



**OSAGE NATION
HEALTH SYSTEM**

A Culture of Caring

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 Purchase Referred Care Weaving Connections for Care Event Held



Weaving Connections for Care attendees on day 2 of the event

On April 15–16, 2026, approximately 150 participants joined Weaving Connections for Care at the Osage Casino in Tulsa, organized by the Osage Nation Health System's Purchased/Referred Care (PRC) program. About 63 Tribal health staff, 34 Indian Health Services (IHS) federal staff, and 33 medical vendors collaborated, shared best practices, and built relationships to improve PRC services within Native communities. These diverse professionals focused on enhancing patient care, making the event a resounding success.

The event opened with a welcome and prayer from Kirk Shaw, COO of Osage Nation Health System, grounding the gathering in community and shared purpose. During the conference, participants listened to a strong lineup of speakers, including Taveah George, Director of PRC for the Oklahoma City Area Office, and Paula Stabler, former CEO of the Osage Nation Health Center. Additional presentations from Adrian Steel, Verona Deer, and Rebecca Cooper spotlighted best

practices and innovative approaches. Sessions tackled key topics such as billing, scheduling, and staffing, while Kimetha Mitchell-Bennett led a PRC panel that fostered open discussion of real-world challenges and solutions.

Networking was also a central part of the event. Conversations over meals and between sessions helped attendees build meaningful connections and stronger partnerships across tribal, federal, and vendor systems. Day one focused on IHS, Tribal, and Urban PRC programs, while day two included medical vendors to help bridge operational gaps.

Weaving Connections for Care affirmed ONHS's continued commitment to collaboration and expanding access to care. Attendees gained valuable insights, formed stronger connections, and left with a renewed, shared commitment to advancing PRC services for Native communities.

Osage Nation Purchase Referred Care Weaving Connections for Care Event Held



ONHS PRC, Day 1: Tia McConnell, Stephanie Lookout, Erin Todd, Brandi Sutton, Kimetha Mitchell-Bennett, Debrah Goad and Mykaela Watkins



Paula Stabler, Former ONHS Congress Woman/Former WZZHC Clinic Administrator and Kimetha Mitchell-Bennett, PRC Supervisor



Michael Bristow, SSAPT/ONHS Board of Directors Vice Chair, and Kimetha Mitchell-Bennett, PRC Supervisor



Taveah George, OKC Area PRC Director



ONHS PRC, Day 2: Debrah Goad, Tia McConnell, Kimetha Mitchell-Bennett, Erin Todd, Brandi Sutton, Glenda Ferguson, Mykaela Watkins, Shannon Voegel



Kirk Shaw, ONHS COO welcomes the guests and gives opening prayer in Osage

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



Meet the PEOPLE BEHIND THE CARE

Harrison Hudgins

At Osage Nation Health System, care goes far beyond clinic walls. Behind the scenes, team members like Harrison Hudgins keep everything running.

Harrison, Osage, is the Business Office Manager and has been with ONHS since November 2017. He oversees the revenue cycle, including billing, coding, accounts receivable, and denial follow-up. He also leads the Medical Records department, making sure patient information is handled accurately and efficiently.

Much of his work happens behind the scenes, but it plays a key role in patient care. There are many steps that take place before a provider ever sees a patient, including credentialing, privileging, payor enrollment, and board approvals. Each process takes time and coordination to ensure everything is in place.

Harrison says his job is most enjoyable because of the people. He has built strong relationships with his team and appreciates seeing friends and family throughout the health system.

Raised in Hominy with family roots in Pawhuska, Harrison was taught from a young age to take care of his people. That value continues to guide his work today. Serving his community through ONHS is something he takes pride in.



To him, a Culture of Caring is something you see every day. He sees it in the way staff treat patients, many of whom are friends and family. He also believes culturally responsive care is important. Understanding patients on a cultural level helps provide better care, and he hopes to help bridge that gap in his role.

Outside of work, Harrison enjoys spending time outdoors, reading, cooking, and making regalia. His favorite meal is his Aunt Cleora's posole.

His daily motivation is clear: serving his family and his patients. Knowing his work directly improves healthcare for his community is a source of great pride and purpose.

Osage Nation Counseling Center

Meet the PEOPLE BEHIND THE CARE

Austen McCloud

I am the daughter of Loren Burnett and Laura Parks and the granddaughter of the late Harold Ed Burnett. I am the great-granddaughter of Benjamin Burnett and Helen Burnett (Osage), and the great-great-granddaughter of Emma StrikeAxe.

