



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.

Record Turnout for the 2026 Buffalo Run 5K held on October 10th.



The ONHS Buffalo Run had a record turn out with 102 runners registered and completed the race.

The Osage Nation Health System (ONHS) Diabetes Program celebrated a record-breaking turnout at its 2026 Buffalo Run 5K on Saturday, October 10, at Osage Hills State Park. A total of 102 participants completed the race, marking a successful year for the annual event focused on promoting physical activity, diabetes prevention, and community wellness.

Preparations began well before sunrise, with dedicated ONHS staff arriving as early as 5:30 a.m. to prepare the course, coordinate event activities, and ensure everything was ready for participants. Their teamwork and commitment played an important role in making this year's Buffalo Run a success.

The race welcomed participants of various ages and fitness levels, from competitive runners seeking personal bests to community members embracing the opportunity to stay active and enjoy the outdoors.

The competition featured impressive performances across both the male and female divisions, with cash prizes awarded to the top three overall finishers in each division.

Male Division

- 1st: Elijah Burchett, 15 — 18:36
- 2nd: Logan Barnes, 18 — 18:36
- 3rd: Jakob Williams, 34 — 19:16

Female Division

- 1st: Fallon Washington, 12 — 24:03
- 2nd: Lily Eagle Elk, 32 — 24:12
- 3rd: Katie Wilson, 43 — 24:17

First-place finishers received \$100, second-place finishers received \$75, and third-place finishers received \$50 to recognize their accomplishments.

Among the event's most inspiring participants was Deanna Hardy, 84, who earned special recognition as the oldest finisher. Hardy crossed the finish line as the 101st participant, demonstrating that

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Record Turnout for the 2026 Buffalo Run 5K held on October 10th.

(Continued from Page 1)



age does not have to be a barrier to physical activity and healthy living. Her determination reminded everyone that wellness is a lifelong journey.

The Buffalo Run's success was made possible by the combined efforts of ONHS departments, community partners, and volunteers who contributed their time and resources.

The Osage Nation Police Department assisted with traffic control to help keep runners and spectators safe. Osage Casinos generously donated water for the event, while Community Health Representatives staffed the halfway water station, providing hydration and encouragement to participants along the course.

The Osage Nation Prevention Program also contributed by providing each participant with an "Increase Your Peace" box, reinforcing the importance of emotional well-being, prevention, and healthy lifestyle choices.

Special recognition goes to the ONHS Diabetes Program and supporting staff members whose planning and early morning preparations were invaluable. While the Buffalo Run celebrates athletic achievement, its greater purpose extends beyond competition.

The annual event encourages individuals and families to incorporate physical activity into their daily lives while raising awareness about the importance of diabetes prevention and management.

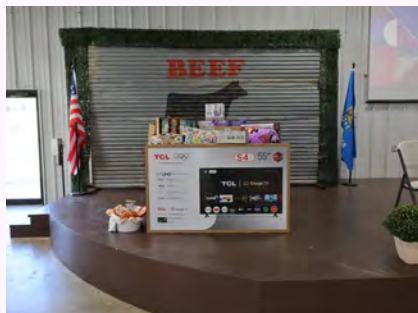
Regular physical activity plays an important role in maintaining overall health, improving cardiovascular fitness, supporting healthy blood sugar levels, and reducing the risk of developing type 2 diabetes.

By creating opportunities for community members to participate in activities such as the Buffalo Run, ONHS continues to promote preventive healthcare and encourage healthier lifestyles across generations.

The Osage Nation Health System extends its sincere appreciation to the 102 participants, community partners, volunteers, and staff members who helped make the 2026 Buffalo Run 5K a record-breaking success.

Whether participants crossed the finish line first or last, each contributed to the event's greatest accomplishment: bringing the community together in support of health, wellness, and active living.

