



Oklahoma Arthritis Network (OAN)

Thursday, August 2, 2007

MINUTES

Attendees:

Irene Anderson
Tricia Ayers, OKDHS Aging Services Division
Brenda Bradley, Chickasaw Nation Community Health Worker
Shae Carmichael, LSU IHS
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Deresa Claybrook, Positive Resource
D.C. Cockrell
Mary Cornels, Major County (VC)
Harold DuPoint, Mary Mahoney Memorial Health Center, AF Self Help Program Leader
Darrell Eberly, OSDH Disease and Prevention Service
Allan Harder, OKC Area Inter-Tribal Health Board
Sarah Harding, Oklahoma Insurance Department
Dione Harjo, Indian Health Services
Andrali Jewett, OKDHS Living Longer Living Stronger
Jamie Lake
Shona Lennon, Arthritis Foundation Oklahoma Chapter
Staci Mauney, SWODA AAA, Beckham County (VC)
Wendi McKinnon, Department of Rehab Services
Marisa New, OSDH Arthritis Prevention and Education Program
Victoria Nubine, Oklahoma Co. Pharmacy
Phyllis Osburn
LaDonna Pembrook, Fairview Fellowship Home and Village, AF Exercise Program Leader, Major County (VC)
Betsy Replogle, OAN Chair
Betsy Replogle
Sandra Schanely, AAA Delaware Nation
Kulsum Siddiqui, Arthritis Foundation Eastern Oklahoma Chapter
Shelley Spear, Home Instead Senior Care
Patricia Yarholer, Cheyenne and Arapaho Tribes
Ada Vanderford, SWODA AAA, Beckham County (VC)

VC = Videoconferencing

- I. **Welcome and Introductions** – Betsy Replogle, OAN Chair
New OAN Members: Irene Anderson, Brenda Bradley, D.C. Cockrell, Mary Cornels, Darrell Eberly, Sarah Harding, Dione Harjo, Jamie Lake, Staci Mauney, Wendi McKinnon, Victoria Nubine, Phyllis Osburn, Betsy Replogle, Sandra Schanely, Kulsum Siddiqui, Shelley Spear, Patricia Yarholer, Ada Vanderford
- II. **May Minutes Approved**
- III. **Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events**
 - A. Community Education – Shona Lennon
 - Arthritis Foundation Self Help Program (AFSHP)
 - August 10th – Marietta, Love County Health Department, contact Janie Pennington (580) 276-2531
 - Lawton TBA
 - Contact Shona Lennon at 405-936-3366 for more information
 - Attendees can pick up a list of where the programs are held across the state, or can access online at www.health.ok.gov/program/apep
 - B. Arthritis Foundation Exercise Program (AFEP) and Arthritis Self Help Programs
 - Leader Reports
 - Harold DuPoint, Self Help Program Leader
 - a. Class at Mary Mahoney Memorial Health Center starting October 8th
 - LaDonna Pembrook, Exercise Program Leader
 - a. Ongoing class at Fairview Fellowship Home and Village
 - b. Tuesday's and Friday's at 10:30am
 - **If interested in being trained please contact Shona Lennon at 405-936-3366**
- IV. **Speaker: Betsy Replogle, Patient Advocate – “Make Lemonade”**
 - A. Scleroderma
 - Means hard skin, group of diseases that causes the body to produce too much collagen causing scarring
 - No known cause
 - Occurs most often in women between ages 30 and 50, but can occur at any age
 - No cure yet
 - Symptoms
 - Tightening and thickening of skin, sores that do not heal, contracture and/or swelling of joints
 - Ulceration caused by reduced circulation and tightness over joints or other areas
 - Changes in skin color, Raynaud's Phenomenon

- Sudden, sharp rise in blood pressure, leading to kidney and heart failure
 - Difficulty breathing
 - Difficulty eating and digesting – severe reflux, difficulty opening mouth, chewing, swallowing, and malabsorption
 - People without insurance, living in Oklahoma County, can contact the Central Oklahoma Integrated Network Systems (COINS) and Mary Mahoney Memorial Health Center which to get help with health care
 - For the tribes, you can contact Indian Health Services (IHS)
- B. Oklahoma Arthritis Network (OAN)
- Overview of how the OAN was created, what the goals are, and how the partners are helping
- C. **If you would like a copy of the PowerPoint presentation, or a fact sheet on the OAN please contact Adrienne Chambers at 405-271-9444 ext. 56535 or adriennec@health.ok.gov**

V. Collaborative Events

- A. Living Longer, Living Stronger: The Oklahoma Project – Andrali Jewett, DHS Aging Services
- At the end of year one, now in the expansion project, may be in the OKC area
 - Chronic Disease Self Management Program
 - NODA – AAA / Wheatheart Project
 - a. Ringwood Nutrition Site MARC Center
 - b. Helena, Watonga, and Kingfisher had a kick-off
 - c. Waukomis, Enid and Cherokee – Aug. 27, 28, 29 kick-off's, contact Brandi Fossett, (580) 237-2236, NODA, for more information
 - EnhanceFitness
 - COEDD AAA / Project H.E.A.R.T. – Shawnee, Tecumseh
 - KEDDO AAA - Kiamichi Area Nutrition Site, Hartshorne
 - Chickasaw Nation – Ada, Purcell, Pauls Valley
 - **Contact Andrali Jewett for more information at (405) 522-5966 or andrali.jewett@okdhs.org**

VI. Announcements

- A. Urban League of Greater OKC's Family Fun Fest
- Washington Park on NE 4th Street and Lottie in OKC
 - August 18th at 5pm – with performances, music, health fair, etc.
 - Looking for exhibitors
- B. 100Ideas Forums
- Thad Balkman and Lance Cargill, the Speaker of The House, will be conducting forums on specific topics
 - September 5th, 4pm, forum at Metro Tech, OKC focuses on transportation – public transportation in particular.
 - Please call 1 (888) 465-2007 to register. Everyone who has ideas, please attend.
- C. Senior Day at the State Fair September 19th
- 55 and older get in free to the fair
 - Health Screenings Available
 - Blood Sugar Assessments
 - Chair Massages by Oklahoma Coalition for Massage
 - Hearing Screenings
 - Memory Screenings
 - Foot Measurements and Recommendations by New Balance
 - Pneumonia and Tetanus Shots Provided by OKC County Health Department
 - Spelling Bee, Royalty Contest, Senior Stroll and Scavenger Hunt
- D. Elder's Conference September 4-7th at Crown Plaza contact Denise Smith, (580) 354-5294, for more information
- E. Community Health Worker Conference September 19-22 contact Cindi Gilks, (918) 623-1925, for more information
- F. Celebration of Hope – Cancer August 25th
- G. Powwow at Worley Center in Lawton – August 25th
- H. OAN Advisory Council Meeting
- October 31st
 - AF Program Leaders will be invited to participate.
- I. Please let us know if you are willing to volunteer for events
- J. New Publication – *Arthritis, The Public Health Challenge For States*
- Oklahoma is highlighted for our Action Plan
 - Published by the National Association of Chronic Disease Directors
 - One minor error – Dr. Edward Brandt was a Plan Review Consultant. It was mentioned that he had been a past chair of Oklahoma's Turning Point State Council.

VII. **Next OAN Meeting will be Thursday, October 4, 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 for more information.

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

OAN Mission is to increase public awareness about arthritis and related conditions and to maximize the quality of life for Oklahomans affected by these conditions through the conditions through the development of resources, promotion of access to appropriate health care management, and the provision of education.