



**OSAGE NATION
HEALTH SYSTEM**

A Culture of Caring

Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

- OHNS Successful Audit
- How to Use A QR Code
- National Drug and Alcohol Fact Week - March 18-24
- Free Opioid Overdose Prevention Kits Available
- Dental Sealants to Prevent Tooth Decay
- Glow Easter Egg Hunt Registration NOW OPEN
- Fraud Prevention Resources
- Upcoming events

Health & Wellness Topics

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

Osage Nation Health System Acheives successful financial audits for second consecutive year.



The Osage Nation Health System (ONHS) is pleased to announce the successful completion of its annual financial audits for the second consecutive year, with both audits resulting in unmodified (“clean”) opinions. This achievement shows the organization’s ongoing commitment to financial integrity, transparency, and operational excellence as it transitions to a Tribal Business Enterprise.

ONHS recently completed its Annual Federal Single Audit with no findings or material weaknesses. Conducted in accordance with Uniform Guidance requirements for federal grant recipients, the audit affirms the Health System’s strong fiscal management practices and full compliance with applicable federal regulations.

In addition, ONHS received an unmodified opinion on its Annual Financial Audit, conducted by independent auditors to assess the accuracy and reliability of its financial statements. The results confirm that ONHS adheres to all applicable accoun

-ing standards and maintains effective internal controls.

Achieving consecutive clean audit opinions is a notable accomplishment, particularly during a period of organizational transition and growth. These outcomes reflect the strength of ONHS’s financial oversight, governance, and internal control environment.

As ONHS continues to expand its services and infrastructure, it remains guided by a long-term vision focused on sustainability, accountability, and excellence in healthcare delivery. The results of these audits serve as a clear validation of responsible resource management and the organization’s ongoing commitment to serving the community with integrity.

For more information about ONHS programs, initiatives, and accomplishments, please visit www.osagehealth.org.

HOW TO USE A QR CODE TO ACCESS ARTICLES & WEBSITES



1. OPEN YOUR CAMERA OR QR APP

Use your smartphone or tablet.



AIM AT THE QR CODE



2. SCAN THE CODE

Follow the prompt on screen.



Tap the link to visit the article or website

TIP:

MAKE SURE YOU'RE CONNECTED TO WIFI OR MOBILE DATA



To help keep this newsletter easy to read, some articles and helpful resources are shared using QR codes. A QR code is a small square image that you can scan with your phone or tablet to quickly open a website or article.

If you have a smartphone, simply open your camera and point it at the QR code. A link will appear on your screen—just tap it to view the information.

If you need help, don't hesitate to ask a family member, friend, or one of our staff—we're happy to assist you. QR codes are a quick and easy way to access more helpful information right at your fingertips.



Wahzhazhe Health Center



918.287.9300
www.osagehealth.org
316 East Main Street,
Pawhuska, OK. 74056



National Drug and Alcohol Fact Week; March 18 – 24

National Drug and Alcohol Facts Week is a time to learn the truth about substance use, break stigma, and support healthier choices for our families and communities.

Substance use affects millions of people across the United States. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), many individuals experience substance use and mental health challenges each year, showing the importance of education, prevention, and access to care.

For American Indian and Alaska Native communities, the impact is even greater. According to the Centers for Disease Control and Prevention (CDC), Native communities experience some of the highest overdose rates in the country—nearly twice as high as White populations. Additionally, data show that Native Americans have the highest rates of substance use disorders among all racial and ethnic groups, according to the Kaiser Family Foundation (KFF).

These challenges are connected to many factors, including historical trauma, limited access to care, and ongoing barriers in rural and tribal communities. According to the Indian Health Service (IHS), many Native-focused programs are now tribally operated, helping provide care that respects culture, community, and tradition.

