NOVEMBER 2026 | VOLUME 3 ISSUE 11

OSAGE NATION HEALTH SYSTEM
A Culture of Caring

# Osage Health Newsletter

LATEST HEALTH & WELLNESS NEWS, ACTIVITIES, AND HAPPENINGS

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**Updates**


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**Health & Wellness Topics**

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

## Honoring Cindra Shangreau: A Legacy of Leadership, Service, and Love



Late Si-Si-A Pe-Txa Board Chairwoman Cindra Shangreau

With profound sadness and heavy hearts, the Osage Nation Health System (ONHS) mourns the passing of our beloved Si-Si A-Pe-Txa Health Board Chairwoman, Cindra Shangreau (Osage/Lakota).

We grieve not only the loss of an extraordinary leader, but also a cherished colleague, mentor, advocate, and friend whose unwavering dedication to her people helped shape the future of healthcare for the Osage Nation.

Appointed to the Health Authority Board by Principal Chief Geoffrey Standing Bear on December 19, 2019, Cindra brought decades of healthcare experience, wisdom, and a deep commitment to improving others' lives. A retired clinical pharmacy specialist, she dedicated more than 20 years of her career to serving veterans through the Veterans Affairs healthcare system, in addition to her earlier service in Tulsa and at Pawnee Indian Health Service.

Her passion for serving her people was deeply rooted in her family. Her father, Edward L. "Sonny" Shangreau, was among the first Community Health Representatives for the Osage Nation and instilled in her a lifelong commitment to improving healthcare for the Osage people.

Cindra once shared: "I am humbled to be following the footsteps of those who went before to better the healthcare of the Osage people."

Those words beautifully reflect the humility, purpose, and devotion with which she led.

"Sovereignty in action" are words Cindra used with great pride when reflecting on the tremendous growth and progress of the Osage Nation Health System. From the opening of the new Wahzhazhe Health Center and the Osage Nation Counseling Center to the many projects and expanded services still on the horizon, she understood that these accompl-

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## Honoring Cindra Shangreau: A Legacy of Leadership, Service, and Love

(Continued from Page 1)



Left to right: 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.



Cindra Shangreau SSAPT Chairwoman cutting the ribbon at the Wahzhazhe Health Center Opening Ceremony on July 15, 2025.

ishments represented something far greater than buildings or programs.

They represented the Osage Nation's ability to determine its own future, care for its own people, and build a lasting foundation of health and wellness for generations to come.

Cindra did not simply witness this progress. She helped make it possible.

Through her leadership, advocacy, and steadfast belief in our health system's mission, she played an instrumental role in guiding an era of remarkable growth. Her vision was never limited to what could be accomplished today, but extended to what could be built for the generations who would follow.

While our hearts are broken that she will not be here to see every project through to completion, we find comfort in knowing that her influence will be present in each new door that opens, every service that expands, and every life touched by the care she worked so tirelessly to advance.

Her legacy is woven into the very foundation of our health system.

To Cindra's family, loved ones, fellow board members, and all who had the privilege of knowing her, we extend our deepest condolences. We share in your grief and hope you find comfort in knowing how deeply she was respected, appreciated, and loved.

Cindra, thank you for your leadership, your wisdom, your tireless dedication, and, most importantly, your love for your people.

You gave so much of yourself to ensure a healthier future for the Osage Nation. We will honor your memory by continuing the work you believed in so deeply, carrying forward your vision with the same determination, compassion, and commitment you demonstrated throughout your life.

Your work will continue. Your impact will endure. And your legacy will never be forgotten.

We love you, Cindra. You will be deeply missed. ❤️



## Celebrating Professional Excellence at Osage Nation Health System!







Osage Nation Health System (ONHS) proudly congratulates Chief Executive Officer Mark Rogers, MAL, CHC, FACHE, FACMPE, on receiving the Founding Members Legacy Award at the Oklahoma Tribal Finance Consortium's (OTFC) 10th Anniversary Gala!

The award recognizes Rogers' longstanding dedication, leadership, and contributions to the consortium and its mission. Rogers also participated as a distinguished panelist, joining fellow Tribal health leaders to discuss Tribal self-governance, organizational development, and strategic leadership.

