



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

Epic Coming to ONHS
Facts About Flouride
Understanding Stalking
ONHS Family Violence
Prevention
Understanding Glaucoma
Dec. Employee Recognition
Pie Hard: CEO Edition

Health & Wellness Topics

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

Epic is Coming to Osage Nation Health System!



The Osage Nation Health System is thrilled to announce our upcoming transition to Epic, the electronic medical record system used by many health care organizations nationwide. This change is part of our commitment to providing our community with innovative, integrated, and empowering care.

Why Choose Epic?

Epic is the preferred electronic medical record system used by top healthcare organizations nationwide. With Epic, we're redefining how healthcare is delivered, offering improved communication, better coordination, and enhanced tools for both patients and providers.

Benefits of Epic for Our Patients

Enhanced Communication:

- Seamless provider-to-provider communication for coordinated care.
- Improved patient-to-provider communication for personalized attention.
- Secure messaging to keep your information private and accessible.

Save Time:

- Use MyChart to easily access your medical records in the exam room and beyond.
- Streamlined check-in process for faster visits.
- Convenient follow-up appointment scheduling.
- Online scheduling from the comfort of your home.

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Epic is Coming to Osage Nation Health System!

(Continued from page 1)

What Patients Need to Bring

As we transition to Epic, we ask that all patients update their records in the new system. Please bring the following items to your next visit:

For Adult Patients:

- Tribal Membership and/or CDIB card
- Current Driver's License
- All insurance cards (medical, dental, optometry, and pharmacy)

For Minor Patients:

A parent or legal guardian must bring the child to their first visit to complete and update legal documentation. Please bring:

- Tribal Membership and/or CDIB card of the minor
- Current Driver's License of the parent or legal guardian
- Birth Certificate
- Legal Guardianship documentation (if applicable)
- All insurance cards (medical, dental, optometry, and pharmacy)

Join Us in Embracing the Future of Healthcare!

This transition to Epic represents a new era for the Osage Nation Health System. It allows us to deliver better, faster, and stronger care tailored to your needs.

For more information or to schedule your next appointment, please contact the Osage Nation Health System at 918.287.9300. Thank you for trusting us with your care—together, we're building a healthier community! If you are a new patient, call us! We are always accepting new patients.

Epic
COMING SOON!



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

INNOVATE. INTEGRATE. EMPOWER.

Epic is the preferred electronic medical record system that many healthcare organizations nationwide use. With Epic, we're redefining healthcare—leveraging innovation, integrating advanced systems, and empowering patients and providers for a healthier community. **Here are a few advantages to Epic:**

ENHANCED COMMUNICATION



Provider to Provider
Communication



Patient to Provider
Communication



Secure
Messaging

SAVE TIME



In the Exam Room



During Check In



During Follow-Up
Visits



Schedule Online

WE'RE HIRING

Cultivating Compassion: Join Us in Growing Our Culture of Caring as a Team Member!

Attention LPNs! We want to hear from you!

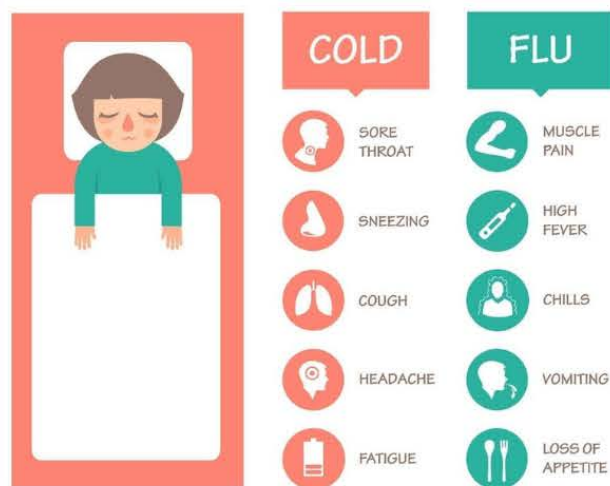
APPLY NOW



Flu Season is Here; Flu Facts and Prevention



IS IT A COLD OR THE FLU ?



Stay Healthy This Flu Season!

Flu season is here, but protecting yourself and your loved ones is simple. By taking a few key steps, you can ensure a healthier fall and winter. Make the flu shot your new seasonal tradition!

