



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

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Health & Wellness Topics

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

New Osage Nation Health System Counseling Center Complex Gains Traction and National Recognition



(Osage Nation Counseling Center Campus located at 436 Elks Lodge Road in Pawhuska)

On Monday, 4 November 2024, the Osage Nation's Counseling Center received its first patients for residential treatment services in their men's and women's primary residential treatment programs. Located at 436 Elks Lodge Road (at the end of Elks Lodge Road), the new counseling campus had experienced delayed opening due to a variety of circumstances with changing locations, updating licensures, completing final construction requirements, and meeting certificate of occupancy needs of the State's Fire Marshal's Office, to just name a few hurdles encountered.

The Counseling Center services, however, on an outpatient basis have continued, as well as case management and other coordinated services for residential treatment needs for clients. Once the final certificate of occupancy has been secured, many things will begin to rapidly expand, allowing the new counseling complex to thrive and service those in need as envisioned. Mr. Mark Rogers, the CEO of SSAPT, stated, "We are so happy to finally see this day arrive. A lot of people working together made this day happen, from the Chief's Office, the Osage Nation Congress, and the SSAPT Health Board, but it is the employees and community that also made this day happen!" "The future is indeed bright, and we are all very excited about it," Rogers continued.

Even before the new campus opening, the ONCC was recently bestowed a national honor by Newsweek and Statista. In the notification, Newsweek extended their warmest congratulations to The Osage Nation Primary Residential Treatment (PRT) Center for being recognized on the list of "America's Best Addiction Treatment Centers 2024." The notification also stated, "Your commitment to exceeding expectations and achieving remarkable results has set a benchmark for the industry." Mr. Rogers remarked on this recognition by stating, "This recognition was based upon a complex series of metrics used by Statista and Newsweek that combines metrics from Medicare, Medicaid, the Department of Health and Human Services, patient and client feedback, accreditation, and Google reviews. There were only four other cente-



Congratulations to Si-Si A-Pe-Txa Chairwoman Shangreau on her AARP Native American Elder Honors Award



Bobby Tallchief, Cindra Shangreau, Mark Simms and Eddy Red Eagle Jr. were recongized as 2024 AARP Oklahoma Native American Elder Honorees. Red Eagle Jr. is not pictured as he was unable to attend the ceremony. ECHO REED/Osage News

The Osage Nation Health System proudly congratulates Si-Si A-Pe-Txa Chairwoman Cindra Shangreau for receiving the prestigious AARP Oklahoma Native American Elder Honors Award. This year's event occurred on November 6 at the First Americans Museum in Oklahoma City, celebrating the outstanding achievements, service of impact of 48 Native American elders across the state of Oklahoma representing 17 tribes. This year four recipients were Osage elders.

Chairwoman Shangreau, a respected member of the Grayhorse District and the Ponca Peacemaker Clan, has dedicated her life to health care and community service. A Southwestern Oklahoma State University graduate with a Bachelor of Science in Pharmacy, Shangreau's early career was with the Veterans Administration Health Care System in Buffalo, NY. She returned to Oklahoma in 2015 as a clinical pharmacist at the Oklahoma City VA Health Care System.

In 2019, Principal Chief Geoffrey Standing Bear appointed her to the Osage Nation Health Authority Board, where she has served as Chair since 2020. Under her leadership, the Board oversees multiple health initiatives, including constructing a 65,000-square-foot health center in Pawhuska, an assisted living facility in Hominy, and a satellite clinic in Skiatook, enhancing healthcare access for Osage citizens.

This well-deserved honor recognizes Chairwoman Shangreau's commitment to improving Native health services and her exemplary leadership in her community. Congratulations, Chairwoman Shangreau, on this special recognition. Congrats to the other award recipients. For a full article and list of awardees and biographies visit <https://osagenews.org/four-osages-recognized-as-2024-aarp-oklahoma-native-american-elder-honorees/>.

New Osage Nation Health System Counseling Center Complex Gains Traction and National Recognition

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rs in Oklahoma similarly identified for this prestigious national recognition."

The Osage Nation Counseling Center (ONCC) Campus is a 22,500 total sq. ft. complex with related infrastructure consisting of five new facilities. It was a total investment by the Osage Nation of \$15,399,736 million dollars and was funded from the American Rescue Plan Act (ARPA) funds. These funds were appropriated for the purchase and development of the property. ARPA funds were used due to behavioral health needs and public health impacts exacerbated by the pandemic. The Wahzhazhe Health Center and the new Osage Nation Counseling Center are both under the oversight of the Si-Si A-Pe-Txa (SSAPT) Health Authority Board. Osage Nation Counseling Center services include mental health, substance use, marriage, and family, school-based, and trauma-focused. Peer recovery and case management services include assistance with legal problems, medical care, social services, financial training, social support, housing assistance, literacy training, and education needs. Residential services include a 90-day treatment focusing on relapse prevention, anger management, Wellbriety, the 12 steps, and trauma, with an emphasis on cultural connection.