Osage Nation Health System Celebrates Successful 3rd Annual Community Health Fair



The Osage Nation Health System (ONHS) welcomed nearly 300 community members to its 3rd Annual Community Health Representatives (CHR) Health Fair on Wednesday, October 7, 2026, at the Osage County Fairgrounds Ag Building in Pawhuska. The event brought together healthcare professionals, community organizations, and local partners to promote preventive care, health education, and access to valuable wellness resources.

With more than 270 attendees recorded through event sign-in sheets and an estimated total attendance approaching 300, the health fair demonstrated strong community interest in health and wellness opportunities.

Throughout the event, attendees had access to free health screenings, educational materials, wellness resources, and information about healthcare services available throughout the community. Participants also enjoyed lunch, giveaways, T-shirts, and door prizes, creating a welcoming environment for individuals and families to connect with healthcare professionals and learn more about maintaining their health.

One of the event's highlights was the availability of seasonal flu vaccinations. The Osage County Health Department administered 30 flu vaccines, helping community members take an important preventive step ahead of flu season.

The health fair also gave participating organizations and ONHS departments a chance to connect directly with community members,

answer questions and share information about programs and services designed to support healthier lifestyles.

The event's success was made possible through the collaboration of numerous ONHS departments, healthcare professionals, vendors, community organizations, and volunteers who contributed their time, knowledge, and resources.

ONHS extends its sincere appreciation to everyone who helped organize and support the event, particularly the Community Health Representatives and staff members whose planning, preparation, and dedication helped make the health fair a success.

Special thanks also go to the community members who attended and continue to support ONHS events and outreach initiatives. Their participation reinforces the importance of creating opportunities that encourage preventive healthcare, strengthen community relationships, and improve access to health information.

The 3rd Annual CHR Health Fair reflects ONHS's ongoing commitment to promoting health education, disease prevention, and overall wellness throughout the communities it serves.

Through continued collaboration and community engagement, the Osage Nation Health System remains dedicated to building healthier communities and fulfilling its mission of providing a Culture of Caring.

Two Events, One Mission: Protecting Our Community This Flu Season



Next Flu Drive-Thru Flu Shot Clinic is Oct. 22. See page 15 for details.

The Osage Nation Health System (ONHS) celebrated the success of two community health initiatives held Wednesday, October 7, 2026, administering a combined 75 flu vaccinations during its 3rd Annual Community Health Representatives (CHR) Health Fair and Drive-Thru Flu Shot Clinic.

Both events demonstrated ONHS's continued commitment to preventive healthcare, community wellness, and making essential health services more accessible to individuals and families throughout the area.

During the 3rd Annual CHR Health Fair at the Osage County Fairgrounds Ag Building, the Osage County Health Department administered 30 flu vaccinations. The event also welcomed nearly 300 community members who participated in health screenings, explored wellness resources, and connected with healthcare professionals and community organizations.

That same day, ONHS hosted a Drive-Thru Flu Shot Clinic, providing an additional 45 vaccinations, including six administered to children. The convenient drive-thru format offered community members another opportunity to receive their seasonal flu vaccination.

Together, the two events highlighted the importance of collaboration, accessibility, and community participation in promoting public health.

ONHS Administration expressed its appreciation for the dedication and teamwork demonstrated by staff members who helped coordinate and carry out both events. From planning and preparation to providing vaccinations and assisting participants, employees worked together to ensure a positive community experience.

The administration also recognized the contributions of community partners and healthcare professionals whose involvement helped make both initiatives successful.

Beyond the number of vaccinations administered, the events reinforced an important message about community responsibility and preventive care. Seasonal flu vaccination helps reduce the risk of influenza and its potentially serious complications, particularly among vulnerable populations, including infants, older adults, and individuals with certain underlying health conditions.

ONHS extends its sincere appreciation to everyone who chose to receive a flu vaccination. By taking proactive steps to protect their health, participants also helped reduce the spread of influenza and protect those around them.

The success of these events reflects the collective efforts of ONHS staff, community partners, and residents working toward a shared goal of healthier families and stronger communities.

