



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

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ONHS Award Winners

Highlights of Employee Award Winners for September

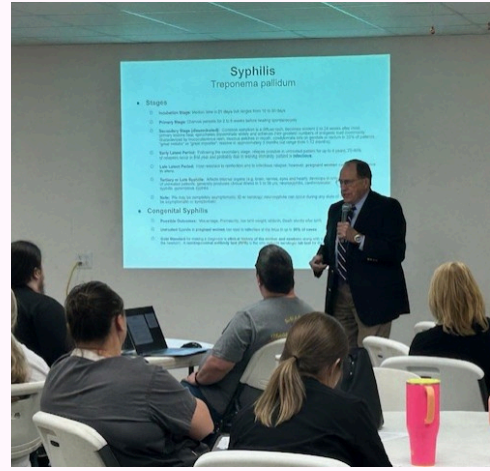
Health & Wellness Topics

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

ONHS Town Hall Focuses on Syphilis Awareness and Treatment



(From left to right- ONHS Dr. Melissa McIntosh, Dr. Gerald C. Miller, PhD, from Pathology Laboratory Associates/Lab Corp of Ok, and ONHS Carey Lewis, Pharm D, Chief Pharmacist presented during Town Hall.)



(Dr. Gerald C. Miller, PhD, from Pathology Laboratory Associates/Lab Corp of Ok, presenting.)



(ONHS employees learning about Syphilis Awareness/Treatment)

On September 25th, the Osage Nation Health System (ONHS) hosted a Town Hall meeting aimed at enhancing medical staff understanding of lab interpretation of syphilis results. The session featured presentations by Dr. Melissa McIntosh, Internal Medicine, Pediatrics, who provided an overview of the disease, Dr. Carey Lewis, Pharm D, Chief Pharmacist, who discussed treatment protocols, and Dr. Gerald C. Miller, PhD, from Pathology Laboratory Associates and LabCorp of Oklahoma, who explained syphilis testing and result interpretation. Dr. McIntosh emphasized the importance of early detection and understanding the progression of syphilis, while Dr. Lewis highlighted effective treatment options, including the

role of penicillin and alternatives. Dr. Miller focused on testing methods and how to interpret results accurately.

The meeting reinforced the importance of the collaborative approach to diagnosing and treating syphilis, while equipping ONHS medical staff with the knowledge to provide comprehensive care for the community.

Osage Nation Counseling Center Tribal Opioid Response Program Hosts Opioid Prevention & Awareness Powwow

By Joe Pratt, ONCC Grants Project Manager



(Pictured from top left to right: Gigi Sieke, 2024-2025 Miss Indian OU, Danny West and staff during staff introductions, Louie Sage, Traditional Dancer, Reignen Yellowfish, Fancy Dancer, and Cresensia Two Hatchett, Buckskin. Photo Credit to "Comanche Mike" Michael Griffin)

Haway!

Recently, on October 5th, the Osage Nation Counseling Center hosted an Opioid Prevention and Awareness Powwow. Many dancers from across the state came to compete at our powwow and to showcase their style. It was an enjoyable time filled with good food, excellent singing, and a top-notch meal from Donna Barrone of the Grayhorse District. The ONCC and PRT staff present were given time to introduce themselves to the audience and share information about the services offered at ONCC and PRT. Free NARCAN and Fentanyl Test Strips were also available for all to pick up and take with them if needed.

ONCC would like to thank all who came to the dance

and supported our cause in battling the Opioid Crises we face today. Thank you also to all staff who volunteered their time to help make the powwow a huge success! Later this month, on Halloween Day from 3 pm to 6 pm at Wakon Iron Hall, ONCC will host a Hand Game with White Eagle Behavioral Health (see flyer on page 2). This will promote our available mental health services for all to use, as many Osages live within the Ponca Reservation, and many Poncas who live on the Osage Reservation could use either service. This event is free to attend, and there will be inflatables for children, a Trunk'r'Treat outside, cake walks, and many door prizes! Please bring your family and join us for a spooky good time! Wewinon!

AAAHC Accreditation: The Golden Thread of Healthcare Compliance

By April Black, Compliance & Risk Management Officer



(April Black, ONHS Compliance & Risk Management Officer, and Michelle Wollenzin, RN, Quality & Infection Control Specialist- aka "Accreditation Police")

The AAAHC accreditation in healthcare is the golden snitch of the medical world. Picture this: a bunch of serious-faced cops, badges gleaming and clipboards in hand, swooping into your local clinic like they're raiding a speakeasy in the 1920s. But instead of confiscating moonshine, they're hunting for something far more elusive and much less fun - adherence to those pesky accreditation standards.

