



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

Chief and Vice-Chair attend town hall
 ONHS Supports Barnsdall Family
 Elder Fun Walk

ONHS Award Winners

Highlights of Employee Award Winners for Employee of the Month, Special Leadership Award, and "Unsung Hero" Award for May.

Health & Wellness Topics

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

Displaced Family Receives Support After Barnsdall Tornado



In response to a call from the Red Cross, the Osage Nation Health System (ONHS) Counseling Center (ONCC) stepped in to assist a displaced family in the aftermath of the May 4th tornado. The family, consisting of four members, including a special needs child (Osage member), had their home destroyed and were temporarily staying with friends in Skiatook.

The special needs child requires a wheelchair, hospital bed, and Hoyer lift due to being a total lift/total care child. The mother said their living situation did not allow them space for the necessary medical equipment. They had received a donated wheelchair, but due to the lack of a handicapped-accessible bathroom, the child's needs had not been met before the tragedy.

The ONHS Counseling Center team, led by USPHS Commander Brooke Wallace, Laura Brooks, Counseling Center Director, Tamara Holden, Compliance Officer, Lyric Brooks, Primary Residential Treatment Manager, and Racheal Fortney, Support Staff, worked in close collaboration with the Skiatook Nursing Home to assist the family. This partnership allowed the family to use the nursing home's Hoyer lift to aid the mother in bathing the child.

The ONHS Mobile Medical Unit, a testament to our commitment to comprehensive care, conducted medical evaluations for the tornado victims. Michelle Critchfield, APRN, a key unit leader, arranged for the family to bring their child in for a check-up. Recognizing the family's nutritional needs, the Osage Nation Butcher House generously donated food items to them during their dislocation.

Working closely with Brandon Wallace and Rachel Peery from the Osage Nation (ON) Housing Department, the team arranged for the family to receive available housing on June 2nd. The new residence would have enough space to accommodate the family's child's needs. A hospital bed, Hoyer lift, and FEMA confirmation of financial assistance for household goods were donated to the family.

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Osage community elders and staff after the Elder Fun Walk.

Community Celebrates Wellness at Elder Fun Walk Held on May 24th

By Kirk Shaw, COO/Clinic Administrator

The Osage Nation Health System (ONHS) partnered with the Osage Nation Senior Housing and Fitness Center to organize an "Elders Fun Walk" on May 24th. Fifteen Pawhuska Senior Housing residents and community elders participated in the walk around the Pawhuska complex, which was mapped out by the Senior Housing and Fitness Center staff. The event's purpose was to bring Osage elders from the community together and encourage outdoor walking and fitness. The participants heard informative speeches about our services from Osage Nation Chief of Police Nick Williams, Senior Housing Construction Manager Brandon Wallace, and ONHS Elder Services Director David James. After the walk, each participant received a shirt, fruits, and water from ONHS Elder Nutrition and a door prize coordinated by Senior Housing resident Stacy Miles. This is the first walk, and future events will be coordinated at the Homy and Fairfax Senior Housing communities.

Osage Nation Health System Employee Recognitions

- By Kirk Shaw, COO/Clinic Administrator

Awards and recognition of our workforce remain critical components of stabilizing and retaining our biggest investments today in the health system and our human capital.

The ONHS conducts an "At-Large" voting by all staff members each month via a Survey Monkey Survey emailed to all employees. Each voting tabulates the award winners in each category every month. The Employee of the Month honors, the top award presented each month, culminating in twelve honorees competing for annual Employee of the Year honors, which are also voted on at large. The employee of the year comes with a plaque, cash bonus award, and recognition and representation as the top ONHS employee for the coming year. We are in our second year of our awards program and have issued nearly one hundred awards recognizing our esteemed and valued staff members.

Displaced Family Receives Support After Barnsdall Tornado (cont. from page 1)

The family faced a hurdle when they needed the toddler's social security number, which they did not have. Carrie Mashunkashey at Social Services promptly sent the required information, enabling the family to qualify for food benefits under the revised criteria due to the tornado crisis.

Thanks to the teamwork from multiple departments within the Osage Nation and the Tribal Health System, this family moved into their new home on June 2nd and provided the services to assist as they rebuild their lives after this challenging time. Additionally, they received a donated hospital bed, Hoyer lift, and FEMA confirmation of monetary assistance for household goods.