Top Flu Prevention Tips

- **Get Vaccinated:** Your best defense against the flu.
- **Wash Hands Often:** Use soap and water for at least 20 seconds.
- **Cover Coughs and Sneezes:** Use your elbow or a tissue.
- **Stay Home When Sick:** Prevent spreading illness to others.
- **Avoid Touching Your Face:** Keep germs from entering your body.
- **Disinfect Surfaces:** Clean high-touch areas frequently.

Why Get Vaccinated?

The flu shot is a safe, effective, and affordable way to protect yourself and those around you. Everyone 6 months and older should get vaccinated. This is especially important for elders, pregnant women, infants, and those with underlying conditions who are most at risk.

It's Not Too Late!

Flu season lasts until March, so there's still time to get vaccinated. Protect yourself and avoid unnecessary doctor visits. Schedule Your Flu Shot Call 918.287.9300 today to schedule your flu shot. Let's stay healthy and flu-free this season!

Debunking FLU MYTHS

Flu Myth:

Getting the flu is not a big deal.

Flu Fact:

The flu can result in serious illness and even death. Some high-risk groups include seniors and infants.

Flu Myth:

The flu vaccine will give you the flu.

Flu Fact:

Flu vaccines cannot give you the flu. Instead, they use an "inactive virus" that helps your immune system fight potential infections.

Flu Myth:

The flu is the same thing as a cold.

Flu Fact:

The flu and the cold can have similar symptoms. Contact your family doctor if you have any flu symptoms for further testing and treatment.

Flu Myth:

You don't need a flu vaccine if you're healthy.

Flu Fact:

The CDC recommends that all eligible individuals six months and older get a flu vaccine every year.

The Facts about Fluoride

By Miranda Sholz, DDS



Water fluoridation has been a recent topic of national interest due to the legal case of Food & Water Watch Inc. vs. the US Environmental Protection Agency. The case called into question whether exposure to fluoride reduces IQ in children. In this month's newsletter I will discuss what fluoride is, what scientific studies say about community water fluoridation, and what are the implications.

Fluoride is a naturally occurring mineral found in groundwater. In the early 1900s, it was discovered that people that lived in areas with naturally high levels of fluoride were protected from tooth decay. Scientific research discovered that the fluoride mineral combined with tooth enamel strengthened the enamel and made it resistant to acid breakdown. This process is called remineralization. The first community water fluoridation began in the 1940s and has since been recognized as one of the greatest public health achievements of the 20th century because of the role it played in lowering the rate of tooth decay in the United States. Currently, the Center for Disease Control says that community water

fluoridation has resulted in a 25% reduction in tooth decay for both children and adults.

Research has determined the optimal level of fluoride in drinking water to be 0.7 parts per million to strengthen enamel and prevent tooth decay. As with any substance or medication, there is a maximum dosage that begins to be harmful once it is exceeded. As referenced in the legal case mentioned above, the National Toxicology Program released a report in 2024 that concluded that high levels of fluoride in drinking water, more than double the recommended level, is possibly linked to a lower IQ in children. However, this study examined subjects outside of the United States and does not make any claims about the lower optimal concentration. Pawhuska tap water has just below 0.7 ppm, which is a level proven to be safe and effective. There is no area in Osage County that has naturally high fluoride levels.

The American Dental Association and the American Academy of Pediatrics continue their support for fluoride usage because of the proven benefits. The reduction of tooth decay leads to improved overall health, less time away from day-to-day activities, and an improved quality of life. At the Wahzhazhe Dental Department we provide both regular and prescription strength fluoride toothpaste and topical fluoride treatments as non-invasive ways to keep our patients' teeth healthy and strong. Please feel free to talk with me if you have any concerns about fluoride use for you or your family.

JANUARY IS STALKING AWARENESS MONTH.

PHONE CALLS | TEXT MESSAGES | FOLLOWING | SHOWING UP UNWANTED | SPREADING RUMORS | HACKING ACCOUNTS
THREATS | HARMING ANIMALS | PROPERTY DAMAGE | FILMING WITHOUT CONSENT

SPARC
STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

IT'S DOMESTIC VIOLENCE AND IT'S STALKING
BEFORE, DURING, AND/OR AFTER A RELATIONSHIP

LEARN MORE AT STALKINGAWARENESS.ORG

KNOW IT. NAME IT. STOP IT.



UNDERSTANDING STALKING

ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid, distressed or in danger.

Stalking is serious, often violent, and can escalate over time.

Are you...