The AAAHC, or the Accreditation Association for Ambulatory Health Care, is like the healthcare equivalent of a helicopter parent, always hovering and ensuring everyone's playing by the rules. And when you thought it couldn't get more intense, the accreditation crackdown begins. It's like a real-life episode of "Cops," but with more headaches and fewer donuts.

These dedicated professionals are on a mission to ensure that your healthcare facility is up to snuff, ready to tackle anything from a paperwork scuffle to a full-blown infection control kerfuffle. They're not just looking for fingerprints; they're searching

for signs of compliance with a ferocity that would make Sherlock Holmes proud.

In the quest for the holy grail of healthcare excellence, Ms. Wollenzin and Mrs. Black come leading the AAAHC team, armed with checklists longer than a grocery receipt and ready to ensure that we are compliant with AAAHC healthcare standards. They're the guardians of the medical galaxy, guiding everyone on these healthcare standards. Their work is not just important; it's crucial.

So, don't be alarmed if you see this team coming down the hall. It's probably the AAAHC team coming in for their scheduled inspection, turning over every rock and questioning every unsecured biohazard bin with the tenacity of a detective on a stakeout. And if they do find something amiss? They will have a friendly discussion on how we can improve to comply with the standards.

Sponsored by ONHS
Community Health
Representatives and
Senior Services

Community HEALTH FAIR

This event is
free to the
public.

Wednesday,
October 23rd

at Osage County
Fairgrounds-Ag Building
10:00am - 2:00pm

Wellness Walk begins at 9:30 AM.
Lunch will be provided while
supplies last.

Get Free
Screenings &
Information.

Door Prizes!

For more information contact ONHS
Community Health Representatives at
539.212.2615 or CHR@osagehealth.org

ONHS Senior Services



(loway/Osage elder & beloved EKO Bonnie Pratt during a spooky season transport in our Osage Nation Seniors van. Featuring "Cousin Itt" from The Addams Family.)

Osage Nation Counseling Center VS
White Eagle Behavioral Health

THURSDAY, OCTOBER 31ST
FROM 3-6PM

HALLOWEEN HANDGAME

to promote Mental Health Awareness

Littlebear Littlecook - Head Singer

FREE EVENT OPEN TO THE PUBLIC

- Cake Walk
- Door Prizes
- Costume Contest
- Trunk'r Treat
- Inflatables (weather permitting)

Questions? Contact ONCC at 539.212.2499

Wakon Iron Hall (Pawhuska Indian Village)
181 Wakon Iron Blvd, Pawhuska

OCTOBER BREAST CANCER

AWARENESS MONTH

October is Breast Cancer Awareness Month.

1 in 8 women in the United States will be diagnosed with breast cancer. Breast cancer is the most common type of cancer in American women. Screening and early detection have significantly increased breast cancer survival rates. Approximately 15% of women diagnosed have a family history of breast cancer. Those with a first-degree relative (mother, sister, daughter) with breast cancer are nearly twice as likely to develop breast cancer themselves.

<https://www.nationalbreastcancer.org/breast-cancer-facts/>

Call today to schedule your screening mammogram appointment at (918) 287-9325.



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

ATTENTION Local Crafters, Artists, Food Vendors & Home Businesses!!



Vendor applications for the Osage Nation Holiday Market on December 7 are now available. **APPLICATION IS REQUIRED.** Due to limited space, each approved vendor will receive one booth space equipped with one table and two chairs. Vendor Application Deadline November 1, 2024. Completing a vendor application doesn't guarantee booth space. Vendor applicants will be notified of application status.

Contact the Osage Nation Health System Prevention Program at 539.212.2521 for an application.

Halloween Candy Safety!

By Carey Lewis, Pharm D, Chief Pharmacist



Halloween is a much-anticipated day for children and adults alike. Trick-or-treating is a time enjoyed by all involved and who doesn't enjoy coming home with a big bag of treats?

To make sure treats are safe for children, follow these simple steps:

Snacking: Children shouldn't snack on treats from their goody bags while they're out trick-or-treating. Give them a light meal or snack before they head out – don't send them out on an empty stomach. Urge them to wait until they get home and let you inspect their loot before they eat any of it.