- Healing is strongest when it includes culture, connection, and support. Talking openly,

National Drug & Alcohol Facts Week

Understanding Substance Use in Our Communities

← NATIVE COMMUNITIES → ← SUBSTANCE USE DISORDERS →

Highest Overdose Rates
2x Higher
than White Population

Highest Rates
of Any Group

CHALLENGES WE FACE

Historical Trauma Limited Access to Care Rural & Tribal Barriers

HEALING THROUGH

Culture & Tradition Community Support Accurate Information

For an appointment and information on resources call 918.287.9300

WE'RE HERE FOR YOU
Prevention • Education • Support

TOGETHER FOR A HEALTHIER FUTURE

OSAGE NATION HEALTH SYSTEM
A Culture of Caring

supporting one another, and sharing accurate information can make a real difference—especially for our youth.

The Osage Nation Health System (ONHS) is here to support our community through prevention, education, and behavioral health services. Whether you need resources, guidance, or support for yourself or a loved one, you are not alone.

Free Opioid Overdose Prevention Kits Available

This month ONHS's Prevention Department launched a request system for overdose prevention kits for those who live or work in Osage County. Overdose prevention kits include 1 box of naloxone (Narcan) with 2 nasal spray doses, fentanyl test strips, 1 medication lockbox, and information on community support resources. Naloxone nasal spray prevents overdose from an opioid and medication lockboxes keep prescription drugs safe from potential misuse. At the Osage Nation Sovereignty Dance on March 7th, ONHS staff distributed 100 kit request flyers and increased awareness of this program.

Distribution of kits to individuals and households across Osage Nation is emergency preparedness that saves lives. Kits are available for pickup or via mail. If multiple kits are needed or organizations are interested in partnering to increase outreach in their community, please reach out to kitrequest@osagehealth.org.

Check out this brief video to understand the symptoms of a potential overdose and how to administer naloxone: <https://www.youtube.com/watch?v=nVRm1GQgJmc>



Oklahoma's Good Samaritan law was expanded (HB 2110) to include protection for those who, in good faith, administer an opioid antagonist (Narcan) to someone potentially experiencing a drug overdose. Naloxone spray is non-toxic and will not harm an individual who is not experiencing an overdose from an opioid. Always dial 9-1-1 in an emergency. If you utilize your kit, please reach out to notify Prevention and request a replacement.

Be Prepared to Save A Life!



**Free Opioid Overdose
Prevention Kits Available
(Includes Narcan Nasal Spray)**



Overdoses can happen in any community, and being prepared helps keep people safe. Each kit includes easy-to-use Naloxone (Narcan) nasal spray with simple instructions inside. Like a first aid kit – it's better to have it and not need it.

Dial 9-1-1 in an emergency. Kits can only be picked up or delivered from Prevention during normal business hours.

For Opioid Overdose kit pickup or delivery, scan this QR code or visit:
<https://osagehealth.org/tribal-opioid-response/>
 Email: prevention@osagehealth.org call 918.287.9316

SCAN ME



Your Life is Sacred – Live It Well

By Katie Weigant, Diabetes Department

Our lives are sacred. The closeness we feel with our families, communities, and the land is lasting and important. We find purpose in the world around us and in the kinships we value. This is why many communities are raising awareness about type 2 diabetes and how it can limit the future that we all want to see. Type 2 diabetes occurs when your body has a problem turning the food you eat into energy, causing your blood sugar to be higher than normal.

Even if your blood sugar isn't high enough to be type 2 diabetes, it may still be higher than normal, which is a condition called prediabetes. Having prediabetes is a sign that your body is at risk for type 2 diabetes, but the good news is that many of the traditional and sustainable practices you already know can help restore it.

Osage Nation Diabetes Program offers help for a balanced and healthy lifestyle. We work with the National Diabetes Prevention Program led by CDC to help people stay strong for the lives they want to lead.