October is National Dental Hygiene Month

By Dr. Miranda Scholz



ONHS Dental Hygienists Ciera Moses (left) and Becky Jones (right)

October is National Dental Hygiene Month, and I want to spotlight our two wonderful Dental Hygienists, Becky Jones and Ciera Moses. Becky and Ciera are passionate about educating their patients about how to maintain good dental hygiene and protect their smiles. I have asked them each to give their best bit of dental hygiene advice that patients may not already know, or what inspires them in their profession.

"One piece of dental advice I always like to share is that there are sometimes unexpected foods and drinks that can cause cavities.

Any drink or snack containing carbohydrates can contribute to an acidic environment in the mouth. Each time we take a sip or have a snack, it can take approximately 20 minutes for the mouth to return to its normal pH balance. When we are continually sipping or snacking

throughout the day, our teeth are exposed to these acidic conditions much more frequently.

This doesn't mean you have to completely avoid these drinks or snacks. The goal is simply to be mindful of how often your teeth are exposed. If you open a sports drink, for example, try to finish it within an hour rather than sipping on it throughout the day, and whenever possible, keep these types of drinks and snacks primarily to mealtimes.

This is especially important for teenagers and young athletes. We see a significant amount of tooth decay in kids who regularly use sports drinks for hydration, often without realizing the impact they can have on their teeth. Sports drinks can certainly have a place when they're needed for athletic activity, but water is usually the best choice for everyday hydration.

A little awareness can go a long way toward protecting those smiles for years to come."

-Ciera Moses, RDH

A movie poster for 'Scary Stories to Tell in the Dark' at the Constantine Theater. The poster features a dark, atmospheric image of a building at night with a full moon. The text on the poster includes: 'PG-13 CHILDREN UNDER 13 MUST BE ACCOMPANIED BY AN ADULT', 'FREE MOVIE NIGHT', 'SHOWING SCARY STORIES TO TELL IN THE DARK', 'OCTOBER 31, 2026', 'DOORS OPEN AT 7:30', 'MOVIE STARTS AT 8', 'CONSTANTINE THEATER', '110 WEST MAIN', 'PAWHUSKA, OK', 'FREE POPCORN & WATER WHILE SUPPLIES LAST', 'OSAGE NATION HEALTH SYSTEM PREVENTION DEPARTMENT (539) 212-2521', and 'ALCOHOL, TOBACCO AND OTHER DRUGS WILL NOT BE PERMITTED ON THE PREMISES'.

Celebrating American Pharmacists Month

Honoring Our Clinical Pharmacists at the Osage Nation Health System

October is American Pharmacists Month, a time to recognize the dedication, knowledge, and contributions of pharmacists who play an essential role in improving the health and well-being of our communities.

At Osage Nation Health Systems, our clinical pharmacists are an integral part of the healthcare team. Working alongside physicians, nurses, and other healthcare professionals, they help ensure that patients receive safe, effective, and personalized medication care.



Carey Lewis, PharmD, Chief Pharmacist

Carey Lewis earned his Doctor of Pharmacy degree from Southwestern Oklahoma State University in 2010. His passion for pharmacy stems from a desire to improve community health, with a particular commitment to

Indian Health and addressing healthcare challenges facing Native American communities.

Carey began his career with the Cherokee Nation as a clinical pharmacist before becoming chief pharmacist at the Wilma P. Mankiller Health Center in Stilwell, Oklahoma. He joined Osage Nation Health Systems as a clinical pharmacist in April 2016 and became chief pharmacist in January 2020.

Carey resides in Bartlesville with his wife and two sons. He enjoys supporting his sons' sports, gardening with his wife, traveling, collecting sports cards, spending time outdoors, and playing with the family's two dachshunds.



