



Oklahoma Arthritis Network (OAN)

Thursday, August 3, 2006

MINUTES

Attendees:

Tricia Ayers, Oklahoma DHS – Aging Services Division
Barbara Baker, Thrifty Pharmacy
Erica Berryman, AF Exercise Program Leader, Pontotoc County (VC)
Robert Burch, OETA TV
Harold DuPoint, Mary Mahoney Memorial Health Center
Doug Dye, Citizen
Carole Edmunds, Citizen
Leslie Elliot, OSDH
Maurine Garton, NRH Senior Vitality
Gwen George, Able Tech, OK AgrAbility
Maryland Guidry, AF Self Help Program Leader, Muskogee County (VC)
Peggy Horner, AF Exercise Program Participant, Muskogee County (VC)
Richard Horner, AF Exercise Program Participant, Muskogee County (VC)
Birdie Johnson, COINS
Jean Jones, Citizen
Stephanie LaFevers, Oklahoma Arthritis Foundation Eastern Chapter (VC)
Shona Lennon, Oklahoma Arthritis Foundation Oklahoma Chapter
Juana Lozier, AF Self Help Program Leader, Tulsa County (VC)
Lynn Madsen, OEDA Area Agency on Aging, Beaver County (VC)
Patsy Meier, Major County Health Department (VC)
Bobbie Metzger, Oklahoma City Inter-Tribal Health Board
Marisa New, OSDH Arthritis Prevention and Education Program
Ladonna Pembroke, AF Exercise Program Leader, Major County (VC)
Eddie Perkins, CYO
Clyde Petete, Muskogee County (VC)
Imogene Petete, Muskogee County (VC)
Stephanie Potts, DHS Aging Services Division
Betsy Replogle, Chair, Advocacy Committee
Cyndy Robinson, OUHSC Dept. of Rehab Sciences
Sandi Sanders, Chickasaw Nation, Pontotoc County (VC)
Connie Schlitter, OKDHS
Cynthia Trent, Homewatch Caregivers
Melinda Ward, AF Exercise Program Leader, Pontotoc County (VC)
Betty Weber, AF Self Help Program Leader, Pontotoc County Health Department (VC)
Bill Wells, Attorney
Carla Wilhite, ABLE Tech, OK AgrAbility
Chat Williams, AF Exercise Program Leader
Leslie Vick, Wagoner County Health Department (VC)
Sean Voskuhl, AARP
Mike Zaleski, Muskogee County Health Department (VC)
Robin Zyke, Chickasaw Nation Wellness Center, Pontotoc County (VC)

VC = Video Conferencing

I. Welcome and Introductions – Betsy Replogle, OAN Chair

New OAN Members: Sean Voskuhl, Eddie Perkins, Carole Edmunds, Barbara Baker, Doug Dye, Connie Schlittler, Maurene Garton, Bobbi Metzger, Stephanie Potts, Jean Jones, Chat Williams, Melinda Ward, Clyde Petete, Imogene Petete, Juana Lozier, Richard Horner, Peggy Horner, Mike Zaleski, Robin Zyke, Erica Berryman, Sandi Sanders, Patsy Meier

II. May Minutes Approved

III. Updating the Oklahoma Arthritis Action Plan/ OAN Advisory Council Meeting

- A. The Oklahoma Arthritis Action Plan was done 5 years ago.
 - Based on national arthritis plan.
 - We are making progress.
- B. Advisory Council will meet in October and approve updates.

- C. Big push in action plan is implementing the evidence-based programs available sponsored by the Arthritis Foundation.
 - Arthritis Foundation Aquatic Program
 - Arthritis Foundation Exercise Program
 - Arthritis Foundation Self Help Program
- D. Descriptions and program locations available.
- E. Introducing two new evidence-based programs later this year and next year.
- F. Call or email Marisa New with your input.

IV. Oklahoma Arthritis Network Projects/ Committee Updates

- A. Community Education
 - Stephanie LaFevers, Arthritis Foundation, Eastern Oklahoma Chapter
 - Three Self Help Programs just completed in July.
 - A.F. Exercise Program Leader Training in late September/early October – TBA.
 - A.F. Aquatic Program Leader Training in mid-October.
 - Re-certification workshops for the Exercise and Aquatic Program TBA for September.
 - Re-certification workshop for the Self Help Program will possibly be a videoconference – still in planning stages.
 - Shona Lennon, Arthritis Foundation Oklahoma Chapter
 - A.F. Exercise Program Leader Training August 18th in Enid – 1 or 2 spots left. Call 405-936-3366 for registration information
 - A.F. Aquatic Program Leader Training August 26th in Oklahoma City. Call 405-936-3366 for registration information
- B. Leader Reports
 - Chat Williams, Arthritis Foundation Exercise Program Leader
 - With the Health Club in Norman.
 - Background: trains individuals 11 to 90 years of age.
 - Started first class in January of this year, with 10 steady participants.
 - Now an ongoing class that he is trying to promote more.
 - Melinda Ward, Arthritis Foundation Exercise Program Leader
 - With the Chickasaw Nation Wellness Center
 - Started her class with 20 people, will end next Tuesday.
 - One participant showed the class how to square dance.
 - Starting new class after a two-week break.
 - Attending Aquatic Leader Training on August 26th.
 - Maryland Guidry, Arthritis Foundation Self Help Program Leader
 - Participants stressed the need for a support group.
 - Many participants in this class have Fibromyalgia.
 - Starting another class in October.
 - Erica Berryman, Arthritis Foundation Exercise Program Leader
 - Starting an Aquatic class in mid-September at the Chickasaw Nation Wellness Center.
 - Exercise Program starting in September as well.
 - Ladonna Pembroke, Arthritis Foundation Exercise Program Leader
 - Has an ongoing class Tuesday and Friday since March 2005.
 - Located at the Independent Living Center in Fairview.
 - Physical Therapists at the hospital know about the program and send their patients to the class after they are finished working with them.
 - Lynn Madsen, OEDA
 - Boise City Kick-off in Cimarron County.
- C. Upcoming Activities
 - September 20th – Oklahoma State Fair, Senior Day – Barbara Baker
 - Senior Day starts at 8:00 a.m.
 - Admission to the fair is free on this day to people 55 and over.
 - Located in Carriage Hall on the corner of Stage Coach and Kiamishi, under the clock tower.
 - Activity times are 8:30 a.m. to 2:30 p.m. then there is a break for fair time. Activities start again at 5:30 p.m. to 9:00 p.m.