Our lifestyle change program and Lifestyle Coaches, Katie Weigant, RN, CDCES and Stacey Acosta, RN, partner with you on your health journey, helping you decide what steps will work for you. Check out the following tips for examples of ways the program will help you to stay healthy for your loved ones:

- Enjoy healthy foods. We know that whole foods feed our bodies and souls. Look for ways you can add fruits and vegetables to your diet—whether fresh, frozen, or low-salt canned.
- Breathe fresh air and get moving. There is something healing about nature. Getting outside for some physical activity is both

energizing and can help prevent type 2 diabetes.

- Preserve the traditions that matter most. Spending time with your community, celebrating traditions and milestones, is a perfect way to lower stress. Stress is a normal part of life, but too much stress for too long can hurt your body, so finding ways to lower stress is a great way to stay healthy.

The lifestyle change program is all about allowing you to write the story you want to tell for your future. For more information on the program and how to enroll, please contact Katie Weigant, RN, CDCES, at (539)212-2373 or email diabetes@osagehealth.org. To see if you qualify, you can take the risk assessment at <https://www.cdc.gov/prediabetes/risktest/index.html> or review the assessment below.

Prediabetes Risk Test

- 1. How old are you?**
 Younger than 40 years (0 points)
 40–49 years (1 point)
 50–59 years (2 points)
 60 years or older (3 points)
- 2. Are you a man or a woman?**
 Man (1 point) Woman (0 points)
- 3. If you are a woman, have you ever been diagnosed with gestational diabetes?**
 Yes (1 point) No (0 points)
- 4. Do you have a mother, father, sister, or brother with diabetes?**
 Yes (1 point) No (0 points)
- 5. Have you ever been diagnosed with high blood pressure?**
 Yes (1 point) No (0 points)
- 6. Are you physically active?**
 Yes (0 points) No (1 point)
- 7. What is your weight category?**
 (See chart at right)

Total score:

Write your score in the boxes below

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

Adapted from Bang et al., *Ann Intern Med* 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the study.

If you scored 5 or higher —————

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.



ONHS Purchase Referred Care Presents

WEAVING CONNECTIONS FOR CARE

APRIL 15-16, 2026 / 9 AM - 4 PM

Discussion Topics: Billing, Scheduling, Best Practices, Staffing

Who Should Attend:

1st Day: April 15 – IHS/Tribal/Urban PRC Programs

2nd Day: April 16 – Medical Vendors

Location: Osage Casino Tulsa
951 W. 36th Street N, Tulsa, OK. 74127

If any Tribal Managers would like to present, please indicate on the registration or email Kimetha.bennett@osagehealth.org.

Calling all Native American Artisans!

Only artisans will be accepted as vendors at this event. Lunch (11:30 - 12:30 PM) will be provided, or you can have lunch on your own.

Scan code to register or visit:

<https://osagehealth.org/event/weaving-connections-for-care-presented-by-the-onhs-purchase-referred-care/2026-04-15/>

Registration Deadline: March 20th @ 5PM



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Dental Sealants to Prevent Tooth Decay

By Miranda Scholz, DDS, ONHS Dental Dept. Director



Dental caries (decay) is the most common chronic childhood disease in the United States. In Oklahoma, approximately two-thirds of third graders are affected. Native American children experience dental decay at higher rates than non-Native children. The IHS reports that by age two, about 40% of Native American children have experienced dental decay, and that number increases to 80% by age five. Dental decay can cause tooth pain and eating problems, as well as psychosocial issues if the decay is on easily visible teeth. Dental decay can, in some cases, cause infections that affect systemic health and can become medical emergencies. Children with dental decay are more likely to miss school due to pain or illness.

So, what can be done to prevent children from getting cavities? In addition to limiting sugary foods and drinks, brushing with fluoride toothpaste, and flossing, we at the Wahzhazhe

Dental Clinic offer dental sealants to our pediatric patients to help prevent tooth decay. Dental sealants are a layer of composite resin-based material that is cured onto permanent molars or premolars. When placed properly, this material can help prevent cavities by up to 80% in teeth considered high-risk for dental decay. Studies have shown that children ages 6 to 11 without protective sealants have approximately three times as many cavities as children with sealants. The placement process is easy- just rinsing, drying, applying the sealant material, and light curing. No drilling or numbing is required.