This collaborative effort solidified the unity of our community and the Tribe, illustrating their dedication to supporting each other through crises. Our team's commitment to seeing this family through - from start to finish - exemplifies why we are here. The Osage Nation Health System is incredibly proud of the team and departments from the Osage Nation, who consistently prioritize helping others whenever needed. "Teamwork" truly *did* make the dream work, and Laura Brooks was amazing in her efforts with mobilizing the collaborative team of caring professionals to deliver solutions for this family in need," CEO Mark Rogers stated upon hearing of the successful efforts of all involved. If you or anyone in your family or the community are still having issues or challenges from the Barnsdall tornado disaster, please reach out to FEMA, the Osage Nation Health System, or the State agencies for help to access relief or assistance.

Osage Nation Health System Employee Recognitions (cont. from page 2)



(Left to Right: CEO Mark Rogers, Medical Staff Coordinator Tye Long, CMO Dr. Tony Little, and COO/Clinic Administrator Kirk Shaw all presenting the Special Leadership Award to Tye Long)



(Left to Right: CEO Mark Rogers, CMO Dr. Tony Little, and COO/Clinic Administrator Kirk Shaw all accepting the Unsung Hero Award for May on behalf of Michelle Critchfield, Mobile Medical Unit Program Manager-not pictured.)



(Left to Right: CEO Mark Rogers, Chief Geoffrey Standingbear, David Murray, and SSAPT Board Vice Chair Michael Bristow presenting David Murray with recognition and a gift for 30 years of service to the Osage Nation and the Community.)



(May Employee Anniversary recognition of Employees by CEO Mark Rogers and COO/Clinic Administrator Kirk Shaw)



(May Employee Anniversary recognition of Employees by CEO Mark Rogers and COO/Clinic Administrator Kirk Shaw)

Summer Health Risks: Tick Bites, Mosquitoes, and Foodborne Illnesses on the Rise

-By Michelle Wollenzin, Quality/Infection Control

Ticks can transmit diseases to humans through their bite, particularly if they remain attached for more than 24 hours; they can transmit ehrlichiosis, characterized by flu-like symptoms; anaplasmosis causes flu-like symptoms, like fever, headache, and muscle aches. Lyme disease symptoms are fever, rash, and fatigue. All three of these can be treated and should be treated by a healthcare professional. Ticks are found in wooded or grassy areas, particularly if the brush is tall. Be aware and check yourself and your family; they can ride into your home in clothing and pets.

Mosquitoes live in growing or cut vegetation, hollow logs, under tarps, and lay their eggs in standing water. They love hot, humid weather, and being in Oklahoma, our summers are usually hot and humid, which is the perfect environment for them to thrive in. Mosquitoes can carry the West Nile virus. Eight out of ten people do not develop symptoms with West Nile Virus, some people develop a fever, headaches, body aches, joint

Common Summertime Infectious Diseases

- Ehrlichiosis/Anaplasmosis (bacterial)
- Enterovirus (viral)
- Food Poisoning (bacterial)
- Lyme Disease (bacterial)
- West Nile Virus (viral)

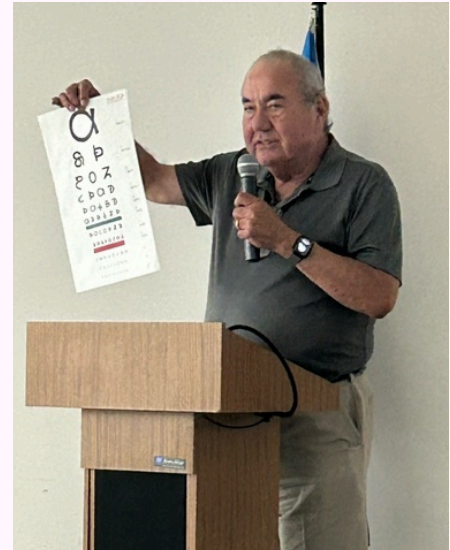
pain, vomiting, diarrhea, rash, fatigue, and weakness. The fatigue and weakness can last for months. Some people can develop severe illness from it, and recovery can be months long. There isn't a specific treatment for it. Rest, fluids, and some over-the-counter pain medications may relieve symptoms. The best thing to do is to try and prevent mosquito bites by wearing appropriate clothing and using repellent. Around your home, try and prevent stagnant water from forming.

