



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 Facility Grand Opening Coming July 15!



The New Osage Nation Health System Health Center in final stages of completion.

The Osage Nation Health System will soon open the new Wahzhazhe Health Center, a major milestone in expanding healthcare services for the Osage community. Located in downtown Pawhuska, the 63,000-square-foot facility replaces the former 9,800-square-foot clinic and includes expanded services such as primary care, dental, optometry, behavioral health, lab services, and imaging.

Construction is nearly complete, with patient transitions expected by mid-July. The upgraded center features advanced medical equipment, new IT infrastructure, and supports both tribal members and Native patients throughout Osage County. We are always accepting new patients, call us today to schedule a new patient appointment.

Ribbon Cutting Ceremony Announcement

Please join us for the Grand Opening Ribbon Cutting Ceremony of the new Wahzhazhe Health Center

Tuesday, July 15th at 10:00 AM

Ribbon cutting will begin at 10:00 AM, followed by brunch and a tour of the new facility.

Location:

Osage Nation
Health System
316 E Main St.,
Pawhuska, OK
RSVP by June 30th
via This Green
Envelope QR Code:



Register Here

Day of Champions Youth Sports Camp held June 16th and 17th

By: Shae Bellamy, Osage Nation Summer Youth Program



The Osage Nation Health System hosted a two-day "Day of Champions" event on June 16 and 17, focusing on athletic development and youth engagement. The event brought together local youth and coaches to participate in structured football and softball activities.

In partnership with Day of Champions coaches, participants engaged in skill-based drills, team-building exercises, and guidance sessions designed to support both athletic and personal development. Programming emphasized values such as discipline, leadership, and resilience.

The first day of the event took place on the grounds behind the Osage Nation's new clinic, where children participated in agility training, swing practice, and one-on-one coaching. On the second day, the camp moved indoors to WELA gym due to weather conditions.

Activities continued as planned, with participants working in groups, refining techniques, and receiving feedback from the coaching staff.

The Day of Champions event offered youth the opportunity to develop foundational sports skills while reinforcing positive behaviors and teamwork. The Osage Nation Health System extended its thanks to the coaches who led the event: Ken Heupel, Sylvester Hatten, Waleed Gaines, Waleed Gaines Jr., Peyton Scott, Clayton Uber, Colin Shields, Kobey Stephens, Kiera Broehl, Coach Schrock, Donovan Newman, Brian Miller, Sarah Lawerance, Coach Pitts, and Coach Blue.

Their participation and instruction contributed to the successful execution of the event and the overall experience provided to the youth involved.

Day of Champions Youth Sports Camp held June 16th and 17th



Osage Nation Health System Finance Team Attends OSU Tribal Finance & Accounting Certificate Program



Osage Nation Health System Chief Financial Officer James Brasel, and his finance team members- Tonya Hutson, Shelby Bohner, and Kolton Stark.

In a continued commitment to excellence and accountability, four members of the Osage Nation Health System (ONHS) Finance Team attended the 2025 OSU Tribal Finance & Accounting Certificate Program held in Stillwater, Oklahoma.

This intensive 3.5-day program focused on building foundational knowledge in areas critical to Tribal financial operations, including accounting principles, auditing standards,

grants management, compliance, and budgeting processes specific to tribal government and healthcare systems.

Participation in this training reflects ONHS's dedication to strengthening financial stewardship and advancing the professional development of its team members. The program is designed to support tribal finance professionals by equipping them with tools and strategies to enhance transparency, reporting accuracy, and fiscal responsibility within their respective organizations.

Mr. Ron Rogers, Chief Executive Officer of ONHS, shared his support for the team's involvement, stating:

"I commend our Finance Team for their dedication. Their growth strengthens our operations and reflects our commitment to serving the Osage people with integrity and excellence."

ONHS continues to prioritize workforce development and training to ensure the delivery of efficient, high-quality healthcare services supported by sound financial practices.

Congratulations to the Osage Nation Health System Finance & Grants Teams!

