



## Oklahoma Arthritis Network (OAN)

Thursday, May 11, 2006

### MINUTES

#### Attendees:

Martha Alford, Self Help Leader, Muskogee County Health Department (VC)  
Tricia Ayers, Oklahoma DHS – Aging Services Division  
Claudia Barajas, Latino Community Development Agency  
Steve Beleu, Oklahoma Department of Libraries  
Lillie Burnidge, PACE Leader, Woods County (VC)  
Adrienne Chambers, OSDH Arthritis Prevention and Education Program  
Odalee Craighead, PACE Leader, Woodward County (VC)  
Jovette Dew, OSU Graduate Student  
Harold DuPoint, Mary Mahoney  
Clara Haas, Senior Senator, Silver Haired Legislators  
Bill Heaton, PACE Leader, Woodward County (VC)  
Larry Hopper, Metro Transit / APT  
Sarah Jordan, Self Help Leader, Creek County Health Department, Tulsa County (VC)  
Stephanie LaFevers, Oklahoma Arthritis Foundation Eastern Chapter (VC)  
Helen Ann Lee, RN, Self Help Leader, Creek County Health Department, Tulsa County (VC)  
Shona Lennon, Oklahoma Arthritis Foundation Oklahoma Chapter  
Diane Montgomery, OSU Professor  
Marisa New, OSDH Arthritis Prevention and Education Program  
Shirley Payne, Dept. of Rehabilitation Services  
Chris Ray, OSU Graduate Student  
K. Denise Smith, Lawton Indian Hospital  
Phillip Smith, OFMQ  
Elise Solloway, PACE Leader, Woodward County Health Department (VC)  
Cynthia Trent, Homewatch Caregivers  
Melanie Trook, Saint Francis Hospital, AF Self Help Program Leader, Tulsa County (VC)  
Carla Wilhite, ABLE Tech, OK AgrAbility  
Beverly Williams, OSDH Turning Point  
Yan Yang, OSU Graduate Student

VC = Video Conferencing

#### I. Welcome and Introductions – Shona Lennon

New OAN Members: Diane Montgomery, Chris Ray, Jovette Dew, Yan Yang, Phillip Smith, and Melanie Trook

#### II. April Minutes Approved

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

##### A. Advocacy Committee – Shona Lennon

- May is Arthritis Month
- Arthritis Fact Sheet Given
  - Representative Darrell Gilbert is working on getting May declared as Arthritis Month.
  - The Arthritis Fact Sheet will go out to the legislators when we know the bill will be heard.
  - Clara Haas volunteered to help.
- On the federal level there is the Arthritis Prevention, Control, and Cure Act.
  - Need Oklahomans to contact their local legislators to share support.
  - The key is an increase in pediatric rheumatologists.
  - CDC helping to fund.
  - Will affect Arthritis Foundation and State Health Departments
  - Asking that arthritis get a bigger piece of the funding pie since it is the #1 cause of disability.

##### B. Surveillance Committee – Deferred to August Meeting

##### C. Health Communications Campaign – Marisa New

- “What to Take for Arthritis Pain?” and “Buenos Dias, Arthritis” brochures referenced.
- Tulsa Transit System will be helping with the Hispanic Media Campaign
- Message is promoting physical activity for everyone, not just people who have arthritis.
- Flyers are available on the APEP website.
- Claudia Barajas recognized for her help in the OKC Hispanic Media Campaign.
  - “Buenos Dias, Arthritis” brochures had good comments due to the colors/message.
- Working with the Governor.
- Stephanie LaFevers took some Spanish brochures to a Tulsa health fair and other places in the community with a high number of Hispanic residents.
- Nutrition sites are a good area to target.

**D. Community Education – Stephanie LaFevers and Shona Lennon**

- Oklahoma Arthritis Foundation Eastern Chapter  
**Contact the Arthritis Foundation at 800-400-4526 for more details.**

- Working on A.F. Exercise Program Leader Training.
  - Targeting June - no definite yet
  - Native American’s are the focus.
- Three A.F. Self Help Programs are starting in June.
  - Sapulpa
  - Tulsa
  - Muskogee

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

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

- A.F. Exercise Program Leader Training being held in June.
  - Saturday, June 24<sup>th</sup>
  - Open to the public
  - Location: Arthritis Foundation in OKC
  - 8:30 a.m. – 4:30 p.m.