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Health Town Hall has Special Visit from Leadership

-By Mark Rogers, CEO

The ONHS was extremely honored to have Osage Chief Geoffrey Standingbear and SSAPT Vice Chairman Michael Bristow speak at the monthly May THM. Osage Chief Standingbear lauded the Barnsdall tornado response by the Health System's dedicated and compassionate workforce, sentiments also echoed by Vice Chair Bristow as well in his remarks. Both leaders provided kind remarks, motivational encouragement, and sincere "thank you" for a job well done to the Health System and Counseling Center workforce. Discussions on the rapid growth of the multiple programs and projects, as well as the workforce, were covered also in achieving the strategic vision of the Tribe's mission, goals, and vision, becoming a reality after years of hard work and deep financial investments by the Tribe and the Osage people in improving the health and wellness needs of the community. Chief Standingbear and Vice Chairman Bristow also recognized David Murray on an impressive 30 years of service to the Osage Nation, presenting him with gifts and formal recognition for his years of dedicated service on behalf of the Health System and Tribe. Town Hall Meeting is a monthly meeting whereby updates on projects, employee recognitions and morale events, medical and other training, as well as in-services occur, to include other activities on the last Wednesday of each month.



Chief Standingbear presents an eye chart test in Osage Orthography while discussing the importance of language and culture impacting the culture of caring for the Osage people with our Health Grants, the Health Clinic, and Counseling Center programs and services.



SSAPT Vice Chair Michael Bristow presents important remarks and communicated the board's deep appreciation for the Barnsdall tornado response to the workforce at the May Town Hall Meeting (THM).



Compliance Update: If you have any new policies or updated an existing policy within the last year and haven't sent it to Compliance for review, please do so now. We are updating all of our P&Ps for both the annual review and the pending CARF and AAAHC re-accreditation visits coming in 2025. If so, please send them to Michelle Wollenzin so she can make sure it's formatted correctly and also uploaded into our data base for administrative and legal purposes. It's important to keep all policies and procedures or SOPs in one location so they are easy to track, update, manage, and approve. All policies need to be approved by the SSAPT Health Board.

Why Are You Bothering Me About My Health Insurance Anyway???



- By Mark Rogers, CEO

Although we are now a Tribal Health Facility as part of the United States self-governance and self-determination programs (and no longer under I.H.S. Direct Services), some things do not change while others do. A few things that remain the same are purchased referred care (PRC) rules (formerly known as contract health) and the requirement to verify insurance. The reason “why” the Federal Government requires us to do this is to ensure I.H.S. and Tribal Health Clinics are “payors of last resort.” What that means is we are required, all I.H.S. Clinics, Tribal Health Clinics, and Urban Clinics (ITUs), not to expend any funds in delivering health and wellness services until verification of other coverages is present (this is also part of our annual financial audit for Health). This is to ensure any and all potential reimbursement is captured to “close or offset” the gap in funding in our self-governance Healthcare Compact, or Treaty, or Multi-Year Funding Agreement (MYFA), as it is interchangeably referred to. This addresses funding shortfalls and ensures the clinics are financially stable enough to deliver the necessary care. Regardless of the Tribal member’s insurance coverage, care will be provided. It cannot be denied, nor will the Tribal member ever be charged a co-pay or deductible when using the clinic, another rule in place to incentivize the use of ITUs and to help meet the duty of care responsibilities of the government. This also creates revenue for the Tribal Health Clinics to update new equipment, expand services, and create more jobs for Tribal members (i.e., more Osage employment opportunities while taking control of the Tribe’s Healthcare future for its members). If Tribal members do not have insurance, the new marketplace provides amazing opportunities for Tribal members to receive insurance at no cost based on income and other

guidelines based on income and other guidelines the clinic can assist you with!

Healthcare is an important component for everyone today, and knowing the availability of your potential coverage(s) that are available as a Tribal member is imperative to both you as a Tribal member and your family. The Centers for Medicare & Medicaid Services, or CMS, has issued 10 important facts about Indian Health Services and Health Insurance for American Indians and Alaska Natives and why your Indian health benefits may not be enough. You may be wondering why you should consider getting health insurance when you are eligible for health care from Indian healthcare programs, including the Indian Health Service (IHS), your Tribe, or an urban Indian health program. Here are some facts to help answer those important questions below:

FACT #1: IHS is not health insurance The Indian Health Service (IHS) is a part of the federal government that delivers health care to American Indians and Alaska Natives (AI/ANs) and provides funds for tribal and urban Indian health programs. Health insurance, on the other hand, pays for healthcare covered by your plan. It protects you from paying the full costs of medical services when you are injured or sick and pays for services to prevent you from becoming ill. Although Osage members are provided PRC contract health services, having insurance from these various programs offers flexibility and additional services to help close any gaps in care should you or your family experience serious illnesses or unforeseen injuries (house fire, auto accident, sporting activities, vacations gone awry, etc.).

