



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

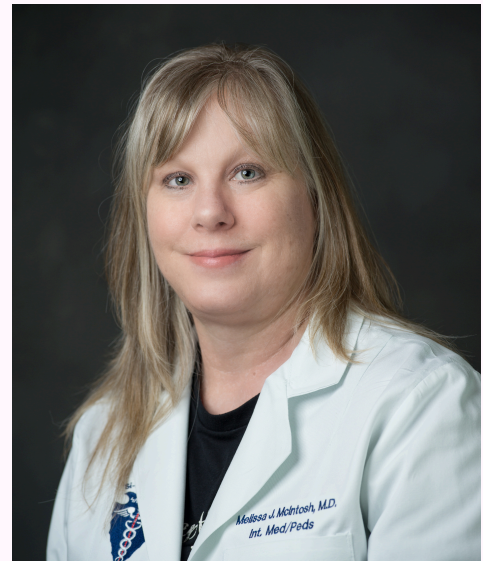
- New interim CMO
- OHNS Outstanding Audit Results
- National Nutrition Month
- DMV attended Justice on Reservation Training
- Dating Violence Awareness
- February Employee Recognitions

Health & Wellness Topics

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

Osage Nation Health System Announces Leadership Transition as Chief Medical Officer Retires

The Osage Nation Health System (ONHS) announces a leadership transition as Dr. Tony Little, Chief Medical Officer (CMO), retires after three years of dedicated service. Dr. Little has played a crucial role in leading the health system through significant challenges and advancements, leaving a lasting impact on the organization and the community.



Dr. McIntosh, Interim CMO, MD

"We deeply appreciate Dr. Little's commitment to our Native American patients, their families, and the entire Osage community," said Mark Rogers, CEO of ONHS. "His leadership has strengthened our healthcare services, and we wish him the best in his well-earned retirement."

To ensure a seamless transition, Dr. Melissa McIntosh has been appointed as the Interim Chief Medical Officer. With a distinguished career in rural and tribal healthcare, Dr. McIntosh brings 27 years of experience in Internal Medicine and Pediatrics. She is Board Certified in both specialties and has devoted her career to improving healthcare access for underserved populations.

Dr. McIntosh began her career in 2002 after completing the University of Oklahoma-Tulsa Internal Medicine-Pediatrics program. She later earned her medical degree with hon-

ors from the University of Kansas School of Medicine and completed her undergraduate studies at Pittsburg State University. Her extensive experience in rural and tribal healthcare makes her an invaluable asset in leading ONHS forward.

During this transition, Mr. Kirk Shaw, Chief Operating Officer, will serve as the on-site administrator, assisting Dr. McIntosh in overseeing clinical operations and ensuring continuity of care for all patients.

"ONHS remains committed to providing high-quality, patient-centered care," added Rogers. "With Dr. McIntosh's leadership, we are confident in the continued growth and excellence of our health system."

For any questions regarding this transition, staff and patients are encouraged to contact the Osage Nation Health System administration.

Osage Nation Health System Earns Outstanding Audit Results

The Osage Nation Health System (ONHS) has successfully completed its annual financial statement audit, earning a "clean audit"—a distinction praised as highly uncommon, particularly during its transition as a separate Tribal Business Enterprise. The audit, which reviewed both business and healthcare operations, was also a key requirement for securing the bank loan on the new Wahzhazhe Health Center Clinic. Auditors commended ONHS for its financial excellence, transparency, and strong fiscal management. "The results reflect our team's dedication to accountability and high



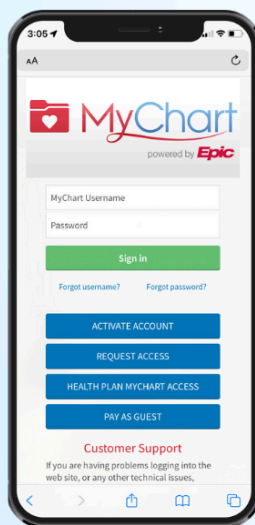
Financial auditing concept. Photo: © Istock / Credit: Olivier Le Moal

standards," said Mark Rogers, ONHS Chief Executive Officer.