I am a first daughter, born into the Wolf Clan, of the Grayhorse District and my Osage name is He ah to in. I was raised in Hominy, Oklahoma, where my roots, family, and culture shaped the foundation of who I am. Growing up in this community instilled in me a deep respect for tradition, identity, and the strength carried through generations.

My life has been guided not only by my heritage but also by my pursuit of knowledge and service. I have completed many hours of college education, continually seeking to grow and better understand the world around me. I am also a certified Peer Recovery Support Specialist (PRSS) through the Oklahoma Department of Mental Health and Substance Abuse Services. Moving into my new position as the Campus Specialist, I am committed to supporting others on their journeys toward healing, using both my training and lived experience to offer understanding, compassion, and strength.

Everything I carry—my name, my lineage, my education, and my purpose—is connected. I walk forward with the resilience of those who came before me, honoring them through the life I continue to build.



Racheal Fortney and Austen McCloud

Racheal Fortney

Her Osage name is Me-tsa-heh, is transitioning from her administrative role as Campus Specialist to a Behavioral Case Manager II position within the Women's PRT program. This move marks a shift toward direct services, allowing Racheal to utilize her PRSS and CM II credentials to work hands-on with clients.

A member of the Bald Eagle Clan from the Pawhuska district and great-granddaughter of Christine No-Ear Hamilton, Racheal is deeply rooted in her community. She was named by Mogri Lookout in the Native American Church. She has been in recovery since November 30, 2018, and is passionate about helping her Native brothers and sisters find their own path. Her philosophy is simple: 'In order to keep tradition alive, we have to stay alive.' She looks forward to helping women achieve milestones like employment and family reunification, reminding them that, 'We all have a day one, so is it today or one day?'"

Osage Striders Walking Group Off to a Strong Start

By Katie Weigant, ONHS Diabetes Department

We are excited to share the success of our recent Osage Striders Walking Group sign-up event! With 20 participants officially registered, we are off to a fantastic start. Even more encouraging, we've seen great attendance at our first few walks, with participants showing enthusiasm, commitment, and a strong sense of community.

If you missed the sign-up event, don't worry, it's not too late to join us! Whether you're just getting started or looking to stay active, we welcome you to come for a walk with us. The group meets every Tuesday at 4:00 PM and every Thursday at 7:15 AM, running from March 31 through May 21. As an added bonus, all participants receive a t-shirt!

Walking is one of the simplest and most effective ways to improve overall health. Regular walking can play a key role in managing and preventing diabetes by helping regulate blood sugar levels and improving insulin sensitivity. It also supports kidney health by promoting healthy blood pressure, improving circulation, and reducing strain on the kidneys. Beyond these benefits, walking can boost mood, increase energy levels, and strengthen heart health.

Looking ahead, we're already planning our next 8-week walking group, which will run from August 18 through October 9. This session will help participants prepare for the annual Buffalo Run 5K on Saturday, October 10th at Osage Hills State Park, a great goal to work toward together!

We are proud of the momentum we've built and look forward to seeing even more

community members join us on this journey toward better health. Lace up your walking shoes and come be part of the Osage Striders!

Coming Soon: Diabetes Prevention Program (DPP)

We are excited to announce plans to launch a Diabetes Prevention Program (DPP) and are currently looking for individuals who may be interested in participating!

This program is designed for individuals at risk for developing type 2 diabetes. To determine eligibility, participants will be asked to complete a simple Prediabetes Risk Test. This quick screening helps identify whether the program is a good fit for you.

The DPP is a 22-session program focused on helping participants make meaningful, lasting lifestyle changes. Throughout the program, you'll receive guidance and support in areas such as:

Eating healthier

Increasing physical activity

Reducing stress

Building sustainable, healthy habits

This supportive, group-based program is a great opportunity to take proactive steps toward better health and reduce your risk of developing diabetes.

If you are interested or would like more information about participating, please reach out!

You can email diabetes@osagehealth.org or call Katie Weigant, RN, CDCES at 539-212-2373.

We look forward to helping our community take the next step toward a healthier future!
See Prediabetes Risk Test on next page.

