



OSAGE NATION  
HEALTH SYSTEM

*A Culture of Caring*

JANUARY 2026 | VOLUME 3 ISSUE 1

# 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.

## Osage Nation Health System Expands Care and Opportunity in the New Year

By Mark Rogers, SSAPT CEO



Healthcare and well-being for the New Year 2026. Photo: @istock / Olga Dmytrenko

As the new year begins, the Osage Nation Health System (ONHS) is setting a strong, hopeful tone for the future of community health. With new facilities coming online, expanded services, additional service locations, and forward-looking projects developed in collaboration with SSAPT, ONHS continues to demonstrate its commitment to improving the well-being of Osage Tribal citizens and the broader community—today and for generations to come.

Over the past year, ONHS has made significant strides in strengthening access to quality, culturally grounded health care. New and enhanced facilities reflect a focus on modern, patient-centered environments designed to support everything from preventive care and primary services to specialized and behavioral health needs. These investments are not just about buildings; they represent a long-term vision of care that is accessible, welcoming, and responsive to the evolving needs of the community.

Service expansion remains at the heart of ONHS's mission. Native American patients are seeing broa-

der availability of clinical and wellness services, along with innovative approaches that emphasize prevention, early intervention, and whole-person care. By meeting patients where they are—both physically and in terms of life circumstances—ONHS is helping individuals and families take proactive steps toward healthier futures.

The addition of new service locations has further strengthened this impact. By reducing travel barriers and increasing convenience, ONHS is ensuring that more people can receive timely care close to home. These locations serve as vital community hubs, offering not only medical services but also education, outreach, and connection to supportive resources.

Looking ahead, projects developed in partnership with SSAPT highlight ONHS's dedication to collaboration and continuous improvement. These initiatives focus on strengthening systems, expanding capacity, and addressing critical health challenges through coordinated, community-driven solutions. By working together, ONHS and its partners are building

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## Osage Nation Health System Expands Care and Opportunity in the New Year

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pathways that support resilience, recovery, and long-term wellness.

Beyond facilities and programs, the true strength of the Osage Nation Health System lies in its people. Dedicated health professionals, support staff, and community partners bring compassion, expertise, and cultural understanding to their work every day. Their efforts are helping to build trust, improve outcomes, and create a healthier, more connected community.

As the new year unfolds and plans for the future take shape, the Osage Nation Health System stands as a powerful example of what can be achieved through vision, collaboration, and commitment to community values. With continued growth, innovation, and partnership, ONHS is poised to make an even greater impact—promoting health, hope, and opportunity well beyond the year ahead.

Presented by the Diabetes Program

OSAGE NATION HEALTH SYSTEM  
A Culture of Caring

## NUTRITION COOKING CLASS

Thursday, February 5<sup>th</sup> at 10:30 AM

At the new Wahzhazhe Health Center, 2nd floor cooking demonstration kitchen

Participants will receive a Meal Prep cookbook. Healthy snacks will be provided.

539.212.2373      316 E. Main Street, Pawhuska



Stalking is a serious crime and a form of violence. It is a pattern of repeated, unwanted attention that can cause fear, stress, and emotional harm. Stalking does not always look the same, and it can happen to anyone.

It may include behaviors such as repeated unwanted contact, showing up at your home, school, or workplace, manipulating or threatening you, accessing your personal accounts, or monitoring your activities online or in person.

If you or someone you know is experiencing stalking, help is available. You are not alone, and support is confidential.

**Osage Nation Family Violence Prevention**  
**1201 E. 11th Street**  
**Pawhuska, OK 74056**  
**Office: 539-212-2411**  
**Crisis Line: 866-897-4747**

# January Is Thyroid Awareness Month

Your thyroid may be small, but it plays a powerful role in your overall health.

The thyroid is a butterfly-shaped gland located at the front of the neck. According to the American Thyroid Association, the thyroid helps regulate many essential body functions, including metabolism, energy levels, heart rate, body temperature, mood, and digestion. When the thyroid isn't functioning properly, it can affect multiple systems in the body and significantly impact daily life.

Thyroid disorders are common and often go undiagnosed because symptoms can be subtle, develop gradually, or mimic other health conditions. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) reports that millions of Americans live with thyroid disease, and many are unaware they have it.

