



Oklahoma Arthritis Network (OAN)

Thursday, May 6, 2004

MINUTES

Attendees:

Debora Adams, OSDH, Arthritis Prevention and Education Program
Hannah Allen, PWA
Juanita Angel, PWA, Woodward Co. H.D. (VC)
Deborah Austin-Mundes, OHCA
Betty Baptiste, Chickasaw Nation
Dorothy Brooks, PWA
Noreen Butig, PWA, Woodward Co. H.D. (VC)
Tina Cohlmia, OSDH
Suzanne Cole, OSDH Minority Health
Wesley Crone, PWA
Ethel Foster, PWA
Shelley Frick, Home Instead Senior Care
Harold Du Point, Mary Mahoney Health Center
Betty Goodwin, El Reno- Canadian Co. H.D. (VC)
Carol Guthrie, Custer Co. H.D. (VC)
Ladenia Jackson, PWA
Claudia Jury, Latino Agency
Joyce Kenney, Caddo Co. H.D. (VC)
A.F. Lay (Mr.) PWA
Stephanie LaFevers, Tulsa Co. H. D. (VC)
Shona Lennon, Arthritis Foundation
Joyce Lewis, ODLC
Norma Lewis, PWA
Paula Lewis, Piedmont Therapy
Gail Livengood, OHCA
Shelly McNeil, PWA
Vonnie Meritt, Canadian Co. H.D. (VC)
Marisa New, OTR, MPH –OSDH Arthritis Prevention and Education Program
Billie Ogden, Woodward Co. H.D. (VC)
Todd Owens, RPT, O.U. Medical Center, Presbyterian Tower
Betsy Replogle, Vice Chair, OAN
Elaine Ross, Okarche Canadian Co. H.D. (VC)
Jaylene Sain, The Fountains at Canterbury
Paulette Shaffer, OCAST
Jo Singleton, Caddo Co. H.D. (VC)
Ann Stephens, PWA
Nancy Tucker, O.S.U. Extension
Linda Underwood, Chickasaw Nation
Tajuana Walton, Chickasaw Nations
Mary Ann Wilkens, OK Farmers Union
Sandra Stinson, Caddo Co. H.D. C-1 Nurse (VC)
Ira Williams, PWA
Margarita Williams, PWA
Sherril York, ABLE Tech

(VC) Video Conferencing

PWA – Person with Arthritis

I. WELCOME – Betsy Replogle, OAN Chair

New OAN Members present: Hannah Allen, Juanita Angel, Betty Baptiste, Noreen Butig, Dorothy Brooks, Wesley Crone, Ethel Foster, Shelley Fride, Betty Goodwin, Ladenia Jackson, Claudia Jury, A.F. Lay, Norma Lewis, Paula Lewis, Shelly McNeil, Elaine Ross, Ann Stephens, Nancy Tucker, Linda Underwood, Tajuana Walton, Mary Ann Wilkens, Ira Williams, Margarita Williams.

II. MARCH MINUTES APPROVED – No Corrections

III. PROJECTS/COMMITTEE UPDATES

Surveillance Committee – Dave Thompson, PhD (Marisa)

Dave couldn't be here, but next month he will give a presentation on the prevalence of arthritis in Oklahoma. Dave, along with other OAN partners have been busy compiling data for the Oklahoman Arthritis Burden (Data) Report.

Media Campaign – Marisa New, OSDH Arthritis Prevention and Education Program- Media Campaign - Physical Activity –The Pain Reliever.

There are several radio stations (KKNF-FM, KOMA-FM, KVSP-AM, KKWD-FM) that are airing "Physical Activity-The Pain Reliever" in the OKC Metro Area. There have been newspaper articles in *The Black Chronicle*, and *The Daily Oklahoman*. We are trying to make people aware that if they have arthritis, that physical activity can help them.

Many thanks go out to the people and groups who have helped distribute the posters and brochures to merchants in their area. Special thanks go to Jim Barton and the Boy Scouts, Marcus Hayes, and Chester Phyffer. The posters and brochures are available at the end of the meeting today. We will also send them to any requesting county health department. Next month we will have a detailed report on how many have been distributed.