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)

Write your score in the boxes below

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)

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
	You weigh less than the 1 Point column (0 points)		

Total score:

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

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>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Understanding Depression

By Osage Nation Counseling Center

What Is Depression?

Depression (also called major depressive disorder) is a common but serious mental health condition that affects how a person feels, thinks, and acts. According to the World Health Organization, depression is one of the leading causes of disability worldwide.

It is more than feeling sad or going through a difficult time; it is a medical condition that can interfere with daily life, relationships, and physical health.

Depression is treatable, and many people improve with counseling, medication, or a combination of both.

Common Signs and Symptoms

According to the Centers for Disease Control and Prevention and the Substance Abuse and Mental Health Services Administration, symptoms may occur most of the day, nearly every day, and can include:

- Persistent sadness, anxiety, or “empty” mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite or weight
- Trouble sleeping or sleeping too much
- Fatigue or lack of energy
- Feelings of worthlessness or excessive guilt
- Difficulty concentrating, remembering, or making decisions
- Irritability or restlessness
- Physical symptoms (such as headaches or body aches) without a clear cause
- Thoughts of death or suicide

Depression in Children and Teens

Depression can look different in younger individuals.

Children may show:

- Irritability or frequent sadness
- Clinginess or worry
- Complaints of physical pain (stomach aches, headaches)
- Avoiding school or activities

Teens may show:

- Feelings of hopelessness or worthlessness
- Anger or extreme sensitivity
- Declining school performance or attendance
- Withdrawal from friends and family
- Substance use
- Changes in sleep or eating habits
- Self-harm or risky behaviors

When to Seek Help

If symptoms last more than two weeks or begin interfering with daily life, it is important to seek help.

You can start by talking to:

- A primary care provider
- A mental health professional
- A trusted friend, family member, or community leader

You can also contact a suicide hotline:

- In the U.S., call or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, seven days a week. Or use the Lifeline Chat. Services are free and confidential.
- U.S. veterans or service members in crisis can call 988 and press “1” for the Veterans Crisis Line. Or text 838255. Or chat online.
- The Suicide & Crisis Lifeline in the U.S. has a Spanish language phone line at 1-888-628-9454 (toll-free).

March 2026 – bMonthly Magazine

Dr. Brad Cobb

And His Journey Beyond the Finish Line

by Lori Just

Dr. Brad Cobb's journey from standout high school sprinter to Paralympic medalist and tribal health leader is not one defined by loss, but by adaptation, persistence and a refusal to stop moving forward.

He graduated from Bartlesville High School in 1984. Cobb still holds their 400-meter record with an impressive time of 47.4 seconds, set in 1983, breaking the previous record by Ernie Jackson in 1967. During his competitive years, he raced alongside athletes who would later go on to compete on the Olympic stage. He went on to the University of Kansas on a track scholarship. After college, he attended the Southern College of Optometry in Memphis, Tennessee, graduating in 1993. He returned home to Bartlesville to join his father's optometry practice where his father, Donald, had served the community since 1962.

In 1997, Cobb's life changed in an instant. Driving home one summer day, a 16-year-old who had received his driver's license that very day lost control of his truck and collided head-on with Cobb's car. The teenager died at the scene. Cobb survived, but barely. His aorta was torn (an injury like the one that took Princess Diana's life just weeks later), his left lung collapsed and his kidney was damaged. Each time Cobb was taken into surgery, his wife, Kelly, was told he had less than a 10 percent chance of survival. Each time, he beat the odds.

What initially appeared to be a broken leg became a life-threatening infection, leaving doctors no choice but to amputate at the hip.

"The leg was the last thing they were worried about," Cobb has said previously. "But sometimes the last thing becomes the hardest."

Recovery was long and grueling. Cobb spent more than two months in the hospital and nearly a year in rehabilitation. Prosthetics proved limiting, and returning to competitive running was no longer realistic. Still, his competitive drive remained. Two years after the accident, Cobb discovered paracycling.

"It wasn't running," he had said, "but it gave me that same sense of freedom."

Cobb trained relentlessly, riding up to 150 miles a week, lifting weights several days a week and refining his technique on the track. He learned to race without a prosthetic, relying solely on balance,



strength and precision. The results followed quickly: a national championship title and a place on the U.S. Paralympic Team.

