



Oklahoma Arthritis Network (OAN)

Thursday, April 3, 2008

MINUTES

Attendees:

Brenda Bradley, Chickasaw Nation
Nancy Carpenter, Absentee Shawnee Tribe
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Clyde Cook, Set Free & Community Family Development
Karen Cook, Chickasaw Nation, Marshall County (VC)
LaDonna Dunlop, OSU Cooperative Extension Service
Harold DuPoint, Mary Mahoney Memorial Health Center, AF Self Help Program Leader
Brandi Fossett, NODA Area Agency on Aging, CDSMP Master Trainer, Garfield County Health Department (VC)
Chris Harden, Project HEART
Renetta Harrison, Rogers County Health Department, AF Self Help Program Leader (VC)
Larry Hopper, Metro Transit / APT
Andrali Jewett, OKDHS Aging Services Division
Sara Lester, Humana
Shona Lennon, Arthritis Foundation Oklahoma Chapter
Johnna Liggins, Greater Bethel Baptist Church
Nancy Lombardy, OKC Schools
Glenna McElhany, Pottawatomie County Health Department (VC)
Sharon McGhee, Metro-Tech
Donna Murry, NOMADS
Mona Pierre, Set Free & Community Family Development
Maggie Pitt-Helm, Oklahoma Health Care Authority
Betsy Replogle, OAN Chair
Zach Root, OKDHS Aging Services Division
Stephanie Settle, Cleveland County YMCA
Shelley Speer, Home Instead Senior Care
Paul Stillwell, New Hope Church United Methodist
Shelly Webb, Project HEART
Betty Weber, Pontotoc County Health Department (VC)
Marisa (New) Wells, OSDH Arthritis Prevention and Education Program
Beverly Williams, OSDH Turning Point

VC = Videoconferencing

- I. **Welcome and Introductions** – Betsy Replogle
New OAN Members: Clyde Cook, Sara Lester, Nancy Carpenter, Mona Pierre, Zach Root, LaDonna Dunlop, Donna Murry, Paul Stillwell, Johnna Liggins
- II. **March Minutes Approved**
- III. **Speaker: Shelly Webb, EnhanceFitness Master Trainer and Instructor – “EnhanceFitness: A Program with Proven Results”**
 - A. Brief History of Enhance Fitness:
 - Created to meet the physical activity needs of older adults
 - Created through collaborative efforts of the Senior Services, the University of Washington Health Promotion Research Center, and health management organization
 - Based on science and research
 - B. Importance of Exercise in Aging
 - Regular physical activity helps manage or decrease the risk of chronic diseases
 - The U.S. Surgeon General's Report on Physical Activity states:
 - More than 2/3 of the older adult population is physically inactive
 - Accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week
 - Strength and flexibility exercises
 - Older adults need access to physical activity opportunities that are enjoyable and are designed to meet their special needs
 - C. EnhanceFitness Benefits
 - Maintains or improves cardiovascular endurance fitness, muscle strength, balance, and flexibility
 - Prevents falls
 - Maintains or improves physical function
 - Lowers health care costs
 - Provides a social benefit
 - Promotes a physically active lifestyle
 - D. EnhanceFitness is offered in over 225 sites nationally
 - E. Class length and frequency
 - 1 hour, 3 times per week

- Ongoing sessions
- F. Class Components
 - Warm-up (5-8 minutes)
 - Cardiovascular endurance (20 minutes)
 - Cardio cool-down (3-5 minutes)
 - Strength training (20 minutes)
 - Stretching/flexibility (8-10 minutes)
 - Balance and posture: Included in the warm-up and cool-down sections due to time constraints
- G. Fitness Checks
- H. If interested in implementing this program contact **Marisa Wells at (405) 271-9444, ext. 56410** for 1st year **licensing discount** and other information.

IV. Arthritis Foundation (AF) Foundation Programs – Shona Lennon

- A. AF Program Leader Trainings/Community Programs
 - June 7th Arthritis Foundation Exercise Program Leader Training, OKC
 - July 11-15th Camp J.A.M. – for ages 6-12 who have Juvenile Rheumatoid Arthritis
 - AF Self Help Program started April 2nd at 1:30pm at the Guthrie Housing Authority, call (405) 282-3485
 - AF Self Help Program starts August 21st at the Arthritis Foundation Oklahoma Chapter office in OKC
 - Free AF Self Help Program starts in September at Mary Mahoney Memorial Health Center (evening class)
 - Arthritis walks coming up
 - May 31st, Stars and Stripes Park, OKC
 - May 31st Norman
 - Go to www.arthritis.org for more information
 - AF Exercise Program Leader Training in Enid April 18th at the NODA Area Agency on Aging
 - NODA plans to train 17 of their nutrition site managers
 - Training has been opened up to people living in their coverage area – Alfalfa, Grant, Major, Noble, Kingfisher, Kay, Blaine, and Garfield county
 - **Contact Shona Lennon, AF Oklahoma Chapter, at (405) 936-3366 for more information**