**Talk with Your Primary Care Provider if You Experience:**

- Ongoing fatigue or low energy
- Unexplained weight gain or weight loss
- Sensitivity to cold or heat
- Rapid or irregular heartbeat
- Anxiety, depression, or mood changes
- Hair thinning or dry skin
- A lump, swelling, or discomfort in the neck

According to the American Thyroid Association, early recognition and testing are important, as untreated thyroid conditions can contribute to heart problems, fertility issues, mental health changes, and other long-term complications.

Your primary care provider can evaluate your symptoms, determine whether thyroid testing is needed, and decide if a referral to a specialist is appropriate.

**Learn More from a Trusted Source**

The American Thyroid Association offers patient-friendly, medically reviewed information about thyroid conditions, testing, and treatment options.

<https://www.thyroid.org/thyroid-information/>

Early evaluation matters. If something feels off, don't ignore it—talk with your provider and take an active role in your thyroid health.

## JANUARY IS STALKING AWARENESS MONTH

What can Stalking look like?

STALKING: A PATTERN OF PERSISTENT AND UNWELCOME ATTENTION OR HARASSMENT TOWARD AN INDIVIDUAL THAT WOULD REASONABLY CAUSE FEAR OR EMOTIONAL DISTRESS.

Creating fake profiles to continue to contact you after they have been blocked on their personal accounts.

Leaving notes or gifts for you.

Hacking into your social media, e-mail, or other accounts.

Manipulating Emotions through mind games and threats.

Showing up at your home, school, work, or wherever you go.

Making unwanted calls, texts, or messages.

Posting threatening or personal information about you on social media.

Making threats to you, your family or violent acts to your pets.

If you or someone you know is a victim of Stalking, there is help!

Osage Nation Family Violence Prevention  
1201 E. 11<sup>th</sup> Street  
Pawhuska, OK 74056  
Office: 539-212-2411  
Crisis: 866-897-4747



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**JANUARY IS**

# **CERVICAL CANCER**

**AWARENESS MONTH**



**GLOBALLY, THERE WERE AN ESTIMATED 604,000 NEW CERVICAL CANCER CASES IN 2020**

\*\*\*\*\* \* \*\*\*\*\*

**CERVICAL CANCER IS CAUSED BY PERSISTENT INFECTION WITH THE HUMAN PAPILLOMAVIRUS (HPV)**

\*\*\*\*\* \* \*\*\*\*\*

**WOMEN LIVING WITH HIV ARE 6X MORE LIKELY TO DEVELOP CERVICAL CANCER COMPARED TO WOMEN WITHOUT HIV**

**CERVICAL CANCER IS THE 4TH MOST COMMON CANCER AMONG WOMEN WORLDWIDE**

Source: World Health Organization (WHO)

## January is Cervical Health Awareness Month

Cervical health is an important part of overall wellness and preventive care. Regular screenings, including Pap tests and HPV screenings, play a critical role in detecting changes early—when they are most treatable.

According to the Centers for Disease Control and Prevention, cervical cancer begins in the cervix, the lower part of the uterus, and nearly all cases are caused by the human papillomavirus (HPV). The good news is that cervical cancer is one of the most preventable cancers when regular screening and appropriate follow-up care are in place.

### Who Should Be Screened?

The CDC recommends the following cervical cancer screening guidelines:

- Ages 21–29: Pap test every 3 years
- Ages 30–65:
  - Pap test every 3 years, or
  - HPV test every 5 years, or
  - Pap and HPV co-testing every 5 years
- Under age 21: Routine screening is not recommended

Your healthcare provider can help determine which screening option is right for you based on your health history.

### Why Screening Matters

Screenings can identify precancerous changes

before cancer develops. According to the CDC, early detection significantly improves treatment outcomes and survival rates. Many cervical cancer cases occur in individuals who have not been screened regularly or have not followed up on abnormal test results.

### HPV and Prevention

HPV is the most common sexually transmitted infection and the primary cause of cervical cancer. The HPV vaccine helps protect against the high-risk HPV types most commonly linked to cancer. The CDC recommends HPV vaccination for adolescents and young adults, and some adults may still benefit from vaccination depending on age and health history. Talk with your healthcare provider to see if vaccination is appropriate for you.

