



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

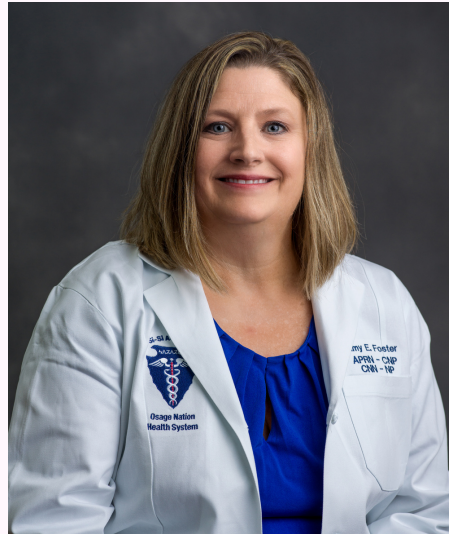
Updates

- ONHS First BC_ADM- Certified Provider
- Vaccinations as Cancer Prevention
- Critical Updates on Drug Misuse Prevention Workshop
- Meet the People Behind the Care: Brandon and Kristy
- What are the Signs of Heat Related Illness?
- Actions that Help People with Diabetes Stay Safe During Extreme Heat
- Upcoming Closures and Happenings

Health & Wellness Topics

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

Osage Nation Health System Celebrates First BC-ADM-Certified Provider.



Few clinicians hold this combination of advanced certifications. While nearly 20,000 healthcare professionals nationwide hold the CDCES credential, far fewer advanced practice providers earn the BC-ADM designation, which focuses on managing the most complex aspects of diabetes care. In a recent national survey of diabetes care professionals, only about 11% reported holding the BC-ADM credential, highlighting just

The Osage Nation Health System is proud to congratulate Amy Foster, ACNP, CNN-NP, CDCES, BC-ADM, on earning her Board Certified-Advanced Diabetes Management (BC-ADM®) credential, making her the first and currently the only BC-ADM-certified provider in the Osage Nation Health System.

The BC-ADM credential is one of the most advanced certifications available in diabetes management. It is reserved for experienced advanced practice clinicians who meet stringent eligibility requirements, demonstrate extensive experience managing complex diabetes cases, and successfully pass a rigorous national board certification examination. Candidates must have advanced clinical training and hundreds of hours of direct experience providing advanced diabetes management before they are even eligible to sit for the examination.

Amy's accomplishment is especially noteworthy because she now holds an extraordinary combination of nationally recognized credentials:

- ACNP – Acute Care Nurse Practitioner
- CNN-NP – Certified Nephrology Nurse-Practitioner
- CDCES – Certified Diabetes Care and Education Specialist
- BC-ADM – Board Certified-Advanced Diabetes Management

how uncommon this achievement is.

Amy's expertise benefits patients throughout the Osage Nation Health System every day. She serves as the primary provider for many of our patients with diabetes while also caring for patients with kidney disease through the Nephrology Clinic. Because diabetes is the leading cause of chronic kidney disease, her specialized expertise in both nephrology and advanced diabetes management allows patients to receive comprehensive, coordinated care from a highly qualified clinician.

This achievement represents more than another credential after Amy's name; it reflects an ongoing commitment to clinical excellence, lifelong learning, and providing the highest standard of evidence-based care. Having the first and only BC-ADM-certified provider within the Osage Nation Health System demonstrates our organization's continued investment in bringing advanced specialty care to the communities we serve.

Please join us in congratulating Amy Foster on this remarkable professional accomplishment. Her dedication and expertise continue to strengthen the Osage Nation Health System and improve the lives of the patients and families who entrust us with their care.

(Continued to Page 2)

Vaccinations as Cancer Prevention

By Dr. Melissa McIntosh, ONHS Chief Medical Officer

What gifts do we give our children?

I tell myself there is no need to panic, but as I sit down to write this article, there are less than six months until Christmas. It's three months until my daughter's birthday and the myriad other birthdays that my family will celebrate between now and then. Now I start to panic; I've got gifts to buy, parties to plan, shopping to do. For the McIntosh crew, now until the end of the year is nothing but cramming in one celebration after another. It's glorious, stressful, it's time-consuming, and the memories we make will be rehashed for the next twenty years. I hope that when I'm old and even when I'm gone, my kids and grandkids will be telling those stories about the Christmas of, that birthday party when. What I doubt is that they'll remember what gift they received. We all have the stories of our kids playing with the cardboard box their toy came. All this upcoming frantic time crunch got me thinking: what gifts do we give that last?