V. Living Longer, Living Stronger Partnership – Andrali Jewett

- A. The Chronic Disease Self Management Program (CDSMP) as 15 sites and 2 master trainers
 - Training in Oklahoma City, April 2008 – Mary Mahoney Memorial Health Center and metro affiliate sites
 - Training in Enid, May 27-30, 2008
- B. EF is going in Shawnee with the COEDD Area Agency on Aging, Wilburton with the KEDDO Area Agency on Aging, Ada, Pauls Valley, Purcell, and soon to come in Duncan with the Chickasaw Nation
- C. To find out where classes are located across the state call Andrali Jewett at (405) 522-5966 or 271-9444, ext. 56535
- D. Looking to expand to urban areas of OKC
- E. Oklahoma Conference on Aging May 20-22nd at the Reed Center located in Midwest City
- F. Grandparents Raising Grandchildren Conference April 18-19th at the Greater Mount Olive Baptist Church in OKC
- G. April 14th is Senior Day at the Capitol

VI. OAN Promotional/Educational Opportunities

- A. “Physical Activity. The Arthritis Pain Reliever” Posters – Adrienne Chambers
 - We have been collaborating with partners around the state to get the physical activity message out
 - Oklahoma Recreation and Park Society
 - Faith-Based Initiative
 - YMCA’s
 - Area on Aging Grantee’s
 - Hispanic Initiative
 - Area Agencies on Aging
 - OSU Extension Services
 - March OAN Meeting Participants
 - There are posters in 56 cities within 33 counties
 - If you are interested in receiving these materials please contact Adrienne Chambers at (405) 271-9444, ext. 56535 or adriennec@health.ok.gov

VII. REPORT: CDC Arthritis Grant Application– Marisa (New) Wells

- A. Grant was submitted on March 17th
 - 18 of the previous 36 states will receive funding
 - With funding, we are hoping to work with the cooperative extensions, Federally Qualified Health Centers, Churches, and the Inter-Tribal Health Board
- B. Special thanks to Beverly Williams and Adrienne Chambers for their work on the grant
- C. Up to now we have been operating on \$130-140,000 per year

VIII. Announcements

- A. **Oklahoma Health Care Authority** – Maggie Pitt-Helm
- House Bill 2842 mandated the Oklahoma Health Care Authority to implement a Disease Management program to improve quality of care and reduce utilization
 - SoonerCare Health Management Program (HMP) is designed to benefit members with chronic conditions and support primary care providers
 - High-risk HMP members receive intervention by a nurse care manager
 - Nurse care managers provide education and support, coordinate care, improve self-management skills and locate available resources
- B. **Health Equity Campaign – Unnatural Causes PBS Series** – Marisa (New) Wells
- *Unnatural Causes: Is Inequality Making Us Sick?* PBS Series to air on OETA channel 13 at 9:00pm
 - Series looking at the overall health status of Americans and its causes (i.e. transportation problems, housing, poverty, unemployment, food shortage, etc.)
 - People are coming to the U.S. and health is becoming worse then where they came from
 - April 15th at the University of Central Oklahoma a segment of the series will be shown along with gathering audience reactions, and a panel discussion
 - There is a calendar of where town hall meetings are taking place across the state – look for it in future emails
- C. **Advocacy and Listserv**– Betsy Replogle
- Need to make congressional awareness – not one senator or representative is in support of the Arthritis Bill
 - Please call your legislator's and speak to them about the importance of Arthritis
 - If enough people call then they will support
 - Please provide feedback about the listserv messages you receive
 - If you do not receive these messages, and would like to, please let us know and provide your email address
- D. **Turning Point Partnership** – Marisa (New) Wells
- The OAN will be becoming more involved in Turning Point (T.P.) – a statewide partnership consisting of 60 community partners
 - Beverly Williams, Central OK T.P. Representative, reported that Partners attend T.P. Council Meetings to voice issues in local communities. The State T.P. Council can be a spokesperson to the legislature.
 - T.P. is developing a health plan
 - T.P. General Meeting Dates
 - April 11th, Rm. 314 at 1:00p.m.
 - June 20th, Rm. 806 at 1:00p.m.
 - August 15th, Rm. 806 at 1:00p.m.
 - October 17th, Rm. 806 at 1:00p.m.
- E. **Mary Mahoney Memorial Health Center** – Harold DuPoint
- New Federally Qualified Health Center – Perry Klaassen Center
 - Located at 48th & Stiles in a temporary site until the new building is built
 - See patients on a sliding scale
- F. **Humana** –Sara Lester
- Health benefits provider
 - Introducing an Osteoarthritis Special Needs Package
 - For more information call Sara Lester at 1-800-681-0637 or 918-576-9030 (cell)

IX. **Next OAN Meeting will be Thursday, August 7th, 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 for more information.

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

- A. **May is Arthritis Month**
B. **May is Older American Month**