Malorie Pease, PharmD, MBA, Clinical Staff Pharmacist

Malorie earned dual Doctor of Pharmacy and MBA degrees from Southwestern Oklahoma State University in 2015, after attending Oklahoma State University. She worked for five years as a clinical pharmacist at Jane Phillips Medical

Center before joining the WahZhaZhe Health Center in 2020.

Inspired by her father, also a pharmacist, and her desire to help people achieve wellness, Malorie is dedicated to supporting her patients' health. She is married to Colton Pease, and they have two young daughters. She enjoys running, attending Oklahoma State sporting events, and taking buggy rides with her family.

Elizabeth "Liz" Hovey earned an associate's degree in science from Oklahoma City Community College in 2006 and her Doctor of Pharmacy degree from Southwestern Oklahoma State University in 2011. She has been a licensed pharmacist for nearly 16 years,



Elizabeth "Liz" Hovey, PharmD, Clinical Staff Pharmacist

including a decade as Pharmacy Manager at Wal-Mart in Cleveland, Oklahoma. In 2020, she joined the Wahzhazhe Health Center as a clinical staff pharmacist, where she continues to serve patients through her knowledge and dedication to medication care. A United States Army veteran, Liz chose a career in healthcare after her military service to help others and provide for her family. She lives in Bartlesville with her husband of 15 years and their two youngest children; together, they have seven children. Liz is a passionate advocate for autism awareness and medical services for her 11-year-old son, who is profoundly autistic. In her free time, she enjoys traveling, spending time with her family, and is a huge Harry Potter nerd!

Charlie Shackelford graduated from Southwestern Oklahoma State University in 1999 and has been a pharmacist for 27 years, including 16 years in Tribal Health and one year with the Osage Nation at the Wahzhazhe Health Center.



Charles Shackelford, PharmD, Clinical Staff Pharmacist

Celebrating American Pharmacists Month

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With both parents in healthcare and a love of science and working with people, Charlie felt drawn to pharmacy to encourage, help, and support healthier lives. He has been married for 29 years and has four children; one is studying pharmacy at the University of Oklahoma. In his spare time, Charlie serves at church, supports the Owasso Bands by helping build props, hikes, shoots muzzleloaders, and plays string bass in the Oklahoma Baptist Symphony.



Shelby Lewis, PharmD, Clinical and Billing Pharmacist

Shelby Lewis earned her Doctor of Pharmacy degree from Southwestern Oklahoma State University in 2010. She began her career with the Cherokee Nation at W.W. Hastings Hospital in

Tahlequah as an outpatient and inpatient clinical pharmacist.

Shelby knew she wanted to make a difference in people's lives and initially considered sports medicine. A serious basketball injury during her freshman year led her to reconsider her plans. After speaking with a friend's mother, a pharmacist, Shelby decided pharmacy was the right fit. She joined the Wahzhazhe Health Center in March 2017. One of her favorite parts of the job is the relationships she has built with patients and staff. Shelby lives in Bartlesville with her husband of 19 years and their two sons. During her free time, she enjoys spending time with her family and friends, watching her boys play sports, traveling, and gardening.

During American Pharmacists Month, we extend our sincere appreciation to our clinical pharmacists at Osage Nation Health Systems. Thank you for your knowledge, compassion, teamwork, and commitment to our community's health. Your work makes a difference every day.

The Importance of Clinical Pharmacists in Our Community

Pharmacists do much more than dispense medications. They are medication experts who work directly with patients and healthcare providers to support safe, effective, personalized care.

- Promoting medication safety: Reviewing medications to identify potential drug interactions, allergies, incorrect doses, and other medication-related concerns.
- Supporting chronic conditions: Helping patients manage conditions such as diabetes, high blood pressure, high cholesterol, and asthma through medication reviews, monitoring, and education.
- Medication education: Explaining how medications work, how to take them, possible side effects, and how to address concerns.
- Improving access: Identifying barriers to obtaining or taking medications and working with patients and healthcare professionals on solutions.
- Preventive care: Contributing to wellness through medication counseling, immunization services when available, and health education.
- Team collaboration: Working with physicians, nurses, and other professionals to develop and adjust medication treatment plans.
- Informed decisions: Providing clear, evidence-based information so patients can participate in treatment decisions.