What other legacies do we have to leave our families? My mother and grandmother left me a lovely genetic gift: a gap the size of Texas between my front teeth. I, in turn, left the same genetic gift to my daughter. The oral surgeon thanked us all for our genetic legacy as he sent his kids to college on what we paid not to look like Bugs Bunny. My father and his side of the family bequeathed giant man hands to the females of the family, guaranteeing that all of us girls would have to have every ring we ever wore specially sized. No off-the-rack jewelry for us.

Besides these cosmetic problems that we all laugh about, our family genetic legacy left us with some serious problems too. Too many grandparents, parents, aunts, uncles, and other family members lay to rest because of cancer, heart disease, strokes, and complications of high blood pressure. What genetic time bombs may be in my genes that may affect my children and grandchildren, and what can I do about it?

We have all heard health care professionals shout, "Get your screenings, stop smoking, exercise." But have you ever heard your doctor say, "Get your vaccinations and prevent cancer?" Vaccines are cancer prevention. Let's talk about a couple of them.

Some cancers are caused by infections that vaccination can prevent. Two clear examples are the human papillomavirus (HPV) vaccine, which helps prevent several HPV-associated cancers, and the hepatitis B vaccine, which helps prevent hepatitis B infection and lowers the risk of liver cancer. By preventing certain viral infections before they take hold, vaccines can reduce the chance that infection

-related cell changes will develop into cancer later in life.

HPV vaccine

HPV is a common virus that can cause cervical, vaginal, vulvar, anal, penile, and head/neck cancers. The HPV vaccine protects against the HPV types most often linked to these cancers. It works best when given before exposure to HPV, which is why routine vaccination is recommended for preteens.

- Recommended routinely at ages 11–12; vaccination can start at age 9.

- Recommended through age 26 for people who were not adequately vaccinated earlier.

- For adults ages 27–45, vaccination may be considered through shared clinical decision-making based on risk and potential benefit.

- The HPV vaccine prevents new HPV infections; it does not treat existing HPV infection or HPV-related disease.

- Cervical cancer screening remains important even after HPV vaccination.

Hepatitis B vaccine

Hepatitis B can cause acute illness, chronic liver infection, cirrhosis, and liver cancer. Hepatitis B vaccination prevents hepatitis B infection and helps reduce liver cancer risk.

- Recommended for all infants as part of routine childhood immunization.

- Recommended for unvaccinated children and adolescents.

- Recommended for adults ages 19–59.

- Adults age 60 and older with risk factors should receive the hepatitis B vaccine; adults 60 and older without known risk factors may also receive it.

- CDC recommends hepatitis B testing for all adults at least once in their lifetime.

If you have questions about vaccinations as cancer prevention, please come see us. Our providers will be glad to discuss the best options for you and your family. We would rather prevent an illness than treat one. As always, we will respect your wishes concerning vaccination, but we want to make sure you have all the information to make the best decisions for you and your family.

So, as I begin the mad dash toward Christmas, I ask myself: what are the best gifts I can give my children, my grandchildren, and maybe even my future great-grandchildren? The answer probably isn't in a box with a bow. It's not even tied to my genetic legacy (sorry, kiddos, about that gap-tooth thing). The best gift I may ever be able to give them is providing some simple vaccinations and a fighting chance to prevent cancer.

Critical Updates on Drug Misuse in Our Community – Prevention Workshop 9/9/26

Join the Osage Nation Health System's Prevention Department and Officer Jermaine Galloway with "Tall Cop Says Stop" to learn about current alcohol, drug, and concealment patterns in our area in order to prevent substance misuse.

The workshop, "High in Plain Sight," will help attendees identify emerging substances and street drugs that may not be widely recognized yet, understand strategies individuals use to avoid detection, and understand the misuse of over-the-counter or other more easily accessible drug-related items. Officer Galloway tailors the workshop to each community—addressing what is available in local stores and the impacts of state legislation.

Who is this workshop for?

- School Resource Officers
- Community Members
- Parents & Caregivers
- Healthcare Professionals
- Educators
- Anyone interested in preventing substance misuse
- Must be 18 or older to attend

Officer Jermaine Galloway has worked



Tall Cop Says Stop Training

Officer Galloway

Nationally Recognized Substance Abuse Prevention Expert & Law Enforcement Trainer
Founder of Tall Cop Says Stop™

Who Should Attend?

