



Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

INSIDE

Updates

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- Si-Si A-Pe-Txa Grants Dept. Secures \$5.7 Million in New Funding
- Strengthening Schools by Trauma Informed Training
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- LGBTQ+ Health Resources
- Upcoming Closures and Happenings

Health & Wellness Topics

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

Newly Confirmed Indian Health Service Director Visits Osage Nation Health System in Pawhuska



Lindsay King - ONHS Chief Strategy Officer, Dr. Kirk Shaw - ONHS COO, Cindra Shangreau SSAPT Chairwoman, IHS Director Mark Cruz, Osage Nation Principal Chief Joe Tillman, Travis Scott from IHS OKC Area Office, Dr. Melissa McIntosh - ONHS Chief Medical Officer, Mark Rogers - ONHS CEO, Chris Larkin - ONCC Executive Director.

The Osage Nation yesterday, September 10th, welcomed newly appointed and confirmed Indian Health Service Director Mr. Mark Cruz for his first official visit to the Osage Nation's Health System, providing an opportunity to strengthen collaboration and gain firsthand insight into the health care priorities, services, and needs of the Tribal community.

During the visit, Director Cruz was received by Osage Nation Principal Chief Joe Tillman, SSAPT Health Authority Board Chairwoman Cindra Shangreau, and Chief Executive Officer Mark Rogers, who presented an overview of the Osage Nation's health system, its programs, accomplishments, and ongoing priorities.

The presentation highlighted the Nation's commitment to delivering high-quality, culturally responsive health care while addressing the unique needs of its tribal citizens and community. Principal Chief Joe Tillman welcomed Director Cruz and emphasized the importance of continued communication and partnership between the Osage Nation and the Indian Health Service.

Board Chairwoman Cindra Shangreau also participated in the visit, representing the leader-

ship of the Osage Nation Health Authority Board and reinforcing the importance of ensuring that tribal voices remain central to discussions concerning Native American health care. CEO Mark Rogers provided Director Cruz with an overview of the Osage Nation Health System, including its operations, services, and vision for the future. The visit allowed Director Cruz to observe the system firsthand and engage directly with leadership regarding opportunities and challenges facing tribal health care nationwide.

"We are honored to welcome Director Cruz to the Osage Nation Health System and to have the opportunity to share our vision for the future of health care for our people," said Chairwoman Cindra Shangreau. "Direct engagement with Indian Health Service leadership is essential to building understanding, strengthening partnerships, and ensuring that the health needs of our citizens remain a priority."

The visit represents an important step in strengthening the relationship between the Osage Nation and the Indian Health Service and creating opportunities for continued dialogue, collaboration, and improved health outcomes for Native communities.

(Continued to Page 2)

Newly Confirmed Indian Health Service Director Visits Osage Nation Health System in Pawhuska (Continued from Page 1)



Director Cruz was also invited to meet with the Osage Nation Congress during his visit in Pawhuska, where he engaged with multiple Congressional officials in discussing budget and policy issues facing the Nation and other Tribes in Indian Country, as well as other important topics of interest.

Osage Nation leadership expressed appreciation to Director Cruz for taking the time to visit the health system and learn directly from its leadership and health system administration the challenges and successes in today's exciting healthcare environment.

The health system looks forward to continued collaboration with the Indian Health Service and to building upon this visit in support of a stronger, healthier future for Osage Nation and other Native American patients being served.



PHARMACY NOTICE





Due to dropping temperatures, pharmacy will resume mailing medications starting Monday, September 21st. Thank you.

918.287.9373

Building Capacity, Expanding Care: Si-Si A-Pe-Txa Grants Department Secures \$5.7 Million in New Funding



Grants department staff from left to right: Bridget Walker, Misty Smith, Robyn Rye, and Megan Mays.



Megan Mays, Director of Grants and Compliance

In the last 60 days, Osage Nation Si-Si A-Pe-Txa has been awarded about \$5.7 million in new grant funding. The money will support programs and services for Tribal citizens and communities.

Much of that success comes from the health system's own Department of Grants Management & Compliance, led by Director Megan Mays, MBA (Osage). Mays started the department to give Si-Si A-Pe-Txa a dedicated team for grant writing, post-award management, compliance, and long-term funding strategy. It has since grown into a multidisciplinary group that supports programs across the health system.

"Building an internal grants department was about creating sustainable capacity within our health system," Mays said. "We wanted a team that could not only pursue funding opportunities, but also understand the needs of our programs, work alongside our departments, maintain strong compliance practices, and ensure that the funding we pursue supports the larger mission of improving access to care and strengthening our communities."