ONHS has successfully completed two major audits—earning clean audit opinions on both its Annual Financial Statement Audit and Single Audit on Federal Funding. These outstanding results reflect the team's dedication to excellence, transparency, and responsible stewardship during a historic transition to a Tribal Business Enterprise. Thank you to our Finance, Accounting, and Grants Offices for upholding the highest standards and supporting the continued growth of Osage Nation Health.



Osage Nation Health System Finance and Grants team (From Left to Right): Bridget Walker, Robyn Rye, Chief Financial Officer James Brasel, Wyatt Sanders, Tonya Hutson, Stephanie Millard, Shelby Bohner, Jessica Raatz, and Kolton Stark. (Not pictured: Megan Mays and Misty Smith)



PROVIDER SPOTLIGHT

Dr. William W. Smith was born into an Army family; his father was a career Army officer. As such, Dr. Smith's early education took place in various parts of the world and many places in the United States. At age 19, during the Vietnam War, Dr. Smith decided to drop out of college and join the U.S. Navy. He spent the next four years traveling the world while serving in the Navy. Upon completing his Navy obligation, Dr. Smith returned to the United States for approximately six months before moving to Australia, where he restarted his formal education. Dr. Smith attended the University of Melbourne and obtained a degree in Psychology and Philosophy. As it turned out, no one was hiring philosophers! Dr. Smith then returned to the United States, relocating to his mother's home state of Mississippi and attending Ole Miss. He obtained degrees in Chemistry and Biology and then attended medical school at the University of Mississippi. Dr. Smith graduated from medical school in 1985 and then completed an internship in Family Medicine. He then worked as an emergency room physician for the next six years while completing his residency in Psychiatry at the University of Mississippi Medical Center.

"It's called 'medical practice' because a physician's education must never end," and so for the last 35 years, Dr. Smith has been learning about the practice



of psychiatry. Dr. Smith has served in various roles while practicing psychiatry, including inpatient and outpatient settings, state hospitals, outpatient clinics, mental health centers, and private practice, as well as working with children, adolescents, and adults. Dr. Smith is well-versed in both psychotherapy and psychopharmacology.

Dr. Smith has joined the Wahzhazhe Clinic Behavioral Health team to serve and learn from the Native American patients he has the honor of treating. Dr. Smith is grateful to continue his education in Pawhuska for the OSAGE NATION HEALTH SYSTEM.

Welcome to Joshua Steward, Our New Licensed Family Marriage Therapist



Joshua Steward is new to us at the Osage Nation and joins as a Licensed Marriage & Family Therapist at the Osage Nation Counseling Center focusing on children & families in his practice there. Over the previous 10+ years Joshua has built experience specifically in working with children, families and adults with a range from teen residential care to adult/teen recovery & rehab to school based and marital therapies. Josh also is a man in recovery himself for 15 years and is an avid participant & leader of Celebrate Recovery. On a personal note, Joshua is a husband of nearly 25 years and father of 2 sons, Judson, 19, who attends Harding University and Jace, 13, who has recently completed the 7th grade at Owasso public school. His wife Stephanie is the Marketing Director and Events Coordinator with Home of Hope which is headquartered in Vinita.

Avoid Skin Cancer by Always Protecting Your Skin From the Sun

by cdc.gov

Shade

- Stay in shaded areas, when possible, like under a tree or umbrella.
- Clothing
- Wear long-sleeved shirts, pants or skirts when possible.
- Dry clothes protect better than wet ones.
- Darker colors may offer better protection than lighter ones.

Hat

- Hats with a brim all the way around that protect your face, ears and back of the neck are your best bet.
- Tightly woven fabric is best to protect from UV rays.
- Straw hats with holes are not recommended as they let sunlight through.

Sunglasses

- Wearing sunglasses helps protect eyes from UV rays and reduces the risk of cataracts.
- Sunglasses also protect the tender skin around the eyes from exposure to UV rays.
- Try to find glasses that offer protection from both UVA and UVB rays for the most protection.
- Wrap around glasses offer the best protection.

