



Oklahoma Arthritis Network (OAN)

Thursday, January 8, 2004

MINUTES

Attendees:

Debora Adams, OSDH, Arthritis Prevention and Education Program
Deborah Austin-Mundes, OHCA
Don Blanding, Lupus Support Group
Revonda Blanding, Lupus Support Group
Candice Boesch, Project Access
Russell Brewer, Cleveland County Health Dept., Norman
Russ Calhoun, OSU-OKC Emergency Medical System
Alvin Covalt, (Consumer) Woodward County Health Dept., Woodward (VC)
Catrina Duvall, Tulsa County Health Department, Tulsa (VC)
Leona Foale, (Consumer) Woodward County Health Dept., Woodward (VC)
Rose Frech, (Consumer) Woodward County Health Dept. Woodward (VC)
Norma Goff, DHS, Aging Services Division, OKC
Jolena Graves, (Consumer), Woodward County Health Dept. Woodward (VC)
Debbie Hines, Stephens Co. Health Department, Duncan (VC)
Randolph Hulton, Consumer
Terry Johnsen, DDS-DHS
Joyce Kenney, Custer Co. Health Department, Clinton (VC)
Gail Livengood, Oklahoma Health Care Authority
Carol McClure, Custer Co. Health Department, Clinton (VC)
Marisa New, OTR, MPH –OSDH Arthritis Prevention and Education Program
Jennifer Nunn, ElderCare, Logan County Health Department, Guthrie (VC)
Casey O'Neil, Logan County Health Department, Guthrie (VC)
Carlene Parish, (Consumer) Woodward County Health Dept, Woodward (VC)
Ronald Parish, (Consumer) Woodward County Health Dept, Woodward (VC)
Betsy Replogle, Vice Chair, OAN
Karen Ross, MD, OU College of Medicine, Geriatric Department.
Jaylene Sain, The Fountains at Canterbury
Lana Shaffer, Woodward County Health Dept., Woodward (VC)
Charles Sleeper, Cheyenne Arapahoe Tribes Vocational Rehabilitation
Mark Stratton, PharmD, O.U. College of Pharmacy
George Sykes, Cheyenne Arapahoe Tribes Vocational Rehabilitation
Dave Thompson, PhD, OUHSC, Biostatistics/Epidemiology
Cynthia Trent, Quail Ridge Assisted Living
Sherill York, OK ABLE Tech
George Young, Holy Temple Baptist Church

(VC) Video Conferencing

I. **WELCOME – Norma Goff, OAN Chair**

New OAN Members present: Debora Adams, Don & Revonda Blanding, Candice Boesch, Alvin Covalt, Leona Foale, Rose Frech, Jolena Graves, Randolph Hulton, Joyce Kenney, Casey O'Neil, Ronald & Carlene Parish, Charles Sleeper, Mark Stratton, M.D., and George Young

II. OCTOBER AND NOVEMBER MINUTES APPROVED – NO Corrections

III. PROJECTS/COMMITTEE UPDATES

PROMOTION & COMMUNITY EDUCATION COMMITTEE– “Oklahoma City Doesn’t Sit Still for Arthritis” – Saturday, November 15th, 2003.

Cynthia Trent, and Dr. Karen Ross. Dr. Ross reported a good turn out of about 40 people. Participants ranged in age from 20-80 years of age with an almost equal mix of individuals employed and retired. According to the survey conducted only seven attendees had no health coverage. Cynthia Trent stated the next time it would be very helpful to give more advanced notice for pre-registering.

Dr. Ross spoke to the group about the importance of physical activity for people with arthritis to manage pain. There were break out sessions, which included: Madeline Rugh, PhD (Tai Chi), Ruth Stone (Zendo-Ryu), Doug Paulsen (Yoga) and Shona Lennon (AF-Aquatics/PACE). Proceeds from this event will be offered in the form of scholarship for people interested in taking the Arthritis Self Help Course.

Marisa stated, “We really had a great time, and we’ll probably do it again in OKC, because we’ll be initiating our media campaign in the spring”. “We already have two counties who will follow our theme and format, but will customize to promote their community resources. These workshops will be titled, “Kingfisher County Doesn’t Sit Still For Arthritis”, and “Lincoln County Doesn’t Sit Still For Arthritis.”

Jennifer Nunn stated Lincoln County will have an event in March. They have both a local Tai Chi, and a Yoga instructor who have agreed to present these workshops. “We are very fortunate to find local people who are able and willing to present these workshops for us”. “There is also a lot of interest from a couple of our tribal agencies here in the county who are going to partner with us in this effort. “ Kingfisher County will be holding their workshop in April, and it will mostly be done through the Turning Point partnership in Kingfisher County. We will be combining this with the Walk this Weigh initiative.

