



# Oklahoma Arthritis Network (OAN)

Thursday, April 5, 2007

## MINUTES

### Attendees:

Bruce Alleman, Senior Services Coalition (SSC), LLC  
Tricia Ayers, OKDHS Aging Services Division  
JoAnne Bray, Tulsa Community College (VC)  
Russ Calhoun, OSU-OKC/POEMMS  
Adrienne Chambers, OSDH Arthritis Prevention and Education Program  
Karen Cook, Chickasaw Nation, Marshall County (VC)  
Chris Cotton, State Election Board  
Shelby M. Davis  
Kiva Denny, COINS  
Nelda Downer, Rogers County Health Department (VC)  
Harold DuPoint, Mary Mahoney Memorial Health Center, AF Self Help Program  
Lea Leslie Elliot, OSDH Protective Health Services, Caring Hearts of Oklahoma  
Michael Gay, Centers for Disease Control and Prevention, Arthritis Program  
Helen (Pat) Gugino, OSDH Medical Facilities  
Clara Haas, Senior Senator, Silver Haired Legislators  
Neil Hann, OSDH Community Development Services  
Chris Harden, Project Heart  
Renetta Harrison, Rogers County Health Department (VC)  
Sallie Henderson, Tulsa Area Agency on Aging (VC)  
Marie Herrera, OSDH Budget and Funding  
Larry Hopper, Oklahoma Alliance for Public Transportation  
Traci House, OSDH Wellness Program  
Tereesa J., COINS  
Andrali Jewett, OKDHS Living Longer Living Stronger  
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter (VC)  
David Lee, COINS  
Sandra Lee, COINS  
Allene Lisle, OSDH Medical Facilities  
Lily Liu, OSDH Information Technology Services  
Saundra Main, Texas County Health Department (VC)  
Lindsey Mallow, OSDH Chronic Disease and Prevention Services, Intern  
Cynthia McGough, Marshall County Health Department (VC)  
Nicole Michaels, Texas County Health Department (VC)  
TH Milby  
Marisa New, OSDH Arthritis Prevention and Education Program  
Mary Overall, COINS Project Access  
Leona Perry, OEDA Area Agency on Aging, Beaver County (VC)  
Patty Porter, Mercy Senior Health  
Betsy Replogle, OAN Chair  
Robin Roads, OSDH Information Technology Services  
Zohre Salehezadeh, OKDHS  
Kate Satterfield, COINS  
John Shea, COEDD Area Agency on Aging  
Mickey Sherman, Tai Chi Made Easy  
Theressa Smith, COINS/City Church  
Susan Snyder, Senior Services, Project Enhance  
Ed Spence, OSDH Budget and Funding  
Cecelia Tannehill, OKDHS  
Mr. & Mrs. Tom Tinney  
Hellen Vann, COINS  
Shannon Williams, Marshall County Health Department (VC)  
Lee Ann Whittenburg  
Corey Wright, OSDH Chronic Disease and Prevention Services, Physical Activity Program

### I. Welcome and Introductions – Betsy Replogle, OAN Chair

New OAN Members: Chris Harden, Chris Cotton, Shelby Davis, Allene Lisle, Patt Gugino, TH Milby, Bruce Alleman, Kiva Denny, Lindsey Mallow, Lily Liu, Mickey Sherman, Mr. and Mrs. Tom Tinney, John Shea, Tereesa J., Sandra Lee, Kali Satterfield, Hellen Vann, Cecelia Tannehill, Susan Snyder, Michael Gay, Lee Ann Whittenburg, Robin Roads, Ed Spence, Marie Herrera, David Lee, Zohre Salehezadeh, Nelda Downer, Leona Perry, Karen Cook, JoAnne Bray, Shannon Williams, Cynthia McGough

### II. January Minutes Approved

### III. Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events

#### A. Community Education – Stephanie LaFevers

- Arthritis Foundation Self Help Program (AFSHP)
  - Leader Training Workshop held March 1-2
    - a. Trained 13 new leaders

