the Ribbon Cutting Ceremony for the Osage Nation Counseling Center. Join us in celebrating this milestone and opening a vital new resource for our community.

### Event Details:

Date: July 22, 2024

Time: 10:00 AM

Location: 436 Elks Lodge Road, Pawhuska, OK 74056

### Schedule:

9:45 AM: Arrival of Official Osage Leadership Party

10:00 AM: Emcee Mr. Mark Rogers Opens Event/Introduction of VIPs

10:05 AM: Invocation by Mr. Vann Bighorse

10:10 AM: Welcome & Remarks by Chief Geoffrey StandingBear

10:20 AM: Welcome & Remarks by Congressional Representatives

10:30 AM: Welcome & Remarks by SSAPT Chair Shangreau

10:35 AM: Acknowledgements by Mr. Mark Rogers (Construction Partners/Counseling Staff)

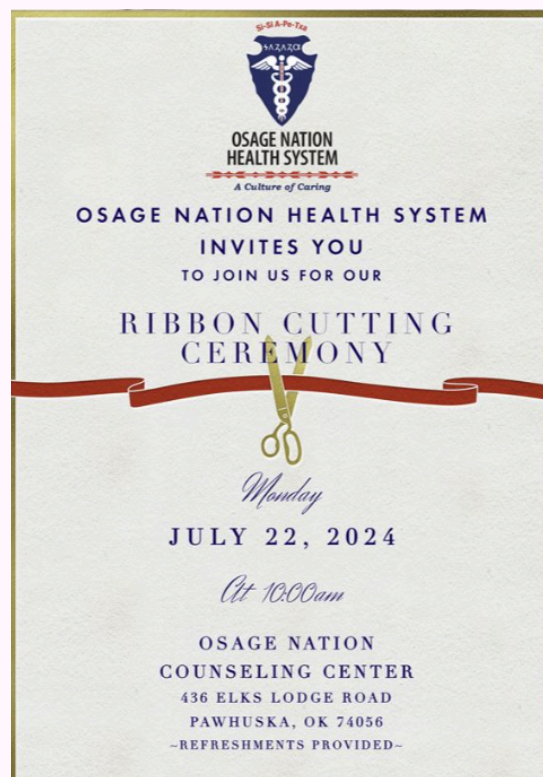
10:45 AM - Noon: Ribbon Cutting Ceremony, Photo Op & Tours

10:45 AM - Noon: On-site Reception with heavy hors d'oeuvres, water, and tea provided

### Additional Information:

Parking: Carpooling is encouraged due to limited parking.

We look forward to seeing you there as we celebrate the opening of the Osage Nation Counseling Center and its commitment to providing essential mental health services to our community.



## Osage Nation Health System Holds Annual Day of Champions Camp



-by Dana Lott, ONHS Prevention Program

The Osage Nation Health System hosted the Day of Champions Sports Camp on June 17th and 18th, 2024, with sponsorship from the Osage Nation Health System Prevention Department. The camp was led by Ken Heupel, former NCAA DII head football coach, along with current and former collegiate-level coaches and athletes from across the country, making it a highly sought-after and elite event. It was a privilege and honor to have this incredible opportunity for youth ages 8-14 living on and near the Osage Nation Reservation for the second consecutive year!

Camp Staff coached youth participants in overall athletic development and focused on enriching football and softball skills while mentoring the youth in habits and mindsets that reinforce healthy lifestyles beyond physical fitness, including responsibility, respect, determination, and other fundamental values.

Over the two-day event, 62 youth engaged

in sportsmanship and teamwork in a spirited and positive environment. The coaching staff's encouragement at every step boosted the youth's self-esteem and confidence, which are important protective factors for living a healthy life. The positive impact on these young individuals is a testament to the event's success and a source of pride for all involved.

As the event concluded, the coaching staff congratulated the youth on their dedication and accomplishments and recognized ten participants for achieving excellence!