A Commitment to the Osage Nation Community

Clinical pharmacists' work extends beyond prescriptions and medication lists. It involves building relationships, answering questions, identifying concerns, and helping patients navigate healthcare. Their dedication supports safer medication use, chronic condition management, and access to personalized services.

Meet the **PEOPLE** BEHIND THE CARE

Kadee Crawford, Medical Records Tech.



For more than 12 years, Kadee E. Crawford has been a dedicated member of the Osage Nation Health System (ONHS), helping ensure patients receive quality care through her behind-the-scenes work in the Medical Records Department.

A citizen of the Muscogee (Creek) Nation, Crawford began her healthcare career with Indian Health Service (IHS) before ONHS assumed operations of the clinic. She previously worked in Patient Registration before transitioning to Medical Records. Her responsibilities include coordinating medical records for healthcare providers, outside medical facilities, the Social Security Administration, and Veterans Affairs clinics. She also assists with supply orders and purchasing for her department.

Crawford attended Northeastern Oklahoma A&M College, earning a certificate in General Office Operations. Throughout her career, she has received multiple employee performance awards recognizing her dedication and service.

Her passion for healthcare was inspired by her mother, who worked in the dental department. "Watching her work in the dental department my entire life, I knew I wanted to work in healthcare and help patients like her!" Crawford shared.

As a self-described "people person,"

Crawford enjoys helping patients behind the scenes and knowing her work contributes to their care. She has also been an active member of the ONHS Employee Club for 10 years, helping coordinate Town Hall meetings and holiday celebrations.

Outside of work, Crawford enjoys spending time with family, watching her children play sports, camping, and relaxing at the lake. An enthusiastic college softball fan, she proudly supports the OSU Cowgirls despite coming from a family of OU fans.

Guided by her motto, "Treat people the way you want to be treated," Crawford believes kindness and honesty are essential in healthcare.

"In healthcare, we deal with people who are hurting, in pain, sick, maybe confused and just need you to help them, be kind to them, and be honest with them!"

ONHS proudly recognizes Crawford for her years of dedicated service and continued commitment to supporting patients, coworkers, and the Osage Nation community.

Meet the PEOPLE BEHIND THE CARE

Bridget Walker

Grants Management Specialist

Behind every successful healthcare program are dedicated professionals working to secure funding and expand services. Among them is Bridget Denise Walker, MS, a Grant Management Specialist who has served the Osage Nation Health System (ONHS) since 2022.

A Cherokee Nation citizen, Walker brings experience in behavioral health, counseling, organizational leadership, and grant development. Her career began in behavioral health, helping individuals facing mental health challenges, substance use disorders, and personal crises. Her passion for helping others eventually led her to grant management, where she now identifies funding opportunities, develops grant proposals, and collaborates with ONHS leadership to support and expand healthcare services.

Walker earned a Master of Science in Rehabilitation Services Counseling and recently reached a significant academic milestone. In September 2026, she successfully defended her doctoral dissertation at Grand Canyon University while working full-time. She is currently awaiting official conferral of her Doctor of Education (EdD) in Organizational Leadership with an Emphasis in Behavioral Health.

Her professional interests include mental health, substance use treatment, domestic



violence prevention, and healthcare leadership. She is especially passionate about improving access to services for Native American and underserved communities.

For Walker, serving the Osage Nation community means giving back and helping create healthier, stronger communities. Knowing her work can make a positive difference in the lives of individuals and families motivates her each day.

Outside of work, Walker enjoys traveling, camping, fishing, home improvement projects, and attending her grandchildren's sporting events. She also has an adventurous side, with a love for fast cars and motorcycles.

Guided by her personal motto, "Stay humble, work hard, and lead with kindness," Walker remains committed to supporting programs that improve healthcare access and community well-being.