The Osage Nation Health Board and Executive Team extend their appreciation to the Finance and Accounting Office for their outstanding work in ensuring financial integrity and supporting the Health System's continued growth.



at OSAGE NATION HEALTH SYSTEM



New Patient Portal:

- Improved access to your health information
- Communicate directly with your provider
- Request an appointment
- And more!

Activation Code Coming Soon.

Install the app on iPhone or Android for real-time access to your health information

COMING SOON

Download on the
App Store

GET IT ON
Google Play



Apple version note:
MyChart app versions 9.2
and above require iOS 11

March is National Nutrition Month: Prioritizing Health in the Osage Nation



Composition of healthy food, scale. Photo: © Istock / Credit: fcacotodigital

As March marks National Nutrition Month, the Osage Nation Health System emphasizes the importance of nutrition in maintaining overall well-being, especially in preventing and managing diabetes—a condition that disproportionately affects Native American communities. By making informed food choices and adopting healthier eating habits, we can work together to reduce the risk of diabetes and promote a stronger, healthier future for the Osage Nation.

Native Americans face some of the highest rates of Type 2 diabetes in the United States. According to the Centers for Disease Control and Prevention (CDC), Native Americans are more likely to develop diabetes than any other racial or ethnic group. Poor dietary habits, limited access to fresh and nutritious foods, and genetic predisposition contribute to this growing health concern. However, a well-balanced diet and lifestyle changes can significantly lower the risk and improve health outcomes for those already diagnosed.

Maintaining balanced blood sugar levels is key to preventing and managing diabetes.

Here are some essential nutrition tips for better health:

Choose Whole Foods – Incorporate more whole grains, lean proteins, fruits, and vegetables into your daily meals. These foods provide essential nutrients and help regulate blood sugar levels.

Limit Processed Sugars and Refined Carbs – Avoid sugary beverages, white bread, and processed snacks, which can lead to blood sugar spikes.

Prioritize Healthy Fats – Opt for heart-healthy fats found in nuts, seeds, avocados, and olive oil instead of saturated fats from fried and processed foods.

Stay Hydrated – Drinking plenty of water helps maintain hydration and supports overall metabolism.

Practice Portion Control – Managing portion sizes prevents overeating and helps maintain a healthy weight, reducing diabetes risk.

Returning to traditional Native foods can be a powerful way to improve overall health. Many Indigenous diets included naturally nutrient-rich foods like corn, beans, squash, lean meats, berries, and wild rice. Reintroducing these foods into daily meals can provide essential vitamins and minerals while honoring cultural heritage.

Osage Nation Health System: Supporting Wellness
At Osage Nation Health System, we are committed

(Continued to page 4)

Osage Nation Domestic Violence Department attends Justice on the Reservation Training

By Eryn Taylor, Family Violence Prevention

During the month of March, Advocates from Osage Nation Family Violence Prevention (ONFVP) attended the Justice on the Reservation Conference on March 5th and 6th, 2025. The conference was held at the River Spirit Casino in Tulsa, Oklahoma and brought together members from multiple Tribal Nations, Attorneys, Prosecutors, Tribal, State, and Federal Law Enforcement Officials, Victim Advocates, Mental Health Professionals, along with many others. This was the second annual Justice on the Reservation Conference put on by the Muscogee (Creek) Nation Office of The Attorney General.

Over the course of the 2-day conference, the Family Violence Prevention Advocates sat in on sessions covering a variety of topics including Jurisdiction, Victims Compensation, Vicarious Trauma, Survivor testimony, MMIP, Case Study, Q&A Panels, Culture as Healing, etc. The sessions were filled with invaluable information in which ONFVP looks forward to further implementing into their program. The importance of the collective agencies collaborating for one greater cause, Justice on the Reservation, left those in attendance with a restored sense of value, seeing the significance of their daily duties brought to life by those whose lives have been forever altered by their efforts. Osage Nation Family Violence Prevention hopes to continue to provide support and services to those on the Osage Nation Reservation and beyond by putting to action the topics discussed during the conference.