- Always looking over your shoulder?
- Confused about how someone always seems to know where you are?
- Unsure when that person will show up again?
- Nervous about checking your e-mail or phone because it might be him/her/them again?
- Scared of what that person might do next?

You may be a victim of stalking.

“Going to work, attending your kids activities, going out for the evening... these things seem routine. For me, they’re terrifying because I never know what he will do or when he will show up.”

—Stalking Survivor

Stalking victims often feel scared, angry, annoyed, isolated and/or confused.



WHO ARE STALKERS?

Most stalkers target people they know.

Many stalkers commit this crime against people who they’ve dated/been romantically involved with. Stalkers may also be acquaintances, family members and/or strangers.

Nearly 1 in 3 women and 1 in 6 men will be stalked in their lifetimes.

While most stalking victims are female and the majority of perpetrators are male, anyone can be a victim or perpetrator of stalking.

Stalking is a crime in all 50 states, the District of Columbia and U.S. territories.

WHAT DO STALKERS DO?

Most stalkers use multiple tactics to scare their victims. These behaviors may include (but are not limited to):

- **Unwanted contact** through repeated calls (including hang-ups), texts, e-mails or messages.
- **Following you.**
- Sending **unwanted gifts** or letters.
- **Tracking you** using technology (like GPS, apps or hidden cameras)
- **Showing up or waiting for you** at your home, work or school.
- **Damaging** your property.
- **Spreading rumors** about you – in person or online.
- **Posting or sharing or threatening** to post or share intimate photographs of you.
- **Harassing** your co-workers, family or friends.



- **Gathering information** about you by using the internet or going through your trash.
- **Hacking your accounts**, changing your passwords or impersonating you online.
- **Threatening** to hurt you or those close to you – family, friends, pets.
- Other actions that **control, track, or frighten you.**

The stalking is not your fault and you cannot control the stalker's behaviors.

WHAT CAN YOU DO TO BE SAFE?

It can be helpful to think of strategies to help keep yourself and loved ones safe. You may want to:

- Call **9-1-1** if you're in imminent danger or have been threatened.
- **Trust your instincts.** If you think that you're in danger, you probably are.
- Connect with a **local victim service provider** who can help you explore options and make a detailed safety plan. Not sure where to go? Call the hotlines listed under "Resources."

The stalking is not your fault and you cannot control the stalker's behaviors.

- **Document** everything that happens – keep a record or log. See stalkingawareness.org/what-to-do-if-you-are-being-stalked/ for a sample log.
- Tell people you trust about the situation. See if your school, workplace, or building security can help with your safety plans.
- Consider getting a **court order** to keep the stalker away from you. Contact your local domestic violence/sexual assault agency or family court for more information.
- Learn more **safety strategies** at stalkingawareness.org.

This project was supported by Grant No. 15JOVW-22-GK-03986-MUMU awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

RESOURCES

Services Provider Line 2 if needed

Phone Number
Website

If you do not know how to reach your local service provider, or for additional assistance, you can contact the following hotlines:

Victim Connect
VictimConnect.org
855-484-2846

National Sexual Assault Hotline
RAINN.org
800-656-4673

National Domestic Violence Hotline
thehotline.org
800-799-7233

SPARC
Learn more at StalkingAwareness.org



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!

Osage Nation Family Violence Prevention: A Lifeline for Safer Communities



The Osage Nation Family Violence Prevention (ONFVP) program stands as a beacon of hope, dedicated to breaking the cycle of domestic and family violence. With a proactive mission to raise awareness, provide critical resources, and foster cultures of safety and respect, ONFVP ensures that individuals and families are equipped to build healthier, violence-free lives.

Our Mission ONFVP operates with a clear and impactful mission:

- **Prevent Family Violence:** Proactively address and eliminate instances of domestic violence.
- **Protect Victims:** Offer safety, resources, and support to survivors.
- **Promote Healthy Relationships:** Educate communities to break the cycle of abuse and cultivate respect.

By focusing on awareness, education, and hands-on services, ONFVP empowers individuals to reclaim their sense of safety and dignity.

Who We Serve ONFVP extends its services to a wide range of individuals:

- Osage Nation tribal members worldwide.
- Members of federally recognized tribes in Oklahoma and parts of Kansas.
- All residents of Osage County.

This inclusive approach ensures that victims of family violence, regardless of background, receive the help and care they need.