Outpatient services are available to all members of the community, while residential services are exclusively available to members

of any federally recognized Tribe. If you or a loved one are experiencing any need for our services, please contact us on our Counseling Center Hotline at (539) 212-2499.

About Osage Nation: Osage Nation is a strong, proud, resilient, and enduring sovereign nation, as demonstrated by its viable and sustainable economy driven by Osage Nation enterprises, the income derived from which is responsibly reinvested and reserved for future generations. A flourishing Wahzhazhe culture, a revitalized Wahzhazhe language spoken at a basic level by a vast majority of Osage Nation members, and a unique and vibrant Wahzhazhe history taught to our children and fostered, promoted, and memorialized throughout our homelands. Conservation and responsible stewardship of natural resources balanced with sound management practices and efficient production of the mineral estate within our established territory. Highly educated tribal members supported and promoted by the Nation at the pre-school level continuing through the postsecondary level and beyond. Physical, mental, and spiritual vitality is evident amongst our Wahzhazhe people, complemented by the ongoing development of health and wellness services. A self-determining, civically engaged society with ethically responsible government leaders who faithfully serve our Constitution and are accountable for their actions to Osage Nation members.



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

OUR WEBSITE IS NOW LIVE!!

🔍 www.osagehealth.org ✖️



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.



Osage Nation Health System Health Fair Held October 23rd





NOVEMBER is Lung Cancer Awareness Month

The American Cancer Society recommends yearly screening for Lung Cancer with a Low-Dose CT (LDCT) Scan for people aged 50 to 80 years who: Smoke or used to smoke AND have at least a 20 pack per year history of smoking. *A pack per year is equal to smoking 1 pack (about 20 cigarettes) per day for a year.

In the United States, Lung Cancer is the second most common Cancer. It is also the leading cause of death from Cancer. If Lung Cancer is found at an earlier stage, when it is small and before it has spread, it is more likely to be treated successfully.

Symptoms of Lung Cancer don't often appear until the disease is already at an advanced stage. When symptoms do appear they are often mistaken for other problems such as Lung infection or long term effects from smoking. This may delay diagnosis. If you have symptoms that could be from lung cancer, see your doctor right away.

Please call to schedule an appointment for your Lung Cancer Screening at your earliest convenience.

Osage Nation Health System
 715 Grandview Ave.
 Pawhuska, OK 74056
 918-287-9300

ATTENTION PATIENTS:

This is a friendly reminder to please bring all insurance cards to every appointment. This includes dental, vision, and medical cards.



THANK YOU!



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Questions? Call Patient Registration
 918.287.9300

Osage Nation
2024
HOLIDAY MARKET

SATURDAY, DECEMBER 7, 2024

Enjoy shopping in a family-friendly environment featuring Native American and local vendors.
Food. Gifts. Art. Crafts. Connections.

Osage County Fair Grounds Ag Building
 9 AM TO 3 PM | 320 Skyline Drive
 Pawhuska, OK 74056
 Questions? Please call ONHS Prevention Program at 539.212.2521.

Battling the Silent Enemy: Raising Diabetes Awareness and Support for Native American Communities

By Katie Weigant, RN, Diabetes Department Program Coordinator

Every day, countless Native Americans battle a silent enemy that can change their lives forever. This enemy is diabetes, a condition that affects millions around the world. November is Diabetes Awareness Month, and this offers a chance to shine a light on this critical issue by encouraging everyone to learn more about prevention, management, and support for those living with diabetes.

Understanding diabetes is an essential first step. This condition occurs when the body cannot properly use insulin or no longer makes enough insulin. This leads to high blood sugar levels, which can cause a cascade of other health issues, including but not limited to elevated blood pressure, kidney disease, and glaucoma. Two main types of diabetes exist Type 1, which typically starts in childhood and is a lack of any insulin being produced, and Type 2, which is more common and can be linked to a combination of lifestyle choices and genetic factors.

Studies show that regular exercise and a balanced diet can significantly reduce the risk of developing Type 2 diabetes. By raising awareness during November, communities can promote healthier habits that may prevent this disease.

Education about diabetes management is crucial for those already diagnosed. Many do not realize the importance of monitoring blood sugar levels and taking prescribed medications. Living with diabetes requires careful planning, especially regarding meals and physical activity. Programs that support education about diabetes management can empower individuals to take control of their health. Emotional support is also essential for those living with diabetes, as it can be a challenging journey.