"Lead with integrity, serve with compassion, and always strive to make a positive difference."

ONHS proudly recognizes Bridget Denise Walker for her dedication, academic accomplishments, and continued commitment to strengthening healthcare services for the communities we serve.

Osage Nation Health System Brings Community Together for Wellness Powwow



PC Osage News

The Osage Nation Health System (ONHS) hosted its Wellness Powwow on Saturday, October 3, 2026, at the Osage County Fairgrounds Ag Building in Pawhuska, bringing together dancers, families, and community members for an evening celebrating Native culture, community connections, and wellness.

Presented by the Osage Nation Counseling Center, Prevention Department, and Family Violence Prevention, the event provided an opportunity for individuals and families to gather in a welcoming environment that emphasized the importance of cultural traditions, fellowship, and overall well-being.

The evening began with a community dinner at 5 p.m., followed by Grand Entry at 6 p.m. Dancers of various ages participated in traditional dance categories, including cloth, fancy shawl, jingle, buckskin, grass, and fancy dancing. The event also featured a Men's Straight Dance Special sponsored by Head Man Timmy Goodfox.

The powwow's head staff included Head Man Timmy Goodfox, Head Lady Crystal Sweeden-King, Master of Ceremonies Archie Mason, Arena Directors Antwine Hamilton and Lance Harden, and Head Singer Isaac Williams. Their contributions helped bring



the evening's celebration together.

In addition to the dancing, attendees enjoyed vendor booths, community fellowship, and raffles featuring prizes such as University of Oklahoma football tickets, Oklahoma City Thunder preseason basketball tickets, and other donated items. The event drew a strong turnout, reflecting the community's enthusiasm for opportunities to gather and celebrate cultural traditions.

Beyond the festivities, the Wellness Powwow highlighted the connection between cultural identity, community support, and wellness. Events like these create meaningful opportunities to strengthen relationships, celebrate Native traditions, and encourage a sense of belonging across generations.

The Osage Nation Health System extends its appreciation to the event organizers, head staff, dancers, singers, vendors, volunteers, and everyone who contributed to making the evening a success. Special thanks also go to the families and community members who attended and helped make the gathering memorable.

Through collaborative efforts such as the Wellness Powwow, ONHS continues its commitment to supporting the physical, mental, emotional, and cultural well-being of the communities it serves.

Domestic Violence Awareness Month but Support is Available Anytime

October is Domestic Violence Awareness Month, a time to recognize survivors, remember those whose lives have been impacted by violence, and remind our community that help is available. Domestic violence can take many forms, including physical, emotional, psychological, and sexual abuse, stalking, intimidation, and financial abuse. In Oklahoma, approximately 41.6% of women have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. The Osage Nation Family Violence Prevention Department is committed to supporting survivors and families affected by domestic violence, family violence, dating violence, sexual assault, stalking, and human trafficking.

Services Include:

- 24-hour crisis intervention and advocacy
- Emergency shelter
- Safety planning
- Protective-order assistance
- Court advocacy and accompaniment
- Transportation assistance
- Case management and referrals
- Counseling and medical referrals
- Sexual assault advocacy

Our advocates work alongside survivors by providing information, support, resources, and a safe place to explore their options. No one should have to face violence alone.

Need Help?

Osage Nation Family Violence Prevention Department

24-Hour Crisis Line: 866-897-4747 Office: 539-212-2411

Email: Familyviolence@osagehealth.org 1201 E. 11th St., Pawhuska, OK

If you are in immediate danger, call 911.

You Are Not Alone. Together, We Can Break the Silence. Together, We Can Support Survivors. Together, We Can Build Safer Communities.

Remember: Alone, on Their Back, in Their Crib— every nap, every night.

Source: Centers for Disease Control and Prevention (CDC), Safe Sleep for Babies, based on the American Academy of Pediatrics' 2022 safe sleep recommendations.