- School Resource Officers
- Community Members (18 years old or older)
- Parents & Caregivers
- Healthcare Professionals
- Educators



Learn About

- Emerging Drug Trends
- Drug Testing Evasion Tactics
- Easily Accessible Drug-Related Items

Wednesday, Sept. 9, 2026 from 11:00AM - 1:00PM

Osage Casino Hotel Pawhuska Banquet Room
1421 John Dahl Avenue, Pawhuska, OK. 74056

Registration required; spots are limited.
Scan QR Code ----->
Lunch will be provided.
This FREE training is provided by the Osage Nation Health System Prevention Department - 539.212.2521.

SCAN ME



in substance abuse prevention and education for over 20 years and conducted more than 8,400 community scans to identify drug culture and climate. "High in Plain Sight" is a nationally recognized program that has trained more than 800,000 professional and community members. Officer Galloway is certified as an International Instructor by the International Association of Directors of Law Enforcement Standards and Training, and ONHS Prevention is glad to bring this key resource to our community.

What are the Signs of Heat Related Illness

<https://Heat.gov/heat-safety/>

Heat Exhaustion	Heat Stroke
ACT FAST • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve <i>Heat exhaustion can lead to heat stroke.</i>	ACT FAST CALL 911 • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice <i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>
Dizziness Thirst Heavy Sweating Nausea Weakness	Confusion Dizziness Becomes Unconscious

Stay Cool, Stay Hydrated, Stay Informed!

Heat-related illnesses happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Types of heat related illnesses include:

Heat Cramps

Overview: Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

What to look for: heavy sweating, muscle pains or spasms

Actions to take: Stop physical activity and move to a cooler place, drink water or a sports drink. Seek medical attention if cramps last longer than one hour.

Heat Exhaustion

Overview: Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

What to look for: dizziness, thirst, heavy sweating, nausea, weakness

Actions to take: Move to a cooler area, loosen clothing, sip cool water. Seek medical help if symptoms do not improve.

Heat exhaustion can quickly lead to heat stroke.

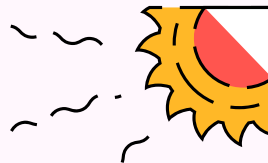
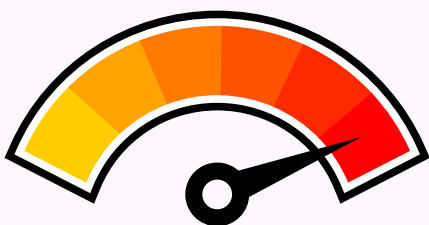
Heat Stroke – A life-threatening Condition

Overview: The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. A person who is experiencing heat stroke needs medical attention.

What to look for: confusion, dizziness, becomes unconscious

Actions to take: CALL 911. Move person to a cooler area, loosen clothing and remove extra layers, cool with water or ice.