- Activities include: free health screenings, senior health and recreation exhibits, door prizes, jazzercise, Golden Age Contest, senior scavenger stroll, historical story telling, OAN's Bill Heaton conducting two "Joint Exercise Experience," pedometer's given away by OSDH Arthritis Prevention and Education Program, Senior Royalty Contest, Spirit of Oklahoma Trivial Pursuit Contest, antique tractor parade and pull, senior spelling bee, dancing demonstrations, Elvis Extravaganza, snacks and water given out until gone.
- If you have an event you would like announced on the OAN listserv send the information to Betsy Replogle and she will post it.
- October 18th - Collaborative Conference in Norman – Maurine Garton
 - OSU Coop Extension, Norman Regional Hospital, Oklahoma Arthritis Network
 - Karen Ross, MD, Geriatrician, OU Physicians to present
 - Arthritis Foundation Programs highlighted
 - Kick-off in August – "Suffering in Silence: The Invisible Malady of Pain"
 - Trying to get people to come out and talk about their chronic pain issues.
 - September is kick-off for walking program for seniors – "Heart and Sole," giving away pedometers; can enroll online.
 - October is depression screenings.
 - *Cleveland County Doesn't Sit Still For Arthritis* will be on October 18th at the First Baptist Church in Norman.

D. Tulsa Health Communications Campaign – Marisa New

- "Buenos Dias, Artritis" No Me Venceras El Dia De Hoy!
[In English] Good Morning Arthritis. You won't beat me today!
- Radio, Newspaper (El Nacional) and Bus Ads have been well received.
- Thanks to Robert Wortmann, MD, Rheumatologist who was a guest on the Community Affairs Radio Program "Hot Topic." His program was aired on the following stations:
 - Clear Channel Stations:
 - KMOD 97.5FM: 5:30am Sundays
 - KQLL 106.1FM: Saturdays and Sundays
 - KTBZ 92.1FM: 7am Sundays
 - KTBZ 1430AM: 8am Sundays
 - KAKC 1300AM: 10am Sundays

II. Highlight: The Oklahoma Aging Partnership Legislative Report and a Legislative Session Overview

A. Guest Speaker: Sean Voskuhl, AARP Associate State Director for Advocacy

- AARP pushed to put a state office in every state.
- There are about 409,000 AARP members in Oklahoma that are 50 years and older.
- This past session legislature passed a new budget allocating and appropriating close to a billion dollars in new revenues.
- OAP (Oklahoma Aging Partnership) Legislative Report – trying to hold legislators more accountable. Go to www.aarp.org/ok to get the report.
- OAP is made up of the Oklahoma State Council on Aging, the Oklahoma Alliance on Aging, the Silver-Haired Legislature Alumni Association, and the AARP.
- 6 bills interested in this session. HB 2842, SB 1748, SB 1793, SB 1850, SB1089, SB2017
- Urge people to speak with their legislator about issues.
- Hard for legislators to get a perfect score in the report.
- Gave more tools this year on the long-term care issue.
- Senate bill 2017 extends the Olmstead Planning Committee until July 1st, 2007.
 - Creates opportunities for Independent Living Act.
 - Helps people pay their utilities – one of OAP's major priorities.
 - Most long-term care budget goes to nursing homes through Medicaid.
 - Costs \$40,000/year to live in a nursing home.
 - Need to provide people tools to help them stay in their homes.
- Identity Theft Legislation – Security Breach Notification
 - For you to be notified when your information has been lost.
 - Did not get all of this bill passed, but did get Security Freeze.
 - Starting January 1st, 2007 Oklahoma will be about the 23rd state to allow consumers to put a security freeze on their credit information.
 - Do not have to be a victim to do this.
 - Credit agencies will not be allowed to give out credit information when the freeze is on.

- If you are a senior 65 and older or a victim you are exempt from paying the fee.
- Elder Exploitation 1793 passed
 - More penalties.
 - If you exploit over \$100,000 it is 10 years in jail and a \$10,000 fine.
 - Also covers people with disabilities.
- Senate Bill 1089 – Creditor Lending Issues
 - Fighting issue of lottery tickets being sold where people are getting loans.
- House Bill 2042
 - People on Medicaid under 65 years of age, which are insurable.
 - Pilot project to be evaluated first.
 - Co-payments required.
 - Tied in rates for doctors and nursing homes.
 - If anyone wants a copy of this bill, Sean can send you a copy.
- Funding will be an issue in the next session.
- Tax Payer Bill of Rights
 - OAP opposed to this – state question 726.
 - Initiative passed in Colorado, constitutional change that limits based on funding expenditures, based on population growth and inflation.
 - Formula for government.
 - Limit government spending based on this formula.
 - Colorado voted last fall to resend it.

III. Announcements

A. Rural Health Association of Oklahoma

- September 7-8, 2006 15th Annual Conference at The Oklahoma City Marriott. Deadline to register: August 21, 2006. Contact Andy Fosmire for questions: 580-213-3172

IV. Next OAN Meeting will be Thursday, October 5th, 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.

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