Cobb's first Paralympic Games came in 2000 in Sydney, Australia, where he competed in both road and track cycling. He raced in the one-kilometer sprint, the four-kilometer pursuit and the 45-mile road race. In the Mixed Team Olympic Sprint, Cobb teamed with Dory Selinger and Robert Whitford to win a bronze medal. The U.S. cycling team finished the Games with nine medals (three gold, four silver, and two bronze) contributing to an overall U.S. total of 35 medals, the highest of any nation.

At the time, public awareness of the Paralympics in the United States was limited.

"Most Americans, while I was competing, had no idea what the Paralympics were," Cobb said. "That wasn't their fault. There was no media coverage."

Internationally, he noticed a different mindset.

"In most countries, you were either on the Olympic team, or you weren't," he continued. "There wasn't much delineation."

Sydney left a lasting impression. After the Paralympic Games concluded, more than a million people filled downtown Sydney for a celebratory parade.

Cobb would go on to compete again at the 2004 Paralympic Games in Athens, finishing eighth overall amid heightened global security. Through it all, he never viewed himself as extraordinary. In an article published in the Bartlesville Examiner-Enterprise, he wrote, "I have had many people call me inspirational these last three years. What I hope to convey to you is that we are all handicapped in some way. My handicap just happens to be more visible."

Life inside the Olympic Village came with its own brand of chaos. The housing complex put Cobb's apartment next to the Brazilian team.

(Continued to page 9)

"I'm not sure how important the Olympics were to them," he joked. "Partying seemed to be their focus. It was music nonstop."

Before competing, Cobb stayed with Canadian athletes just to get some sleep.

Despite the high stakes, Cobb remembers the people most of all. He shared that the athletes who were far more ordinary than their televised images suggested. Training at Olympic facilities in Colorado Springs and Chula Vista, California, he struck up friendships with competitors like Apolo Anton Ohno.

"You see these people on TV all the time," Cobb said, "but they're just normal folks like everybody else."

Away from international competition, Cobb's story is deeply tied to Oklahoma and Cherokee history. His family has lived in the region since the early 1800s, long before statehood.

"Most people think all Cherokees came over on the Trail of Tears," he said. "That's not true."

His family were old settlers, listed on the 1819 Cherokee immigration rolls. Cobb grew up hearing Cherokee spoken at his Grandma's house. His great-grandmother didn't speak English, and his grandmother spoke both languages.

"I remember lying in bed at night listening to my grandmother tell stories," he recalled. "It was a mix of Cherokee and English."

Those roots eventually led him into tribal government. Cobb served as an elected member of the Cherokee Nation National Council, representing the Keeler district which included Bartlesville. While he valued the opportunity, politics wasn't a long-term fit.

"I found it extremely frustrating," he admitted. "I realized I'm really not made for politics."

There was a time Cobb thought about going to law school in college but ended up going to optometry school and felt like he "made the right decision." He remembers his first class clearly. It was Jurisprudence in Optometry, taught by an instructor who was both an optometrist and a lawyer.



"I walked in, and the very first thing he said was, 'If you think the law has anything to do with what's right, you're in the wrong class. The law has to do with what the law says.'"

Cobb said he knew at that moment that law might not be the right fit for him. "I'm one of those people who thinks, 'Well, look, that's just not right.' But it doesn't matter if it's right. What does the law say? I don't operate



well in that arena. You must be able to separate the law from emotion. If you don't like the law, then change the law. But I'm probably too emotional for it."

In 2016, he sold his private practice, and today he serves as Director of Optometry for the Osage Nation. He works out of a new clinic in Pawhuska that serves all Native patients, not just Osage citizens.

"I'm very grateful for the opportunity," he beamed.

While he's not training as hard as he used to in his 30s, Cobb's life now is still full, if

quieter. His youngest son, Taylor, is married and serves as a C-17 crew chief in the U.S. Air Force. His oldest son, Dallas, is a CDL driver with a hazmat license who travels nationwide. Cobb's wife, Kelly, an RN from Memphis, has been by his side over 33 years since optometry school even though the first date didn't go so well.

"I was trying to impress her too hard," he said with a smile in his voice. "We went out a second time, and it went much better."

When he's not working, Cobb indulges in passions that reflect his appreciation for craftsmanship and history. He is president of the Oldies and Goodies Car Club in Bartlesville and owns a 1963 Chevrolet Impala Super Sport convertible which is the same model his father once drove.

"I've got 8mm film of me as a kid playing in that car," he shared. And the car club plans to be involved in the upcoming Route 66 Capital Cruise to make history later this year.

