



Oklahoma Arthritis Network (OAN)

Thursday, April 13, 2006

MINUTES

Attendees:

Tricia Ayers, Oklahoma DHS – Aging Services Division
Steve Beleu, Oklahoma Department of Libraries
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Nancy Chu, OU College of Nursing
Odalee Craighead, Woodward County (VC)
Harold DuPoint, Mary Mahoney
Patricia Farmer, Oklahoma State Health Department
Misty Fuzzell, OSDH Physical Activity and Nutrition
Neil Hann, OSDH Community Health Services
Nicholas Hickman, Logan County Health Department
Larry Hopper, Metro Transit / APT
Traci House, OSDH Community Health Services
George Joseph, OSDH Administrative Services
Tanna Kemp, OU College of Nursing
Lin Kisslingler, AF Fibromyalgia Support Group
Stephanie LaFevers, Oklahoma Arthritis Foundation Eastern Chapter (VC)
Lynn Madsen, OEDA, Beaver County (VC)
Gidget Mosley, Lupus Foundation of America, Oklahoma Chapter
Marisa New, OSDH Arthritis Prevention and Education Program
Kathy Payne, OSDH Community Health Services
Betsy Replogle, Chair, Advocacy Committee
K. Denise Smith, Lawton Indian Hospital
Velma Smotherman, Leader, Arthritis Foundation Exercise Program, Texas County (VC)
Cheryl Sharber, Director of Nursing – Creek Nation Hospital Okfuskee, Hughes County (VC)
Leslie Vick, Muskogee CHD, Wagoner County (VC)

VC = Video Conferencing

I. Welcome and Introductions – Betsy Replogle

New OAN Members: Tricia Ayers, Patricia Farmer, Misty Fuzzell, George Joseph, Tanna Kemp, Gidget Mosley, Cheryl Sharber, Leslie Vick

II. January Minutes Approved

III. Oklahoma Arthritis Network Projects/ Committee Updates

A. Community Education – Marisa New

- Oklahoma Arthritis Foundation Oklahoma Chapter
Contact the Arthritis Foundation at 405-936-3366 for more details.
 - The Arthritis Foundation Self Help Program had a training in which 4 people were trained.
 - Marisa will be sending more emails and mailings to promote activity in the programs and get new leaders trained/more leader participation.
 - 6 arthritis walks coming up in April and May, locations include: Stillwater, Lawton, Ardmore, Enid, Norman, and Oklahoma City.
 - The Arthritis Foundation Exercise Program has new locations starting in the next few weeks, including City Church in Oklahoma City, the Mayfair Center in NW Oklahoma City, Chickasaw Wellness Center in Ardmore, and Chickasaw Family Life Center in Ada.
 - Younger people with arthritis – “Juvenile Arthritis and Me (JAM)” Camp is free to children 6-13 with Juvenile Arthritis and will be July 14-18.
 - April 22nd there will be Arthritis Foundation Aquatics Program Leader Training in Oklahoma City.

Contact the Arthritis Foundation at 405-936-3366 for more details.

- Oklahoma Arthritis Foundation Eastern Chapter
Contact the Arthritis Foundation at 800-400-4526 for more details.
 - Arthritis Foundation Self Help Program courses are wrapping up in Claremore and Dixie.
 - Broken Arrow just finished their Arthritis Foundation Self Help course.

- In June, Tulsa Community College N.E. Campus will have an AF Self Help Course.
- AF Self Help Program Leader Training just finished at the Tulsa Community College.
- April 19th Dr. Jacobs will be speaking on Osteoarthritis at the Tulsa Library.
- There will be an Aquatics Leader Training April 20th and 21st in Tulsa.
- April 22nd there will be a Hispanic Health Fair – Literature in Spanish has been provided.
 - OSDH Arthritis Prevention and Education Program will be implementing a Spanish-speaking media campaign in Tulsa between May and July 30th, 2006.
- Claremore, and Owasso will be having health fairs.
- May 7th is the Arthritis Walk in Tulsa.
- May 31st is Senior Health and Fitness Day.
- Pawnee, Miami, and Pawnee have upcoming Exercise Programs.

Contact the Arthritis Foundation at 800-400-4526 for more details.

B. Alliance on Public Transportation – Larry Hopper, Metro Transit

- “Bike and Ride” campaign – for those who cannot “Bike to Work,” they can bike to a bus stop and ride to work. Brochures distributed.
- Benefits of Exercise – article referenced.
- By going online to www.gometro.org, you can access a map of routes in Oklahoma City.
- Tulsa, Stillwater, etc. maps can be accessed at www.apta.org.

C. Leader Reports – Harold DuPoint, Mary Mahoney Memorial Health Center

- Mary Mahoney is a good source for people without insurance.
- Provide for the homeless.

IV. Door Prize

- A. April is OT Month.
- B. Question: Why are we called Occupational Therapists?
- C. Answered by Bonnie Hartzell and Lynn Madsen in Beaver County, prize (an adapted pen) given to Bonnie Hartzell.