**Preventive Care at Osage Nation Health System**  
The Osage Nation Health System encourages patients to take an active role in their health by staying up to date on preventive screenings and discussing cervical health concerns with their provider.

To schedule an appointment or learn more about preventive services, call 918-287-9300. Your health matters. Prevention, education, and early detection save lives.

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## Osage Nation Health System Celebrates Advanced Diabetes Care Expertise

ONHS Diabetes Department

The Osage Nation Health Center is proud to announce that two of its dedicated healthcare professionals have successfully passed the rigorous examination to become Certified Diabetes Care and Education Specialists (CDCES). This prestigious national certification represents the highest standard of excellence in diabetes care, education, and patient support.

Katie Weigant, RN, Diabetes Program Coordinator, and Amy Foster, APRN, CNN-NP, have both earned the CDCES credential—an achievement that reflects their advanced knowledge, clinical expertise, and strong commitment to improving the lives of individuals living with diabetes.

The CDCES certification is recognized across the healthcare field as a mark of distinction. Professionals who hold this credential demonstrate comprehensive expertise in diabetes management, including medication therapy, technology such as continuous glucose monitoring and insulin delivery systems, lifestyle counseling, complication prevention, and patient-centered education. Certification requires extensive clinical experience, ongoing professional development, and successful completion of a nationally standardized exam.

Katie Weigant has worked for the Osage Nation since February 2023. As the Diabetes Program Coordinator, Katie plays a key role in developing, implementing, and overseeing diabetes

services that support patients across the continuum of care. Her CDCES certification further strengthens the diabetes program and enhances the education and resources available to Osage Nation citizens and community members.

Amy Foster, APRN, CNN-NP, will celebrate three years with the Osage Nation in May 2026. As a clinic provider and nephrology specialist, Amy sees a large portion of patients with diabetes and complex chronic conditions. Her certification as a Diabetes Care and Education Specialist reinforces the Health Center's commitment to evidence-based, high-quality clinical care and ensures patients benefit from the latest standards in diabetes management.

The achievement of this certification by Katie and Amy reflects their dedication to excellence and their passion for patient-centered care. Their advanced training directly benefits our patients and strengthens the overall quality of diabetes services we provide.

The Osage Nation Health Center congratulates Katie Weigant and Amy Foster on this significant professional accomplishment and thanks them for their continued service and commitment to the health and well-being of the Osage community and all those we serve.



## MATERNAL HEALTH AWARENESS DAY

January 23<sup>rd</sup>

Maternal health matters—before, during, and after pregnancy.

Healthy pregnancies begin with access to quality care, early prenatal visits, and ongoing support for mothers and families. According to national public health experts, many pregnancy-related complications are preventable with timely care, education, and follow-up.

The Osage Nation Health System is committed to supporting maternal health by promoting preventive care, managing chronic conditions, and ensuring mothers receive the care they need throughout every stage of pregnancy and postpartum recovery.

If you are pregnant, planning to become pregnant, or have recently given birth:

- Schedule regular prenatal and postpartum visits
- Talk with your provider about warning signs and concerns
- Manage existing health conditions early
- Ask questions and advocate for your health

Strong mothers build strong families and strong communities.

Call 918-287-9300 to schedule an appointment or learn more about maternal health services.



## National Blood Awareness Month — Give Life, Give Blood

Every year, National Blood Awareness Month reminds us of the ongoing need for safe, life-saving blood donations. Blood is essential for emergencies, surgeries, cancer treatments, chronic illnesses, and care for patients of all ages. Yet, despite its importance, blood supplies can be limited — and donors are always needed.

According to national blood donation partners, only a small percentage of eligible donors donate each year, and each donation can help multiple patients. Whether you have donated before or are considering your first donation, now is a perfect time to learn how you can help save lives in your community.

Blood cannot be manufactured — it must come from generous volunteer donors. Regular donations help ensure that hospitals and clinics have the supplies they need when patients require transfusions, whether for injury, surgery, childbirth complications, or disease. In the United States, organizations such as the American Red Cross and local blood centers work together to collect and distribute millions of blood units each year.