Marisa New informed everyone that Dr. Ross will be giving her presentation at both of these locations. Marisa encouraged Turning Point coalitions across the state to get involved in helping us coordinate these events. She introduced Russell Brewer, the newly inducted chair for State Turning Point Council, and highly involved in Cleveland County Turning Point.

VIDEO—ARTHRITIS SUCCESS STORIES

This video was shown that highlighted the lives of people of varying ages, with varying types of arthritis. These people told us how physical activity has been beneficial in reducing their pain. Most notable was Betty Stockard, an 84-year-old active ballet teacher, who has been dancing since childhood, and teaching ballet through out her adult life.

Some of the participants in the video have been active all their lives, while others started exercising only after being diagnosed with arthritis. A

special thanks go to Cynthia's husband, Jerry Trent, of TRENTCO Productions, who volunteered his expertise to provide us with this inspiring video.

IV. PRESENTATION – “Using Medications Safely” (Handouts Distributed)

Speaker: Mark Stratton, PharmD, College of Pharmacy, and University of Oklahoma Health Sciences Center.

Highlights:

- In excess of 50,000 people die in this country every year in hospitals, because of medication related problems.
- For each dollar spent on prescription drugs, we spend another \$2 in hospital related medical problems from prescription drugs.
- The legitimate medication industry in the USA is at least a 310 billion dollar industry.
- The elderly, who constitute 13% of the population, consume at least one-third of all prescription and non-prescription drugs in this country.
- As we age our brains and vital organs change and are not as effective processing medications, making a complication, or an overdose more likely.
- Herbal supplements are not regulated through the Food and Drug Administration and their strengths can vary as much as 15 times from one brand to another.
- Do not self-diagnose or self-medicate. See your doctor.
- Avoid medication reactions by using only one doctor, and one pharmacy for all your medical needs.
- Brown-bag your medications when you go to the doctor. Take all of your prescriptions, OTC medications, and herbal supplements with you when you visit your PCP.
- Some prescription pain relievers are no more effective for Osteoarthritis pain than OTC pain relievers, such as Tylenol, Aleve, or Motrin. Yet the price can be ten times as much.
- Do not take Motrin and Advil together the results can be toxic.
- Take all pain relievers with at least 8 ounces of water, and with food to prevent stomach upset or gastritis.
- One-third of older people don't get their prescriptions filled, because they can't afford to pay for them.

V. ADVOCACY COMMITTEE- Betsy Replogle

Met with U.S. Representative Dick Gephardt, from Missouri, on Monday, January 5, at the Mary Mahoney Memorial Health Center. He was the first Presidential candidate to make health care his main campaign issue (he has since dropped out). Betsy also stated that The Medicare Reform and Prescription Drug Benefit Act were signed into law last month. She will be sending more about it on the listserv.

ASHC – Woodward Report – Lana Shaffer

Woodward County's Health Department, Self-Help Course was held on October 16, 2003, and ten of those people finished the course. Four of those people are attending this meeting via videoconference at the Woodward County Health Department.

ASHC 2003 Evaluation Study – Dave Thompson

Distributed a handout that summarizes Arthritis Self Help Course participant information collected in Oklahoma in 2003. He will elaborate on these findings at the next meeting.

Lupus Support Group – Oklahoma City – Revonda Blanding

Lupus Support Group meets at Hillcrest Christian Church. It is located on the south side of Oklahoma City, the third Thursday of each month at 1501 S.W. 59th.

THE OAN ADVISORY COUNCIL – Norma Goff

We will be creating a formal Advisory Council to review our projects and give us feed back. The purpose of the Advisory Council is listed on the handout distributed. We are looking for people who will be dedicated. They will meet once a year. Prior to this meeting, they will review materials. If you know someone who might be interested please give Marisa his or her names by next week.

VI. ANNOUNCEMENTS

March 1-3, 2004, CDC Arthritis Foundation Annual Conference.

March 4, 2004, the Oklahoma Chapter of The Arthritis Foundation will be hosting an Arthritis Self-Help Course, at their location on Britton Road. Contact Shona Lennon for more information call (800) 627-5486. (This is listed on the Calendar of Events).

March 4, 2004, Canadian County Health Department will be hosting an Arthritis Foundation Arthritis Self-Help Course.

April 26, 2004, at 5:30 p.m., Mary Mahoney Memorial Health Central will be having a Self-Help Class.

April 17, 2004, the Aquatics Leader Training Course is being offered at Health South in Oklahoma City. Any of you interested, or know someone who might be interested in becoming Aquatic Leaders, please be sure to sign up and register.

February 6, 2004, the Arthritis Foundation is having their Valentine ball, wine tasting, and auction.

In the spring Tulsa will be having their Arthritis Foundation walks. Several will be going on during consecutive weeks in May.

NO MEETING February 2004. Next meeting Thursday, March 4, 2004 at 2:00 p.m.

Meeting Adjourned.