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



Actions that Help People with Diabetes Stay Safe During Extreme Heat

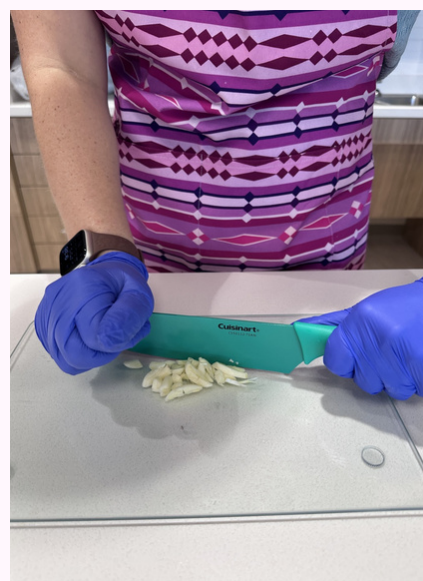
By Diabetes Education Services



Photo: @istock / Gemeth

- **Stay Hydrated:** Heat can increase fluid loss through sweating. Dehydration can affect blood sugar levels, so drink plenty of water throughout the day. Avoid sugary drinks and opt for water or sugar-free beverages.
- **Choose the Right Time for Physical Activity:** If engaging in outdoor activities, try to do so during cooler parts of the day, such as early morning or late evening. Heat can affect energy levels and may cause blood sugar fluctuations.
- **Wear Proper Footwear:** Pavement and walkways can exceed 150 degrees, and walking barefoot can lead to serious burns. Always wear shoes. Also, be aware that hot weather can cause swelling. Wearing comfortable, well-fitting shoes and socks helps to prevent blisters and potential foot injuries.
- **Dress Lightly:** Wear light, breathable clothing that allows your skin to stay cool and sweat to evaporate. Loose-fitting, moisture-wicking fabrics are ideal for hot weather.
- **Use Sunscreen and hats:** Protect your skin from sunburn with sunscreen, long sleeves, pants, and hats. Also don't forget shoes to prevent sunburned feet.
- **Be Prepared for Emergencies:** Always carry a form of medical identification that indicates you have diabetes, along with emergency contact information. If away from home, inform companions about your condition and what to do in case of an emergency.
- **Seek Shade and Take Breaks:** When spending time outdoors, find shaded areas and take frequent breaks to rest and cool down. Avoid direct exposure to the sun, especially during peak heat hours (typically 10 am to 4 pm).
- **Plan Meals Mindfully:** Eat light, refreshing meals that require minimal cooking. Fresh fruits, vegetables, and salads are excellent options during hot weather.
- **Use Fans and Air Conditioning:** If possible, stay in air-conditioned or well-ventilated spaces. Electric fans can also help circulate air and make you feel cooler.
- **Close Curtains and Blinds:** Keep curtains and blinds closed during the hottest parts of the day to block out direct sunlight and reduce indoor temperatures.
- **Take Cool Showers or Baths:** A cool shower or bath can help lower your body temperature and provide temporary relief from the heat.
- **Use Cooling Products:** Consider using cooling towels, vests, or gel packs to help lower body temperature. **Use Wet Cloths or Ice Packs:** Apply a cold, damp cloth to your forehead, neck, and wrists. Ice packs in these areas can also help cool down.
- **Create Cross-Ventilation:** Open windows on opposite sides of your home to create a cross-breeze, allowing cooler air to flow through. **Stay Informed:** Keep an eye on weather forecasts and heat advisories.
- **Stay informed about the temperature and be prepared for extreme heat.**
- **Limit the Use of Heat-Producing Appliances:** Avoid using heat-producing appliances like ovens and stoves during the hottest parts of the day. Opt for microwave cooking or cold meals instead.
- **Avoid Hot Cars:** Steering wheels, seat covers, and seatbelts can become very hot. Check first before touching. Temperatures inside a car can rise rapidly and become life-threatening. Check on Vulnerable Individuals: Keep an eye on elderly relatives, neighbors, and those with health conditions who may be more susceptible to heat-related issues.
- **Communicate with Healthcare Team:** It's essential to take proactive steps to stay cool and prevent heat-related illnesses. If you or someone else experiences symptoms of heat exhaustion or heatstroke (such as dizziness, confusion, rapid pulse, or vomiting), seek medical attention immediately.

Diabetes July 30th Cooking Class was a Success!



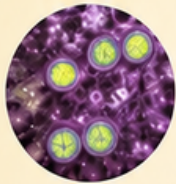


OSAGE NATION HEALTH SYSTEM

A Culture of Caring

PROTECT YOUR FAMILY FROM CYCLOSPORA

SAFE FOOD HANDLING DURING THE CURRENT OUTBREAK



Cyclospora is a microscopic parasite that can contaminate fresh fruits and vegetables and cause prolonged gastrointestinal illness.

Symptoms often begin **2-14 days** after exposure and may last for weeks without treatment.

COMMON SYMPTOMS:

- Watery diarrhea
- Frequent or explosive diarrhea
- Stomach cramps
- Loss of appetite
- Nausea
- Fatigue
- Bloating
- Weight loss



Seek medical care if symptoms persist and tell your provider about possible *Cyclospora* exposure.

WASH YOUR HANDS



Wash hands with soap and water:

- ✓ Before and after handling fresh produce
- ✓ After using the restroom
- ✓ Before eating



WASH PRODUCE THE RIGHT WAY

Even if produce is labeled "pre-washed" or "ready-to-eat," wash it again.



RINSE

Rinse fruits and vegetables thoroughly under cool running water.



RUB

Rub produce gently with your hands while rinsing.