Joining Rogers at the conference were Chief Operating Officer Dr. Kirk Shaw; Director of Grants & Compliance, Michael Bristow; and Osage Congressman and Health and Human Services Committee Member, Megan Mays, ONHS Director of Grants Management & Compliance; and Grants Management Specialist Dr. Bridget Walker.

ONHS celebrates this well-deserved recognition and our leadership team's continued commitment to strengthening Tribal healthcare, advancing organizational excellence, and supporting the communities we serve. Congratulations, Mr. Rogers!

## Kacie Myers Passed!

Osage Nation Health System (ONHS) proudly congratulates Kacie Myers, RT(R)(M)(T), ARRT, on successfully passing her Mammography Registry Examination and earning her Mammography (M) credential!

This accomplishment required dedication, extensive training, and hands-on clinical experience. Kacie completed 40 hours of classroom instruction and performed 200 mammograms within six months to fulfill the requirements necessary to sit for the registry examination.

Earning this credential reflects Kacie's commitment to professional growth, excellence in medical imaging, and providing quality care to the patients and communities we serve.

At ONHS, we celebrate employees who pursue opportunities to expand their knowledge and strengthen the healthcare services available to our communities.

Congratulations, Kacie! We are proud of your hard work and this outstanding achievement!




Talisha Furst, MSN, APRN, FNP-C

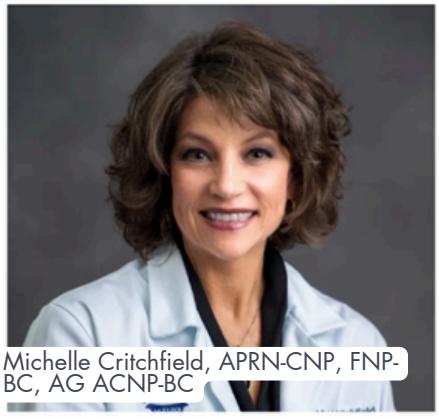

Amy Foster, APRN-CNP, FNP-BC,AG ACNP-BC

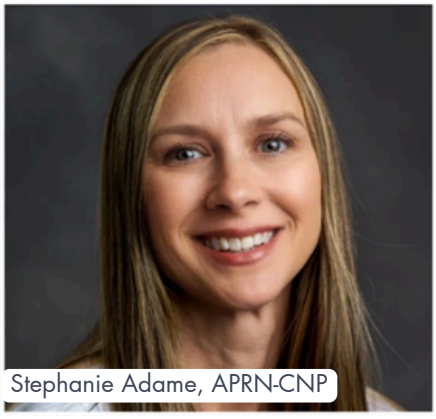

Joann Simpson, APRN-CNP





Kristina Burchett, FNP-C


Michelle Critchfield, APRN-CNP, FNP-BC, AG ACNP-BC


Stephanie Adame, APRN-CNP


Kori Sauer, APRN-CNP, DCNP



## Osage Nation Health System Supports Schools & First Responders for Red Ribbon Week 2026

By Prevention Department

In recognition of Red Ribbon Week, celebrated nationally from October 23–31, 2026, the Osage Nation Health System Prevention Department is proud to have supported every school district in Osage County with resources that promote healthy, drug-free lifestyles. This year, Prevention also hosted an updated naloxone administration training for first responders throughout the county. Red Ribbon Week was started as a remembrance of a DEA agent who fell in the line of duty to drug traffickers.

Prevention provided Red Ribbon Week supplies to all schools across the county, including red ribbons, posters, activity guides, and educational materials to help students take the pledge to live drug-free. The Prevention team encourages schools to use these materials to spark conversations about positive choices, resilience, and wellness.

In addition to Red Ribbon materials, the Prevention Department also distributed Overdose Prevention Kits to first responders. These kits, which include naloxone (Narcan) and educational resources, are part of a broader effort to strengthen community safety and awareness around overdose prevention. The kits are provided as personal preparedness tools, giving people knowledge and life-saving resources that can make a difference in an emergency. Along with the kits, Prevention provided updated training on naloxone administration and stigma reduction developed in partnership with the State of Oklahoma.

These initiatives reflect the goals of the Osage Nation Health System Prevention Department: empowering youth and families, strengthening community capacity, and expanding behavioral health supports through culturally grounded, evidence-based strategies.