Eligibility varies based on age, health status, medications, and travel history. Before donating, check the latest donor eligibility guidelines so you're prepared and informed. These requirements are listed on a reputable donation site, including the American Red Cross.

Finding a blood drive nearby is easy:

Visit the American Red Cross "Find a Local Blood Drive" page, enter your zip code, and see upcoming drives and donation centers near you.

You can also download the Red Cross Blood Donor App to search for nearby drives, schedule appointments, and manage donation appointments right from your phone.

Another option is the America's Blood Centers locator, which helps donors find community blood centers by zip code.

Regional organizations such as Vitalant also provide searchable donation locations nationwide.

Whether you choose a local blood center or a community drive, scheduling ahead ensures your spot and helps organizers plan for your visit.

### How to Prepare

On donation day, allow about an hour for registration, health screening, donation, and refreshments. Make sure to drink plenty of fluids, eat a healthy meal before donating, and bring a photo ID. Many donation partners offer online tools to complete questionnaires in advance so you can save time onsite.

### Osage Nation Health System Supports Donors

The Osage Nation Health System encourages community members to give life through blood donation during National Blood Awareness Month and throughout the year. Your contribution can make a real difference for patients in need — from trauma survivors to those managing chronic diseases.

To find a blood drive near you and schedule an appointment, visit:

➡ American Red Cross – Find a Local Blood Drive: <https://www.redcrossblood.org/local-homepage.html>

Your donation matters. One pint of blood can save up to three lives. Thank you for giving hope and health to others in our community.

## Your Donation Can Save Lives: Join the Call for Blood Donors

ONHS Public Health Nursing/Blooddonormonth.org

Did you know that every two seconds in America, someone urgently needs blood? This need extends beyond unexpected emergencies like car crashes, encompassing a wide range of medical treatments such as cancer therapies, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.

Only three percent of eligible Americans currently donate blood, despite 65 percent of the population being eligible to do so. Additionally, only 12 percent of blood donations come from individuals in communities of color, and there was a 40% increase in donors aged 65 and older in 2021 compared to 2019, highlighting the need for focused recruitment efforts on younger generations. Given the current state of blood donations, there is an urgent need for younger, more diverse donors. National Blood Donor Month, celebrated every January, provides an opportunity to raise awareness about the importance of blood donation and to honor those who have already made a life-saving contribution.

The inaugural National Blood Donor Month was proclaimed by President Richard Nixon and held in January 1970, with the aim of acknowledging voluntary blood donors and encouraging more individuals to donate for the first time. Despite the changes that have occurred in the last five decades, the demand for blood remains constant, as does the selflessness of those who answer the call to give.

We express our heartfelt gratitude to all those who regularly donate blood and encourage all those eligible to join them. Such ongoing generosity not only saves lives today but also extends hope for a brighter tomorrow for countless individuals in need. Our next blood drive, in partnership with OBI will be Tuesday, April 7, 2026, from 9am-2pm in the first-floor conference room at the Wazhazhe Health Center, 316 E Main Street, Pawhuska, OK 74056. Please keep an eye out for the link to sign up to donate in the coming weeks.



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**TITLE VI / ELDER NUTRITION**

### Weekly Activities

Title VI / Elder Nutrition Class - PAWHUSKA  
350 Senior Circle Drive, Pawhuska, OK.

ELDERS 50+ ARE WELCOME!

S	M	T	W	T	F	S
		Chair Exercise 10:45-11 AM	Ballet Chair Exercise 10:45-11 AM	Chair Exercise 10:45-11 AM		

**Title VI / Elder Nutrition Class - FAIRFAX**  
401 South 8th, Fairfax, OK.

S	M	T	W	T	F	S
			Exercise Class 10-11 AM		Exercise Class 10-11 AM	



### WHAT IS GLAUCOMA?



Glaucoma is a vision-threatening disease that can lead to optic nerve damage. Most often, this is caused from high pressure due to poor drainage of the Aqueous Humor fluid, which supplies nutrients to the cornea and lens.

### THERE ARE 2 COMMON TYPES OF GLAUCOMA



#### OPEN-ANGLE GLAUCOMA

This is the most common type of glaucoma and can develop gradually and be undetected for years, slowly damaging vision.