The best way to treat dental decay is to catch it early or to prevent it altogether. Dental sealants are an easy way to prevent tooth decay and can be placed during hygiene visits or by the dentist. Call (918) 287-9300 today to schedule an exam and to determine your child's risk for tooth decay.



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!

Get Your Sticks on

Osage Nation Health Systems Blood Drive

Tuesday, April 7
9:30 a.m. - 2:30 p.m.
WahZhaZhe Health Center

1 Donor will win a GC to The Pioneer Woman Mercantile!

Walk-ins Welcome!



SAVE YOUR VISION MONTH

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

Contact Us 918.287.9300



Presented by the Diabetes Program



NUTRITION COOKING CLASS

Thursday, April 2nd at 10:30 AM

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



Participants will receive door prizes, and healthy samples will be provided.

539.212.2373

316 E. Main Street, Pawhuska

OSAGE NATION HEALTH SYSTEM SENIOR SERVICES BRINGS YOU



SENIOR BINGO

ELDERS 55+ PLEASE JOIN US FOR SOME BINGO FUN AND WIN SOME PRIZES!

TUESDAY,
MARCH 31ST
AT 1:30 PM

AT THE OSAGE NATION ELDER NUTRITION SITE IN FAIRFAX

Education Tips and Information to Prevent Being a Victim of Fraud



PROTECT YOURSELF • PROTECT YOUR FAMILY

STAY SAFE FROM SCAMS

Helpful Resources from Trusted Sources



Scammers are always finding new ways to trick people — but knowledge is your best protection. Stay informed. Stay alert. Stay in control.

These trusted sources offer helpful tips and guidance to protect yourself and your money:

- 1 TOP 5 FINANCIAL SCAMS TARGETING SENIORS**
Learn about the most common scams affecting older adults.
Source: National Council on Aging (ncoa.org)

nco
national council on aging


- 2 15 WAYS TO PROTECT YOURSELF FROM FRAUD**
Simple steps you can take to avoid scams and identity theft.
Source: AARP (aarp.org)

AARP


- 3 BIGGEST FRAUD & SCAMS TO WATCH FOR IN 2026**
Stay ahead of the newest scams and tricks.
Source: AARP (aarp.org)

AARP


- 4 REPORT FRAUD • GET HELP**
AARP Fraud Watch Network Helpline
Call: 1-877-908-3360 | Available 24/7

AARP
FRAUD WATCH NETWORK
HELPLINE



SCAN TO LEARN MORE

Open your phone's camera and scan the QRcode to visit each trusted source.



TIP: Always check the website address and avoid unknown links or unexpected calls.

You're Not Alone — Help Is Available
If you or a loved one has been targeted by a scam, reach out for help or talk to a trusted family member.



BROUGHT TO YOU BY OSAGE NATION HEALTH SYSTEM • Protecting Our Elders • Empowering Our Community



JOIN THE OSAGE STRIDERS

Sugar in Check...Steps in Effect

The Osage Nation Diabetes Program is excited to launch an 8-Week Walking Group designed to help you stay active, improve your health, and keep your sugar in check!

Sign-Up & Intake Health Assessment - Tuesday, March 24th
2:30 PM – 4:30 PM at ONHS Diabetes Department (2nd floor)

Open to all patients of the Osage Nation Health Center

PROGRAM DATES
MARCH 31 - MAY 21

316 East Main Street, Pawhuska, OK. 70456
at the Wahzhazhe Outdoor Health Complex Path

Contact Katie Weigant, RN, CDCES at
539.212.2373 / diabetes@osagehealth.org



OSAGE NATION HEALTH SYSTEM
2ND ANNUAL

GLOW IN THE DARK



Easter Egg

**THURSDAY APRIL
2ND**

Hunt

- 6PM - ON-SITE REGISTRATION
- 7PM - 0-3 YEAR OLD EGG HUNT
- 7:30 - FUN WALK
- 8:15 - GLOW IN THE DARK EGG HUNTS
- 8:30 - ZOOTOPIA 2 SCREENING
- 8:30 - ADULT EASTER EGG HUNT 18+