FACT #2: Even people eligible for IHS need insurance. Health insurance covers many things Indian health care programs do not provide. With health insurance, you can see specialists, get health care for covered services without IHS Purchase Referred Care authorization (formerly called contract health), and get health care when you are away from home.

FACT #3: You’ll pay little or nothing! American Indians and Alaska Natives can find affordable insurance. If your income is between 100% to 300% of the federal poverty level (FPL), enroll in a zero-cost sharing plan and have NO out-of-pocket costs for services received from an Indian health

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Why Are You Bothering Me About My Health Insurance Anyway??? (cont. from page 5)

provider or through a referral to a QHP. Less than \$12,000 for an individual (and you reside in a state that has not expanded Medicaid), limited cost-sharing plan (regardless of income). NO out-of-pocket expenses for services received from an Indian Health provider or a qualified health plan (QHP). If below 100% FPL or above 300% FPL, enroll in a limited cost-sharing plan (regardless of income). NO out-of-pocket expenses for services received from an Indian Health provider or through a referral to a QHP. Less than \$12,000 for an individual (and you reside in a state that has not expanded Medicaid), limited cost-sharing plans are an important option to receive low-cost healthcare coverage. Medicaid and CHIP insurance: There are no premiums, enrollment fees, copays, deductibles, or coinsurance for healthcare from IHS, tribal health programs, or urban Indian health programs. There are no deductibles, coinsurance, or copayments for covered services provided directly or when referred to non-Indian health providers under the IHS Purchased/Referred Care (PRC) program.

FACT #4: Marketplace plans, Medicaid, and the Children's Health Insurance Program (CHIP) are not welfare programs. Marketplace plans, Medicaid, and CHIP are health insurance programs for individuals, families, and children who meet income and eligibility requirements. Medicare and employer-sponsored insurance plans are other examples of health insurance with eligibility requirements.

FACT #5: You can stay with your Indian health clinic or tribal health program, get health care somewhere else, or both Indian health care programs gladly accept health insurance, Medicaid, and CHIP. You won't have to change doctors or facilities if you don't want to, even if your state has a Medicaid-managed care network. If you want to choose who to see for health care, you will have more options. (Note: Establishing your tribal health programs greatly increases a win-win-win scenario for the tribe, tribal health programs, and the patient, as services brought to the tribe allow third-party revenue to be invested into more services for the tribal members overall and the ability to purchase more services).

FACT #6: You won't wait to sign up members of federally recognized tribes and Alaska Natives. The Claims Settlement Act allows members to purchase or change Marketplace health insurance coverage every month rather than waiting for the yearly open enrollment period. Non-enrolled family members can also be included in the same application. This special protection for American Indians and Alaska Natives can be a lifesaver during a health crisis. Insurance coverage can start much sooner, and you can enroll in Medicaid or CHIP anytime. But why wait? The sooner you sign up, the sooner you can get the needed services!

FACT #7: Indian Trust income won't stop you from qualifying for Medicaid or CHIP. Certain types of income, such as income from selling culturally significant jewelry or basketwork and payments received from farming, fishing, and natural resources on Indian trust lands, are not used to decide Medicaid or CHIP eligibility. For example, the money you make fishing won't count against you as long as your tribe has fishing treaty rights. The same is true for holders of Osage headrights.

FACT #8: Medicaid estate recovery doesn't apply to your Indian Trust property. Don't let concerns about Medicaid estate recovery stop you from signing up. Indian trust property and income cannot be recovered to pay Medicaid back for long-term care. This includes Trust property on reservations, certain trust lands, and Alaska Native regions, income from treaty-protected natural resources, cultural, religious, or spiritually significant items, and items that support traditional or subsistence lifestyles.

