



## Oklahoma Arthritis Network (OAN)

Thursday, January 11, 2007

### MINUTES

#### Attendees:

Tricia Ayers, OKDHS – OK DHS Aging Services Division  
Edward Brandt, M.D., OUHSC Dept. of Health Administration and Policy  
Traci Castles, Oklahoma Family Network/STARS  
Shae Carmichael, Indian Health Services, Lawton  
Adrienne Chambers, OSDH Arthritis Prevention and Education Program  
Connie Eggleston, OKDHS, Aging Services Division  
Dorothy Hammert, American Mothers & Univera Life Sciences  
Noreen Hanson  
Allan Harder, OKC Area Inter-Tribal Health Board  
Larry Hopper, Oklahoma Alliance for Public Transportation  
Traci House, OSDH, Wellness Program  
Andrali Jewett, OKDHS Living Longer Living Stronger  
Shona Lennon, Oklahoma Arthritis Foundation Oklahoma Chapter  
Marisa New, OSDH Arthritis Prevention and Education Program  
Patty Porter, Mercy Senior Health  
Beverly Rupert, Oklahoma Health Care Authority  
Dave Thompson, PhD, - O.U. College of Public Health – Biostatistics and Epidemiology  
Cynthia Trent, Online Medsource  
Heather Ward, Health Educator – Logan County Health Department  
Jaimie Watt, OSDH Women's Health Division, AF Exercise Leader  
Deborah Young

- I. **Welcome and Introductions** – Cynthia Trent, OAN Steering Committee Member  
New OAN Members: Deborah Young, Traci Castles, Shae Carmichael, Noreen Hanson, and Andrali Jewett
- II. **November Minutes Approved**
- III. **Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events**
  - A. Surveillance – Dave Thompson, “Where are the Oklahomans with Arthritis?”  
[Visit [www.health.ok.gov/program/apep](http://www.health.ok.gov/program/apep) for PP presentation]
    - 2005 BRFSS Data
      - BRFSS - Behavioral Risk Factor Surveillance System
        - a. Annual phone survey conducted in every state
        - b. Dialed randomly, but not random sample
        - c. Almost 13,000 completed in Oklahoma
    - 30.3% of Oklahomans over the age of 18 were told they have a form of arthritis (arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia) by a health professional
    - Numbers are underestimates because don't take into account people who do not go to the doctor
    - Minority numbers have more of an error because do not reach them as much with the phone survey
    - Physical activity is the arthritis pain reliever; improves nutrition to the joints and protects them against some of the degradation associated with arthritis.
    - Healthy People 2010 Objectives
      - Increase the percentage of adults with doctor diagnosed arthritis whose health care provider counsels on weight reduction among those who are overweight or obese and physical activity or exercise
      - Increase the percentage of adults with doctor diagnosed arthritis that receives evidence-based arthritis education
      - Decrease percentage of adults with doctor diagnosed arthritis whose activity is limited due to arthritis or joint symptoms
      - 44.3% of Oklahomans with doctor-diagnosed arthritis report limitations in “usual activities” because of arthritis or joint symptoms
    - 10% of those with arthritis have taken a self-management class.
- IV. **Oklahoma Family Network Mentorship Workshops for parents, grandparents, and other caregivers**
  - A. Traci Castles, Co-Founder/Board President - [tcastles@ouhsc.edu](mailto:tcastles@ouhsc.edu)
    - Have trained about 700 parents statewide; Largest parent network in Oklahoma

- Mission is to be an independent, statewide non-profit resource and support network for families who are raising children with special needs.
- Training scheduled in February; 6 hours
- Goals
  - Decrease family stress and isolation by providing emotional support and information to families and/or matching experienced mentors who have similar concerns.
  - To increase families' knowledge and use of resources
  - To support families as community faculty by providing ongoing opportunities to acquire specific information and/or training.
  - To effect systems change by acting as an ongoing resource to families, health care providers, educators, policy makers, agency directors and others in the design, implementation and evaluation of programs and policies for children and their families.
- What is mentorship?
  - Mentoring is the process of walking along side someone to learn from them. Mentor – trusted counselor, coach or tutor, or one who takes a personal interest in you and offers advice/guidance.
- Have hardly any parents with children who have arthritis or related conditions trained
- Have some parents with kids who have mental health disabilities trained, need more parents
- Need more grandparents and foster parents trained
- Findings:
  - Parent to parent support makes a significant difference in the parents' acceptance level of family and disability.
  - Parent to parent support makes a significant difference in how much progress parents feel they have made in getting their needs met.
  - Parent to parent support appears to help some parents cope better with a disability and their families.
  - Parent to parent support helps parents to feel better able to solve problems pertaining to their child.
  - Over 80% of the parents found Parent to Parent to be helpful

#### V. Community Education – Shona Lennon

##### A. Arthritis Foundation Self Help Program (AFSHP)

- Re-certification (refresher) training held on October 31, 2006.
  - Robert Griffin and Heather Ward are the first to schedule a class – March 20<sup>th</sup>, Logan Co. Health Department, Guthrie. Contact Shona Lennon at 405-936-3366 for more information.
- New leader training in Tulsa, March 1-2, contact Stephanie LaFevers at [slafever@arthritis.org](mailto:slafever@arthritis.org)
- 2 day training covers medications, communication, exercise, talking with doctors, goal setting, and problem solving; two leaders are required to lead classes.

#### VI. Collaborative Events

##### A. Living Long, Living Strong: The Oklahoma Project - Connie Eggleston, DHS Aging Services

- Partners: KEDDO, COEDD, NODA and the Chickasaw Nation
- Partners attended Administration on Aging and National Council on Aging Conference in Washington DC in December 2007
- Preparing to hire individuals to lead programs in communities throughout Oklahoma.
- Contacting partners to participate in upcoming site visit, February 2007.

#### VII. Announcements

##### A. Alliance for Public Transportation (APT) – Handout distributed on behalf of Larry Hopper

- Social services activities benefit from transportation to senior center programs (like meals, arthritis exercise programs), adult day care, and even seniors' non-emergency medical trips to clinics-these are being addressed in "Coordinated Plans." OAN partners statewide should be aware to identify transportation "gaps" at upcoming formal meetings with transportation providers. These meetings will serve to develop a Coordinated Public Transit-Human Services Transportation Plan for their area, as required by SAFETEA-LU. This year, services funded under three FTA programs (Jobs Access and Reverse Commute, New Freedom, and Sec. 5310 Elderly and Persons with Disabilities) will be coordinated with this plan. There isn't enough federal money to go around, but the plan process will likely point to the need for greater city, county, and state support for public transportation programs. One way to get involved is to join the Oklahoma APT via its website at [www.okapt.org](http://www.okapt.org).
- Contact Larry Hopper with Metro Transit, 297-3935, if you have any questions.

VIII. **Next OAN Meeting will be Thursday, April 5th, at 2:00 p.m. at OSDH in Room 314.** Videoconferencing is available; please call (405) 271-9444, ext. 56535 or email [adriennec@health.ok.gov](mailto:adriennec@health.ok.gov) for more information.

IX. **See OAN Calendar of Events for other announcements and upcoming meetings**