Osage Nation Family Violence Prevention serve survivors of domestic, family, and dating violence, sexual assault, stalking, or human sex trafficking on the Osage Reservation (Osage County) regardless of ethnicity, members of a Federally Recognized Tribe in



Oklahoma and parts of Kansas, and Osage Members anywhere. For more information on ONFVP, visit the Osage Nation Health System website at www.osagehealth.org/family-violence-prevention/

March National Nutrition Month

(Continued from page 2)

to supporting the health and wellness of our community. Our nutrition and diabetes prevention programs provide education, resources, and personalized support to help individuals make healthier lifestyle choices. Whether through dietary counseling, fitness programs, or community workshops, we are here to empower our people to take control of their health.

Take Action This March

National Nutrition Month is the perfect time to reflect on eating habits and make small but impactful changes. We encourage everyone in the Osage Nation to prioritize nutritious foods, stay active, and seek guidance from our healthcare providers to prevent and manage diabetes effectively.

For more information on nutrition and diabetes prevention resources, contact the Osage Nation Health System or visit our website. Together, we can create a healthier future for our community!

Osage Nation Health System: Supporting Kidney Health



Doctor Holding Kidney. Photo: © Istock / Credit: Irin Somsupamongkol

The Osage Nation Health System recognizes March as National Kidney Month, a time to raise awareness about kidney health and its vital role in overall well-being. Native Americans face higher rates of kidney disease, often linked to chronic health conditions such as diabetes, high blood pressure, and heart disease. Understanding how to prevent and manage kidney disease can help protect the health of our people for generations to come.

The kidneys are essential organs that filter waste and excess fluids from the blood, regulate blood pressure, and help maintain overall balance in the body. When the kidneys do not function properly, harmful waste and toxins build up, leading to serious health problems. Chronic Kidney Disease (CKD) is a progressive condition where the kidneys lose function over time, increasing the risk of kidney failure and other complications.

Native Americans are more likely to develop kidney disease compared to other populations. Several factors contribute to this higher risk:

Diabetes – The leading cause of kidney disease, diabetes damages the small blood vessels in the kidneys, making it harder for them to function properly.

High Blood Pressure (Hypertension) – Over time, high blood pressure weakens blood vessels in the kidneys, reducing their ability to filter waste.

Heart Disease – Poor heart health and kidney disease are closely connected, as both impact blood flow and organ function.

Limited Access to Healthcare – In many Native communities, access to regular medical care can be challenging, delaying early detection and treatment.

The good news is that kidney disease is preventable with healthy lifestyle choices and regular screenings. Here are some steps to protect kidney health:

Manage Diabetes and Blood Pressure – Keep blood sugar and blood pressure levels in a healthy range through medication, exercise, and a balanced diet.

Stay Hydrated – Drinking plenty of water helps the kidneys flush out toxins and function properly.

Eat a Kidney-Friendly Diet – Reduce salt intake, limit processed foods, and eat more fruits, vegetables, and lean proteins.

Be Physically Active – Regular exercise improves circulation, lowers blood pressure, and helps maintain a healthy weight.

Avoid Smoking and Excess Alcohol – Both can harm the kidneys and contribute to other chronic health conditions.

Get Regular Check-Ups – Early detection through routine blood and urine tests can help prevent severe kidney damage.

The Osage Nation Health System provides essential healthcare services to help individuals prevent and manage kidney disease. We offer screenings, nutrition counseling, diabetes management programs, and wellness resources tailored to the needs of Native Americans. Our goal is to ensure that every member of our community has the knowledge and support they need to maintain strong kidney health.

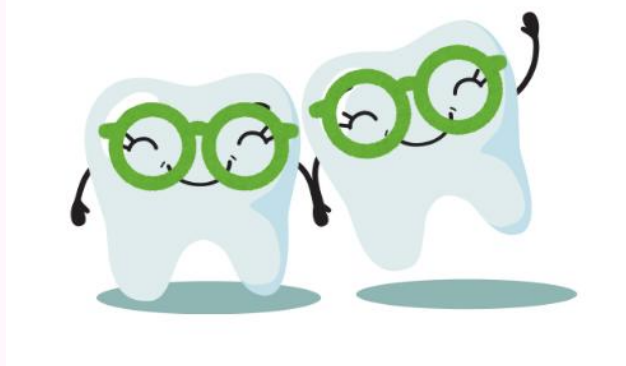
Resources for More Information

National Kidney Foundation: www.kidney.org – Offers educational resources, prevention tips, and support services.