The Prevention Department thanks local educators and school leaders for partnering to make Red Ribbon Week a success. Together, we're building a safer, healthier future for Osage County youth.

For more information about prevention programming, school partnerships, or overdose response training, contact: prevention@osagehealth.org or 539-212-2521

## Celebrating National Information and Referral Day: The Power of Connecting People to Care

By Purchase Referred Care Department

Every year, National Information and Referral Day recognizes the dedicated professionals who serve as a bridge between individuals, families, and the vital resources they need. This special day highlights the important role information and referral specialists play in helping people navigate complex healthcare systems, community services, and support programs.

At the heart of information and referral services is a simple but powerful mission: connecting people to the right resources at the right time. Whether assisting someone with healthcare coverage, locating community support services, finding financial assistance programs, or helping members understand their benefits, referral specialists make a meaningful difference in the lives of those they serve.

Information and referral professionals are often the first point of contact for individuals seeking guidance during challenging times. Their knowledge, compassion, and commitment help remove barriers to care, ensuring people receive accurate information and timely support. Through active listening, problem-solving, and collaboration, they empower individuals to make informed decisions and access the services they need.

National Information and Referral Day also reminds us of the importance of teamwork. Effective referrals require strong partnerships among healthcare providers, community organizations, care coordinators, and customer service professionals. Together, these efforts create a support network that improves outcomes and strengthens communities.

Today, November 15th, we celebrate the dedication, expertise, and compassion of referral specialists everywhere. Your work goes beyond connecting calls and processing requests. You provide hope, guidance, and solutions that improve lives every day.

Thank you for your commitment to service, your passion for helping others, and the positive impact you make in the communities you serve. Happy National Information and Referral Day!

# Award-Winning Three Sisters Pumpkin Chili

A recipe from the Osage Nation Health System Diabetes Program's cooking class recently became an award-winning dish!

During our October cooking class, dietitian Leah Loyd prepared Three Sisters Pumpkin Chili, a delicious and nutritious recipe inspired by the traditional Three Sisters ingredients of corn, beans, and squash. Class attendee Kari Fish enjoyed the recipe so much that she shared it with her friend, Tammy Mason Lux.

Tammy decided to put the recipe to the test by entering it in her church's chili cook-off, where it won first place! Pictured below is Tammy proudly showing off her prize cutting board and spoon. We love seeing recipes from our cooking classes make their way into homes and communities and even win a little friendly competition! (See recipe on the next page)



Tammy Mason Lux with her 1st place prizes.

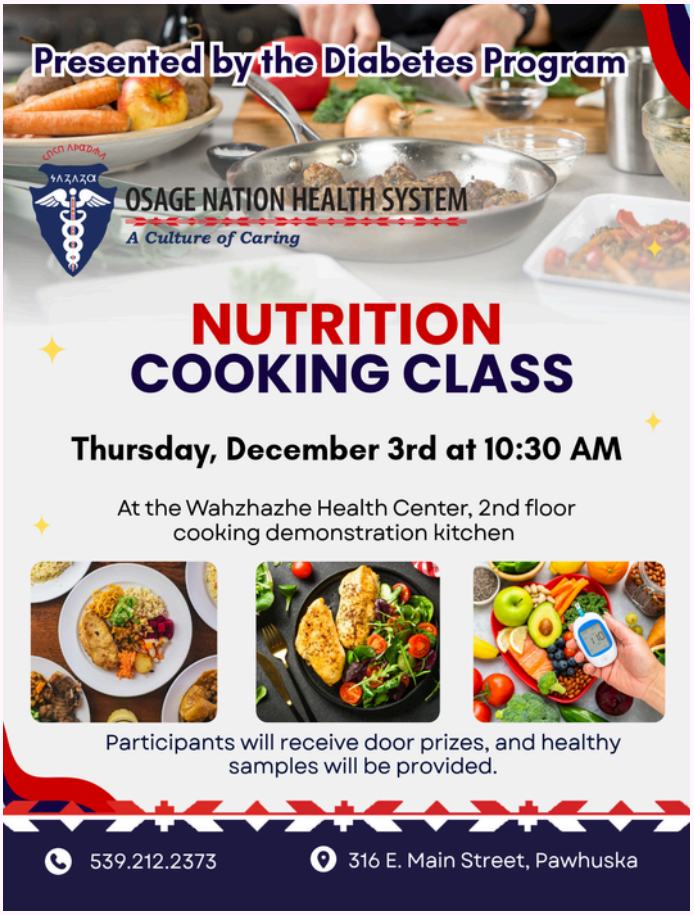
# Cooking Class on December 3rd

Our next cooking class will be held Thursday, December 3, 2026, starting at 10:30 a.m. in the Diabetes Demonstration Kitchen on the second floor of the Osage Nation Health Center in Pawhuska.