This event was a huge success, and we owe it all to the 31 dedicated ONHS employee volunteers, the Day of Champions coaching staff, the youth participants and their families, ON Tribal Works, and our partners at Pawhuska Public Schools. Your contributions and support were invaluable, and we are deeply grateful for your involvement. Tentative plans are being excitedly set for next year, and we look forward to your continued support.



Well-child visits and Recommended Vaccinations are Essential and help ensure children stay healthy. Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are highly contagious and can be very serious, especially for babies. In recent years, these diseases have been outbreaks, especially in communities with low vaccination rates.

Well-child visits are essential for many reasons, including:

- Tracking growth and development milestones.
- Discussing any concerns about your child's health.
- Getting scheduled vaccinations to prevent illnesses like measles, whooping cough (pertussis), and other serious diseases.

\*It is particularly important for parents to work with their child's Doctor or Nurse to make sure

they get caught up on missed Well-Child visits and recommended vaccines.

During your Well-Child visit. Parents and caregivers play an essential role when children receive vaccines. A parent's embrace during vaccination offers several benefits.

A comforting hold:

- Safely prevents children from moving their arms and legs during injections.
- Avoids frightening children by embracing them rather than overpowering them.
- Encourages parents to nurture and comfort their child.
- Allows the health care professional steady control of the limb and the injection site.

Centers for Disease Control and Prevention. "Why Vaccinate." Retrieved from <https://www.cdc.gov/vaccines/parents/why-vaccinate/index.html>

## Walk this Way



-By Dr. Tony Little and Katie Weigant, RN


The Osage Nation Health System's Diabetes Program is pleased to announce a new diabetic shoe incentive for program participants. Shoes will be available once per year to diabetic patients upon recommendation from the podiatrist. Patients will need to have a foot exam by the podiatrist, complete all yearly requirements of the diabetes program and complete an application. We are very excited to offer this to our patients and look forward to seeing you in the clinic! Funding for these shoes provided by a grant from the Special Diabetes Program for Indians (SDPI). For questions regarding this program please contact Katie Weigant, RN, Diabetes Program Coordinator at (539) 212-2373.

**August is National  
Vaccination/Immunization  
Awareness Month**

**REMEMBER TO SCHEDULE  
YOUR NEXT VISIT!**

**It is important to stay current with  
your child's vaccinations for best  
protection against disease.**

*Please call our clinic to make a well-child visit for  
your child to update their vaccinations.*


**OSAGE NATION HEALTH SYSTEM**  
 A Culture of Caring  
**918.287.9300**

# Osage Nation Health System June Employee Recognitions



Amanda Miller, RN was presented the Employee of the Month Award by CEO Mark Rogers (left), and COO/Clinic Administrator Kirk Shaw (right).



Elizabeth "Lizzy" Lynn was presented the Special Leadership Award by CEO Mark Rogers (left), and COO/Clinic Administrator Kirk Shaw (right).



Brenden Rogers, ONHS Elder Nutrition was presented the Unsung Hero Award by CEO Mark Rogers (left), and COO/Clinic Administrator Kirk Shaw (right).



June Anniversary recognition of Employees by CEO Mark Rogers and COO/Clinic Administrator Kirk Shaw



(June birthday recognition of Employees by CEO Mark Rogers and COO/Clinic Administrator Kirk Shaw)

## ONHS Staff Provide Support and Participate in June's InLonSka Dance

It was an exciting month of June! The Osage Nation Health System (ONHS) played a significant role in supporting the InLonSka dances, a cherished cultural event for the Osage Nation. ONHS provided vital services throughout the event, including supplying water to keep everyone hydrated under the summer sun. Our Mobile Medical Unit was stationed on-site, offering medical services and serving as a cooling station to ensure the safety and comfort of all participants and attendees. The dedication of the Osage Health System staff was evident, not only in their pro-



From left to right; Tryp Neff, Marcy Barton, RN (ONHS Director of Nursing) and Hunter Wall



From left to right; Laken Barton, Tryp Neff, and Hunter Wall on their way to the arbor

fessional roles but also in their commitment to their heritage. Many staff members, who are proud members of the Osage Nation, actively participated in the dances, showcasing their deep connection to their culture and community. This blend of healthcare support and cultural celebration made the InLonSka dances a memorable event. We are deeply grateful to the Nation and community for allowing us to be part of such a rich cultural event.