He also restores antique radios from the 1930s and '40s as he "likes antiques that actually do something" like the big Zenith console radios. Though, he admits, his house is now full, and he has not more room.

What sets Cobb apart is not the medals he earned or the odds he overcame, but the steady way he continues forward. He proves that resilience is not about what is taken away, but about what one chooses to build in its place.

Adaptive sport has existed for more than 100 years, with organized clubs for deaf athletes forming in Berlin as early as 1888. After World War II, adaptive sport expanded significantly as a form of rehabilitation for injured veterans and civilians.

In 1944, Dr. Ludwig Guttmann opened a spinal injuries center at Stoke Mandeville Hospital in Great Britain, where competitive rehabilitation sports took shape. These efforts led to the first Paralympic Games, held in Rome in 1960, featuring 400 athletes from 23 countries.

The Paralympic Games have been held every four years since, with the first Winter Paralympics taking place in Sweden in 1976. Beginning with the 1988 Summer Games in Seoul and the 1992 Winter Games in Albertville, the Paralympics have been staged in the same host cities and venues as the Olympic Games, strengthening the global connection between the two movements.



National Weather Service



TORNADO SAFETY FOR YOU AND YOUR FAMILY

BEFORE

- ✓ **BE WEATHER-READY:** Check the forecast often to see if a tornado is coming. Listen to local news or a NOAA Weather Radio to stay informed about tornado watches and warnings.
- ✓ **SIGN UP FOR NOTIFICATIONS:** Know how to get warnings. Media broadcasts and smart phones can alert residents of severe storms capable of producing tornadoes.
- ✓ **CREATE A PLAN:** Have a family plan that includes an emergency meeting place and shelter spaces. Pick a safe room in your home, such as a basement, storm cellar or an interior room on the lowest floor with no windows.
- ✓ **PRACTICE YOUR PLAN:** Conduct a drill regularly so everyone knows what to do if a tornado is approaching. Make sure all family members know where to go when a tornado warning is issued. Don't forget pets if time allows.
- ✓ **PREPARE YOUR HOME:** Consider having your safe room reinforced. You can find plans for reinforcing an interior room to provide better protection at [fema.gov/safe-room-resources](https://www.fema.gov/safe-room-resources)
- ✓ **HELP YOUR NEIGHBOR:** Encourage your loved ones to prepare for the possibility of tornadoes. Take CPR training so you can help if someone is hurt.

DURING

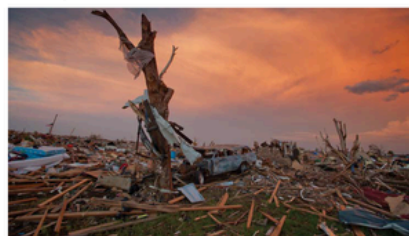
- ✓ **STAY WEATHER-READY:** Continue to listen to local news or a NOAA Weather Radio to stay updated about tornado watches and warnings.
- ✓ **AT YOUR HOUSE:** If you are in a tornado warning area, go to your basement, safe room or an interior room away from windows. Don't forget pets if time allows.
- ✓ **AT YOUR WORKPLACE OR SCHOOL:** Follow your tornado drill and proceed to your tornado shelter quickly and calmly. Stay away from windows and do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.
- ✓ **OUTSIDE:** Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are NOT safe.
- ✓ **IN A VEHICLE:** Being in a vehicle during a tornado is NOT safe. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head, or abandon your car and seek shelter in a low lying area such as a ditch or ravine.



If you don't have a tornado shelter, stay in an inside room or hallway and cover your head. Photo: NOAA

AFTER

- ✓ **STAY INFORMED:** Keep listening to local news or NOAA Weather Radio for updates about more tornado watches and warnings that may be coming. The next round of thunderstorms may bring more tornadoes.
- ✓ **CONTACT YOUR FAMILY AND LOVED ONES:** Let your family and close friends know you are okay so they can help spread the word. Send text messages or posts updates on social media. These posts are more reliable forms of communication than phone calls.
- ✓ **ASSESS THE DAMAGE:** After the tornado threat has ended, check for property damage. When walking through storm damage, wear long pants, a long-sleeved shirt and sturdy shoes. Contact utilities if you see power lines down and stay away from them. Stay out of damaged buildings. Be aware of insurance scammers.
- ✓ **HELP YOUR NEIGHBOR:** If you see someone injured, call 911. Then, if you are trained, provide first aid until emergency responders arrive.