Indian Health Service (IHS) Kidney Disease Program: www.ihs.gov – Provides kidney disease prevention and treatment programs designed for Native communities.

Seeing the World though Lime Colored Glasses

By Miranda Sholz , DDS



Approximately 25% of people have dental anxiety, and that number ranges as high as 75%. Dental anxiety has even reportedly risen since the COVID-19 pandemic. While we enjoy seeing you in our office, we know that sometimes you don't enjoy seeing us. Dental anxiety is a natural response by your nervous system to a perceived threat, and it is completely natural and sometimes hard to control. It can stem from bad past dental experiences, the fear of pain, the sounds heard in a dental chair, or just from being in a physically vulnerable position. We as dental professionals completely understand this, and we never want to embarrass or shame our patients for feeling apprehensive. Our goal is to always provide excellent care and ensure that our patients are comfortable during the process.

We have implemented several different strategies to help our patients feel more at ease, but we are always striving to update our practices to stay abreast of new scientific research. We have introduced a new, simple, non-invasive method for reducing dental anxiety: color therapy using green lens glasses. All patients must wear safety glasses during treatment to protect their eyes from splashes and debris, so the purpose of the green glasses is two-fold.

A study published in 2024 in the Journal of the American Dental Association asked if wearing green glasses during tooth extractions could reduce dental anxiety. Green is considered to be a relaxing color, reminiscent of nature and safety. One group of patients in the study wore glasses with clear lenses while the other group wore glasses with green lenses. Patients reported a significant decrease in anxiety levels while wearing the green lenses, and their heart rates were measured to be lower than the clear lens group. In addition, the measured pain levels of these patients during the procedure were lower in the green lens group. This confirms the hypothesis that visual input has an impact on dental anxiety and physiological responses.

Aside from it contributing to an unpleasant experience, dental anxiety should be controlled because it can actually increase a patient's pain response during a dental procedure. Dental anxiety is also correlated with post-operative sensitivity and extended recovery times. Wearing green lens glasses during treatment is an easy, non-invasive way to make our patients more comfortable. We have had this system in place in our clinic for approximately six months, and we have had positive results. Patients have stated that they do feel more relaxed, and in the least, it initially adds a little humor to the appointment.

If you are hesitant to schedule a dental appointment because of anxiety or because of negative past experiences, please call our office to chat. We will be happy to help answer any questions or concerns you may have and to find a solution to your dental needs. Our phone number is (918) 287-9300.

Osage Nation Health Pharmacy Medication Disposal Tips

Disposal in Household Trash

If there isn't a drop box available in your area, you can follow these simple steps to dispose of most medications in the household trash:

Place the mixture in a container such as a plastic bag;

Mix medications with an unpalatable substance, such as kitty litter or used coffee grounds, and seal;

Throw the container in your household trash; and

Before throwing out your empty pill bottle or other empty medication packaging, remember to scratch out all information on the prescription label to make it unreadable.

Flushing of Certain Medications

According to the U.S. Food and Drug Administration (FDA), there are a small number of medications that may be especially harmful and, in some cases, fatal with just one dose if they are used by someone other than the patient for whom the medication was prescribed. To prevent accidental ingestion by children, pets, or anyone else, a few medications have specific disposal instructions indicating they should be flushed down the sink or toilet as soon as they are no longer needed, and when they cannot be disposed of through a medication drop box. View a list of medications recommended for disposal by flushing (<https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushListLinks>).

More information can be found at this website:

<https://oklahoma.gov/health/health-education/injury-prevention-service/drug-overdose/opioid-overdose/safe-use-storage-and-disposal.html>



Steps to dispose of medications. Photo: © FDA.gov

The Wahzhazhe Health Center medication disposal box in the main lobby of the clinic. It is bright green in color.