## Meet the New Osage Nation Health System Dentist!

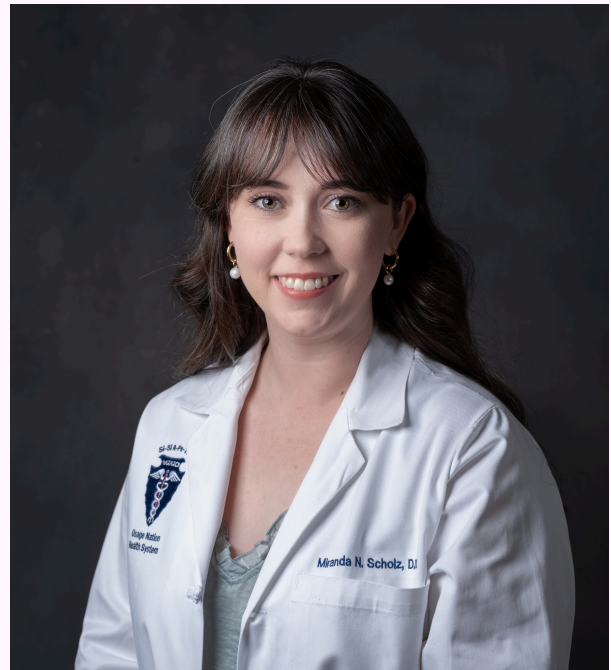
-By Dr. Miranda Scholz

Hello! My name is Dr. Miranda Scholz, DDS, and I am the new dentist for the Wahzhazhe Health Center. It is an honor to be here and to serve the Osage Nation. I have been here since May and have had the pleasure of meeting quite a few patients already, who have all been so welcoming, but I wanted to introduce myself to those I haven't yet met.

I grew up in Fort Smith, Arkansas, and my family moved to Owasso ten years ago. I graduated from the University of Oklahoma College of Dentistry in 2022. As an alumnus, I am a Sooner fan, but I'm really an Arkansas Razorback fan at heart. After graduation, I moved back home with my husband, Hunter, to the Tulsa area and worked in private practice. I currently live in Collinsville and serve on the Tulsa County Dental Society board. I am also an active member of the Oklahoma Dental Association.

I love to cook and shop for antiques, and I'm an aspiring quilt maker (I work on them very slowly, and it has taken me about a year to finish one). I would consider opening a kitchen boutique if I weren't a dentist. I also love spending time with my family. My very best friend is my younger sister, who most people mistake for my twin. My wonderful husband is an accountant, and we will celebrate four years of marriage this August. We have one dog, who we probably fuss over a little too much.

We have an excellent dental team here in the Wahzhazhe clinic composed of skilled, dedicated clinicians. Our services currently include exams, dental hygiene treatments, fillings, crowns, bridges, and extractions. We are pleased to be newly offering complete dentures, partial dentures, and root canals. All treatment is at no cost to the patient. We have walk-in appointments available for urgent



dental needs on Mondays and Wednesdays from 8:00 to 11:00 on a first come, first serve basis. We cannot guarantee same day treatment on these days, but we do guarantee an exam and diagnosis followed by a future scheduled appointment. Call (918) 287-9300 to schedule your appointment! We can't wait to meet you!

A promotional graphic for 'July is Healthy Vision Month'. The graphic has a dark blue background with red and white diagonal stripes. On the right side, there is a photograph of a hand holding a camera lens in front of a microscope. The text 'JULY IS HEALTHY VISION MONTH' is written in large, white, bold letters. Below this, in smaller white text, it says 'Schedule with our optometry department to have your regular vision check.' At the bottom left, there is a white button with the text 'Contact Us 918.287.9300'. At the bottom right, there is the Osage Nation Health System logo, which includes a shield with a caduceus and the text 'OSAGE NATION HEALTH SYSTEM A Culture of Caring'.

## How Can I Take Care of My Mental Health?



- By National Institute of Mental Health

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.

- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

When should I seek professional help?

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

How can I find help? If you have concerns about your mental health, talk to a primary care provider. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out the next steps. Find tips for talking with a health care provider about your mental health. We have a huge variety of resources and professionals at the Osage Nation to assist you with your physician and mental health needs! If you are experiencing crisis, please use the 988 feature via text/phone call to immediately access and secure help with any issue(s) you may be experiencing. In life-threatening situations, always call 911! We care about your health and wellness, and want the best for you and your family, today, tomorrow, and always!

To learn more about healthy practices for your mind and body, research more at the below link at NIMH: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

**988 SUICIDE & CRISIS  
LIFELINE**

# Important Department Notices



**Important Notice:** Correct Address Information

We understand that conflicting addresses have been reported in online searches for our services. Please rest assured that the Osage Nation Family Violence Prevention office remains at our long-standing location:

1201 E. 11th Street, Pawhuska, OK 74857

If you have any questions or need more information, please call us at 539.212.2411.

Please keep in mind that help is always available. Our 24/7 Osage Nation Family Violence Crisis Hotline can be reached at 866.897.4747.

Your safety and well-being are our top priorities. Thank you for your understanding and cooperation.

**IMPORTANT PATIENT REMINDER**

When attending your appointment, please anticipate being asked for the following documents:

- Current Driver's License
- CDIB/Tribal Enrollment Card
- Insurance Card

To ensure a smooth registration process, please bring these items with you. Thank you for your cooperation!

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| ONHS MOBILE MEDICAL UNIT SCHEDULE (JULY/AUGUST)   |   |
|---|---|
| JULY  | AUGUST  |
| <p><b>Skiatook- Osage Casino Property</b><br/>22nd - Monday 9:30 a.m. - 3:00 p.m.<br/>23rd - Tuesday 8:30 a.m. - 2:30 p.m.</p>                            | <p><b>Skiatook- Osage Casino Property</b><br/>5th, 12th, 19th &amp; 26th - Monday 9:30 a.m. - 3:00 p.m.<br/>6th, 13th, 20th &amp; 27th - Tuesday 8:30 a.m. - 2:30 p.m.</p>                |
| <p><b>Fairfax- Osage Fitness Center</b><br/>25th - Thursday 8:30 a.m. - 3:30 p.m.<br/>26th - Friday 8:30 a.m. - 2:00 p.m.</p>                             | <p><b>Fairfax- Osage Fitness Center</b><br/>8th &amp; 22nd - Thursday 8:30 a.m. - 3:30 p.m.<br/>9th &amp; 23rd - Friday 8:30 a.m. - 2:00 p.m.</p>   |
| <p><b>Hominy- community center property across from high school</b><br/>18th - Thursday 8:30 a.m. - 3:30 p.m.<br/>19th - Friday 8:30 a.m. - 2:00 p.m.</p> | <p><b>Hominy- community center property across from high school</b><br/>1st, 15th &amp; 29th - Thursday 8:30 a.m. - 3:30 p.m.<br/>2nd, 16th &amp; 30th - Friday 8:30 a.m. - 2:00 p.m.</p> |

**For a Mobile Medical Unit appointment call 918.287.9300**



## Celebrating Excellence in Mammography



Please join us in congratulating Jacquelyn Nightengale on the recent FDA inspection of our mammography department. Ms. Nightengale has achieved the trifecta: no citations for three consecutive years! This incredible accomplishment highlights her dedication to maintaining the highest patient care and departmental excellence standards.

Our health system and our patients are very lucky to have Ms. Nightengale as a leader in our mammography department. Please give her your congratulations on this fantastic achievement if you see her. Her exemplary performance sets a high standard and inspires us all to strive for excellence in our respective roles.

## Announcements/Reminders

- Farmer's Market: CHR and Childcare are partnering with WIC at the WIC office. Childcare will provide safety checks for child passengers. (July 22 at Skiatook and July 24 at Pawhuska from 10 AM to 2 PM.)
- Employees: Benefits Open Enrollment that starts August 1st through August 31st.



## 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**