After a tornado, watch out for dangerous debris such as sharp metal, glass or downed power lines. Photo: NOAA

For more information, visit [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)



National Weather Service

TORNADO WATCH VS. WARNING

TORNADO WATCH: BE PREPARED!

Tornadoes are possible in and near the watch area. Review and discuss your emergency plans and check supplies and your safe room.

Be ready to act quickly if NWS issues a warning or you suspect a tornado is approaching. Acting early helps save lives!

Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.

TORNADO WARNING: TAKE ACTION!

A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a shelter. Avoid windows.

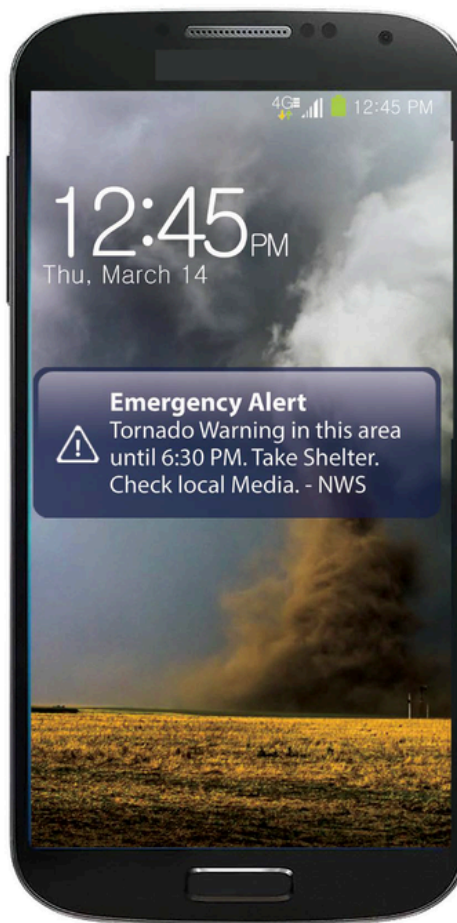
If you are in a mobile home, a vehicle or outdoors, move to the closest substantial shelter and cover your head to avoid flying debris.

Warnings typically encompass a much smaller area, around the size of a city or small county. Warnings are issued when a tornado is spotted on the ground or identified by a forecaster on radar.



Photo by Brad Goddard

**WIRELESS
EMERGENCY
ALERTS
CAPABLE**



For more information, visit weather.gov/safety/tornado

Oral Cancer Prevention and Early Detection

By Miranda Scholz, DDS, ONHS Dental Dept. Director



April is Oral, Head, and Neck Cancer Awareness Month. Let's discuss the risk factors, how it is detected, and what can be done to treat it.

Smoking and tobacco use are traditionally the most common causes of oral cancer in middle-aged to elderly patients, with alcohol following closely behind. While smoking and tobacco use are significant risk factors for oral cancer, an increasingly large number of cases in young non-smokers are caused by human papillomavirus, or HPV. HPV is a very common virus and can cause different problems ranging from genital warts all the way to cancer. There is a vaccination available against HPV that is strongly recommended to help prevent oral cancer. We complete oral cancer screenings for every patient who comes in for a dental ex-

am, including hygiene visits and diabetic exams. Of course, it is important to come regularly to the dental clinic for checkups, but it is also important to be aware of the condition of your own mouth by doing regular self-examinations. Be aware of any sores that do not heal quickly, places that bleed easily, red or white patches in the cheeks, lips, or tongue, or generally suspicious lumps or swellings. Other symptoms may include difficulty chewing or swallowing, numbness of the mouth, loosening of the teeth, or a lump in the neck.

If detected early, the five-year relative survival rate for oral cancer is approximately 80% to 90%. The earlier the detection, the easier the recovery. The usual treatment for localized oral cancers that have not spread to other parts of the body is surgical removal. Please call our clinic at (918) 287-9300 if you have any concerns or have something in the mouth you would like to be examined. It is always better to be overly cautious, and easier to remove a small lesion than a large one. But prevention is key!