Along with Mays, the department includes Dr. Bridget Walker (Cherokee), Robyn Rye (Potawatomi), and Misty Smith (Osage). They handle the grant lifecycle: researching opportunities, writing applications, managing awards, reporting, staying in compliance, and closing out grants.

As the number of externally funded programs has grown, so has the need for systems that manage funding responsibly and meet requirements. The

team works with clinical, administrative, finance, and program leadership to match community needs with funding that can become lasting services.

Part of the new funding will expand the Tribal 988 program, which offers crisis response, behavioral health support, outreach, and referrals to other services. Si-Si A-Pe-Txa was one of only nine tribes nationwide to receive this grant in the current cycle.

Funding is also helping launch the Wah-Zha-Zhe Youth Initiative, led by Anthony Shackelford. The initiative offers Osage youth prevention, engagement, and culturally grounded wellness programming.

The department works with each funded program to meet award terms, federal and state regulations, organizational policies, reporting deadlines, and program outcomes.

The department also ties grants to the health system's larger priorities, rather than treating each one as a standalone opportunity. That means finding ways to expand existing services, planning funding for emerging needs, and building the internal systems to manage growth responsibly.

"We are proud of the funding we have been able to secure, but the larger accomplishment is what those resources allow our organization to do," Mays said. "Every successful award creates an opportunity to strengthen a program, launch a new service, or reach people in a different way. Our job is to find those opportunities, bring those resources home, and make sure they are managed with accountability from award through closeout."

Meet Terrence Gibson, Assisted Living Administrator



Osage Nation Health System (ONHS) is pleased to welcome Terrence Gibson Sr., LNHA, DHA, MA, MTS, as the new Assisted Living Administrator for the Nation's first assisted living facility in Hominy. Terrence began his role last week and brings nine years of healthcare experience, with much of his career focused on long-term care, as well as experience in finance, administration, clinical operations, and hospital operations. His educational background includes degrees from Oklahoma Wesleyan University, Oklahoma Baptist University, and Phillips Theological Seminary, as well as a Doctorate in Healthcare Administration from the University of Virginia. He is currently pursuing an additional doctorate in Ministry and Leadership through Phillips Theological Seminary.

Originally from Oakland, California, Terrence came to Oklahoma to attend Oklahoma Wesleyan University on a music scholarship. His professional journey has been shaped by his background in chaplaincy, healthcare administration, and his appreciation for spiritual and holistic approaches to care. As he begins this new chapter with ONHS, Terrence says he is

honored and humbled to have the opportunity to help establish the Nation's first assisted living community. "An eight-bed facility geared toward helping the elders of the tribe is a privilege," he said. "I truly thank the leadership of the Osage Nation Health System for believing in me."

Terrence describes his leadership philosophy as servant leadership, emphasizing compassion, listening, and person-centered care. He hopes to create a community that feels less institutional and more like home, where elders are treated with dignity and have meaningful opportunities to connect with family, community, and culture. As someone coming to the Osage Nation from outside the community, he says he is committed to learning and respecting Osage traditions and culture as he helps build a culturally informed approach to senior care. "My goal is to create a home-like environment to ensure the residents are treated with dignity and have the highest possible quality of life," he shared. When asked what he is most looking forward to when the first residents arrive, Terrence offered a simple message: "I look forward to looking that resident in the eye and telling them with sincerity, 'Welcome home!'"

Outside of work, Terrence is a husband and father of four and describes his family as his greatest joy. He and his wife pastor 4allhumanity Church in Bartlesville, and he enjoys playing piano and singing for their church. He is also fully ambidextrous and can write with both hands. As he begins his work with ONHS, Terrence says he is looking forward to building a sustainable senior living community that reflects the values and culture of the Osage Nation. "I have an open heart and mind," he said. "I want the future residents and their families to know that I am eager to hear from you."

Meet the PEOPLE BEHIND THE CARE

Cheryl Smith, PT, DPT, OCS, CSCS

Osage Nation Health System is pleased to welcome Cheryl Smith, PT, DPT, OCS, CSCS (pictured on the right), as our new Director of Physical Therapy. Cheryl joined ONHS in April and brings extensive experience in orthopedic physical therapy, clinical education, and leadership. A first-generation college student who grew up in Oklahoma, she earned her undergraduate degree from the University of Oklahoma, her Master of Physical Therapy from the University of Oklahoma Health Sciences Center, and her Doctor of Physical Therapy from Washington University in St. Louis. She also completed a clinical fellowship in Movement Systems Impairment Syndromes and is an Orthopedic Clinical Specialist and Certified Strength and Conditioning Specialist.