FACT #9: You must take action to avoid paying a tax penalty for not having health insurance. Health care provided by an Indian health program does not count as insurance to avoid a tax penalty. But there are three ways to avoid owing a penalty: Enroll in a Marketplace insurance plan or other qualified health plan (such as one offered by your employer); sign up for Medicaid or CHIP; or apply for and receive the American Indian and Alaska Native exemption by filing Form 8965 with your federal income tax return, a one-time filing. (Note: Currently, the tax penalty has been suspended, but court challenges and policy of the new administration may change, reverse, or impact FACT #9; however, the Shared Responsibility Payment no longer applies

Why Are You Bothering Me About My Health Insurance Anyway?? (cont. from page 6)

presently to Native Americans). Regardless, insurance coverage will protect or shield you from various potential hassles and headaches.

FACT #10: Even though health care is a treaty right, you should still get insurance. IHS has to work within yearly budgets approved by Congress and does not receive enough funds to meet all the health needs of American Indians and Alaska Natives. That is why IHS does not offer certain services and why some services aren't available at certain times of year. In fact, the IHS budget only meets about half of the need of our tribal communities nationally, so enrollment in health insurance helps expand needed care (at your Osage Health System especially, to benefit all Osage Tribal members and other Native American patients serviced). And with insurance, health care

is available when you need it. Signing up for the Marketplace or Medicaid is easy and affordable. The Health Insurance Marketplace is a resource where you can learn about options; compare health insurance plans based on costs, benefits, and other important features; choose a plan; and enroll in a Qualified Health Plan. You can apply for the Marketplace or Medicaid through healthcare.gov call centers and in-person assistance. Ask for help from your Indian health program, call 1-800-318-2596, or visit healthcare.gov/tribal. Also, our Patient Benefit Advisors (PBAs) with the Osage Health System are poised and ready to assist you with your needs at any time – give us a call today and see what YOUR options are today at (918) 287-9391!

Summer Health Risks: Tick Bites, Mosquitoes, and Foodborne Illnesses on the Rise (cont. from page 3)

Enterovirus can cause a range of infections, from mild to severe. Common symptoms are fever, runny nose, sneezing, coughing, skin rash, sore throat, and mouth blisters. Children and adolescents are more susceptible. Prevention involves good handwashing and avoiding close contact with those who are ill.

Food poisoning occurs when individuals eat foods in which bacteria have grown due to improper cooking or refrigeration. It happens more often in outdoor settings like picnics, hiking, and camping. Symptoms are nausea, vomiting, and diarrhea; sometimes, there may be a fever. Dehydration can occur if someone loses a lot of fluids.

So, our three tips for this summer in avoiding infectious diseases this summer are:

- Avoid mosquito and tick bites
- Ensure proper refrigeration and cooking of foods at the correct temperature. So, remember that potato salad sitting out in the heat for a long time can make you ill.
- Practice good hygiene. Stay away from people who are ill, and wash your hands well and often.





OSAGE NATION HEALTH SYSTEM

HOLIDAY CLOSURE

In observance of Juneteenth Freedom Day the Osage Nation Health System (ONHS) and Wahzhazhe Health Center is closed on:

Wednesday, June 19, 2024

ONHS facilities will resume normal business hours on Thursday, June 20th. Please request medication refills in advance.

For Osage Nation Health System closures and updates please follow us on Facebook.



Wahzhazhe Health Center 918.287.9300 / COVID-19 Hotline 918.287.0028
Pharmacy 918.287.9373

Community Health Representative and Elder Services Staff Complete Wheelchair Securement Training June 11th



-By Jami Jones, Community Health

The Community Health Representatives (CHR) and Elder Services program staff completed wheelchair securement training on June 11th, 2024.

Newly Trained Staff are as follows:

- CHRs:
 - LeRae Brownwolf
 - Samantha Frye
 - Brittany Tallchief
 - Jami Jones
- Elder Services:
 - Sadi Patterson
 - Margaret Gray



A big thank you to Jack Park with Cimarron Public Transit in Skiatook for providing the training that included invaluable, hands-on wheelchair transport safety information.



Reminders

- Monday, June 19th, Juneteenth Day of Freedom, ONHS will be closed
- Monday-Tuesday, June 17 & 18, Day of Champions Sports Camp

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

OSAGE STRONG Pediatric Weight Management Clinic

Up to 1/3 of Native American children are overweight or suffer from obesity.

Treatment can reduce the risk of diabetes, high blood pressure, and heart disease.



ARE YOU CONCERNED ABOUT YOUR CHILD'S WEIGHT?

This weight management clinic is for Osage Nation Health System patients ages 6 - 18.

Call 918.287.9300 for an appointment or to establish as a patient.