BRUSH

Use a clean produce brush for firm fruits and vegetables such as cucumbers, melons, potatoes.



REMOVE

Remove and discard damaged or bruised portions.



DO NOT



Wash produce with soap, bleach, vinegar, or commercial produce washes.



Allow washed produce to contact dirty countertops or cutting boards.



Use the same utensils or cutting boards for raw meats and fresh produce without washing first.

FOOD SAFETY TIPS



Keep fresh produce separate from raw meat, poultry, seafood, and eggs.



Refrigerate cut fruits and vegetables within 2 hours.



When practical, cook vegetables to at least **158°F (70°C)** to kill *Cyclospora*.



Follow current CDC and FDA food recall notices and discard recalled products.



RECALL

OKLAHOMA UPDATE

As of August 4, 2026

426

CONFIRMED CASES OF CYCLOSPORIASIS IN OKLAHOMA

- ✓ 418 Laboratory-confirmed cases
- ✓ 25 Hospitalizations
- ✓ Patients range in age from 7 to 94 years
- ✓ Median age: 43 years

Cases have been reported across multiple Oklahoma counties.

For the latest county-level data, visit the Oklahoma State Department of Health Cyclosporiasis Dashboard.

YOU CAN HELP PROTECT OUR COMMUNITY!



Good hand hygiene and safe food handling are the best ways to prevent illness.



Protect your family. Protect our elders. Protect our Nation.



A healthy Nation starts with healthy choices.



A Culture of Caring for today and generations to come.

SCAN FOR MORE INFORMATION



CDC
Cyclosporiasis
Information



Oklahoma State
Department of Health
Outbreak Dashboard



QUESTIONS?
Contact your health care provider or
Osage Nation Health System Public Health
Nursing Department.
(539) 212-2374



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Presented by the Diabetes Program

NUTRITION COOKING CLASS



THURSDAY, OCTOBER 1ST AT 10:30 AM

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

**SAMPLE A DELICIOUS MEAL PREPARED BY REGISTERED
DIETITIAN LEAH LOYD AND BE ENTERED TO WIN DOOR
PRIZES!**



539.212.2373



316 E. Main Street, Pawhuska



**ATTENTION Local Crafters,
Artists, Food Vendors &
Home Businesses!!**

CALL FOR VENDORS

*Vendor Registration Deadline
October 1, 2024*

Black and white dress optional!

Vendor applications for the Osage Nation Holiday Market on December 5 are now available. **APPLICATION IS REQUIRED.** Due to limited space, each approved vendor in November will receive one booth space equipped with one table and two chairs. Vendor Application Deadline extended. Completing a vendor application doesn't guarantee booth space. We will notify vendor applicants of their application status.

*Location: Osage County Fairgrounds,
320 Skyline Dr., Pawhuska, OK.*

*Contact the Osage Nation Health
System Prevention Program at
539.212.2521 for an application.*

OSAGE NATION DIABETES PROGRAM BUFFALO RUN 5K

Saturday, October 10, 2026

**Osage Hills State Park
2131 Osage Hills State Park Road
Pawhuska, OK. 74056**

REGISTRATION

- **FREE** Registration
- Registration begins at 6:45 a.m.
- Registration closes promptly at 7:30 a.m. (No exceptions.)
- Registration is located near the Osage Hills State Park Pool Area.

Please arrive early. Participants will be transported by shuttle from the registration area to the race starting line, so registration must close on time to allow for transportation.

RACE SCHEDULE:

- 8 AM - 5K race begins
- The race starts at the entrance of Osage Hills State Park. All participants will be shuttled from registration to the starting line.

IMPORTANT INFORMATION:

- **State Park Parking Fee:** Oklahoma State Parks charge \$10 per vehicle (not per person). The park collects this fee, and each vehicle is responsible for it.
- Please do not bring pets. Pets are not permitted during the race.
- **Parking:** Parking is not available near the pool/registration area. Please park along the roadway as directed and walk to the registration area.

RACE FEATURES:

- USATF Certified & Sanctioned Course
- Professionally timed by Tatur Racing
- Medals awarded to 1st, 2nd, and 3rd place finishers in each age group.
- Free race T-shirts will be available while supplies last.