Comprehensive Services ONFVP offers a wide variety of services tailored to meet the needs of survivors, providing both immediate and long-term support:

• Victim Advocacy

Advocates guide survivors through the complex processes of protection, healing, and justice.

Protective Order Assistance

- ONFVP assists eligible clients in filing protective orders to restrict the actions of offenders.
- Advocates accompany clients to court proceedings to ensure their voices are heard.

Safety Planning

- Safety planning helps survivors prepare for emergencies, make exit strategies, and secure important documents.
- Security cameras are provided to the most vulnerable clients based on lethality assessments.

Shelter Services

- A 24/7 shelter welcomes survivors and their minor children (including boys up to age 12).
- ONFVP provides temporary hotel/motel accommodations and food vouchers, if shelter capacity is exceeded.

Housing & Utility Assistance

- Eligible clients receive help with rent, application fees, utility costs, and essential household supplies.

Crisis Response

- The ONFVP 24/7 Crisis Line ensures that help is always just a call or text away.

These robust services reflect ONFVP's commitment to fostering safety, support, and empowerment for survivors.

Establishing a Sense of Safety ONFVP prioritizes safety in all aspects of its work. Protective orders, safety plans, and immediate crisis responses are central to keeping survivors out of harm's way. Applicants seeking protective orders must meet the following qualifications:

- Reside in Osage County.
- Be experiencing fear for their safety due to threats, intimidation, or harm.
- Provide a valid address for the offender.

Protective orders serve as a legal tool to restrict dangerous behavior, providing survivors with a much-needed sense of security.

The 24/7 Crisis Line ONFVP's Crisis Line operates with strict safety precautions to protect callers:

- Crisis advocates answer calls with a neutral greeting to avoid raising suspicions with abusers.
- Texting is available for those who cannot safely call.
- Advocates return missed calls only when it is safe to do so.

The Crisis Line ensures that survivors always have a safe and accessible point of contact for support. Call 866.897.4747 for immediate help.

Understanding Glaucoma and Native American Eye Health

Glaucoma is often called the “silent thief of sight” because it can cause vision loss without any early warning signs. It is one of the leading causes of blindness in the United States. For Native American communities, learning about glaucoma is especially important because studies show unique patterns of the disease in these populations that require special attention.

Glaucoma and Native American Communities

According to Glaucoma Today research has shown that American Indian and Alaska Native populations experience glaucoma differently compared to other groups. Key findings include:

- Lower average intraocular pressure (IOP), with an average of 12.9 mm Hg, compared to other populations.
- A higher occurrence of normal-tension glaucoma (NTG), a type of glaucoma where the optic nerve is damaged even though eye pressure is normal.
- No cases of primary angle-closure glaucoma or pseudoexfoliation syndrome, which are common in other groups.

In this study, 100% of glaucoma cases were normal-tension glaucoma. This type of glaucoma can easily be missed because many screenings focus only on high eye pressure. These findings highlight the need for specialized and thorough eye exams for Native American patients.

Why Early Detection Is Important

The National Eye Institute reports Glaucoma does not have early symptoms. By the time people notice vision changes, the damage is usually permanent. The National Eye Institute reports that about half of people with glaucoma don't know they have it. Regular eye exams are the only way to catch glaucoma early, which is critical to preventing vision loss.



Osage Nation Health System Optometry: Now Accepting New Patients

The Osage Nation Health System Optometry Department is dedicated to helping the community protect their vision.

Our team is trained to provide culturally sensitive care and uses advanced tools to diagnose glaucoma, including normal-tension glaucoma, which might otherwise go unnoticed. Early detection and treatment can slow or stop vision loss, helping you maintain a better quality of life.

Steps to Protect Your Vision

- **Get Regular Eye Exams:** Comprehensive dilated eye exams are the only way to detect glaucoma early.
- **Know Your Family History:** Share your family's medical history with your eye doctor to help assess your risk.
- **Stay Educated:** Learn about the risks, signs, and ways to prevent glaucoma.

**OSAGE NATION HEALTH SYSTEM
OPTOMETRY DEPARTMENT**

JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a major cause of vision loss and blindness in the U.S., and many people with it don't even know they have it. There are no early symptoms, so the only way to catch glaucoma early is with a comprehensive dilated eye exam. While there's no cure, early treatment can help prevent vision loss.

Higher Risk Groups Include:

- People over age 60
- Black/African Americans over age 40
- Asian Americans and Hispanic/Latinos
- Those with a family history of glaucoma

This Glaucoma Awareness Month, schedule your eye exam and encourage loved ones to do the same. Early detection saves sight!

