



## Oklahoma Arthritis Network (OAN)

Thursday, May 8, 2003

### *MINUTES*

#### **Attendees:**

Kathy Barkocy – Lighthouse Fitness Center  
Judy Crotchett – Muskogee County Health Department, Muskogee (VC)  
Catrina Duvall – Tulsa County Health Department, Tulsa (VC)  
Kathe Eastham – Oklahoma Health Care Authority  
Robert Griffin – Logan County Health Department, Guthrie (VC)  
Debbie Haller – Mary Mahoney Memorial Health Center  
Juanita Hill – Person with Arthritis (PWA), Stephens County Health Department, Duncan (VC)  
Debbie Hines – Stephens County Health Department, Duncan (VC)  
Terry Johnsen - DHS  
Peggy Lehman – Rehab Quest  
Shona Lennon- Program Dir., Arthritis Foundation, Oklahoma Chapter  
Joyce Lewis- Oklahoma Disability Law Center  
Vonnie Merritt – Canadian County Health Department, El Reno (VC)  
Kathy Middleton – OSDH Chronic Disease  
Fern Mihestah - PWA, Stephens County Health Department, Duncan (VC)  
Marisa New- OTR, MPH, OSDH Arthritis Prevention and Education Program  
Todd Owens – OU Medical Center, Physical Therapy Dept.  
Sue Painton – Mercy Health  
Christy Pitts – OSU Cooperative Extension, Muskogee (VC)  
Betsy Replogle- Vice Chair, Oklahoma Arthritis Network  
Lana Shafer – Woodward County Health Dept., Woodward (VC)  
Paulette Shafer- OCAST  
Sandy Smith- Tinker Area YMCA, Midwest City  
Dave Thompson- OU, Department of Biostatistics and Epidemiology  
Cynthia Trent – Quail Ridge Assisted Living  
Bill Wells – Oklahoma Employment Lawyers Association  
Janna Winters – Senior Care Options  
Heather Wright – Logan County Health Department, Guthrie (VC)  
Sherril York- Okla. ABLETech/Oklahoma AgrAbility Project

(VC)= Videoconferencing

- I. **WELCOME** – Betsy Replogle, Vice Chair  
New OAN Members present: Peggy Lehman, Cynthia Trent, Kathy Middleton, Kathy Barkocy, Juanita Hill, Fern Mihestah and Bill Wells
- II. **MARCH MINUTES APPROVED with CORRECTIONS**
  - Don Leong at Integris Health Joint Replacement Center to Dan Leong at INTEGRIS Joint Replacement Center
  - Arthritis Foundation phone number should be (405) 936-3366 instead of the old number, (405) 236-3366
  - David Thompson – Dept. of Vital Statistics should be corrected to Dave Thompson, OU Dept. of Biostatistics and Epidemiology.
- III. **PRESENTATION: “ Synergy Between the National, State and Local Arthritis Efforts”**  
(Handouts Distributed)  
Speaker: Teresa Brady, PhD  
Senior Behavioral Health Scientist  
Arthritis Program  
Centers for Disease Control and Prevention

Completing a three day site visit to Oklahoma consisting of **interviews** with (one hour) OCAST Radio and the Daily Oklahoman; **meetings** with the Commissioner of Health, Leslie Beitsch, MD, JD; Dean of OU College of Public Health, Gary Raskob, PhD; OU Dept. of Rehabilitation Sciences; Barbara Neas, PhD/Dave Thompson, MS, OU Dept. of Biostatistics and Epidemiology; and **presentations** to the Oklahoma State Conference on Aging, OU College of Public Health Grand Rounds and the Oklahoma Arthritis Network.

Strengths Identified by CDC:

- The Arthritis Prevention and Education Program is embedded in the OSDH.
- An active Oklahoma Arthritis Network (statewide coalition).
- You have a logic model (found within the Oklahoma Arthritis Action Plan) to guide our efforts.
- You have a diverse partnership and active involvement.
- Strong collaboration with Indian Health Service.
- Plans to update the Oklahoma Arthritis Burden Report and the Oklahoma Arthritis Action Plan.
- Key strength – Focus is on using *evidence-based* interventions. Key partnership with the Arthritis Foundation who sponsors these programs.
- Strong system for disseminating the AF ASHC – have strong partners to do this, you know many people have taken the course, you know how many trainers and leaders and you know how they are distributed across the state. Not many states are tracking these processes.
- Logical plans to disseminate other community arthritis evidence-based programs.
- Key partners will be working with us in the Media Campaign.

#### IV. **REPORTS AND DISCUSSION from Oklahoma Communities (Videoconferencing)**

**Logan County** – Successfully completed two ASHCs, Blaine and Logan counties that ended March. “In Logan County, we had a waiting list.” Assistance from the Arthritis Foundation has been very helpful. Logan County reported that they had a participant who couldn’t move his arm but after the course was using the arm very functionally to access cans on high shelves. They have been pleased by the community response in these counties. They have (19) people registered to attend their upcoming ASHC.