The Diabetes Program at the Osage Nation sets out to help people in their diabetes management through education and emotional support at regularly scheduled clinic visits. We have many supportive programs such as providing dietitian services for nutritional education, glucose testing supplies, 1 month continuous glucose monitor trials, eyeglass assistance, fitness center vouchers, diabetic shoe program, providing diabetic socks, foot clinics, quarterly cooking demonstrations, and most recently a pilot program for Omnipod insulin pump systems.

The increased risk of diabetes among Native Americans is a complex issue influenced by lifestyle, historical challenges, and genetic factors. To address this problem, it is essential to promote healthier eating habits, improve access to healthcare, and provide education about diabetes management while being culturally sensitive. Supporting Native American communities in these ways can lead to better health outcomes and a brighter future for everyone involved. It is time to take action and create change for those at risk.

For more information regarding the Osage Nation Diabetes program please contact Program Coordinator Katie Weigant, RN at (539)212-2373.

Diabetes and its Effect on Oral Health

By Miranda Scholz, DDS, Dental Director



Patients with diabetes are at higher risk for oral disease than patients without diabetes. Since November is Diabetes Awareness Month, let's discuss what steps can be taken to keep your mouth healthy and whole.

Gingivitis is inflammation of the gums caused by plaque bacteria. If left untreated, gingivitis will progress into periodontal disease, the teeth will lose some of their supporting bone, and the teeth will become loose. Patients with uncontrolled diabetes are more likely to develop gum disease because of an exaggerated inflammation response to the bacteria in dental plaque.

Patients taking multiple medications, including diabetic patients, may experience dry mouth. Saliva helps to prevent cavities by washing food and plaque away from the teeth as well as preventing the mouth from becoming too acidic. Diabetic patients with dry mouth can therefore be at higher risk for developing cavities.

Diabetes also suppresses the body's healing response. Patients may have a more difficult time

healing after oral surgery or tooth extractions. Similarly, diabetic patients also have more difficulty fighting infections, including those in the mouth.

So what can be done to prevent these complications?

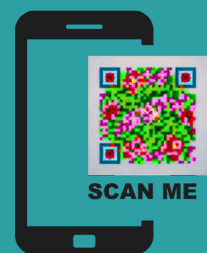
- Brush your teeth twice a day with a soft-bristled toothbrush to remove the gum disease-causing plaque bacteria.
- If you have dentures, remove them at night and clean them thoroughly every day.
- Manage your blood sugar levels by monitoring your diet and getting plenty of physical activity. Check your glucose and A1C levels regularly.
- Avoid tobacco products, which can be harmful to your dental health.

Lastly, follow up routinely with your medical and dental team at the Wahzhazhe Health Center. The dental and medical staff work together closely to help our patients manage their diabetes well through our diabetic program. Call us to schedule at 918-287-9300.



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!

WE'RE HIRING

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



APPLY NOW



Thank You to all the ONHS 5K Buffalo Run Participants for Making the Event a Success!



Osage Nation Health System’s 5K Buffalo Run Held October 12th at Osage Hillsate State Park. ECHO REED/Osage News




**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 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



To receive services, patients must:

- Be American Indian/Alaskan Native
- Present a photo ID
- Provide a Tribal Enrollment Card (or CDIB)
- Bring any insurance cards, if available

The Osage Nation Health System is offering FLU & COVID vaccines for eligible American Indian patients throughout Osage County
A Referral for Lung Cancer Screening will be provided for those that qualify.

Confirmed Schedule:

Monday, November 18th, 8:30 am - 3:30 pm & Monday, December 2nd, 8:30 am - 3:30 pm
 Osage Casino Ponca City: 64464 US 60, McCord, OK 74604

Thursday, November 21st, 8:30 am - 3:30 pm & Thursday, December 5th, 8:30 am - 3:30 pm
 Osage Casino Bartlesville: 1803 US 60, Osage County, OK 74006

Monday, November 25th, 8:30 am - 3:30 pm & Monday, December 9th, 8:30 am - 3:30 pm
 Osage Casino Tulsa: 951 W. 36th St. N., Tulsa, OK 74127

Tuesday, November 26th, 8:30 am - 3:30 pm & Tuesday, December 10th, 8:30 am - 3:30 pm
 Osage Casino Skiatook: 5591 W C Rogers Blvd., Skiatook, OK 74070

Wednesday, December 11th, 8:30 am - 3:30 pm
 Osage Casino Sand Springs: 301 Blackjack Dr., Sand Springs, OK 74063

Wednesday, November 27th, 8:30 am - 3:30 pm
 Osage Casino Pawhuska: 1421 John Dahl Ave., Osage County, OK 74056

Tuesday, November 19th, 1:00 pm - 3:30 pm & Tuesday, December 3rd, 1:00 pm - 3:30 pm
 Osage Fitness Center Fairfax: 115 W. Elm St., Fairfax, OK 74637.