We are now accepting new patients! Call 918.287.9300 to schedule your appointment today.

Osage Nation Health System Community Health Representative (CHR) Program: Promoting Wellness and Safety for Native Americans



The Osage Nation Health System's Community Health Representative (CHR) Program is a vital resource aimed at improving the health, wellness, and safety of Native Americans throughout the Osage Reservation. By providing culturally competent, community-based healthcare, health promotion, and injury prevention services, the program ensures that individuals can access necessary care and support within their communities.

Bridging Gaps in Healthcare Services

At the heart of the CHR Program are Community Health Representatives (CHRs)—trusted healthcare professionals and advocates who are crucial in linking Native communities with the healthcare services they need. By offering various health-related services and educational resources, CHRs are instrumental in fostering a healthier, safer environment for Native Americans on the Osage Reservation. They facilitate access to care, provide valuable health education, promote wellness, and support safety initiatives such as child passenger safety.

Key Services Offered by the CHR Program

The CHR Program offers a wide range of services designed to address the specific health and wellness needs of Native Americans in Osage County. These services include:

Home Visits for New and Existing Clients

CHRs conduct home visits to support individuals and families. Services during these visits include:

- **New Client Assessments:** Ensuring that new clients are properly evaluated for their healthcare needs.
- **Vital Sign Checks:** Routine checks of blood pressure, heart rate, and other vital signs. If needed, referrals to the Wahzhazhe Health Center (WZZHC) are provided.
- **Home Safety Inspections:** Evaluating homes for injury and fall prevention, ensuring that residents live in safe environments that minimize risks.

Car Seat Services

The CHR Program provides important resources for child passenger safety, ensuring that Native American children in Osage County are safe on the road. Services include:

- **Free Car Seat Safety Checks:** Available by appointment and open to the public. Certified Child Passenger Safety Technicians perform the checks to ensure that car seats are correctly installed and functioning properly.
- **Affordable Car Seats for Native American Children:** Car seats are available for just \$15 for eligible children. To receive a car seat, documentation such as a copy of CDIB or Tribal membership, a valid driver's license, proof of address, and an appointment is required.

(Continued to page 10)

Dental News! Meet Dr. Hamilton

By Miranda Sholz, DDS



I am very pleased to announce that Dr. Michael Hamilton, DDS has joined the WahZhaZhe Dental Clinic staff as our new general dentist. Dr. Hamilton and I attended dental school together, and we are fortunate to have someone with his skillset on our team.

An avid Sooner fan, Dr. Hamilton completed his undergraduate education at the University of Oklahoma. After graduation, he went on to earn his doctorate degree from the University of Oklahoma College of Dentistry. Upon graduation, Dr. Hamilton entered private practice in Pawhuska, Oklahoma where he practiced for two years.

Dr. Hamilton was born and raised in Bartlesville and prioritizes giving back to the community. He currently coaches youth wrestling for the Pawhuska Club Wrestling program. He is newly married and is expecting his first child. When he is not working, Dr. Hamilton enjoys hunting, fishing, and spending time with family. If he had not pursued dentistry, he says he would be a wildlife biologist.

Dr. Hamilton has a special interest in restorative and preventive dentistry. He loves forming relationships with patients and finds great satisfaction in working within a specialized field to serve others. He is currently accepting new patients and looks forward to meeting you. Call (918) 287-9300 to schedule your appointment.

Osage Nation Health System Community Health Reps (CHR)

(Continued from page 9)

Transportation Services

The CHR Program offers transportation for non-emergent, non-surgical medical appointments to eligible Native Americans in Osage County. Priority is given to appointments at the Wahzhazhe Health Center. To confirm eligibility and schedule transportation, individuals must call ahead.

Community Health Events

In addition to one-on-one services, the CHR Program hosts various community health events aimed at promoting wellness and educating the public. These events include:

- **CPR Training:** Lifesaving skills to prepare individuals in case of emergency.
- **Tai Chi Classes:** Low-impact exercises to improve physical health and mental well-being.
- **Additional Health Events:** Call to check for availability and learn more about upcoming events in the community.