**Muskogee County** – Tentatively, an after-hours class is being set up for staff at the Dept. Human Services. Also, there is an ASHC tentatively set up at the community hospital. Their workers want to become ASHC leaders. “ We have a high population of senior citizens in our community. However, many can’t afford the cost to participate. Consequently, we have challenged other local leaders to pick up part of the participant costs. We have had success and people haven’t had to pay to participate. “We have been successful in getting 10 different sponsors for the last five ASHCs we conducted last year.”

**Canadian County** – Just finished a course in Yukon. Will offer a one-hour introductory course giving an overview about the ASHC. The purpose is to get people interested in taking the six-week course. If there is interest, will also discuss how to cover costs for the ASHC. There is also an assisted living center in Yukon who is interested in a six-week session.

**Oklahoma County** – Mercy Hospital is hosting an ASHC now with (20) people registered. They appreciate the assistance of the AF. Mercy is interested in offering the ASHC again but during the day. Mercy will also be hosting a PACE course which will be offered from 5:30p – 6:30p.

*The AF and the OSDH Arthritis Prevention and Education Program would like to have at least three months notice of when you will be having ASHCs. If you are interested in hosting a course, coordinate and promote it, we have the ASHC Leaders who may be able to facilitate. Contact the Arthritis Foundation or OSDH at Marisa New at (405) 271-9444, ext. 56410 or by email [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)*

### **Leader Training Workshops for ASHC, PACE and Aquatics**

There is no date confirmed for the next ASHC and PACE Leader Training Courses but will be working with both AF Chapters to determine dates.

### **PACE (People with Arthritis Can Exercise)**

Mary Mahoney Memorial Health Center is collaborating with the OKC Parks Dept. to offer the PACE course for 8 weeks, offering twice a week.

Ascension Luther Church in Del City – PACE is being offered on May 28, 2003. Free to the Community.

**Stephens County** - In January 2003, 20 participants in the ASHC. County Health Department collaborating with Duncan Regional Hospital to offer ASHC in June or July. They assisted with purchasing the books and hosting. We didn't charge for the first ASHC but may need to charge for the next course. Good comments received.

Fern, a former ASHC participant stated, "I wanted to keep coming back to learn more. We learned so much even from the people who were taking the course. "Yes," I put what I learned into practice.

**Logan County Health Department** – "We usually have some "doubting Thomas"" in the first class but if you continue the positive reinforcement through the first class, by the second class they have already bought into it."

Also, "We have been lucky. We haven't charged for the class and we haven't seen any drop offs."

## **V. PROJECTS**

### **Promotion: Arthritis Walk – Shona Lennon**

Will be held May 10<sup>th</sup>, the OKC State Fairgrounds from 9a-12:30p. We have extended the fundraising date to June 6, 2003. There will be a 1mile walk and a shorter 5k. So far, there are 35 teams registered. If interested in registering, e-mail's will be sent to all from Marisa New, or you may contact Shona Lennon at (405) 936-3366.

### **Advocacy: Proclamation – Betsy Replogle**

We have a Proclamation from Governor Brad Henry. We would like to have each of our OAN Members sign it with your name and organization before leaving today.

### **Surveillance: Arthritis Self Help Course Evaluations – Dave Thompson**

In the process of analyzing the data from the ASHC Evaluations, this analysis will tell us whether the ASHC is effective in being a factor in making a health impact on those Oklahomans who participate in the six-week course. The ASHC evaluation tool is a work in progress. We would like to continue hearing feedback from the ASHC Leaders.

Comments: Logan County – "the tool is better," Stephens County – "no problems."  
Canadian County – "no problems with new tool."

Chronic Disease Directors (CDD) Arthritis Council is forming an IMPACT Measure Committee to develop an evaluation tool for all arthritis evidence-based programs. Dave Thompson and Marisa New will be working with this Committee. They will introduce the Oklahoma assessment tool and encourage its national use or to promote minimal modifications. Whatever changes, we hope to have an even better assessment tool that will be standardized in use. If standardized, we will be better able to determine program effectiveness and compare our results with other states. "Thanks to the ASHC leaders and others in the OAN who helped to develop the ASHC Evaluation Tool."

### **Promotion: Media Campaign – Marisa New**

"Physical Activity. The Arthritis Pain Reliever."

The launching of the media campaign is proposed to happen in August/September. The posters and brochures will be printed soon. Marcus Hayes is coordinating the distribution of these items for Northeast OKC. He has developed a 'plan of action' for this organized distribution. *If anyone is interested in assisting with the distribution of these materials throughout the OKC Metropolitan Area, please let Marisa know.* *If your organization has a newsletter and you would like to advertise the campaign, there are print ads and arthritis related articles available.* Marisa will e-mail this information to you at your request.

## V. ANNOUNCEMENTS

Oklahoma AgrAbility Project has devoted its May/June newsletter to arthritis. It gives background about arthritis with a focus on gardening tips for those with arthritis. Two news releases were put out: 1) supporting arthritis month, 2) stating we will have a booth at the OKC Arthritis Walk.