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CLOSURE NOTICE

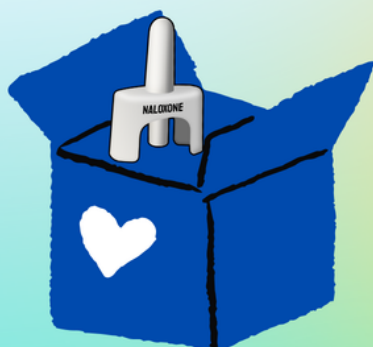
**Please be advised of the following
closure schedule:**

Wednesday, Sept. 9th, closed from 10:30 AM - 2PM	Primary Care and Counseling Center Closure for in-service Training
Wednesday, August 26th, Closed from 9AM - 12:45PM	All Departments closed for in-service trainings

BE PREPARED TO SAVE A LIFE! FREE OPIOID SAFETY KITS AVAILABLE

(Includes medication lock box and naloxone 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.

**To request opioid safety kit pickup or delivery,
scan the QR code or visit:**

<https://osagehealth.org/tribal-opioid-response/>

Questions?

Email: kitrequest@osagehealth.org

Call: 918.287.9316

Scan me



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*Brought to you by Osage Nation Counseling Center,
Prevention Department, and Family Violence Prevention*

WELLNESS POWWOW

SATURDAY, OCTOBER 3RD

HEAD STAFF:

HEAD MAN: TIMMY GOODFOX

HEAD WOMAN: CRYSTAL SWEEDEN

MC: ARCHIE MASON

AD: ANTWINE HAMILTON

HEAD SINGER: WILL KIMBLE

DINNER SERVED AT 5, GRAND ENTRY AT 6.

CATEGORIES:

Jr. Girls (7-12): Cloth, Buckskin, Jingle/Fancy Shawl

Jr. Boys (7-12): Straight, Traditional/Grass, Fancy

Teen Girls (13-17): Cloth, Buckskin, Jingle/Fancy Shawl

Teen Boys (13-17): Straight, Traditional/Grass, Fancy

Women (18+): Cloth, Buckskin, Jingle, Fancy Shawl

Men (18+): Straight, Traditional, Grass, Fancy

Men's straight dance special 1st, 2nd, and 3rd place, Sponsored by Headman Timmy Goodfox

RAFFLES WILL BE DONE FOR THE FOLLOWING:

- A pair of tickets to an OU home Football game
- A pair of tickets to Thunder basketball preseason tickets
- Donated items

There are 10 vendor booths available. Vendors should contact Tiffany Hamilton at tiffany.hamilton@osagehealth.org. The vendor deadline is September 15th. Vendor space requires vendors to donate a raffle item valued at \$35.00.

OSAGE COUNTY FAIRGROUNDS, PAWHUSKA - AG BUILDING

SATURDAY
SEPT. 12, 2026

OUTDOOR
MOVIE
NIGHT

STARTS AT DUSK
APPROXIMATELY 7:30 PM

Smoke Signals

OSAGE NATION OUTDOOR HEALTH COMPLEX
316 E. MAIN, PAWHUSKA, OK



BRING CHAIRS, BLANKETS, AND SNACKS. WATER AND POPCORN WILL BE PROVIDED.
NO ALCOHOL, TOBACCO, VAPES, OR DRUGS ARE PERMITTED ON THE PREMISES.

Please call
(539) 212-2521
for more info



OSAGE NATION HEALTH SYSTEM
PREVENTION DEPARTMENT

MONTHLY

See them all here.



SCAN HERE



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NEWSLETTERS



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



PHARMACY NOTICE

Due to excessive heat,
refrigerated medications will
not be mailed out until further
notice. Please contact the
pharmacy to arrange pick up
of refrigerated medications
when needed. Thank you.

918.287.9373

EMPOWERING NATIVE YOUTH



HAZAZA
WAHZHATHE YOUTH COUNCIL

Honoring Tradition,
Leading Today,
Building Tomorrow

Ages range for eligibility: 13-24



Get Involved:
prevention@osagehealth.org
608 Kihekah Avenue, Pawhuska, OK
<https://osagehealth.org/native-connections>

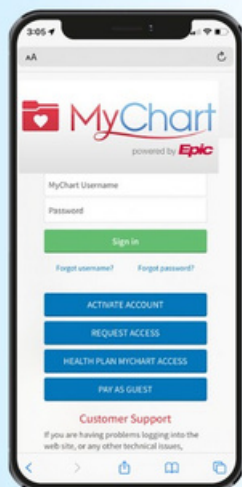


Questions? Contact John Leland, Prevention Advisor
539.212.2417, jleland@osagehealth.org



MyChart

at the OSAGE NATION HEALTH SYSTEM



New Patient Portal:

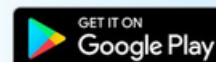
- Improved access to your health information
- Communicate directly with your provider
- Request an appointment
- And more!