Wednesday, November 20th, 1:00 pm - 3:30 pm & Wednesday, December 4th, 1:00 pm - 3:30 pm & Thursday, December 12th, 8:30 am - 3:30 pm
 Hominy Community Center : 610 S. Wood Ave., Hominy, OK 74035

Wednesday, November 20th, 8:30 am - 12:30 pm & Wednesday, December 4th, 8:30 am - 12:30 pm
 Wynona City Hall: 315 Osage St., Wynona, OK 74084

Friday, November 22nd, 1:00 pm - 3:30 pm & Friday, December 6th, 1:00 pm - 3:30 pm
 Avant Fire Department: 419 Grand Ave., Avant, OK 74001

Friday, November 22nd, 8:30 am - 12:30 pm & Friday, December 6th, 8:30 am - 12:30 pm
 Barnsdall Community Center: 616 W. Main St., Barnsdall, OK 74002

Tuesday, November 19th, 8:30 am - 12:30 pm & Tuesday, December 3rd, 8:30 am - 12:30 pm
 Senior Citizens' Center: 125 S. Cosden Ave., Shidler, OK 74652

Osage Nation Family Violence Prevention participated in the 6 Nations Glow Walk



At the recent 6 Nations Glow Walk, Osage Nation Family Violence Prevention advocates took a stand for domestic violence awareness. The team engaged with the community, sharing glow-in-the-dark items and proudly representing the Wahzhazhe people alongside influential speakers. Program Manager Kimberly Brave addressed the attendees, amplifying the department's mission. By the day's end, all items had been distributed, showcasing strong community support. The team is already looking forward to participating in next year's event, "glowing" with enthusiasm for continued advocacy.

ONHS MOBILE MEDICAL UNIT SCHEDULE (November)

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

Meet & Greet
SANTA & MRS. CLAUS

TREAT | GOOD TIME | PHOTO WITH SANTA AND HIS MRS.

Bring the whole family for a special Meet and Greet event, where kids can share their wishes, snap festive photos, and experience the joy of the season. Opioid Awareness training will be provided at this event.

Friday, December 13th, 2024 at 5 - 8 pm

Osage Nation Counseling Center
436 Elks Lodge Road, Pawhuska, OK

For More Information 539.212.2499

OSAGE NATION HEALTH SYSTEM
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OSAGE NATION HEALTH SYSTEM
ELDER NUTRITION

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



NOVEMBER ANNOUNCEMENT PROJECT PRAIRIE TO PLATE

The Osage Nation Elder Nutrition Program is happy to announce the dates for November. ****PLEASE READ AS THERE ARE CHANGES****

- Elders who reside in Osage County are eligible for ticket sign-up every other month. This means if you received a box in October, you will be eligible for another box in December. This is an effort to maximize the number of Elders that can benefit from the program.
- Additionally, you must bring your CDIB/Tribal Membership Card each time you sign up.
- Employees from the Osage Nation and Health System will no longer line up for ticket sign-up. The program will rotate departments in an effort to give more people a chance to benefit. The program will contact Department Directors when they are being assisted.
- Ticket sign-up will be on Wednesday, November 13th, 2024, at the Pawhuska Elder Nutrition / Title VI site beginning at 1:30 pm. Please note the Elder Nutrition site and parking lot will be closed. Those attempting to line the street will be asked to return before 1:15 pm. This will be enforced for safety reasons.
- After signing and receiving your ticket, you will return the following week to collect your food box. This will be a drive-thru curbside collection. Distribution will begin on Thursday, November 21st, from 1:30-3:00 p.m.
- You must present your ticket to collect the food box. Only one ticket per household is allowed, and a person may only sign up for themselves.

Notice: Employee Recognitions for November will be shared in our next issue.

Program Events:

- **ONHS Counseling Center:**
 - Dec. 13- Santa meet and greet at New Counseling Center Campus, 5-8pm
- **ONHS Prevention Program:**
 - Dec. 7th - Osage Nation Holiday Market, Osage County Fairgrounds 9 AM - 3 PM.
- **ONHS Senior Services:**
 - See flyer bottom left of this page for upcoming events



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

Osage Nation Health System Senior Services and Elder Nutrition brings you

BINGO GAMES

PRIZES | FUN

FOR Elders 55+

TUESDAY, NOVEMBER 19TH AT 1:30 PM
WEDNESDAY, DECEMBER 4TH AT 1:30 PM
MONDAY, DECEMBER 9TH AT 1:30 PM
MONDAY, DECEMBER 16TH AT 1:30PM

- NOV. 19TH - PAWHUSKA ELDER NUTRITION SITE
- DEC. 4TH - HOMINY COMMUNITY BUILDING IN THE VILLAGE
- DEC. 9TH - PAWHUSKA ELDER NUTRITION SITE
- DEC. 16TH - FAIRFAX ELDER NUTRITION SITE

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988 SUICIDE & CRISIS
LIFELINE