- b. Many have classes already scheduled
  - Arthritis Foundation Exercise Program (AFEP)
    - Leader Training Workshop held last week of March
      - a. Trained 9 new leaders
      - b. 5 new leaders from Tulsa Community College
- B. Where? When? Upcoming Community Programs for people with arthritis – Marisa New
  - Referred everyone to the OAN Calendar of Events

#### IV. Group Fitness That Changes Lives

- A. Susan Snyder, Director of Project Enhance
  - Older adults can gain much more by becoming, and staying, physically active than younger adults because of chronic conditions
    - 88% of those 65+ have at least 1 chronic disease, 21% of 65+ have chronic disabilities
    - 1st appropriate intervention for virtually all chronic diseases/disabilities is increasing physical activity
  - EnhanceFitness began in 1994 as a randomized clinic trial by the University of Washington, Group Health Cooperative and Senior Services
  - Over 90% attendance at classes, 85% completed 6 month program
  - Significant improvement in physical functioning, socialization, and decreased depression and pain
  - EnhanceFitness is a turnkey package designed for easy implementation, consistency, fidelity
  - Multicomponent group exercise class
    - Cardiovascular conditioning
    - Resistance and strength training
    - Flexibility and balance training
  - Class format - Class held 3 times per week for 1 hour
    - Warm-up, Cardiovascular workout, Cool-down, Resistance strength training, Flexibility
    - Balance training included in warm-up and cool-down
  - Data analyzed yearly by site and comparing among all sites and national norms
  - Fitness checks for:
    - Identification of at-risk participants
    - Program planning and evaluation
    - Goal setting and motivation of participants
  - Near 160 sites in 2007
- B. **If you would like a copy of the PowerPoint presentation handouts please contact Adrienne Chambers at (405) 271-9444 ext. 56535**

#### V. Collaborative Events

- A. Living Long, Living Strong: The Oklahoma Project – Andrali Jewett, DHS Aging Services
  - There was a master trainer trained in the EnhanceFitness Training Workshop Tuesday and Wednesday
  - All programs are ready for start up – implemented in nutrition sites
    - COEDD will be ready in May with sites in Shawnee, Stillwater, possibly Cushing and Tecumseh
    - The Chickasaw Nation will be ready in June with 2 sites in Ada, 1 in Purcell, and 1 in Pauls Valley
    - KEDDO will be ready in July with sites in Wilburton, Hartshorne, and McAlester
    - Contact Andrali Jewett for more information at (405) 522-5966 or [andrali.jewett@okdhs.org](mailto:andrali.jewett@okdhs.org)
  - Programs will not currently be in the Oklahoma City area
    - Implemented in S.E. Oklahoma due to the lack of YMCA's, or other organized fitness programs.

#### VI. Announcements

- A. **May is Arthritis Month**
  - **If interested in presenting or promoting arthritis information please contact the Arthritis Foundation at (800) 400-4526**
  - **Arthritis Walks to be held in May**
  - **If would like brochures on arthritis contact (405) 271-9444, ext. 56535 or [adriennec@health.ok.gov](mailto:adriennec@health.ok.gov)**
- B. **Centers for Disease Control and Prevention, Arthritis Program – Michael Gay**
  - **CDC Arthritis Program funds 36 Health Departments for arthritis; Oklahoma funded since 1999**
  - **Showing steady progress**
  - **Trying to prevent pain and disability – provide evidence-based programs such as the AF Exercise, Self Help, and Aquatics Programs**
- C. **Governor's Initiative - Strong and Healthy Oklahoma, "Eat Better, Move More, Be Tobacco Free"**
  - **Website went live – [www.strongandhealthy.ok.gov](http://www.strongandhealthy.ok.gov)**
  - **Opportunity for people to add content applicable to initiative**
- D. Alliance for Public Transportation (APT) – Larry Hopper
  - APT will have a booth at the Oklahoma Sustainability Conference, for more information go to [www.sustainabilitynetwork.org](http://www.sustainabilitynetwork.org)
- E. Silver Haired Legislators

- President appointed Andrew Biggs to Social Security and Medicare, contact your legislator's to make sure they do not take funding away from seniors.
- April 9, 2007 is Senior Day at the Capitol

VII. **Next OAN Meeting will be Thursday, May 3rd, 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.

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