Diabetes Cooking Class Held on April 2nd

By Leah Loyd, RD/LD Dietician, ONHS Diabetes Department

Our Nutrition Cooking Class on April 2nd was a wonderful success, featuring a fresh and flavorful Lemon Cranberry Quinoa Salad. The recipe highlighted vibrant ingredients, including fresh parsley and cucumbers from Harvest Land, and was a hit among attendees. We had a great turnout and participants enjoyed not only tasting the dish but also asking questions throughout the live cooking demonstration. We're excited to announce that our next class will be held on Thursday, June 4, 2026 at 10:30 AM. This class will feature a

delicious Peach Balsamic Chicken recipe, made with locally sourced chicken from Butcher House Meats and fresh peaches and basil from Harvest Land. As a reminder, these classes are open to everyone—you do not need to have diabetes to attend. Whether you're looking to learn healthier cooking techniques or simply try something new, we invite you to join us on the second floor of the Wahzhazhe Health Center. Come enjoy this delicious dish, take part in our apron giveaway, and spend some time with us—we hope to see you there!



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

Presented by the Diabetes Program


NUTRITION MONTH COOKING CLASS

JUNE 4th 2026

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

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

316 E. Main Street, Pawhuska 539.212.2373



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 316 East Main Street, Pawhuska, OK. 70456
MARCH 31 - MAY 21 at the Wahzhazhe Outdoor Health Complex Path

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




OSAGE NATION HEALTH SYSTEM
A Culture of Caring

BACK TO SCHOOL AND SPORTS PHYSICALS

Get ready for the upcoming school year and sports season

Services Offered:
Sports Physicals
Well-Child Checks
Back-to-School Physicals
Immunizations

AVAILABLE DATES / TIMES:
Thursday, May 28, 8AM - 4:30PM
Tuesday, July 28, 8AM - 4:30PM
Thursday, July 30, 8AM - 4:30PM

Important Information:

- Parents must call to schedule an appointment.
- Patients being seen must have a chart established with registration prior to their visit.



OSAGE NATION HEALTH SYSTEM SENIOR SERVICES BRINGS YOU

SENIOR BINGO

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

THURSDAY, MAY 14 @ 1:30PM AT THE OSAGE NATION ELDER NUTRITION SITE IN FAIRFAX

TUESDAY, MAY 19 @ 1:30PM AT THE OSAGE NATION ELDER NUTRITION SITE PAWUSKA



COMMUNITY HEALTH REPRESENTATIVES PRESENTS

SUMMER SWIM

CHR is offering season pool passes for Native Americans residing within Osage County. Passes are limited and are first-come, first-served. Pawhuska, Hominy, and Fairfax pools are included.

Registration questions: CHR@osagehealth.org

Need help signing up? Call the CHR office at 539.212.2615

Complete the online registration no later than 4-30-26 at 5 PM. Required:

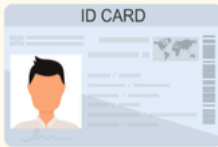
- Copy of CDIB/Membership card
- Proof of Address
- Proof of Guardianship
- Registration form completed by parents or guardians only. Scan the QR code for the registration form.



ATTENTION PATIENTS:

This is a friendly reminder to please bring ALL ID and insurance cards to every appointment. This includes:

- Driver's license or state ID
- Tribal enrollment card
- Insurance cards for dental, vision, and medical



THANK YOU!



Questions? Call Patient Registration
918.287.9300



Prenatal Classes

Available to all expectant mothers (Native or carrying a Native child) residing in Osage County.

Every Wednesday from 10 AM - 11 AM.
Classes begin Wednesday, April 22nd.

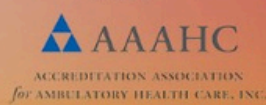
Location: Osage Nation Health System,
Public Health Nursing Department
1230 W. Main Street
Pawhuska, OK. 74056

This 6 week class will include weekly drawings for prizes for participants.

Register in advance by contacting April Cooper, L.P.N. at april.cooper@osagehealth.org or 539.212.0243.