Osage Nation Health System Promotes Teen Dating Violence Awareness Through Prevention Education

By Daisy Spicer, Prevention Department



Defensive gesture of hands against violence. Photo: © Istock / Credit: Larisa Stefanuyk

OSAGE RESERVATION, OKLA. The Osage Nation Health Systems Prevention Program (ONPP) and Family Violence Prevention (ONFVP) joined forces in February to raise awareness about Teen Dating Violence among junior high and high school students in local school districts.

ONPP implements the Too Good for Drugs and Violence program to provide prevention education to youth attending school within the Osage Reservation. The Too Good program is designed to equip students with the skills they need to make healthy choices and navigate social interactions with peace and respect. Developed by the C.E. Mendez Foundation, a leader in K-12 prevention education, this program offers a comprehensive approach to building resilience in youth.

Daisy Spicer serves as the Prevention Project Coordinator at the Osage Nation Health System, leading the program's implementation. The core goal of Too Good for Drugs & Violence is to introduce and develop essential skills for making healthy choices, resolving conflicts peacefully, communicating effectively, and fostering positive relationships. Adolescents who learn and apply these skills are more likely to experience greater self-efficacy, cultivate positive

expectations for the future, and be better prepared to build healthy peer relationships. The program also helps students become positive social influences and perform better academically.

The Too Good lessons are delivered by ONPP staff members in twenty different classrooms each week. A key component of the curriculum is the teen dating violence lesson, which educates students on the importance of healthy relationships while providing them with the tools to recognize and address potential dangers in dating situations.

During the months of February and March, the teen dating violence lesson was presented to several 8th grade and high school classrooms. As part of the lesson, students were encouraged to contact the Osage Nation Family Violence Department if they or someone they know needed help. Each student who participated in the lesson received a resource bag containing items from ONFVD, along with important contact information. The bags included a flashlight, charging cord and port, lip balm, and a stress ball.

Teen dating violence affects millions of young people in the United States each year. It can take place in person, online, or through technology. Many teens do not report unhealthy behaviors because they are afraid to tell family and friends. The good news is violence is preventable, and resources are available for teens, families, schools, and communities.

If you or your teen needs assistance, please call Osage Nation Family Violence at 539.212.2411. For more information about prevention services offered through Osage Nation Health System, visit <https://osagehealth.org/>.

Osage Nation Health System: Supporting Kidney Health


(Continued from page 3)

American Kidney Fund:
www.kidneyfund.org – Provides financial assistance, education, and resources for kidney disease patients.


Take Action This March

National Kidney Month is an opportunity to focus on protecting our health and preventing kidney disease. By making small changes today, we can reduce the risk of chronic illness and build a healthier future for the Osage Nation and all Native communities.

For more information or to schedule a health screening, contact the Osage Nation Health System. Together, we can take steps to safeguard kidney health for ourselves and future generations.




Presented by the Diabetes Program



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

NUTRITION MONTH COOKING CLASS

March 27, 2025 from 12 - 1 pm
At the Wahzhazhe Health Center,
Employee Break Room



Participants will receive a Meal Prep cookbook.
Healthy snacks will be provided.
RSPV by March 25, 2025.

Contact Us ☎ 539.212.2373 📍 715 Grandview Ave.,
Pawhuska, OK. 74056



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.




SCAN ME

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



OUR WEBSITE IS NOW LIVE!!

🔍 www.osagehealth.org ✖




On our website you can 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.



SCAN ME



Call for Sobriety Speakers

WE ARE SEEKING SPEAKERS TO SHARE THEIR STORIES OF SOBRIETY, RESILIENCE, AND HEALING AT OUR UPCOMING WALK-A-THON.

- Preferences: Osage or Native American.
- Email your submission Deadline for Submissions: March 31st For questions or submissions, please email joseph.pratt@osagehealth.org
- to joseph.pratt@osagehealth.org with:
 - Your name, tribal affiliation, & contact information
 - A brief summary of your story or key speaking points



OSAGE NATION HEALTH SYSTEM
COUNSELING CENTER



Calling Young Osage Artists

We are accepting hand-drawn or web-designed art submissions for our upcoming Walk-A-Thon.

Three submissions will be chosen—one for each district's walk. Each selected design will be printed on a district-specific event T-shirt!