Safe treats: Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped. Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

Food Allergies: If your child has a food allergy, check the label to ensure the allergen isn't present. Please do not allow the child to eat any home-baked goods they may have received.

Choking hazards: If you have very young children, be sure to remove any choking hazards such as gum, peanuts, hard candies, or small toys.

Have kids wash their hands before eating and don't forget to make sure they brush their teeth.


Everybody have a safe and fun Halloween!



OSAGE NATION HEALTH SYSTEM
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OSAGE STRONG

Osage Nation Health System Adult Weight Loss Clinic



We are now scheduling patients for our *Osage Strong Adult Weight Loss Clinic*. This clinic offers a comprehensive, team-based approach that includes consultations with medical professionals, dietitians, fitness specialists, and behavioral health experts to address the complex factors influencing weight loss and overall health. This opportunity begins October 15th and is open to all Native American/Alaska Native patients.

SCHEDULE AN APPOINTMENT TODAY! 📞 **918.287.9300**

OPEN MONDAY-FRIDAY 🕒 **08:00 AM - 5:00 PM**

📍 715 Grandview Avenue, Pawhuska 🌐 osagehealth.org



OSAGE NATION HEALTH SYSTEM
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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

ONHS September Employee Recognitions



Employee of the Month, Kristy Roper, ONHS Registration by CEO Mark Rogers (right), and COO Kirk Shaw (left).



Ciera Moses, ONHS Dental, was presented the Unsung Hero Award.



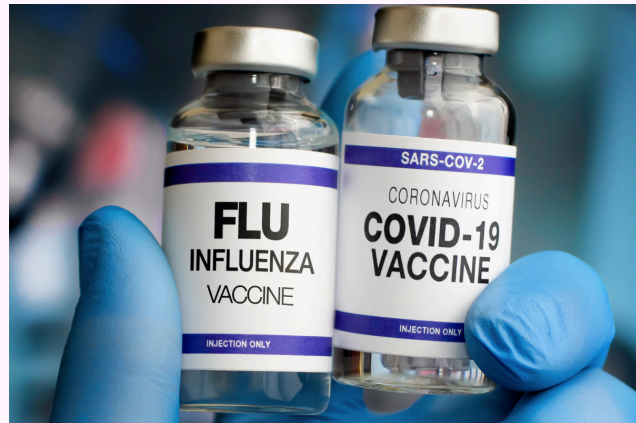
Emily Lookout, ONHS Lab, the Special Leadership



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



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



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



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Wahzhazhe Health Center

715 Grandview Avenue, Pawhuska, OK 74056 | 918.287.9300

988 SUICIDE & CRISIS LIFELINE

ONHS MOBILE MEDICAL UNIT SCHEDULE (September/October)

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 across from H.S.

10th, 17th, 24th, 31st - THURSDAY, 8:30 a.m. - 3:30 p.m.

November

Skiatook- Osage Casino Property

5th, 12th, 19th, & 26th - TUESDAY, 8:30 a.m. - 3:30 p.m.

Fairfax- Osage Fitness Center

6th, 13th, 20th, & 27th - WEDNESDAY, 8:30 a.m. - 3:30 p.m.

Hominy- community center across from H.S.

7th, 14th, & 21st - THURSDAY, 8:30 a.m. - 3:30 p.m.

For a Mobile Medical Unit appointment call 918.287.9300

Preventing Cavities this Halloween, Trade Your Candy

By Miranda Scholz, DDS, Dental Director

One of the best parts of Halloween is collecting as much candy as possible while trick-or-treating. As we know, though, candy and other sugary foods can cause cavities. Here are some tips to avoid damaging your teeth this Halloween.

Enjoy Candy with Meals

While we eat, our mouths produce extra saliva to help with chewing and digestion. The increased salivary flow can help to wash bits of candy away from your teeth and combat acidity by balancing the pH. Try to avoid eating candy as a snack by itself.

Pass on Sticky or Sour Candies

Sticky or chewy candies can cling to your teeth and prolong your sugar exposure. Sugar-consuming bacteria create acids, which break down teeth and cause cavities. Sour candies are also acidic, contributing to the breakdown. As delicious as these types of candies are, sticky sour candies can be the worst for cavities.

Chocolate is Better

While milk chocolate candies still contain sugar, they can have a little less than other varieties. Chocolate does not cling to the teeth like sticky candies do. Dark chocolate and semi-sweet chocolates are also healthier due to their lower sugar content.