Leah will be preparing two delicious recipes perfect for the cooler weather: Chicken and Wild Rice Soup and Pumpkin Seed Granola.

Everyone attending will have an opportunity to sample the recipes, learn some healthy cooking tips, and have a chance to win a door prize!

Our cooking classes are free and open to the community, so come hungry, bring a friend, and join us for some good food and fun. We hope to see you there!



# Three Sisters Pumpkin Chili



## Ingredients:

- 1 Tbsp olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 lb ground turkey or beef
- 1 (15 oz) can black beans
- Rinsed and drained
- 1 (15 oz) can corn, drained
- 1 (15 oz) can pumpkin puree
- 1 (14.5 oz) can diced tomatoes
- 1 cup chicken or vegetable broth
- 1 Tbsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- Salt and pepper to taste
- Optional toppings: sour cream, shredded cheese, green onion, avocado

*Nutrition Facts:*
*Serving Size 1.5 cups: 220 calories, 6 g fat (1.5 g saturated fat), 41mg cholesterol, 77 mg sodium, 25 g carbohydrate (7 g fiber), 16 g protein*
*Cost: $14.17 per recipe, or $1.77 per serving (October 2026)*

## Directions:

1. Heat oil in a large pot over medium heat. Sauté onion and garlic until softened.
2. Add ground meat and cook until browned.
3. Stir in black beans, corn, pumpkin puree, diced tomatoes, and broth.
4. Add chili powder, cumin, smoked paprika, salt, and pepper. Mix well.
5. Bring the mixture to a simmer. Reduce heat and cook uncovered for 25-30 minutes, stirring occasionally.
6. Taste and adjust seasoning as needed.
7. Serve hot (1.5 cups per serving) with desired toppings such as sour cream, cheese, green onions, or avocado.




# TYPE 1 DIABETES AND TYPE 2 DIABETES ARE TWO DIFFERENT DISEASE.

**They are not stages of the same disease, and one does not progress into the other.**

## TYPES OF DIABETES

### TYPE 1 DIABETES
The body does not produce insulin.

### TYPE 2 DIABETES
The body becomes resistant to insulin or does not produce enough insulin.

## THE DIFFERENCE

If there is uncertainty about a diabetes diagnosis, ask your healthcare provider about Autoantibody testing and C-peptide testing.

## AUTOANTIBODY TESTING

There are five commonly recognized Type 1 diabetes-related autoantibodies that can be tested. A postive result supports an autoimmune Type 1 diagnosis.

## C-PEPTIDE TESTING

Measures how much insulin your body is producing. Levels are often low in Type 1 and normal or elevated in Type 2, although there are exceptions.

## PREVENTION & MANAGEMENT

### TYPE 1 DIABETES

- An autoimmune disease
- The immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas.
- The body eventually produces little to no insulin.
- No cure currently exists.
- People with Type 1 require insulin to survive.

### TYPE 2 DIABETES

- A metabolic disease.
- The body develops insulin resistance, meaning it cannot use insulin effectively.
- Over time, the pancreas may also lose its ability to produce enough insulin to meet the body's needs.
- It is NOT caused by an autoimmune attack on the insulin-producing cells.
- Diet and lifestyle changes can help manage the disease.
- Medication may also be needed, and some people eventually require insulin.

# October Osage Nation Health System Town Hall Meeting












The Osage Nation Health System (ONHS) October Town Hall brought employees together for a day of professional development, recognition, and a little Halloween fun!

ONHS employees embraced the Halloween spirit, showing off their costumes, sharing plenty of laughs, and connecting with colleagues. It was a wonderful reminder that building a positive workplace culture includes making time for fun and camaraderie!

A highlight of the Town Hall was a special presentation by Dr. Daryl Tonemah, organized by the ONHS Prevention Program.