Advocacy Committee- Betsy Replogle, Chair,

Betsy and Shona went to the State Capitol Monday, May 3, to raise awareness that May is National Arthritis Awareness Month. Governor Henry signed a proclamation declaring May 2004 Arthritis Awareness Month in Oklahoma. Copies of this proclamation are included in today's handouts.

IV. PRESENTATION – “Arthritis, What It Is! What to Do!” Larry Willis, M.D. Rheumatologist, McBride Clinic, OKC

Highlights:

- Arthritis is very common, affecting 1/3 of the population
- Arthritis is the most common cause of disability in U.S.
- Osteoarthritis most often affects the spine or the hands
- Preventive health for arthritis is crucial
- Many people do not seek medical treatment until there is irreversible damage to joints, and bones
- Aquatic exercise is beneficial to people suffering from weight-bearing arthritis who can not participate in other exercise programs

- There is no cure for rheumatoid arthritis, but treatment can prevent damage to the joints.

V. PROJECTS/COMMITTEE UPDATES (Continued)

COMMUNITY EDUCATION:

Arthritis Self-Help Course Leader Trainings – Stephanie LaFevers, Arthritis Foundation, Eastern OK Chapter

A training April 26 & 28 in Oklahoma City. They had nine participants who finished the course. One of the 9 came from the Woodward area, 4 were from OKC, 2 from Shawnee, and 2 from MWC.

Next training is June 9th through 11th in Lawton. They are taking applications. These two training are funded and being paid for by the Center for Disease Control funded through the Oklahoma State Department of Health.

PACE (People with Arthritis Can Exercise) LEADER TRAINING

Shona Lennon, Arthritis Foundation, OKC Chapter

The first three weekends in June for PACE in McAlester, OKC, and in Lawton. Open to anyone who wishes to participate. They need only fill out an application and turn it into Shona or Marisa New. It is a one-day training. PACE training is also being funded by the Center for Disease Control funded through the Oklahoma State Department of Health.

Arthritis Self-Help Course – Reports From Leaders HealthSouth Sports Medicine and Rehabilitation Center, Tulsa

Stephanie LeFever reported for Melanie Trook, & Margaret Juergenson

Held in Tulsa from March 9th through April 13. 19 people pre-registered and 14 completed the course. The participants ranged in age from 28 to 91.

Arthritis Foundation – OKC - Todd Owens & Sue Panton

They held their ASHC course at the Arthritis Foundation in Oklahoma City. on Britton Road
They started with 17 participants, and finished with 13.

Mary Mahoney Memorial Health Center, Spencer – Debbie Haller & Harold DuPoint.

This class started on April 26. They have met twice so far. They started with eight people, and four attended the second meeting.

Canadian County Health Department, El Reno – Vonnie Merritt & Sandra Main by Shona Lennon

There were 14 or 15 pre-registered, they had 11 attend all six meetings. They had a good mix of people; male and female. The participants were excited about their own action Plans.

Upcoming Arthritis Self-Help Courses in Oklahoma –ASHC Leaders

Two new leaders from the recent ASHC Leader Training are planning on having an Arthritis Self-Help Course in Shawnee, OK , in the very near future. At this time they haven't set a date or a location.

OKC – Arthritis Foundation – Shona Lennon

Sometime in September or October 2004

Tulsa Arthritis Foundation- Stephanie LeFevers

Tulsa has a waiting list from the last ASHC class. They are hoping to have another class late June or sometime in July.

VI. OKLAHOMA LUPUS ASSOCIATION

May 10th is National Lupus Awareness Day.

VII. ANNOUNCEMENTS

“Rockin the Joint” Arthritis and Exercise for Seniors at the Center for Healthy Living, O.U. Medical Center, OKC. Saturday, May 15, 2004.

To Register call (405) 271-5000.

National Senior Health and Fitness Day. Come for Fund, Food, and Prizes. Lighthouse Sports, Fitness and Health, OKC.

To register call (405) 751-3344.

Arthritis Walk at Stars and Stripes Park in OKC. Call (405) 936-3366 for more details. If you would like to join the Oklahoma State Department of Health's team, please call (405) 271-5600 and ask for Suzanne Cole.

NEXT MEETING JUNE 3, 2004 AT 2:00 p.m. ROOM 314
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Meeting Adjourned.