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

- Leader Reports

- Melanie Trook – Self Help Leader
  - Has taught 4 courses in Tulsa over 5 years.
  - Larger class size is better
    - Helps with creative problem solving
  - Teaches empowerment
    - People move from victimization to empowerment.
    - Consistently achieved
  - Sees and increase in hope.
  - Both empirical and evidence based results seen.
  - Physician referrals are the smallest percentage.
- Carla Wilhite
  - Melanie’s partner in Self Help Program – agrees with synopsis.
  - AgrAbility project goal to develop a self-management program for farmers.
- Lilly Burnidge
  - Started an Exercise Program class.
  - Same participants
  - Going to call Shona with times and dates of the classes to get it in the newspaper.
- Martha Alford
  - Has a class that is going to start soon.

- Elise Solloway
  - Have had 20 people since January.
  - 10 people from the fall group in November.
  - One lady can now turn her head in the car while driving.
  - People carrying on exercises at home.
- Bill Heaton
  - Shona thanked for help in leader recruitment.
  - Advised to make an effort to go to the Area Agency on Aging (A.A.A.) programs and make contact.
  - They are required to make visits to nutrition sites and can explain about the programs.
  - Advised using newspapers for publicity to get the word out about classes.
  - Clara Haas agreed with Bill
    - 11 A.A.A.'s around the state.
    - Best way to get information out.
    - Newspapers as well.
- Ann Lee
  - Advised to target senior centers and nursing homes.
- Marisa New
  - Submitting a grant application to the Chronic Disease Directors (CDD)
  - Collaborative grant working with S.E. and S.W. Oklahoma A.A.A.'s and DHS Aging Services Division.
  - Targeting Southern Oklahoma because there are very few Exercise Programs there.
  - Going to be recruiting leaders for those regions.
  - Will provide these agencies with a little more money to help support the programs.
- Update: Arthritis – National Center for Complimentary and Alternative Medicine (NCCAM)
  - Steve Beleu – Oklahoma Department of Libraries
    - Handout on NCCAM report on Rheumatoid Arthritis..., Acupuncture relieves pain..., and Effects of glucosamine and chondroitin sulfate... gone over.
    - Steve holds health workshops for the librarians.
    - Evidence-based and anecdotal results – complementary and alternative medicine.
    - NCCAM established by congress in 1998.
    - Report can be found at <http://nccam.nih.gov>.
    - Marisa - health department promoting evidence-based programs.

## E. Announcements

- **Alliance on Public Transportation** – Larry Hopper, Metro Transit
  - Alliance has 4 purposes
    - Increase awareness of the value of expanding public transportation.
    - Promote transportation equity to benefit transit.
    - Build awareness of the value of expanding sidewalks and pedestrian facilities along routes.
    - Work with elected and other leaders to convey the funding needs and benefits of transit.
  - Marisa – Larry helped get our physical activity message out on busses. Also thanked Larry for his assistance in getting our arthritis message in the Oklahoma Chapter of the American Planning Association, Spring 2006 “Oklahoma Planner” newsletter.

#### IV. Feature Presentation: “Cultural Opinions of Oklahomans Toward Health Care”

Guest speaker: Chris Ray, ESPY Doctoral Student, Oklahoma State University

- A. Diane Montgomery, Professor in charge of Project
  - Was part of the Cultural Competency Committee, a sub-committee of the Health Disparities Task Force.
  - There is a major chasm in health quality.
  - We have over-use, misuse, and dramatic under-use of the health care system.
  - Trying to learn more about health disparity.
  - There’s a way we view the entity that differs with who we are.
  - Subjectively important
  - This is a pilot study that is un-funded at this time.
  - Looking for ways to describe health.
  - Don’t know how to get to the people we do not see.
  - Clara – Can use OSU TV, not getting older people.
  
- B. Chris Ray
  - Passed out information about state Health Disparities Task Force.
    - Seeking a two-year extension.
    - Contact your legislators.
  - Q-Methodology – research study
  - Study of Subjectivity
  - A little qualitative and quantitative.
  - Submitted NIH grant to be funded.
  - Two year project timeline after the pilot study.
  - Studying views of underserved Oklahomans toward health care using “Q-Method.”
  - Not enough information on health disparities.
  - Looking at “cultural views” in pilot study.
  - Based on Judith Sylvester’s study of 2000.
  - Data collection sites are across Oklahoma.
  - Those in counties who wish to participate can email Chris at [chris.ray@okstate.edu](mailto:chris.ray@okstate.edu).

#### V. Next OAN Meeting will be **Thursday, August 3<sup>rd</sup>, 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](mailto:adriennec@health.ok.gov) for more information.

#### VI. See Calendar of Events for other announcements and upcoming meetings