



Oklahoma Arthritis Network (OAN)

Thursday, March 4, 2004

MINUTES

Attendees:

Debora Adams, OSDH, Arthritis Prevention and Education Program
Norma Goff, OAN Chair, DHS Aging Services Division
Marcus Hayes, Oklahoma Lupus Association
Martha Kohlway, OSDH-Protective Health Services
Joyce Lewis, Oklahoma Disability Law Center
Gail Livengood, Oklahoma Health Care Authority
Marisa New, OTR, MPH –OSDH Arthritis Prevention and Education Program
Patty Porter, Mercy Sr. Health
Betsy Replogle, Vice Chair, OAN
Jaylene Sain, The Fountains at Canterbury
Stephanie Settle, CCFYMCA
K. Denise Smith, Lawton Indian Hospital
Sherril York, OK ABLE Tech

I. WELCOME – Norma Goff, OAN Chair

New OAN Members: None

II. JANUARY MINUTES APPROVED-No Corrections

III. PROJECT/COMMITTEE UPDATES

- **PROMOTION & COMMUNITY EDUCATION:**

Lincoln County Doesn't Sit Still For Arthritis

Jennifer Nunn unable to attend. Marisa New spoke in her place. Lincoln County and the Kingfisher County Health Departments are organizing "Kingfisher/Lincoln County Doesn't Sit Still for Arthritis," physical activity workshops. Lincoln County's workshop will be held on Saturday, March 20, 2004. Registration brochures will be distributed by e-mail. Community partners include OSU Extension and the Iowa Tribe. Dr. Karen Ross will speak and there will be interactive breakout sessions highlighting some of Lincoln County's physical activity (community) resources - Tai Chi, Yoga, and some ballroom dancing. Shona Lennon will give an overview of the Aquatics Exercise Program and the PACE Course (People With Arthritis Can Exercise). It will be free to the public.

"PRAISE THE LORD" A Live Television Show

Norma Goff reported that it is a live television show that is on the Trinity Broadcast Network. Pastor George Young had chosen to use his turn on this program to highlight the services available to listeners in his community. Norma was able to talk about the Network, how to get involved in the Network, what we are all about and how to contact us.

The live version was on that day at 2:00 p.m. and it was re-broadcast a couple of times at 2:00 a.m. We will be getting a videotape of the show. Marisa stated, Opportunities such as these help to increase the public awareness of what we are doing in the communities to manage challenges of living with arthritis.

“Native Living” A Live National Radio Show. Topic “Focus on Arthritis”

Dr. David DeRose is a physician affiliated with Lifestyles of America based out of Duncan. He hosts “Native Living” a national radio talk show. Teresa Brady, PhD who has visited us from CDC, was the main presenter. Diana LaRocque, RN, Lawton Indian Hospital, Jennifer Nunn from Lincoln County Health Department along with Marisa New. Tim Arnott, MD, Lifestyles of American guest hosted. Dr. Brady gave an overview of what we are doing in arthritis public health. Diana and Jennifer spoke more on a local level as to what they are doing to contribute to the OAN partnership in Oklahoma. Both of them have been trained as Self-Help Leaders. They promoted the Arthritis Foundations’ Self-Help course, the Aquatic courses and the PACE courses.

- **COMMUNITY EDUCATION**

Arthritis Self Help Courses – Marisa New spoke for Shona Lennon or Stephanie LaFevers who were not here.

Marisa sent out an e-mail soliciting people who wanted to be trained as Self-Help Course. The Arthritis Foundations’ qualifications: Two people must train to lead the course. The preferred team is two people with arthritis; with one of them being a health care provider. You also have to have a certain ability to present the course and to be able to facilitate. No one has never yet been denied as a leader. There must be a host facility that is accessible to people with disabilities.

Norma stated we are trying to get as many people in the community to participate as we can. The next Arthritis Self-Help Courses (community education courses) are scheduled for March 4th at the Canadian County Health Department in El Reno and in Oklahoma City at the Arthritis Foundation headquarters, March 7th in Tulsa at the Arthritis Foundations, Easter Oklahoma Chapter and on April 26 at the Mary Mahoney Memorial Health Center in Spencer.

The Arthritis Self-Help Course Leader Training takes three days. The first day it starts at noon, followed by two full days of training. The next training for leader will be in Oklahoma City. If you are interested in that training it will be March 31, April 1 and 2. For more information you will need to contact Shona Lennon at the Arthritis Foundation at (800) 400-4526.

- **ADVOCACY COMMITTEE- Betsy Replogle, Chairperson**

Betsy and her group focus on the political level of getting attention for the needs of people with arthritis and related conditions addressed with our political leaders. Betsy stated that she has just recently returned from Washington, D.C. Where she visited the American College of Rheumatology.

Currently there are only about 3,500 practicing rheumatologists. Approximately 70,000 people suffer from one of the various forms of arthritis. This means there is only one rheumatologist for every 20,000 patients. This shows how important it is for you to take care of yourself as much as possible. By the year 2014, the number of retired rheumatologists will outnumber the number of practicing rheumatologists.

VI. PRESENTATION – “AgrAbility” (Handouts Distributed)

Speaker: Carla Wilhite, OTR/L
AgrAbility Program Specialist, Oklahoma ABLE Tech

Highlights:

- 288,000 agricultural workers between the ages of 15 and 79 have a disability.
- 200,00 producers experience lost work time injuries and occupational illness annually.
- Approximately 5% of these have serious and permanent results.

In Oklahoma:

- 26% of producers reported a disability
- 17,000 farmers/ranchers need assistance related to their disability

Project Partnership of OSU Cooperative Extension Service, ABLE Tech, and Langston University provides:

- Information and referrals
- On-Site Technical Assistance
- Education, Including Issues Related to Secondary Injury
- Training
- Peer Support

RISK FACTORS OF ARTHRITIS AND FARMING:

- Over 50% of farmers are older than 50.
- Cultural of Work
- Heavy Work
- Repetitive Joint Movement (knees, shoulders, wrists, and hands)
- Less than \$10,000 per year income
- Access to health care is limited