Sunscreen

- Always use sunscreen with an SPF of at least 15 or higher.
- Reapply sunscreen every 2 hours when swimming, sweating or toweling off.
- Sunscreen expires. If it doesn't have an expiration date or shelf life, do not use it after 3 years.
- High temperatures decrease the shelf life of sunscreen.

JUNE IS
MEN'S HEALTH
AWARENESS MONTH



Men's Mental Health: Strength with Purpose

By: Joshua Steward, LMFT



Man pushing big stone . Photo: @Istock / Credit: Mohamed Rida ROKI

June marks Men's Health Month, a time not only to raise awareness about physical health but also to shed light on the importance of men's mental and emotional well-being. In a culture that often pressures men to suppress their emotions and "tough it out," it's vital to remind our brothers, fathers, sons, and friends that seeking help, building healthy habits, and speaking honestly about inner struggles is a sign of genuine strength. As therapists at the Osage Nation Counseling Center, we emphasize the importance of personal responsibility and meaningful routine as pillars for mental health. And when I encourage men to "stand up straight with your shoulders back," not only as a posture of confidence but as a metaphor for facing life with courage and clarity. In the same spirit, Choice Theory teaches that lasting well-being is rooted in the power of choice, achieved by choosing constructive thoughts, engaging in honest self-evaluat-

ion, and forming relationships that affirm and support our values.

Spiritually, it's beneficial to remember that the bravest prayer is the one you keep praying after you no longer feel like praying. Persistence in prayer and emotional transparency builds spiritual and mental resilience. Together, as Men, we can build

from the blueprint for manhood that includes self-discipline, humility, and the strength to lead with compassion. This June, let's encourage one another to form daily habits that foster mental health: journaling, exercising, praying, seeking wise counsel, and speaking words of life to ourselves and each other. Whether you're on the mountaintop or in the valley, remember taking care of your mind is not weakness; it's wisdom. And no man has to walk the journey alone. So let's Man up by Man-ing together and walk extra this month for the sake of your physical, mental, and social health. Have a great month!

Should I have my wisdom teeth removed?

By: Miranda Scholz, DDS

If you have wisdom teeth but they're not bothering you, should you go to the trouble of having them removed? Let's discuss when you should keep these teeth and when you shouldn't.

Wisdom teeth are our third set of molars in the very back of the mouth. Some people have room for them to come in, but many



Wisdom Teeth. Alex-Mit/ istock

people don't. If these are fully erupted into the mouth, meaning they have fully grown out of the gums, they do not necessarily need to be removed. Particularly if these teeth are in a position that allows for effective brushing. As long as you can keep these teeth clean, wisdom teeth can remain in the mouth. Your dentist and dental hygienist can help make this evaluation.

For many people, there is not enough space in the mouth for these teeth, and they either remain completely hidden below the gums or erupt partly through the gums. If wisdom teeth are impacted, it can sometimes lead to an infection or cyst formation, which can, of course, be painful. If impacted wisdom teeth are positioned more horizontally, they can also damage the roots of the molars in front of them. Another concern is tooth decay or gum inflammation on partially erupted wisdom teeth. If the tooth is partially covered by gums, food debris, and plaque bacteria can become entrapped in the pocket formed by the gums, which can de-

teriorate the tooth. Contrary to popular belief, wisdom teeth do not cause tooth crowding even if they are coming in sideways. Recent studies have shown that there is little to no correlation between impacted wisdom teeth and crowding of front teeth.

It is essential to evaluate wisdom tooth growth and formation in patients from their teenage years to their early twenties. This is typically when the roots of wisdom teeth are not fully formed, and it is also the ideal time for extraction. Recovery is usually easier, and the jawbone is less dense, making extraction easier. If you have noticeable symptoms like pain in the jaws or repeated inflammation of the soft tissue behind your last molars, it is time to have your wisdom teeth evaluated. And, of course, it is essential to maintain regular dental exams to assess any teeth, including wisdom teeth, that are not currently causing symptoms. Call the WahZhaZhe Health Center today at (918) 287-9300 to schedule your next dental exam!