ARTWORK & SUBMISSION DETAILS:

Guidelines:

- Desired themes: Community | Culture | Healing | Sobriety
- Artists (ages 12-17) may submit hand-drawn or web-designed artwork
- If you are an Osage citizen, please indicate if you belong to a district: **Pa-su-li^A | Zonzoli^A | Waxokoli**

Deadline for Submissions: March 31st
For questions or submissions, please email joseph.pratt@osagehealth.org

PATIENT NOTICE



The Osage Nation Health System (ONHS) is in the process of transitioning to a new electronic health record (EHR), so please be advised the ONHS will need to update all of your registration documents in our new EHR system. The go-live date for the EHR conversion is to be determined, but ONHS wants to ensure you have advance notice of the required registration documents that will be requested when that time comes.

Please see the list below:

Adult Registration Required Documents:

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

Minor Registration Required Documents:

Tribal Membership and/or CDIB card of minor
Current driver's license (of parent/legal guardian)
Birth certificate
All insurance cards (medical, dental, optometry, and pharmacy)

Thank You

Osage Nation Health System
Registration Department

Observances for March and April

March:

National Nutrition Month
 National Kidney Month
 Save Your Vision Month
 Brain Injury Awareness Month
 Registered Dietitian Nutritionist Day- March 12th
 International Transgender Day of Visibility on March 31st.

April:

Alcohol Awareness Month
 Medicaid Awareness Month
 National Cancer Prevention and Early Detection Month
 National Minority Health Month
 Oral Cancer Awareness Month
 Parkinson's Awareness Month
 Sexual Assault Awareness & Prevention Month
 STI Awareness Month
 Stress Awareness Month
 National Child Abuse Prevention Month
 Testicular Cancer Awareness Month

Osage Nation Child Care's Annual

Week of the Young Child

Volunteers Needed!

April 9-10, 2025

Those wanting to volunteer or have their booth call Kendra Jones at (918) 287-5306

This event is for Osage County Public Schools, Daposka Ahnkodapi, WELAs, Osage Nation Child Care & Development Service's Licensed Providers, and all their families.



OSAGE NATION HEALTH SYSTEM
 A Culture of Caring



MARCH ANNOUNCEMENT PROJECT PRAIRIE TO PLATE

The Osage Nation Elder Nutrition Program is happy to announce the dates for December. ****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 February, you will be eligible for another box in April 2025. 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, March 19th, 2025, 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 after 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, March 27th, 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.

COUNSELING CENTER PRESENTS

NALOXONE (NARCAN) DRIVE-THRU TRAININGS

FREE AND OPEN TO THE PUBLIC.

Training will include Narcan and medication lock box give away.

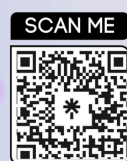
Friday, March 28th from
 9 AM - 11 AM @ Osage Nation
 Visitors Center
 602 E. Main Street, Pawhuska



To request Narcan to be mailed to you

FOR MORE INFORMATION

Contact Joseph Pratt at
joseph.pratt@osagehealth.org
 or call 539.212.2416



Protect Your Eye Health

The Osage Nation Health System recognizes March as Save Your Vision Month, a time to raise awareness about the importance of eye health and the steps we can take to protect our vision. Many Native Americans face higher risks of eye conditions linked to chronic illnesses such as diabetes, high blood pressure, and aging-related diseases. Regular eye care is essential to preserving sight and maintaining overall health.

Why Eye Health Matters

Vision plays a crucial role in our daily lives, yet eye diseases often develop without noticeable symptoms. Many serious conditions, such as diabetic retinopathy, glaucoma, and macular degeneration, can lead to permanent vision loss if left untreated. Early detection through routine eye exams can prevent serious complications and improve quality of life.

Common Eye Health Concerns for Native Americans

Native Americans experience higher rates of eye diseases due to increased risks of chronic health conditions, including:

Diabetic Retinopathy – A leading cause of blindness among Native Americans with diabetes. High blood sugar levels damage the blood vessels in the retina, leading to vision problems.

Glaucoma – This condition increases pressure in the eye, which can damage the optic nerve and lead to gradual vision loss.