Essential Role in Tribal Health Services

The CHR Program is a cornerstone of the Osage Nation Health System's efforts to provide accessible, community-based healthcare. CHRs are not only skilled healthcare professionals but also serve as trusted members of the community who understand the unique needs and challenges faced by Native Americans. By offering personalized care and support, the program helps ensure that individuals and families on the Osage Reservation are empowered to live healthier lives, with greater access to essential health services and education.

For more information about the CHR Program, to schedule an appointment, or to find out about upcoming community health events, contact the Osage Nation Health System today. Together, we can build a stronger, healthier community.

Cervical Cancer Screening: A Lifesaving Priority for Women

National Cancer Institute

Cervical cancer remains one of the most preventable and treatable forms of cancer when detected early. Regular screening plays a crucial role in identifying changes in cervical cells before they become cancerous. The Osage Nation Health System (ONHS) urges all women to stay proactive with their health and prioritize timely cervical cancer screenings.

Understanding Cervical Cancer Screening Methods

Screening involves tests designed to identify high-risk HPV (human papillomavirus) types or detect abnormal changes in cervical cells. The primary methods include:

1. HPV Test:

- Detects high-risk HPV infections, which are a leading cause of cervical cancer.
- Recommended every 5 years for women aged 25-64.

2. Pap Test (Pap Smear):

- Examines cervical cells for abnormalities that could progress to cancer.
- Recommended every 3 years when conducted alone.

3. HPV/Pap Cotest:

- Combines both the HPV test and Pap smear for a comprehensive assessment.
- Recommended every 5 years for optimal results.

Who Should Get Screened?

Age-Based Recommendations:

- Women 25-64 years:
 - HPV test every 5 years (preferred).
 - HPV/Pap cotest every 5 years.
 - Pap smear alone every 3 years.
- Women 65 years and older:
 - Screening can be discontinued if:
 - There's no history of cervical precancer or cancer.
 - Consistent normal results have been maintained for the past 10 years.

Special Circumstances:

Women with weakened immune systems, a history of cervical cancer, or who are HIV-positive may require more frequent screenings. Women who've had a hysterectomy may need continued screening based on their medical history.

Why Is Screening Important?

Cervical cancer often develops silently, showing no symptoms in its early stages. Routine screenings can detect abnormal changes early, allowing for timely treatment and prevention.

HPV Vaccination: While the HPV vaccine protects against many high-risk virus types, vaccinated individuals still need regular screenings, as the vaccine doesn't prevent all cervical cancer cases.

Where to Get Screened

The Wahzhazhe Health Center and various local health facilities offer cervical cancer screenings.



Wahzhazhe Health Center

Address: 715 Grandview Avenue, Pawhuska, OK 74056

Phone: 918-287-9300

Hours: Monday – Friday, 8:00 a.m. – 6:00 p.m.

Website: www.osagehealth.org

Take Action for Your Health

Cervical cancer is preventable. By scheduling regular screenings and maintaining follow-up care, you are taking a significant step to protect your health and well-being. The Osage Nation Health System remains dedicated to providing quality care, empowering women to make informed health decisions.

Don't wait—schedule your cervical cancer screening today. Your health matters, and we're here to support you every step of the way.

Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home & car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.



Adjust plans



Have multiple ways to receive Warnings



Bring pets indoors and ensure they have water

During & After

Remain vigilant and stay informed. Drive only if necessary.



Check on neighbors and family



Properly ventilate emergency heat sources



Keep generators at least 20 feet from your home



Take it easy when shoveling

weather.gov



Cold Impacts: Vulnerable Populations



NEWBORNS

Newborns are extra sensitive to cold. They lose body heat more easily than adults and can't make enough body heat by shivering.



ELDERLY

Older adults often make less body heat because of a slower metabolism and less physical activity, making them more susceptible to the cold.



CHRONIC ILLNESS

People with certain chronic medical conditions are at a higher risk for cold-related illnesses.



OUTDOOR WORKERS

Outdoor workers such as farmers, construction workers, and utility personnel face higher risks of exposure to cold.



UNHOUSED

People without adequate clothing and/or shelter are at an increased risk of cold-related illnesses.