Men's Health: Maintaining Their Health

By: Bruce Bowles, MSN, RN, ONHS Public Health



Man jogging. Grandriver/ iStock

Why do women typically live longer than men? One primary reason is that many men delay seeking medical attention or ignore concerning symptoms altogether. This complacent behavior has real consequences, and it's time to change that narrative. Men are more likely to die from preventable causes such as heart disease, cancer, unintentional injuries, liver disease, and suicide. They also tend to engage less with routine healthcare, leading to delayed diagnoses and missed opportunities for early intervention. However, the good news is that many of these risks can be managed through lifestyle changes and regular preventive care.

To protect their health, men should commit to making positive, proactive changes in their daily routines. These include:

- Get regular checkups and screening tests, such as for colon cancer, prostate health, testicular health, blood pressure, cholesterol, and diabetes.
- Eat healthy foods—focus on fruits, vegetables, lean proteins, whole grains, and healthy fats; avoid processed foods and excessive sugar or salt.

- Exercise regularly, aiming for at least 150 minutes of moderate activity per week plus strength training twice a week.
- Quit smoking and limit alcohol use to reduce the risk of cancer, heart disease, liver damage, and erectile dysfunction.

- Wear sunscreen daily and monitor for skin changes to reduce the risk of skin cancer.
- Prioritize sleep, aiming for at least seven hours per night, and manage stress through healthy coping strategies.
- Protect your mental health by recognizing signs of anxiety or depression and seeking help when needed.

Stay current with preventive vaccines, including flu, COVID-19, shingles, tetanus, and others as recommended by your provider.

Practice safety in everyday life—use seatbelts, wear helmets, avoid impaired driving, and use proper equipment during physical or hazardous activities.

We cannot control the genes we are born with, but we can make a difference by starting preventive care early in life and routinely seeing a medical provider, increasing in frequency as we age. Taking charge of your health isn't just about living longer—it's about living better. Small choices made consistently over time can lead to a stronger, healthier, and more fulfilling life.

Be prepared for the Summer Heat

Heat Illness	What to Look For	What to Do
Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.	Heavy sweating with muscle pain or spasms	<ul style="list-style-type: none"> • Move to a cool place. • Drink water or a sports drink • Get medical help right away if: <ul style="list-style-type: none"> - Cramps last longer than 1 hour - Person affected has heart problems
Heat Exhaustion is severe and may require emergency medical treatment.	<ul style="list-style-type: none"> • Heavy sweating • Cold, pale and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness-Headache-Passing out 	<ul style="list-style-type: none"> • Move to a cool place • Loosen tight clothing • Cool the body using wet cloths, misting, fanning or a cool bath • Sip water slowly Get medical help right away if: <ul style="list-style-type: none"> - Vomiting occurs - Symptoms last longer than 1 hour or get worse - Confusion develops
Heat Stroke is deadly and requires immediate emergency treatment.	<ul style="list-style-type: none"> • High body temperature (104°F or higher) • Hot, red, dry or damp skin • Fast, strong pulse • Headache-Dizziness • Nausea-Confusion-Passing out 	Call 911 right away, then: <ul style="list-style-type: none"> • Move to a cool place • Cool the body using wet cloths, misting, fanning or a cool bath • Do NOT give the person anything to drink

Extreme Heat: What to Do. Redcross.org

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Heat Exhaustion Symptoms: Dizziness, Thirst, Heavy Sweating, Nausea, Weakness

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat Stroke Symptoms: Confusion, Dizziness, Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

CDC, NIOSH, FEMA

Heat Exhaustion, Heat Stroke. Heat.gov/pages/planning-and-preparing

Who is at risk for heatstroke?