Cheryl's career has taken her across the country, including clinical, faculty, and supervisory roles, as well as four years treating young athletes at Phoenix Children's. Her clinical interests include orthopedic conditions, young adult hip pain, sports rehabilitation and strength training. She says what she enjoys most about physical therapy is building



relationships with patients and working together toward their goals. "I'm on your side, but I'm just the coach. This is a team approach," she said.

Returning to Oklahoma and joining ONHS has given Cheryl the opportunity to bring her experience home. She is passionate about providing individualized care and building trust within the Osage community. "I feel very protective of the Osage community and the healthcare they receive, and I am proud to be a part of the people providing care for this community." Outside of work, Cheryl enjoys traveling, hiking, spending time with family, and trying new foods. She also has a fun side—she once made it to the second round of MasterChef! Her approach to life and patient care is simple: "Trust the process and don't fight with life."

Building Healthy Smiles: ONHS Dental Clinic Introduces Soonercare Kids Days

By Dr. Miranda Scholz and Elizabeth Lynn, Dental Department

The Osage Nation Health System (ONHS) Dental Clinic was proud to participate in this year's Osage Nation WIC Health Fair alongside our Medical and Public Health teams. The event provided an opportunity to connect with local families and promote healthy habits from an early age.

Our dental team enjoyed meeting children from infancy through kindergarten and sharing oral health essentials, including toothbrushes, toothpaste, floss, and, of course, a few sugar-free lollipops.

Creating a strong foundation for oral health and hygiene during childhood can help children develop healthy habits that last a lifetime. In support of that goal, the ONHS Dental Clinic is excited to introduce Soonercare Kids Days, a new initiative dedicated to providing dental care for children ages 12 and under.

Soonercare Kids Days will initially be offered twice a month as half-day clinics. Each appointment will include X-rays when needed, a professional dental cleaning, and an examination by our dentist.

The program is designed to grow over time. Beginning in March 2027, ONHS plans to expand Soonercare Kids Days to full-day clinics twice a month, with two providers available to care for our pediatric patients.

While the designated days will primarily focus on children with Soonercare coverage, all children are welcome. We may also schedule children without Soonercare during these special pediatric clinic days.

Call for Contractors & Vendors

The Osage Nation Health System (ONHS) is expanding our network of qualified contractors, vendors, and trade professionals for future projects and service opportunities.

We welcome inquiries from businesses specializing in general contracting, electrical, plumbing, HVAC, construction and specialty trades, facility maintenance and repair, and other professional trades.

Businesses interested in working with ONHS must complete the applicable Osage Nation Business License, vendor registration, and contractor information requirements. Submission of required documentation does not guarantee selection or a contract.

Learn more about the requirements, access the necessary forms, and submit your contractor information here or scan the QR code below:

<https://osagehealth.org/?p=1797>



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CALL FOR CONTRACTORS

Osage Nation Health System is expanding its network of qualified contractors and approved vendors for future projects.

We welcome General Contractors, Electricians, Plumbers, HVAC professionals, and other construction-related trades interested in working with ONHS.

Interested contractors are invited to visit our website or scan the QR code for more information, including applicable forms.

We look forward to building new partnerships and connecting with qualified professionals in our communities.

SCAN ME

Contact Us
539.212.2537 -Procurement

Visit Our Website
www.osagehealth.org

Email us
contractor.inquiries@osagehealth.org

Our Location
25422 State Highway 99, Pawhuska

Building Healthy Smiles: ONHS Dental Clinic Introduces Soonercare Kids Days

By Dr. Miranda Scholz and Elizabeth Lynn, Dental Department



Dr. Darryl Tonemah leads Woodland Public Schools faculty and staff through a trauma-informed training focused on resilience, mental wellness, and supporting students.

The Osage Nation Health System Prevention Department partnered with Woodland Public Schools to provide trauma-informed training for faculty and staff, led by Dr. Darryl Tonemah.

More than 40 attendees participated in the training, which focused on understanding how trauma can affect individuals and communities and how educators and other professionals can respond in ways that promote resilience, mental wellness, safety,

and connection.

The training provided practical strategies for recognizing the effects of trauma and creating environments where students feel supported, understood, and safe. By increasing awareness of trauma and its potential impact on behavior, relationships, and learning, the training emphasized the importance of responding with understanding while building resilience.

5

Action Steps to Help Someone Having Thoughts of Suicide

ASK	BE THERE	HELP KEEP THEM SAFE	HELP THEM CONNECT	FOLLOW UP
"Are you thinking about killing yourself?"	Listen without judgment and acknowledge their feelings.	Reduce their access to lethal items or places.	Call or text the 988 Suicide & Crisis Lifeline (988).	Stay in touch to see how they're doing.