#### CLOSED-ANGLE GLAUCOMA

This type is less common, but occurs more suddenly and the symptoms are much more severe.



IT'S ESTIMATED THAT OVER **3 MILLION** AMERICANS HAVE GLAUCOMA...

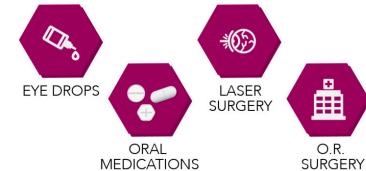


AND THAT THERE ARE OVER **60 MILLION** SUSPECTED CASES WORLDWIDE.

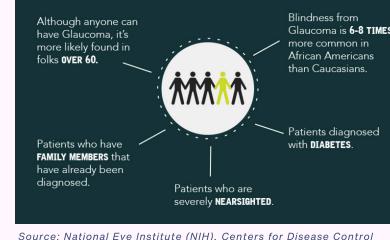
### LEADING CAUSES OF BLINDNESS WORLDWIDE



### COMMON TREATMENT OPTIONS FOR GLAUCOMA



### HIGH RISK GROUPS



Source: National Eye Institute (NIH), Centers for Disease Control and Prevention (CDC), American Academy of Ophthalmology, and Glaucoma Research Foundation.

## New Year, New Smile: Dental Resolutions That Last

By Dr. Miranda Scholz, DDS



Photo: @istock / [FilippoBacci](#)

A new year brings a fresh start, and it's the perfect time to focus on habits that support a healthier smile. While many resolutions fade by February, dental goals are some of the easiest to maintain and can make a lifelong difference in your overall health. Here are a few simple, realistic dental resolutions we recommend to help start off the year strong.

**1. Commit to consistent oral hygiene**  
Brushing twice a day and flossing once daily may sound basic, but consistency is key. If flossing has been hit-or-miss, make this the year it becomes a non-negotiable habit. Keeping floss where you'll see it, next to your toothbrush or in your bag, can make all the difference.

**2. Don't skip your dental checkups**  
Regular dental visits help prevent small issues from turning into bigger problems. Make a resolution to keep

up with your recommended cleanings and exams. Preventive care saves time, money, and discomfort in the long run.

**3. Be mindful of what you sip and snack**

Sugary drinks, acidic beverages, and frequent snacking can take a toll on your teeth. Try swapping soda or juice for water, and limit snacks between meals. Your teeth will thank you, and so will your overall health.

**4. Replace old dental supplies**

If your toothbrush is more than three months old or the bristles are frayed, it's time for a replacement. Consider upgrading to an electric toothbrush or adding tools like a water flosser to enhance your routine. Contact the clinic if you need a replacement, and we will be happy to provide it for you.

# Understanding Glaucoma: Protecting Your Vision Through Early Detection

American Optometric Association



## HEALTHY EYES

Glaucoma is a group of eye diseases that cause progressive damage to the optic nerve, the structure responsible for carrying visual information from the eye to the brain. Over time, this damage can lead to permanent vision loss or blindness if not diagnosed and treated early.

The optic nerve is made up of nearly one million nerve fibers. In many forms of glaucoma, damage occurs when pressure inside the eye becomes too high for the optic nerve to tolerate, although some people develop glaucoma even with normal eye pressure. Glaucoma is currently the second leading cause of blindness in the United States, and vision loss caused by glaucoma cannot be restored.

### Common Types of Glaucoma

The most common form, primary open-angle glaucoma, develops slowly and painlessly. Most people experience no early symptoms, and vision loss often begins in peripheral (side) vision before progressing to central vision. Because symptoms are subtle, many people do not realize they have glaucoma until significant vision loss has already occurred.

A less common but more serious form, acute angle-closure glaucoma, occurs suddenly and is a medical emergency. Symptoms may include severe eye pain, redness, blurred vision, nausea, and seeing halos around lights. Without immediate treatment, vision loss can occur quickly.



## PERIPHERAL VISION LOSS

Other forms include secondary glaucoma, caused by injury, medications, or other eye conditions, and normal-tension glaucoma, in which optic nerve damage occurs despite normal intraocular pressure.