- Elders
- Children (particularly under 4 yrs)
- People with chronic illnesses or obese
- Outdoor/labor intensive workers
- Individuals on certain medications
- People living without cooling

Stay Hydrated!! You need to drink enough water to prevent health illness. An average person needs to drink about $\frac{3}{4}$ of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.

- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lost in sweat.
- Talk to your care provider about how to prepare if you have a medical condition or are taking medications.

Osage Nation Health System Happenings:

HEALTH VISION MONTH

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

Contact Us 918.287.9300



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

WE'RE HIRING

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

APPLY NOW



OSAGE NATION HEALTH SYSTEM
A Culture of Caring



AAAHC
ACCREDITED
AMBULANCE SERVICE
for AMERICAN HEALTH CARE, INC.



"Substance Abuse Recovery Starts Here!"

OSAGE NATION COUNSELING CENTER PRIMARY RESIDENTIAL TREATMENT (PRT) CENTER

ARE YOU OR SOMEONE YOU LOVE SEEKING SUPPORT FOR RECOVERY FROM DRUG OR ALCOHOL ADDICTION? THE OSAGE NATION PRIMARY RESIDENTIAL TREATMENT (PRT) CENTER IS NOW ACCEPTING NEW CLIENTS, WITH SPECIAL OPENINGS AVAILABLE IN THE WOMEN'S RESIDENTIAL PROGRAM!

- 90-Day Residential Program
- For Native Americans (with CDIB)
- Culturally Based Healing Approaches
- Safe, Supportive Environment
- Located at New Osage Nation Counseling Campus



TAKE THE FIRST STEP TOWARD HEALING. "RECOVERY IS POSSIBLE!"



OSAGE NATION HEALTH SYSTEM
COUNSELING CENTER

473 Elks Lodge Road, Pawhuska, OK. 74056
539.212.2499 / Osagehealth.org



ATTENTION PATIENTS:

As we come into the new year, we request all patients please bring all insurance cards in for every appointment. This includes dental, vision, medical cards, and Medicare cards.



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Questions? Call Patient Registration
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.



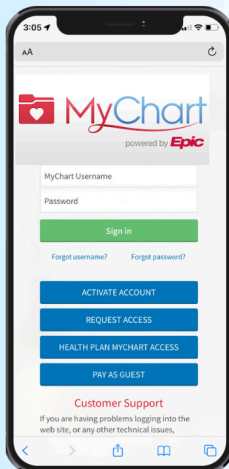
SCAN ME

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



MyChart

at the OSAGE NATION HEALTH SYSTEM



New Patient Portal:

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

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

Apple version note: MyChart app versions 10.9 and above require iOS 16



Download the app



OSAGE NATION HEALTH SYSTEM
A Culture of Caring



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Chair Exercise Classes



Every Tuesday and Thursday
10:45 a.m. – 11:00 a.m.

When: Classes begin Thursday, May 1st, 2025
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

The Osage Nation Prevention Program

Outdoor Family

MOVIE

Nights

ARE BACK!

JOIN US



SAVE THE DATES

Friday, May 30th
Friday, July 18th
Friday, August 15th
Saturday, September 20
Saturday, October 25
Movies to be announced.

All movies will be held at the Outdoor Health Complex and will begin at sunset. For more information, contact the Osage Nation Prevention Department at 539.212.2521.

Observances for June

- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Migraine and Headache Awareness Month
- National Scleroderma Awareness Month
- PTSD Awareness Month
- Scoliosis Awareness Month

Events:

- Men's Health Week – June 9–15
- Helen Keller Deaf-Blind Awareness Week – June 22–28

Days to Note:

- National Cancer Survivors Day – June 1
- World Brain Tumor Day – June 8
- Family Health and Fitness Day – June 14
- World Blood Donor Day – June 14
- Autistic Pride Day – June 18
- World Sickle Cell Day – June 19
- World Vitiligo Day – June 25
- National HIV Testing Day – June 27




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.




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



📞 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