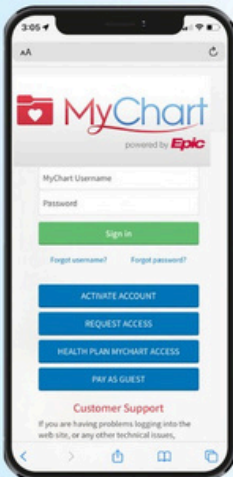
brought to you by the IHS Native Public Health Resilience Grant

APPLY NOW



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



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

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




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



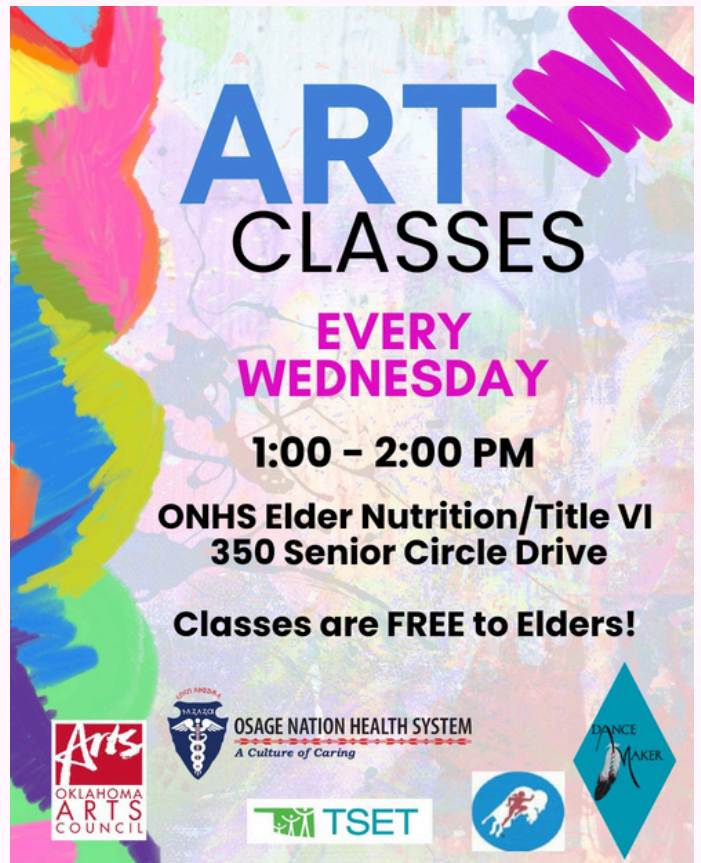
Hello World gives you more control on your healthcare journey, with notifications of appointments sent right to you via text message.




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!



Observances for April and May

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 Endometriosis 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

May:

Monthly Observances

- Bleeding Disorders Awareness Month
- Alport Awareness Month
- ALS Awareness Month
- Arthritis Awareness Month
- Blood Clot Awareness Month
- Cystic Fibrosis Awareness Month
- Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders Awareness Month
- Global Employee Health and Fitness Month
- Hepatitis Awareness Month
- Healthy Vision Month
- Lupus Awareness Month
- Mental Health Awareness Month
- National Asthma & Allergy Awareness Month
- National Celiac Disease Awareness Month
- National Critical Care Awareness & Recognition Month
- National High Blood Pressure Education Month
- National Nurses Month
- National Osteoporosis Awareness Month
- National Physical Fitness and Sports Month
- National Speech-Language-Hearing Month
- National Stroke Awareness Month
- National Teen Pregnancy Prevention Month
- National Women's Health Month
- Older Americans Month
- Oncology Nursing Month
- Preeclampsia Awareness Month
- Skin Cancer Prevention and Awareness Month

Awareness Weeks

- May 1-7: National Physical Education and Sport Week
- May 3-9: Children's Mental Health Awareness Week
- May 4-8: Air Quality Awareness Week
- May 6-12: National Nurses Week
- May 10-16: Food Allergy Awareness Week
- May 10-16: Maternal Sepsis Week
- May 10-16: National Hospital Week
- May 10-16: National Skilled Nursing Care Week
- May 10-16: National Stuttering Awareness Week
- May 10-16: National Women's Health Week
- May 10-16: Neuroscience Nurses Week

Days to Note

- World Hygiene Day – May 5
- World Pulmonary Hypertension Day – May 5
- World Asthma Day – May 5
- World Maternal Mental Health Day – May 6
- Children's Mental Health Awareness Day – May 7
- National Women's Checkup Day – May 11
- World Oral Health Day – March 20
- International Nurses Day – May 12
- HIV Vaccine Awareness Day – May 18
- World Autoimmune/Auto-inflammatory Arthritis Day – May 20
- World Preeclampsia Day – May 22
- Medical Coder Day – May 23
- National Senior Health & Fitness Day – May 27
- World No Tobacco Day – May 31

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**