### Who Is at Higher Risk?

Several factors increase the risk of developing glaucoma, including:

- Age over 60 (or over 40 for African Americans)
- Family history of glaucoma
- African American, Hispanic, Asian, Native Alaskan, or Japanese ancestry
- Diabetes, high blood pressure, or heart disease
- Previous eye injuries or chronic eye inflammation
- Long-term use of corticosteroid medications
- Thinner corneas or certain optic nerve characteristics

### Why Regular Eye Exams Matter

Because glaucoma often has no early warning signs, routine comprehensive eye exams are critical—especially for individuals at higher risk. Glaucoma is diagnosed through a combination of tests, including measurement of eye pressure, evaluation of the optic nerve, visual field testing, and corneal thickness measurements.

The American Optometric Association recommends regular dilated eye exams for those at risk, with frequency determined by

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## Understanding Glaucoma: Protecting Your Vision Through Early Detection

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your eye care provider.

### Treatment and Management

While there is no cure for glaucoma, early diagnosis and ongoing treatment can slow or prevent further vision loss. Treatment typically focuses on lowering eye pressure through prescription eye drops, laser procedures, or surgery when necessary. Treatment must be continued for life, and regular follow-up appointments are essential to monitor disease progression.

### Protect Your Vision

Early detection is the most effective way to protect vision from glaucoma. If you are at increased risk or have not had a comprehensive eye exam recently, talk with your eye care provider about screening.

Vision lost to glaucoma cannot be restored—but vision can often be preserved with early care and consistent treatment.



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A Culture of Caring

Attention Patients:  
Please bring all of your current medication bottles to your appointments. This will help our providers and nurses accurately review and enter your information into our new electronic health system, Epic.

Thank you for your cooperation and understanding!

Osage Nation Health System - Pharmacy  
316 E. Main Street, Pawhuska, OK. 74056 918.287.9300



## PROVIDER SPOTLIGHT

### Travis Griffiths, M.D.

Travis Griffiths, M.D., specializes in orthopedics/sports medicine and is fluent in speaking English and Spanish.

Dr. Griffiths' education includes: • Fellowship in primary care sports medicine at the University of Oklahoma, 2022 • Residency in family medicine with the Idaho-Rural Training Track program, 2021 • Medical degree at the University of Utah School of Medicine, 2018 • Bachelor of Arts degree in Spanish at Utah Valley University, 2013

Dr. Griffiths constantly works to improve his care for patients by staying up to date on current information and relaying it to patients so they can make informed decisions about their care. "Patients deserve to know what is going on in their bodies. Explaining the potential diagnosis as well as a workup plan, treatment options, and follow-up are important so that the patient can make actual informed decisions and be a more integral part of their own care," he said.

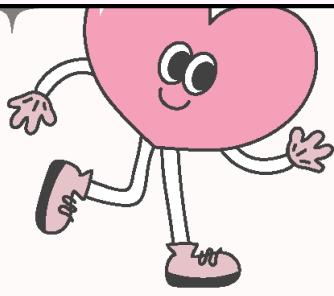
When it comes to maintaining or improving health, Dr. Griffiths encourages patients to find a nutrition and physical activity



Travis Griffiths, M.D.  
Ortho/Sports Medicine

approach that is enjoyable and sustainable. "I'm a firm believer that success leads to more success," he adds. "As that plan begins to pay off in helping us reach our goals, we find more drive, commitment, and enjoyment in continuing the process, adjusting the plan, and setting new goals."

When Dr. Griffiths is not working at the clinic, he enjoys time with his wife and two children. He also enjoys hiking, hunting, fishing, weightlifting, and long-distance running.

A group of cartoon hearts with legs and arms, some wearing sunglasses, are scattered around the text.