National Institute of Mental Health

nimh.nih.gov/suicideprevention



American Heart Association.
Healthy for Good™

Life's Essential



HOW TO CONTROL CHOLESTEROL



UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It is only found in foods from animal sources. It travels in the body by lipoproteins (LDL and HDL)

High cholesterol can affect your heart and brain health. It can lead to heart disease and increase the risk of some types of dementia, like Alzheimer's disease.



HDL = GOOD

High-density lipoprotein is known as "**good**" cholesterol.



LDL = BAD

Low-density lipoprotein is known as "**bad**" cholesterol.

HDL helps keep LDL from sticking to artery walls. This reduces plaque buildup and lowers the risk of heart disease and stroke.

heart.org/cholesterol



TRACK LEVELS



A health care professional can check your cholesterol with a simple blood test and explain what it means for your health.



Keep track of your cholesterol numbers. If you have high cholesterol, take steps to reduce it.

Learn more at heart.org/lifes8

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TIPS FOR SUCCESS



EAT SMART

Eat meals with lots of vegetables, fruits, whole grains, beans, nuts, and lean proteins like fish and seafood. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.



MOVE MORE

Exercise can help lower cholesterol numbers. It can also improve your mood and clear your mind.



KNOW YOUR FATS

The fats you eat can affect your cholesterol numbers. Replace saturated fats like butter and whole dairy products with healthy fats. Healthy fats include olive oil, fatty fish, nuts and eggs.



NO NICOTINE

Smoking lowers good HDL cholesterol. It also increases your risk of heart disease and affects your brain health.



TAKE MEDICATION AS DIRECTED

Taking your medicine is important. Medicines like statins, or others, can help you control your cholesterol numbers.

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 on Tuesday, September 22nd, 4:00 PM behind the clinic. Walking days will be Tuesdays and Thursdays at 4 PM.

Open to all patients of the Osage Nation Health Center

PROGRAM DATES
SEPTEMBER 22 - NOVEMBER 12

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



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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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OSAGE NATION HEALTH SYSTEM DIABETES PROGRAM

Osage Hills State Park

2131 Osage Hills State Park Road Saturday, October 10, 2026

Pawhuska, OK. 74056



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 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.

REGISTRATION

- FREE Registration - Scan QR Code
 - 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 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.



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!

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**OCTOBER 7, 2026
10:30 AM - 1:00 PM**

3RD ANNUAL CHR HEALTH FAIR

FREE HEALTH SCREENINGS, FLU VACCINES, HEALTH & WELLNESS RESOURCES, GIVEAWAYS, AND DOOR PRIZES

DOOR PRIZES, LUNCH, T-SHIRTS WHILE SUPPLIES LAST

Osage County Fairgrounds, Ag Building, 320 Skyline Drive, Pawhuska, OK. 74056

SEE YOU THERE!

For more information, contact ONHS Community Health Representatives at 539.212.2615 or CHR@osagehealth.org

MONTHLY NEWSLETTERS

See them all here.

SCAN HERE

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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 LADY: CRYSTAL SWEEDEN-KING

MC: ARCHIE MASON

AD: ANTWINE HAMILTON AND LANCE HARDEN

HEAD SINGER: ISAAC WILLIAMS

DINNER SERVED AT 5, GRAND ENTRY AT 6.

CATEGORIES:

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

Jr. Boys (7-12): Straight (Grass, Fancy, traditional combine)

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

Teen Boys (13-17): Straight (Grass, Fancy, traditional combine)

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

Men (18+): Straight (Grass, Fancy, traditional combine)

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
- Two Oklahoma City Thunder preseason basketball 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, AG BUILDING,
320 SKYLINE DRIVE, PAWHUSKA, OK. 74056**



**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.*



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, LP.N.
at april.cooper@osagehealth.org or 539.212.0243.

brought to you by the IHS Native Public Health Resilience Grant

EMPOWERING NATIVE YOUTH



HAZAZA
WAHZHAZHE 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>



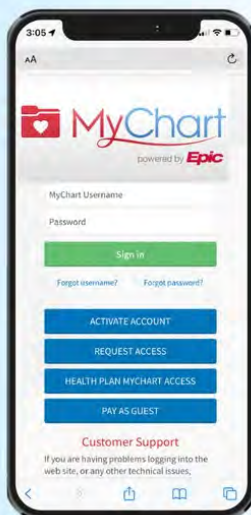
Questions? Contact John Leland, Prevention Advisor