Cataracts – Clouding of the eye's lens, which can blur vision and make daily activities more difficult.

Hypertensive Retinopathy – High blood pressure can damage blood vessels in the eyes, leading to vision impairment.

How to Protect Your Vision

Taking proactive steps to care for your eyes can help prevent vision loss and maintain eye health. Here are some important tips:

Get Regular Eye Exams – Early detection of eye diseases can prevent permanent damage. Annual eye exams are especially important for those with diabetes or high blood pressure.

Manage Chronic Conditions – Keeping blood sugar and blood pressure levels under control can significantly reduce the risk of vision problems.

Wear UV Protection – Sunglasses that block 100% of UVA and UVB rays help protect eyes from sun damage.

MARCH IS SAVE YOUR VISION MONTH

Schedule with our optometry department to have your regular vision check.

Contact Us 918.287.9300



Eat a Healthy Diet – Foods rich in vitamins A, C, and E, along with omega-3 fatty acids (found in fish, nuts, and leafy greens), promote eye health.

Stay Hydrated – Drinking enough water helps maintain moisture in the eyes and prevents dryness.

Avoid Smoking and Excess Alcohol – Both increase the risk of macular degeneration and cataracts.

Osage Nation Health System: Eye Care Services

The Osage Nation Health System is dedicated to providing eye health services to help Native Americans protect their vision. Our optometry and healthcare providers offer screenings, treatments, and resources to help detect and manage eye conditions early. We encourage community members to schedule routine eye exams and take steps to safeguard their vision.

Resources for More Information

National Eye Institute (NEI): www.nei.nih.gov – Provides information on eye health, diseases, and prevention.

American Diabetes Association – Eye Health: www.diabetes.org – Offers guidance on managing diabetes-related eye conditions.

Indian Health Service (IHS) Optometry Program: www.ihs.gov/optometry – Supports eye care services for Native American communities.

Take Action This March

Protecting your vision is an important step in maintaining overall health and independence. During Save Your Vision Month, the Osage Nation Health System encourages all Native Americans to prioritize eye health through regular check-ups and healthy lifestyle choices. Schedule an eye exam today to safeguard your sight for the future.

For more information or to make an appointment, contact the Osage Nation Health System. Let's work together to protect vision and promote wellness in our community!

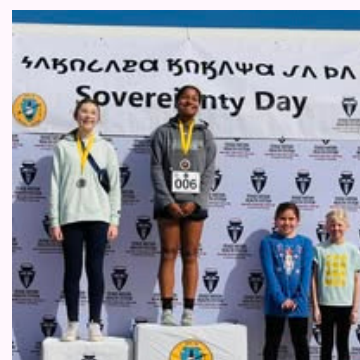
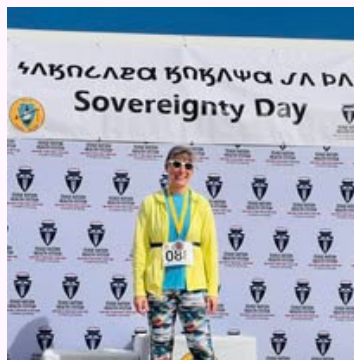


Osage Sovereignty Fun/Run Held

The Osage Nation Health System (ONHS) held the Sovereignty Fun Walk/Run on Saturday, March 15, 2025, at the Osage Nation Health Complex, providing an opportunity for community members to engage in physical activity. The event featured both a 5K run and a 1-mile fun run/walk, with a focus on promoting health and recognizing tribal sovereignty.

Participants competed in five different age categories. The top three male and female finishers in each category received medals, and door prizes were distributed. The course also included ninja-style challenges to add an interactive element to the event.

A variety of age groups took part in the run/walk, emphasizing the role of physical activity in maintaining overall health. The Osage Nation Health System continues to organize programs and activities aimed at supporting physical fitness and well-being within Native communities.



February Employee Recognition Awards



KS Bills, ONHS Elder Services,
Employee of the Month



Joseph Pratt, ONHS
Counseling Center
Special Leadership Award-
Picture Unavailable



Cierra Remington, ONHS
Housekeeping
Unsung Hero Award



February Employee Birthday
Recognitions



February 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