Osage Nation  
Family Violence  
Prevention

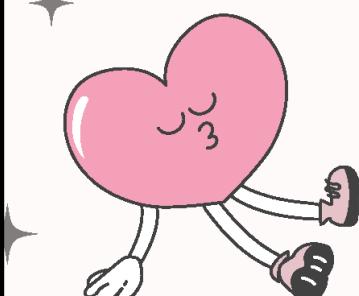
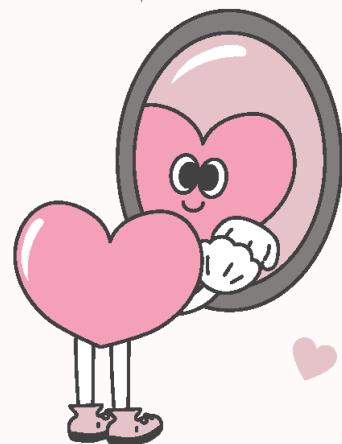
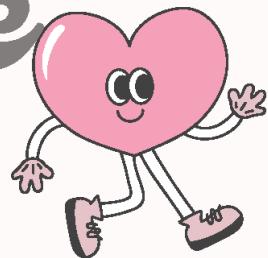
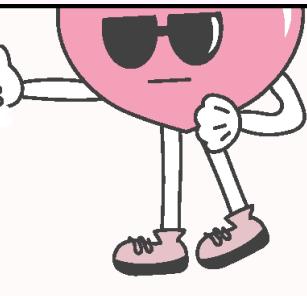
# Valentine's Day Handgame

A teen dating violence awareness event

## 14 February

1:00 PM to 3:00 PM  
Wakon Iron Hall  
181 Wakon Iron Blvd.  
Pawhuska, OK

Questions?  
Call ONFVP at (539) 212-2411



## 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.

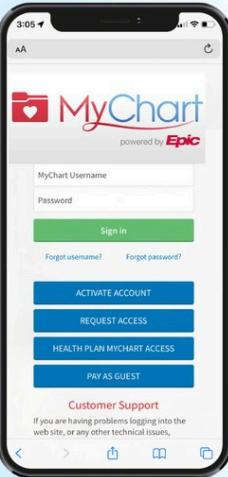


SCAN ME

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**


**Download on the App Store**


**GET IT ON Google Play**






**OSAGE NATION HEALTH SYSTEM**  
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**ATTENTION PATIENTS:**

As we enter the new year, we kindly ask all patients to bring all current insurance cards to every appointment. This includes medical, dental, vision, Medicare, and any secondary insurance cards. Thank you for helping us keep your records accurate and up to date!







Questions? Call Patient Registration 918.287.9300

TEXT
ALERTS
via **Hello World**



🔔
**APPOINTMENT REMINDERS**

✓
**CONFIRM APPOINTMENTS**

✗
**CANCEL APPOINTMENTS**

**Text START to 98041**  
or SCAN the QR code to OPT IN

Hello World gives you more control on your healthcare journey, with notifications of appointments sent right to your text message.





## Observances for January and February

### January:

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



### February:

- Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month
- American Heart Month
- Gallbladder Cancer & Bile Duct Cancer Awareness Month
- International Prenatal Infection Prevention Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month

### Awareness Weeks:

- February 2-6: Ambulatory Care Nurses Week
- February 2-8: PeriAnesthesia Nurse Awareness Week
- February 7-14: Congenital Heart Defect Awareness Week
- February 7-15: Cardiovascular Professionals Appreciation Week
- February 8-14:
  - Cardiac Rehabilitation Week
  - Heart Failure Awareness Week
  - Sepsis Survivor Week
- February 14-21: National Condom Week
- February 16-20: National Certified Anesthesiologist Assistant Week
- February 23 – March 1: National Eating Disorder Awareness Week

### Awareness Weeks:

- National CRNA Week-- January 12-24

### Days to Note:

- National Pharmacist Day – January 12
- National IV Nurse Day – January 21
- Maternal Health Awareness Day – January 23
- World Leprosy Day – January 25

### Days to Note:

- February 2: Rheumatoid Arthritis Awareness Day
- February 4: World Cancer Day
- February 6:
- Give Kids A Smile® Day
- National Wear Red Day
- February 7: National Black HIV/AIDS Awareness Day
- February 9:
- International Epilepsy Day
- National Toothache Day
- February 14: National Donor Day
- February 18: Critical Care Transport Nurses Day
- February 20: National Caregivers Day
- February 22:
- National Heart Valve Disease Awareness Day
- World Encephalitis Day
- February 28: Rare Disease Day

## 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**