Learn more: <https://www.cdc.gov/sudden-infant-death/sleep-safely/>

October is Sudden Infant Death Syndrome (SIDS) Awareness Month



Five Ways to Create a Safe Sleep Space for Your Baby

1. Always Place Babies on Their Backs. Place your baby on their back for every sleep, including naps and nighttime. Back sleeping is the safest position for infants.
2. Use a Firm, Flat Sleep Surface. Babies should sleep on a firm, flat mattress in a safety-approved crib, bassinet, or play yard with only a fitted sheet. Avoid inclined sleepers or soft surfaces that may increase suffocation risk.
3. Share a Room, Not a Bed. Keep your baby's crib or bassinet in the same room where you sleep, ideally for at least the first six months. Room-sharing lets caregivers stay close while giving babies their own safe sleeping space.
4. Keep the Sleep Area Clear. Remove blankets, pillows, stuffed animals, bumper pads, and other soft objects from your baby's sleep space. These items can increase the risk of suffocation and other sleep-related dangers.
5. Prevent Overheating. Dress your baby appropriately for the room temperature and avoid covering their head during sleep. Signs of overheating include sweating or a hot chest.

Safe Sleep Starts with Awareness

Creating a safe sleep environment is one of the most important steps families can take to protect their babies.

**OSAGE NATION HEALTH SYSTEM***A Culture of Caring***FRIDAY, OCTOBER 16, 2026****ONHS OUTDOOR HEALTH COMPLEX AT
316 E. MAIN STREET, PAWHUSKA****SCHEDULE:****6 TO 6:45 PM - ONSITE REGISTRATION****Online Pre-Registration
is open NOW!****7 PM - FUN WALK BEGINS****7:45 PM - ZOMBIE RUN BEGINS**

- **COSTUMES ENCOURAGED**
- **FUN FOR THE WHOLE FAMILY**
- **ALL AGES WELCOME**

**SCAN
ME!****HOSTED BY THE OSAGE NATION HEALTH
SYSTEM PUBLIC HEALTH DEPARTMENT**

Supported by the Native Public Health Resilience Grant

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



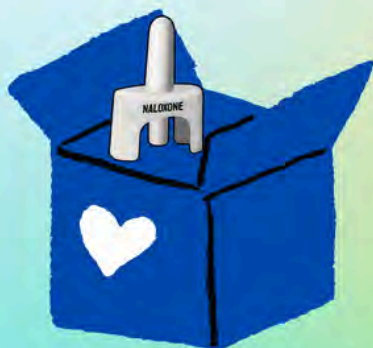
OSAGE NATION HEALTH SYSTEM
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BE PREPARED TO SAVE A LIFE!

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



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

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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

2026
Osage Nation
Holiday
MARKET

Saturday December 5, 2026
9:00 AM - 3:00 PM

Osage County Fairgrounds
320 Skyline Ave
Pawhuska, OK 74056

Join us for a day of holiday shopping in a family-friendly environment featuring local Native American vendors!

Art ♦ Culture ♦ Food ♦ Gifts
Shop Local ♦ Family ♦ Connection

Questions? Contact Osage Nation Health System
Prevention Department at 539-212-2521 or
visit 608 Kihekah, Pawhuska, OK 74056



RED RIBBON WORD SEARCH

F D R U G F R E E J G O A L S
I C C M F E D U C A T I O N Z
E Y S O A C O M M I T M E N T
N J U L M M E N T O R S K V C
C R P E I M W C O U R A G E H
O E P A L S U B N Y A F G R O
U S O D Y T P N X H V E B E I
R P R E V E N T I O N S H D C
A E T R L S A F U T U R E R E
G C I N T E G R I T Y F A I S
E T C O N F I D E N T U L B B
Q A W A R E N E S S H N T B R
J P X B A L A N C E E I H O A
X W E I N S P I R E R T Y N V
R O L E M O D E L F O Y E B E