Maintain Good Oral Hygiene

October is also Dental Hygiene Month. Brushing twice a day and flossing are crucial to maintaining good oral hygiene. While it is fine to enjoy sweet treats in moderation, they should not be part of your daily diet. It is also best to brush your teeth 30 minutes after consuming any sugar to allow the saliva to remineralize them. Any sooner, and you risk damaging your enamel.

TRADE YOUR CANDY WITH THE DENTIST!

We want all of our patients to enjoy a healthy, happy Halloween! Bring your extra candy to the Wahzhazhe Health Center Dental Clinic, and we'll trade it for prizes!

📅 November 1st - 15th

👉 Receive a prize for every pound of candy you bring in!

🎁 Everyone gets at least one prize!

This offer is for current patients of the Wahzhazhe Health Center. We can't wait to see you—and your candy haul!

Happy Halloween!

JOIN THE CONVERSATION!

Learn about Osage Health Watch's mission to empower listeners with valuable information, resources, and inspiring stories—promoting health advocacy and positive change within Indigenous communities.

Follow OHW on Facebook, Instagram, X, Spotify, and YouTube to stay connected and informed!

SCAN ME

WE'RE HIRING

Cultivating Compassion: Join Us in Growing Our Culture of Caring in various positions!

APPLY NOW

SCAN ME

OSAGE NATION HEALTH SYSTEM
AAAHC ACCREDITATION ASSOCIATION for AMBULATORY HEALTH CARE, INC.
CARF

Spread the Word About Red Ribbon Week

By ONHS Prevention Department

Did you know?

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet only a quarter of teens report having these conversations. Red Ribbon Week happens each year from October 23 - 31st.



This annual campaign reaches millions of young people nationwide and encourages drug-free lifestyles. Use this week as an opportunity to get the ongoing conversation about healthy choices started with your child.

The Osage Nation Health Systems Prevention Department works weekly with local school districts to educate youth and promote substance use prevention activities. During the month of October, in addition to regularly scheduled school-based prevention activities, the Prevention Department provided Red Ribbon materials to fourteen local school districts and several early education programs. All of the materials feature a drug free message and included Red Ribbons, bracelets, stickers, tattoos, suckers and several printouts. These materials will assist each school in encouraging young people to take a visible stand against drugs. This year's theme is Life Is A Movie, Film Drug Free. Visit www.redribbon.org to learn more about Red Ribbon Week and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.



RED RIBBON WORD SEARCH (RED RIBBON CAMPAIGN)

CURQHWSSQGRUMNKF BHYKELCCXKGCBBR
 BOMKZTEBEIDHSTEDMKGDIYMCUKGWGH
 CUUCBYKAFILMDRUGFEE SBNEWBPVIRK
 PHBRQDPEATSAYUPGKSEFHVFZLASMCMX
 PUOAAAEVDKBYOIUUVUFJWEKIIAAMXYQT
 LQJIFGNUMHGNCFFMTELRPTKVBWNOPFM
 LFMLCNECATTUCOIIREDRIBBONWEEKY
 PLJDSEQAWFSAOENRTCDTGRASSROOTN
 FZCGQGSTAUHAKJDMZJBLGEPHCSHVAO
 HEBYLOZIRYYXWLFEPLOBGMSPARQZRQ
 NENHNQSOEUNYJDUKYWKOAPUEWWRNAG
 LBARENWNGYBLVLUGVSKZOPQNCZUTU
 UEPLIUUVSENGPAFNBSDDRUWPAFFFRYP
 PXABTOZTSHROTMEPHCGPTEOOPVWTES
 URZDRHULSHCOTDSCLYDRDRRLSSOUQW
 OREEEKYEASRGEVSI OIAEKMTZSTLRF S
 ALBVJRNKPCSPNERJFHUMMBEKZFRUINR
 PIVKEC SHVAUUSGEMEJRDXNJ JHEMNRJ
 TFKRLNHHKCMEQYV SUBLAQTZAHNCGAU
 AEIONRTHIFQADTIAPXSNGRWZ XGSZHM
 AIAJZUPIKPZSRLJYTOPMVEAPQTHWID
 YSBKDEEAOFZCCEGCDTFPNABGSJWHIYFA
 WAYVCVPLSNCAWNPUXWSLAOVHXS LTM
 FMTMVVBASDHTAYBADAGBIAKNI VTYHU
 QOFVUEGGQKSGDXZXTSUVJBUOOUUSQ
 FVLEVMFKHXHEXUYIDKZZFIADDOVUT
 GEAZCFUOFRTFFYUBBKDLKCRBLJKWREA
 ILKTPDNBPOTENTIALI LIZPUQHOIEBJTX
 XMLLTYFHCCXBZWF COMMUNITYPTOHKQ
 MSEYPTWELLNESSADHATBBPYP AWYDEU