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



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For Your Information:

ELDER CHAIR BALLET CLASS

WHEN: WEDNESDAYS | 10 AM
with the exception of the last Wednesday of every month

WHEN: Pawhuska Elder Nutrition / Title VI Site
350 Senior Circle, Pawhuska, OK



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August is National Breastfeeding Month

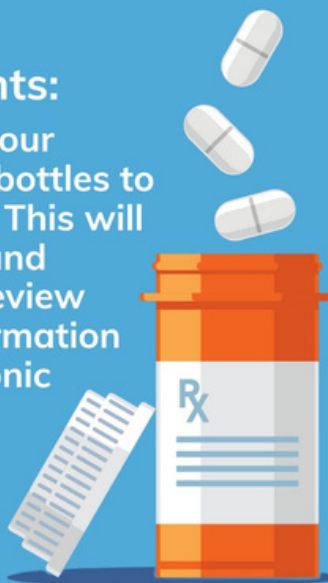
A mother's love begins with care, and breastfeeding is one of the greatest gifts for a child's health and development. Let us work together to promote awareness, support, and appreciation for every breastfeeding mother.

For breastfeeding facts scan code below:



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!



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Observances for August & September

August:

Monthly Observances

- Autoinflammatory Awareness Month
- Children's Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- National Minority Donor Awareness Month
- Psoriasis Action Month

Days to Note

- World Lung Cancer Day - August 1
- Health Unit Coordinator Appreciation Day - August 23
- International Overdose Awareness Day - August 31

Awareness Weeks

- August 1 - 7: CPR & AED Awareness Week
- August 2 - 8: National Health Center Week
- August 10 - 16: OSHA's Safe and Sound Week



- 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 mobile text message.



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September:

Monthly Observances

- Blood Cancer Awareness Month
- Childhood Cancer Awareness Month
- Food Safety Education Month
- Healthy Aging Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Cholesterol Education Month
- National ITP (Platelet Disorder) Awareness Month
- National Pediculosis Prevention Month/Head Lice Prevention Month
- National Recovery Month
- National Sickle Cell Month
- National Yoga Awareness Month
- Newborn Screening Awareness Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Polycystic Ovary Syndrome Month
- Prostate Cancer Awareness Month
- Sepsis Awareness Month
- Sexual Health Awareness Month
- Sports Eye Safety Awareness Month
- Suicide Prevention Awareness Month
- Thyroid Cancer Awareness Month
- World Alzheimer's Month

Days to Note

- World Sexual Health Day: Sept. 4
- Health Empowerment Day: Sept. 9
- World Suicide Prevention Day: Sept. 10
- World Sepsis Day: Sept. 13
- National Celiac Disease Awareness Day: Sept. 13
- National HIV/AIDS and Aging Awareness Day: Sept. 18
- World Alzheimer's Day: Sept. 21
- Get Ready Day: Sept. 22
- Sports Purple for Platelets Day: Sept. 25
- World Lung Day: Sept. 25
- Mesothelioma Awareness Day: Sept. 26
- World Rabies Day: Sept. 28
- World Heart Day: Sept. 29
- National Women's Health and Fitness Day: Sept. 30

Weeks to Note

- National Clinical Nurse Specialist Recognition Week: Sept. 1-7
- National Suicide Prevention Week: Sept. 6-12
- Vascular Nurses Week: Sept. 6-12
- Neonatal Nurses Week: Sept. 12-18
- National Folic Acid Awareness Week: Sept. 13-19
- Fungal Disease Awareness Week: Sept. 14-18
- Malnutrition Awareness Week: Sept. 14-18
- National Rehabilitation Awareness Week - Sept. 12-18
- Falls Prevention Week: Sept. 21-25

Wahzhazhe Health Center

316 East Main Street
Pawhuska, OK 74056
Tel: 918.287.9300

To report an ER visit within 72 hours, please call Purchase Referred Care at
918.287.9388.

Compliance Concerns: compliance@osagehealth.org

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