Awareness
Balance
Brave
Choices
Commitment
Community
Confident

Courage
DrugFree
Education
Encourage
Family
Focus
Future

Goals
Healthy
Hero
Inspire
Integrity
Leader
Mentor

Prevention
RedRibbon
Respect
RoleModel
Safe
Support
Unity



PHARMACY NOTICE



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

918.287.9373



Celebrate Red Ribbon Week®
(October 23-31)

www.redribbon.org

RED RIBBON WEEK NALOXONE TRAINING FOR FIRST RESPONDERS

Naloxone is a medication that can quickly reverse an opioid overdose. Be prepared to save a life.

Overdoses can happen in any community. Receive the latest information on local conditions, symptoms, and how to respond.



**WEDNESDAY,
OCTOBER 28TH
1PM-2PM**

Osage County Sheriffs Office
Training Center
900 St. Paul Ave.,
Pawhuska, OK



Completion earns
0.5 CLEET hours

Register at:
<https://forms.cloud.microsoft/r/FAj9gpjk80>



OSAGE NATION
HEALTH SYSTEM
PREVENTION DEPARTMENT

Questions?
aimee.inglis@osagehealth.org
918.287.9316

Drive-Thru Flu Shot Clinic

Drive Up & Get Your Flu Shot!

- **Free shots available**
- **No appointment needed**
- **Available to Native American patients who have an established ONHS chart**



OSAGE NATION HEALTH SYSTEM
A Culture of Caring



**Thursday,
October 22**
8:00 AM – 3:30 PM



CALL FOR MORE INFORMATION: 918.287.9300

MONTHLY

See them all here.



SCAN HERE



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

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

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>



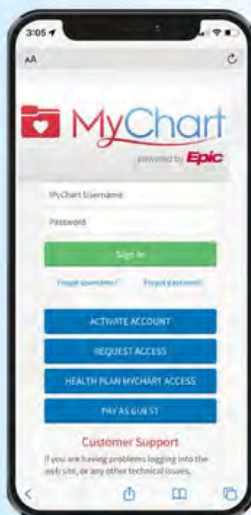
Questions? Contact John Leland, Prevention Advisor

539.212.2417, jleland@osagehealth.org



MyChart

at the OSAGE NATION HEALTH SYSTEM



New Patient Portal:

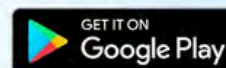
- Improved access to your health information
- Communicate directly with your provider
- Request an appointment
- And more!

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**



OSAGE NATION HEALTH SYSTEM
A Culture of Caring

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.



OSAGE NATION HEALTH SYSTEM
A Culture of Caring



Attention Patients:

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

Thank you for your cooperation and understanding!



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

ART CLASSES

**EVERY
WEDNESDAY**

1:00 - 2:00 PM

ONHS Elder Nutrition/Title VI
350 Senior Circle Drive

Classes are FREE to Elders!



OSAGE NATION HEALTH SYSTEM
A Culture of Caring



Observances

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

November:

Monthly Observances

- American Diabetes Month
- Bladder Health Month
- COPD Awareness Month
- Diabetic Eye Disease Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Awareness Month
- National Epilepsy Awareness Month
- National Bullying Prevention Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Home Care & Hospice Month
- National Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- Pulmonary Hypertension Awareness Month
- Stomach Cancer Awareness Month

Awareness Weeks

- National Diabetes Education Week — November 2-8
- National Radiologic Technology Week — November 2-8
- National Nurse Practitioner Week — November 9-15
- Gastroesophageal Reflux Disease (GERD) Awareness Week — November 23-29

Days to Note

- National Diabetes Heart Connection Day — November 9
- World Pneumonia Day — November 12
- CTEPH Awareness Day — November 13
- World Diabetes Day — November 14
- World Prematurity Day — November 17
- Great American Smokeout — November 21
- National Family Health History Day — November 28



October
DOMESTIC VIOLENCE
Awareness Month

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