Dr. Tonemah presented "When the Floor Falls Away: Supporting Native Youth, Families, & Caregivers Through Depression, Suicidality, and Recovery."

The presentation addressed important mental health challenges facing Native youth and families, emphasizing the importance of understanding, compassion, and community support. We appreciate Dr. Tonemah for sharing his knowledge and the ONHS Prevention Program for coordinating this valuable learning opportunity.

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See them all here.
MONTHLY NEWSLETTERS
SCAN HERE
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# October Osage Nation Health System Town Hall Meeting

*(Continued from page 6)*











During the Town Hall, we also recognized employees whose dedication, leadership, and commitment to excellence make a meaningful difference throughout our health system.

## EMPLOYEE OF THE MONTH

- August 2026: Katie Weigant | Diabetes Department
- September 2026: Arleata J. Snell | Business Office
- October 2026: Jamie Miles | Optometry

## SPECIAL LEADERSHIP AWARD

- August 2026: Crystal Standing Bear | Nursing
- September 2026: Bruce Bowles | Public Health Nursing
- October 2026: Kolton Stark | Accounting

## UNSUNG HERO AWARD

- August 2026: Maddux Standing Bear | Business Office
- September 2026: Brandi Calkins | Nursing
- October 2026: Danielle Greyeyes | Patient Registration

Congratulations to All Our Award Recipients! These individuals exemplify the dedication, teamwork, leadership, and compassion that contribute to ONHS's Culture of Caring. We are grateful for their hard work and the positive impact they make on our patients, coworkers, and communities.

Thank you to everyone who participated in our October Town Hall and helped make it a memorable gathering filled with learning, appreciation, and laughter! Together, we continue building a stronger team and healthier communities!

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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

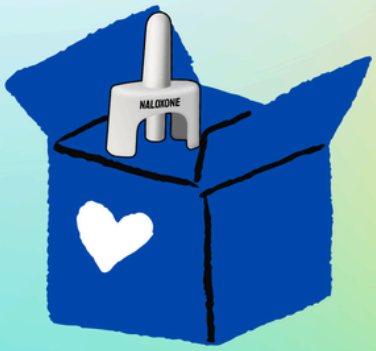



# BE PREPARED TO SAVE A LIFE!

# 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.

Scan me

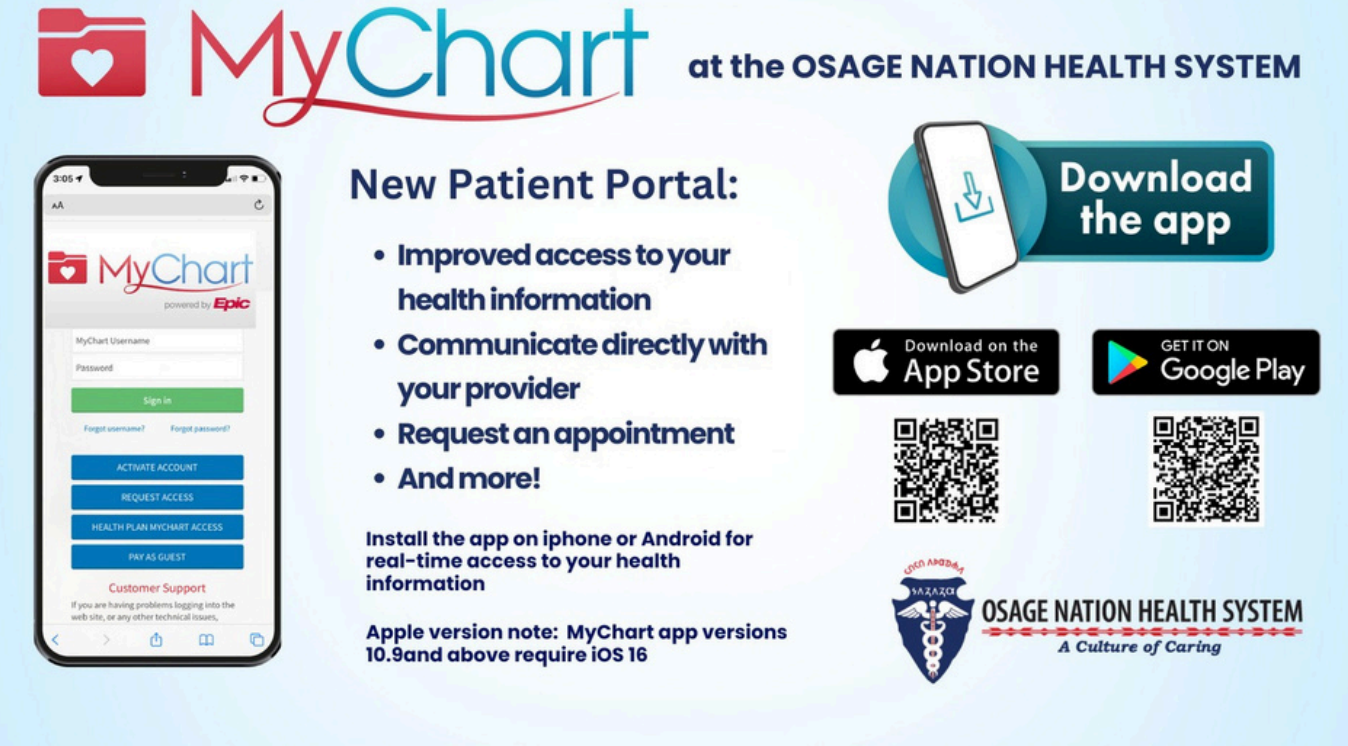
**To request opioid safety kit pickup or delivery, scan the QR code or visit:**
https://osagehealth.org/tribal-opioid-response/