Sources: CDC, EPA

weather.gov



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OSAGE NATION
HEALTH SYSTEM
A Culture of Caring



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



For the latest updates on Health System winter closures, happenings, and announcements, follow the "Osage Nation Health System" on Facebook. Scan this code for our facebook:



SCAN ME

Health Observances for January and February

January:

- Thyroid Awareness Month
- National Glaucoma Awareness Month
- National Birth Defects Prevention Month
- Cervical Health Awareness Month
- Stalking Awareness Month
- National Blood Donor Month
- Substance Use Awareness Month

February:

- American Health Month
- National Cancer Prevention Month
- Congenital Health Defect Awareness Week (Feb. 7-14)
- World Cancer Day (Feb. 4)
- National Black HIV/AIDS Awareness Day (Feb. 7)
- National Wear Red Day (Feb. 2)
- National Children's Dental Health Month
- Low Vision Awareness Month

Osage Nation Health System Senior Services and Elder Nutrition brings you

BINGO GAMES

PRIZES | FUN FOR Elders 55+

 TUESDAY, JANUARY 21ST AT 1:30 PM
HOMINY INDIAN VILLAGE

 TUESDAY, FEBRUARY 4TH AT 1:30 PM
PAWHUSKA NUTRITION SITE

 TUESDAY, FEBRUARY 11TH
FAIRFAX ELDER NUTRITION SITE

FEBRUARY DATE FOR HOMINY INDIAN VILLAGE TBA.

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



~~Cute~~ ~~ROMANTIC~~
~~Flattering~~ ~~Sweet~~
~~Funny~~ ~~CHIVALROUS~~
~~NO BIG DEAL~~ ~~Harmless~~
~~UNREQUITED LOVE~~

STALKING

KNOW IT. NAME IT. STOP IT.

Learn more at StalkingAwareness.org

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER

This project was supported by Grant No. 15JQVW-22-GK-03986-MUMU awarded by the U.S. Department of Justice, Office on Violence Against Women (OVW). The opinions, findings, conclusions, and recommendations expressed are those of the authors and do not necessarily reflect the views of OVW.

 **OSAGE NATION HEALTH SYSTEM**
ELDER NUTRITION

Chair Exercise Classes

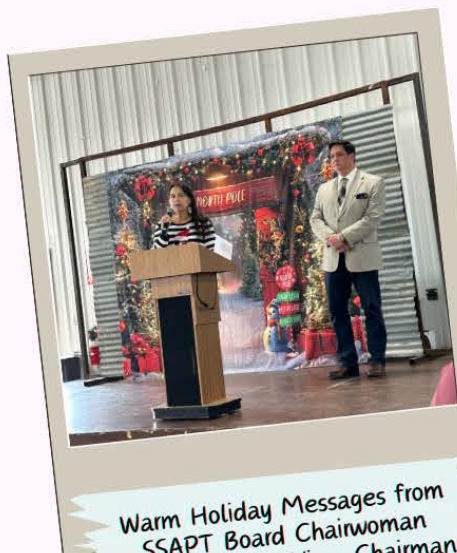


Every Tuesday and Thursday
10:30 a.m. - 11:00 a.m.

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

ONHS TownHall Christmas Shenanigans: Festive Fun for All!



Warm Holiday Messages from
SSAPT Board Chairwoman
Shangreau and Vice-Chairman
Bristow



Decked Out Disasters:
The Ugly Sweater Hopefuls



Ugly Sweater Champions:
1st- Penny Smith
2nd- David James
3rd- Dakota Pratt



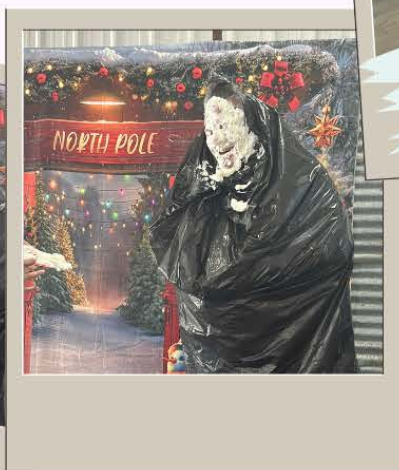
Snowball Willy



The Good, the Bad, and the Ugly...
Sweaters (Boss Edition)



PIE HAD: CEO EDITION



Thank You to all who made
this event memorable!!

*Thank
You*

December Employee Recognition Awards



Sadie Patterson, ONHS Senior Services,
Employee of the Month



Tonya Hutson, ONHS Finance
Special Leadership Award



Brandi Sutton, ONHS PRC
Unsung Hero Award



December Employee Birthday
Recognitions



December Employee Work
Anniversaries

PLEASE NOTE: Upcoming events can be found at
Osagehealth.org/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

988 SUICIDE & CRISIS
LIFELINE