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**



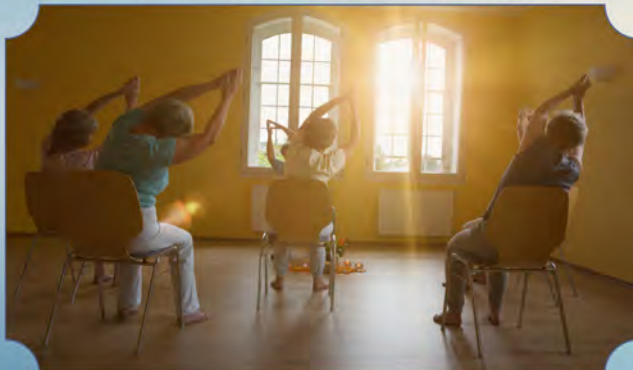
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For Your Information:

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



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.



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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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LGBTQ+ Health, Mental Health & Crisis Support Resources

The Trevor Project

For LGBTQ+ young people, The Trevor Project provides free, confidential, 24/7 crisis support by phone, text and online chat.

- Call: 1-866-488-7386
- Text: START to 678-678

Online: The Trevor Project – Get Help - <https://thetrevorproject.org>



988 Suicide & Crisis Lifeline

Anyone experiencing a mental health crisis or thoughts of suicide can call or text 988 or use online chat. The 988 Lifeline also provides LGBTQ+ resources and information about finding support.

988 Lifeline – LGBTQ+ Resources - <https://988lifeline.org>



LGBTQ+ Peer Support

LGBT National Help Center

Provides free, confidential peer support, information and referrals.

- LGBT National Hotline: 888-843-4564
- LGBT National Youth Talkline: 800-246-7743
- Coming Out Support Hotline: 888-688-5428
- LGBT National Senior Hotline: 888-234-7243
- LGBT National Help Center - <https://lgbthotline.org>



HIV Testing & Prevention

CDC – Let's Stop HIV Together provides information about HIV testing, PrEP, PEP, treatment and ways to reduce HIV stigma.

Routine HIV testing is an important part of preventive health care; CDC recommends that everyone ages 13–64 be tested at least once, with more frequent testing for people with certain risk factors.

CDC – <https://www.cdc.gov/hiv/prevention/index.html>

Important: If someone believes they may have been exposed to HIV within the previous 72 hours, they should seek medical care promptly to ask about PEP. PEP needs to be started within 72 hours of a possible exposure.



Intersex Health Resources

interACT: Advocates for Intersex Youth provides educational materials and a patient self-advocacy toolkit addressing health care communication and the needs of intersex people and people with variations in sex characteristics.

interACT: Advocates for Intersex Youth - <https://interactadvocates.org/get-involved>



Observances

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
- National Gay Men's HIV/AIDS Awareness Day: Sept. 27
- 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

October:

Monthly Observances

- American Pharmacists Month
- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Health Literacy Month
- Healthy Lung Month
- Home Eye Safety Month
- Medical Ultrasound Awareness Month
- National ADHD Awareness Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Pregnancy and Infant Loss Awareness Month
- Prenatal-onset GBS Disease Recognition Month
- Spina Bifida Awareness Month
- Sudden Cardiac Arrest Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Days to Note

- October 5 – World Meningitis Day
- October 6 – World Cerebral Palsy Day
- October 8 – National Depression Screening Day
- October 8 – World Sight Day
- October 10 – World Mental Health Day
- October 11 – International Day of the Girl
- October 13 – Metastatic Breast Cancer Awareness Day
- October 14 – Emergency Nurses Day
- October 15 – Global Handwashing Day
- October 15 – National Latino AIDS Awareness Day
- October 15 – World Pregnancy and Infant Loss Remembrance Day
- October 16 – National Mammography Day
- October 16 – World Food Day
- October 16 – World Spine Day
- October 19 – World Pediatric Bone and Joint Day
- October 20 – World Osteoporosis Day
- October 21 – National Check Your Meds Day
- October 22 – International Stuttering Awareness Day
- October 24 – National Prescription Drug Take Back Day
- October 29 – World Psoriasis Day
- October 30 – World Hypophosphatasia Day

Weeks to Note

- October 4-10 – Mental Illness Awareness Week
- October 4-10 – National Primary Care Week
- October 6-12 – National PA Week
- October 12-20 – Bone and Joint Health Action Week
- October 18-24 – International Infection Prevention Week
- October 18-24 – National Healthcare Quality Week
- October 18-24 – National Pharmacy Week
- October 18-24 – Respiratory Care Week
- October 19-23 – Medical Assistants Recognition Week
- October 19-23 – National Health Education Week
- October 23-31 – Red Ribbon Week

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**