**Questions?**
Email: kitrequest@osagehealth.org
Call: 918.287.9316

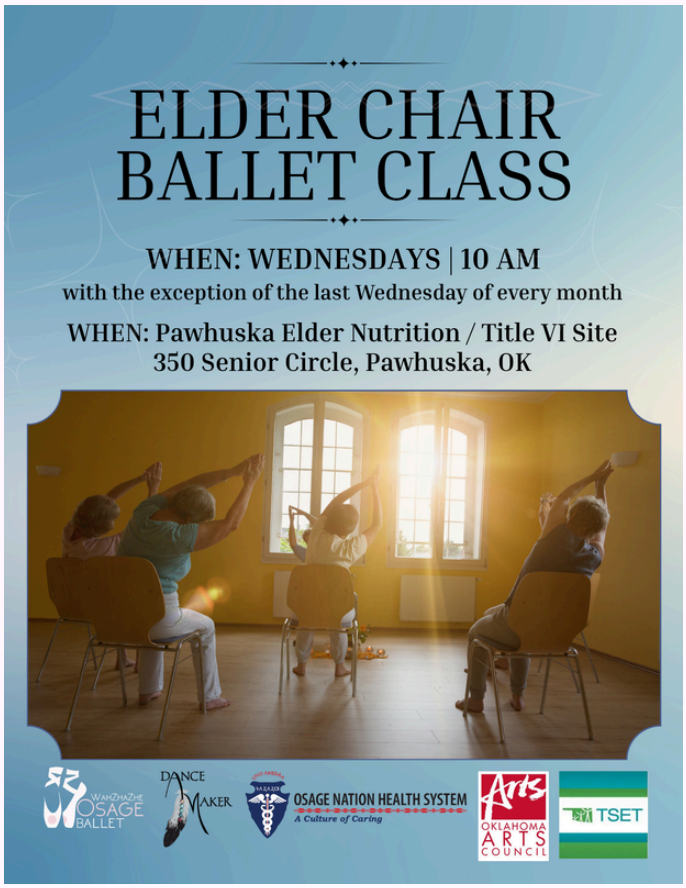
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Prenatal Classes
Available to all expectant mothers (Native or carrying a Native child) residing in Osage County.
Every Wednesday from 10 AM - 11 AM.
Classes begin Wednesday, April 22nd.
Location: Osage Nation Health System,
Public Health Nursing Department
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
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 10.9and above require iOS 16
Download the app
Download on the App Store
GET IT ON Google Play
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# For Your Information:












# Observances

## 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

## December:

### Monthly Observances

- International Sharps Injury Prevention Month
- National Safe Toy and Gifts Month

### Awareness Weeks

- National Handwashing Awareness Week - December 6-12
- National Influenza Vaccination Week December 7-11

### Days to Note

- World AIDS Day - December 1
- International Day of Persons with Disability - December 3




**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