V. Highlight: “No Pain, ALL Gain: Exercising with Arthritis!”

Guest speaker: Gwenda Sharp, MS, occupational therapist, and adjunct professor Department of Rehabilitation Science, University of Oklahoma Health Sciences Center

- A. Gwenda’s specialty is physical disabilities and is a certified Jazzercise instructor.
 - Depression decreases with exercise.
 - Need to have continuous sleep for the body’s healing process to take place.
 - People with arthritis need to go into exercise gradually and need built in rest periods – i.e. one day on one day off.
 - Things that help – warm gentle warm ups, shock absorbent shoes, handles and Velcro to help with grip, breathing, hydration, and a cool down period after the exercise with stretching.
 - Studies show that after exercise your pain tolerance is increased, especially after cardio exercise. It helps to decrease joint stiffness.
 - Every time you move, your joints/bones roll and glide.
 - If the soft tissue tightens bones cannot glide. Exercise helps stretch tendons.
 - The more you use your muscles, the more strength you develop.
 - Using weights not necessary to achieve goals.
 - Water exercise and moving muscles against gravity helps strengthen.
 - Synovial fluid helps lubricate your joints.
 - When your joints are swollen, not, or painful that is a sign of a flare up and you should rest.
 - Rest, rest, rest does not help with arthritis; it causes joint stiffness.
 - Arthritis programs like the Arthritis Foundation’s Exercise, Self Help, and Aquatics Programs help you to get moving.
 - What is exercise? In the movie, what how and in what context are they moving?
 - Find things that are meaningful to that person to assure that physical activity/exercise remains a part of their life – i.e. spending time/playing with grandchildren.
 - Pilates is good to strengthen the core of the body.
 - Was developed for ballerinas because they kept getting injured.
 - An exercise program needs to be holistic.

- With the Arthritis Foundation Exercise Program you go through a full range of motion and it can be customized with music that pleases the group.
- Ten minutes, three times a day of exercise is as good as thirty minutes once a day.
- For people who do not, or cannot get out into the community there is biking and gardening.

VI. Community Education (continued)

A. Leader Reports - Odalee Craighead, Woodward, OK

- Has an Exercise Program class finishing in May.
- One lady is 35 years old and has greatly improved.
- It has been listed in the Saturday paper and a local Chiropractor is recommending the course.
- Deloris Pittman just finished her class in Hooker.
- Odalee, Deloris, and Bill Heaton help substitute each other's classes.
- A lady from Shattuck was just trained and will be having a class soon.
- The Mooreland class started, its leader is Charmaine Gardner, and it is averaging about 20 people.
- Odalee will be participating in one of Charmaine's classes.
- Looking into having a class in Seiling.
- People continuing to meet after the class is complete because the helpfulness and enjoyment.
- Odalee, Bill, Deloris, and Velma are covering the N.W. part of the state.
- Having classes in churches, senior centers, and city halls.

B. Velma Smotherman, Guymon/Hooker, OK

- Just completed an Exercise Program class in Hooker.
- Having another class in Guymon, late fall, after the fair.
- Ag Days held in Guymon a few weeks ago, Velma spoke on the radio about the exercise program.

VII. Announcements

A. Oklahoma Lupus Association – Gidget Mosley, Executive Director

- Have added two Lupus Support Groups recently, and just got a grant to add more.
- Doing patient education.
- Lupus and arthritis are closely related – most presenting symptom in Lupus is Rheumatoid Arthritis.
- 1st Annual Lupus Walk – “Walk on The Wild Side,” at the OKC Zoo on April 22nd. If it rains it will be on the 29th.
- Packet given from Oklahoma Medical Research Foundation (OMRF) – seeking people for Lupus research.
- A lot of people receive medication and medical care when they participate in studies.
- Legislation is trying to be passed to cut the federal budget by \$7 million, please go to www.lupus.org and call your Senator and/or Legislator.

B. OAN Listserv – Betsy Replogle

- If you have an announcement you would like sent out on the ListServ, you can email it to Betsy, Marisa, or Shona Lennon.

C. Arthritis Foundation Programs – Marisa New

- Thanks to all of you who are contacting your local newspapers about the Arthritis Foundation programs you are leading and/or other arthritis activities you are initiating.
- Need assistance from others to get the word out.

D. Hoops for Health, April 22nd and 23rd – COINS [Adrienne Chambers]

- Public invited to the 3 on 3-basketball tournament at Douglas High School.
- Plus, a Health Fair will be at this event including health screenings, educational materials, food vendors, and a children's play area.
- This event will benefit Central Oklahoma Project Access and provide links for individuals who do not have health insurance.
- To sponsor, exhibit, participate (405) 524-8100 ext. 108.

E. Research Projects – Marisa New

- Mail Delivered Self Management Program
 - Being conducted by Stanford University.
 - Research Study to validate a home study version of the Arthritis Foundation Self Help Program.
 - A kit will be mailed to those that participate.
 - Caucasian and Spanish speaking participants have been recruited, continue to need African-American participants...call 877-668-0682.

- OSU Q-Method Pilot Study
 - A qualitative study focusing on "Cultural Opinions of Oklahomans Toward Health Care."
 - OSU is conducting.
 - The Arthritis Network is recruiting for this study.
 - For more information contact:
Chris Ray
EPSY Doctoral Student
Oklahoma State University
chris.ray@okstate.edu

F. REPORT: 2006 April 306, CDC Arthritis Annual Grantees Meeting – Marisa New

- In public health when we refer to "Arthritis" we are recognizing over 100 different types of arthritis and other rheumatic/related conditions i.e. gout, carpal tunnel, scleroderma, fibromyalgia, and lupus.
- Need more people with arthritis participating in programs as well as leaders and community locations to host programs.

G. Fibromyalgia Support Group – Lin Kisslinger

- Betsy Repogle will be at Lin's Fibromyalgia support group located at the Arthritis Foundation in Oklahoma City.
- Open to the public.

VIII. Next OAN Meeting will be Thursday, May 11, at 2:00 p.m. at OSDH in Room 314. Videoconferencing is available; please call (405) 271-9444, ext. 56535 or adriennec@health.ok.gov for more information.

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