KEY WORDS:

- KINDNESS
- AWARENESS
- GRASSROOTS
- MIND
- CELEBRATION
- NATIONAL
- MINDFULNESS
- DEA - COMMITMENT
- PARENTS
- RED RIBBON WEEK
- ENRIQUE
- PREVENTION
- LIVE
- CAMARENA
- SUPPORT
- DRUG FREE
- CAMPAIGN
- LEADERSHIP
- NFP
- COMMUNITIES
- NURTURING
- EDUCATION
- POTENTIAL
- HEALTHY CHOICES
- FAMILY
- DRUG FREE YOUTH



OUR WEBSITE IS NOW LIVE!!

www.osagehealth.org X

On our website you can see 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.

Accredited by

Committed to Excellence

ONHS Employee Site Visit to the New Wahzhazhe Health Center



ONHS Staff participated in a site visit for the new Wahzhazhe Health Center scheduled to open in July 2025.

Attention OSAGE Artists!

CALLING ALL ARTISTS

WE ARE ASKING FOR MEMBERS OF THE OSAGE NATION TO SHARE THEIR CREATIVITY WITH US. ALL TYPES OF ART ARE NEEDED FOR THE HEALTHCARE CLINIC.



Submissions can include, but are not limited to, paintings, photography, carvings, textiles, metalwork, beadwork, graphic design and patterns. Art can be ready completed works or examples of previous work that best represents your style. We are not asking for the creation of new artwork at this time.

Submit to:
healthcaresubmissions@dacartconsulting.com
By November 8th, 2024

Chair Exercise Classes

Every Tuesday and Thursday
10:30 a.m. - 11:00 a.m.

When: Classes begin September 10th and 12th
Where: Pawhuska Elder Nutrition / Title VI Site
350 Senior Circle, Pawhuska, OK

Questions, please contact Elder Nutrition
at 539.212.2510 or email Amy Dobbins,
adobbins@osagehealth.org

October
DOMESTIC VIOLENCE
Awareness Month

OSAGE NATION HEALTH SYSTEM
ON Family Violence Department: 539.212.2411, 24 hour crisis line 866.897.4747
1201 E. 11th Street, Pawhuska, OK. 74056, familyviolence@osagehealth.org

ONHS Employee Fire Extinguisher Training in September



(After our ONHS September Town Hall meeting employees received hands on fire extinguisher training. The training was provided by Osage Nation Emergency Management staff)



THE OSAGE NATION PREVENTION
Outdoor Family
MOVIE
Night

HOCUS POCUS

**SATURDAY, OCTOBER 26, 2024, VENUE OPENS AT 7 PM, MOVIE @ 8 PM,
 LOCATED @ OSAGE NATION CIVIC CENTER PARKING LOT
 1449 W MAIN ST, PAWHUSKA, OK 74056**

Bring the family. Youth/Children must be accompanied by an adult. Bring chairs, blankets, and snacks. Water and popcorn will be provided. No alcohol, tobacco, vapes, or drugs are permitted on the premises.

For more information, contact the Osage Nation Prevention Department at 539.212.2521

Program Events:

- **ONHS Counseling Center:**
 - Oct. 22nd Elder Services and Elder Nutrition hosting Elder Bingo (Fairfax)
 - October 31st - Halloween Handgame (ONCC vs. White Eagle Behavioral Health).
- **ONHS Prevention Program:**
 - Sept. 28th Outdoor Family Movie Night: Inside Out 2 @ Civic Center 6:30pm
 - Sept 29th - Understanding Trauma and How it Affects our Communities (event postponed rescheduled)
- **ONHS CHR:**
 - October 23rd, ONHS CHR Community Health Fair @ Osage Co. Fairgrounds- Ag Building from 10am-2pm

OSAGE NATION HEALTH SYSTEM
 PREVENTION PROGRAM

UNDERSTANDING TRAUMA AND HOW IT AFFECTS OUR COMMUNITIES

DR. DARRYL TONEMAH

Tuesday, October 29, 2024
 9 a.m. to 3 p.m. (lunch provided)

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

Questions?
 Call 539.212.2521

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

SCAN ME

REGISTRATION

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:
988

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