GLOW IN THE DARK EGG HUNT AGE GROUPS:

4-6, 7-9, 10-12, 13-17, 18+

**SENSORY-FRIENDLY AREA WILL BE AVAILABLE FOR
YOUTH WHO MAY BENEFIT FROM A QUIET SPACE
DURING THE EVENT**



PRIZES FOOD TRUCKS INFLATABLES GAMES

Registration is NOW open! Scan QR code to register
OR visit <https://osagehealth.org/event/osage-nation-health-systems-2nd-annual-glow-in-the-dark-easter-egg-hunt/>



For Your Information:



Chair Ballet Classes

Join us for our new Chair Ballet classes every Wednesday 10:30-11:30am

Classes are free for elders and will be held at ONHS Elder Nutrition / Title VI 350 Senior Circle Drive



SAVE THE DATE

NATIVE ALLIANCE AGAINST VIOLENCE
Saturday, April 11, 2026

SEXUAL ASSAULT AWARENESS MONTH



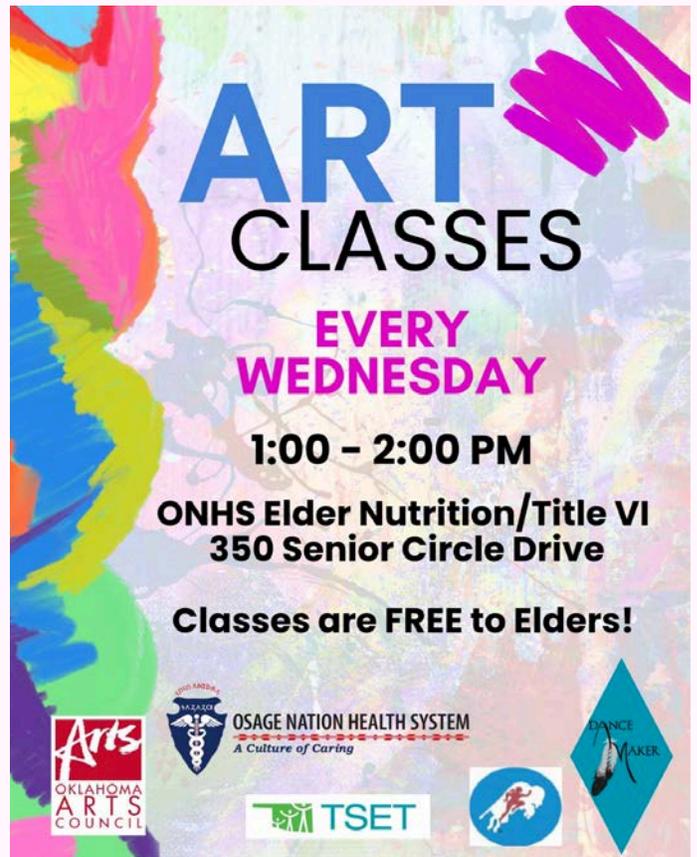
We invite programs to participate by showcasing 1-2 outfits. Submissions may include ribbon skirts or shirts, everyday fashion, regalia, shawls, and accessories, representing styles for children through adults. We ask that designs incorporate teal to reflect and honor the color of the awareness month. We are also seeking models to walk the runway on the day of the event. For more information or to get involved, please contact us at info@oknaav.org




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



ART CLASSES

EVERY WEDNESDAY
1:00 - 2:00 PM

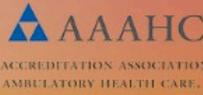
ONHS Elder Nutrition/Title VI
350 Senior Circle Drive

Classes are FREE to Elders!