- May 17, 18 "Oklahoma Gardening" focused on arthritis friendly tools. OSU Coop Extension partner produced. .
- May 28 Senior Health Fair, 9a-12p. at the Lighthouse Fitness Center on Hefner/Hefner Pkwy in OKC. This event is held in conjunction with National Senior Fitness Day.
- June 6 YMCA of Greater OKC is hosting a Senior Health Fair in conjunction with National Seniors Day at the Downtown YMCA. There is no fee for booth space. Some of you stated you would like to have a booth. Contact Sandy Smith for more information.

Dept of Human Services offers two in-home care services: personal care services and the advantage waiver program. Norma is available to present information to your groups. These programs are available to Medicaid-eligible recipients. Personal Care Program the max income is \$759/month. Advantage Waiver Program is \$1639/month. There are financial eligibility guidelines for these programs, however, for those needing assistance to remain in their home. For those of you in the local counties, you have a DHS nurse at each of those DHS offices. They can present information to your organizations.

OKArthritisNetwork Listserv - If you have announcements, please put them out on the listserv.

Oklahoma Employment Lawyers Association (OELA) - we are here because we represent people with disabilities, one resource to find out information about your rights, please visit [www.OELA.org](http://www.OELA.org) is a good resource with a lot of links.

Quail Ridge Assisted Living will be taking business size card ads for \$25 each. There are 350 people who are residents, family members and referral source where you can promote your services.

## VI. Final Thanks to...

***Dr. Teresa Brady, CDC Arthritis Program*** for coming to Oklahoma and presenting to so many audiences. Her visits have promoted arthritis awareness even more and have helped to incite more collaborative opportunities.

### ***1<sup>st</sup> Annual SW Senior Expo***

Bill McCloud, Russ Calhoun and others made us aware of this opportunity. Arthritis Foundation for providing their materials and other OAN partner materials. We asked for volunteers to man the booth and we got them, Norma Goff, Mona Yutterman, Sue Painton, Tonya Rader, student intern and Joyce Lewis.

Reaching audiences who normally don't seek out health information, this was a nice event to provide our arthritis health information. The OAN will be collaborating more with Bill McCloud in the future.

### ***OCAST "Oklahoma Innovations"***

Thanks to Paulette Shafer and Debbie Cox for having Dr. Teresa Brady on the OCAST "Oklahoma Innovations" Radio Show. She was on for one hour with Steve Paris and Gary Owens. This show will air on KTOK 1000AM at 5 p.m. Sunday, May 11<sup>th</sup>. It was a good overview of arthritis public health. A number of other radio stations across the state will also be airing the program. We are looking forward to future public health collaborations.

### ***The Daily Oklahoman***

Jim Killackey at the Daily Oklahoman had a one-hour interview with Dr. Brady, he asked Terry a number of questions. She provided a great overview; he wants to add a photo-shoot showing people in different activities utilizing assistive technology, we were working with Oklahoma Assistive Technology Center, and promoting Oklahoma ABLETech and their resources.

***OU Dept. of Rehabilitation Sciences***, Marti Ferretti and Cyndy Robinson coordinated a meeting with Dr. Brady. We discussed integrating the ASHC Leader Training into their courses much like they offered two years ago. At that time, they offered an Arthritis Selective (where 16 students CHOSE to enroll) that isn't a part of their core curriculum. We are working with the Dept. of Rehab Sciences to change the course so the student gets an opportunity to lead a course before they graduate. It will be part of their grade to facilitate this community education course.

***Dean of the OU College of Public Health, Gary Raskob, PhD*** for a informative and productive meeting to discuss future collaborations.

***Kathryn Atkins, OU College of Public Health*** for coordinating OU College of Public Health Grand Rounds, which focused on arthritis. We had an excellent group of public health professionals, students and others. It was televised in Tulsa.

***Barbara Neas, PhD and Dave Thompson, MS at the OU College of Public Health, Dept. of Biostatistics and Epidemiology*** – Discussed Oklahoma arthritis surveillance needs.

***Commissioner of Health, Leslie Beitsch, MD*** – informative and productive meeting.

***Oklahoma ABLETech and AgrAbility (Sherril York)*** both printed arthritis health information into their newsletters. It can be accessed from the ABLETech website and the AgrAbility website. Articles: "Are You Living With Arthritis?" "Risk Factors for Arthritis" "Gardening Hints for People with Arthritis"

***Oklahoma State Employees Benefits Council (Christina Dyer)*** mailed all state agencies - which is Oklahoma's largest employer- recently their newsletter, "The Wellness Connection" which contained arthritis health information including articles, "Physical Activity: The Arthritis Pain Reliever," "Could you have arthritis," and "What are Rheumatic and Autoimmune Diseases?"

***Oklahoma State & Education Employees Group Insurance Board (OSEEGIB) HealthChoice*** for placing arthritis health information in their newsletter, *HealthVoice*, to health care providers and beneficiaries. Articles: Arthritis: Public Health Efforts in Oklahoma, PSA – "Don't Sit Still for Arthritis Pain"

**Meeting Adjourned.**