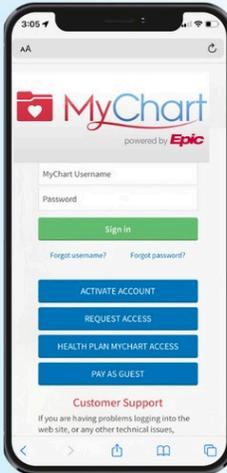
APPLY NOW






OSAGE NATION HEALTH SYSTEM
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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!

Download the app

Download on the **App Store** | GET IT ON **Google Play**



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



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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!





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Questions? Call Patient Registration 918.287.9300

Sign up for **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.



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Observances for March and April

March:

Monthly Observances

- Bleeding Disorders Awareness Month
- Multiple Sclerosis Education and Awareness Month
- Myeloma Action Month
- National Colorectal Cancer Awareness Month
- National Developmental Disabilities Awareness Month
- National Edometriosis Awareness Month
- National Kidney Month
- National Nutrition Month
- National Traumatic Brain Injury Awareness Month
- Save Your Vision Month
- Trisomy Awareness Month
- Workplace Eye Wellness Month
- National Athletic Training Month

Awareness Weeks

- National Pulmonary Rehabilitation Week-- March 9-15
- Patient Safety Awareness Week-- March 9-15
- National Sleep Awareness Week-- March 9-15
- National Poison Prevention Week-- March 16-22
- Brain Awareness Week-- March 10-16
- National Drug and Alcohol Facts Week-- March 18-24

Days to Note

- World Birth Defects Day – March 3
- National Women and Girls HIV/AIDS Awareness Day – March 10
- World Kidney Day – March 13
- World Sleep Day – March 14
- National Native American HIV/AIDS Awareness Day – March 3
- National Women and Girls HIV/AIDS Awareness Day – March 20
- World Oral Health Day – March 20
- World Downsyndrome Day – March 21
- World Tuberculosis Day – March 3
- American Diabetes Alert Day – March 25
- Epilepsy Awareness - Purple Day – March 26
- National Doctors' Day – March 30

April:

Monthly Observances

- Bleeding Disorders Awareness Month
- Multiple Sclerosis Education and Awareness Month
- Myeloma Action Month
- National Colorectal Cancer Awareness Month
- National Developmental Disabilities Awareness Month
- National Edometriosis Awareness Month
- National Kidney Month
- National Nutrition Month
- National Traumatic Brain Injury Awareness Month
- Save Your Vision Month
- Trisomy Awareness Month
- Workplace Eye Wellness Month
- National Athletic Training Month

Awareness Weeks:

- April 5–11: Occupational Health Nurses Week & Patient Access Week
- April 6–12: National Public Health Week
- April 11–17: Black Maternal Health Week
- April 13–17: National Surgical Assistant Week
- April 15–22: Oral, Head, and Neck Cancer Awareness Week
- April 19–25: Medical Laboratory Professionals Week, National Infertility Awareness Week, National Pediatric Transplant Week, Pediatric Sepsis Week
- April 20–24: Every Kid Healthy Week
- April 20–27: National Infant Immunization Week
- April 24–30: World Immunization Week
- April 27 – May 1: Patient Experience Week

Days to Note:

- April 2: World Autism Awareness Day
- April 7: World Health Day
- April 10: National Donate Life Blue & Green Day, National Youth HIV and AIDS Awareness Day
- April 11: World Parkinson's Day
- April 12: Radiology Nurses Day
- April 16: National Healthcare Decisions Day
- April 17: World Hemophilia Day
- April 25: DNA Day, National Prescription Drug Take Back Day, World Malaria Day
- April 28: APOL1-Mediated Kidney Disease Awareness Day, World Day for Safety and Health at Work
- April 29: Undiagnosed Day

IMPORTANT NUMBERS

24/7 Suicide Crisis Lifeline: 988

ONHS Counseling Center

M-F 8a-4:30p

539.212.2499

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

**988 SUICIDE & CRISIS
LIFELINE**