



Oklahoma Arthritis Network (OAN)

Thursday, August 4, 2005

MINUTES

Attendees:

Debora Adams, OSDH Community Development, PACE Leader
Martha Alford, Muskogee County Health Department (VC)
Liem Ball, ASHC participant, Rogers County Health Department (VC)
Marjie Ball, ASHC participant, Rogers County Health Department (VC)
Steve Beleu, Oklahoma Department of Libraries
Linda Bradbury, LeFlore County Health Department (VC)
Nora Brock-Major County Health Department (VC)
Lillie Burnidge, PACE Participant, Woods County Health Department (VC)
Freda Carpitcher, Indian Health Services
Krishna Chakravarthula, OU Health Science Center
B. Doris Clark, PACE Participant, Woodward County Health Department (VC)
Rita Clytus, Langston University,
Diana Dameran, LeFlore County Health Department (VC)
Doris Davis, PACE Participant,
Harold DuPoint, Mary Mahoney Health Center, ASHC leader
Amy Duvall-Muskogee County (VC)
Iris Fairchild, PACE Participant, Woodward County Health Department (VC)
Lorraine Fettke, PACE Participant, Woods County Health Department (VC)
Merele Fettke, PACE Participant, Woods County Health Department (VC)
Norma Fowler, LeFlore County
Rosie Frech, PACE Participant, Woodward County (VC))
Shelly Frick, Home Instead
Dianne Fryar, Citizen
Macy Gilbert, ASHC participant, Rogers County Health Department (VC)
Joyce Girod, Citizen
Norma Goff, RN Department of Human Services, OAN Vice-Chair
Jolena Graves, Harper County Health Department (VC)
Ellen Griffin- Pontotoc County Health Department (VC)
Robert C. Griffin-Logan County Health Department
Carolyn Hamilton, PACE Participant, Woodward County Health Department (VC)
Anetta Harrell, Pfizer
Renetta Harrison, ASHC Leader, Rogers County Health Department (VC)
Bill Heaton, PACE Leader, Harper County Health Department (VC)
Nick Hickman- Logan County Health Department
Gwen Hobbs, Citizen
Jack Taylor-Major County Health Department (VC)
Aurelia Krebs, ASHC participant, Rogers County Health Department (VC)
Doris Lee Howard, PACE Participant, Woodward County Health Department (VC)
Shona Lennon, Arthritis Foundation, OK Chapter, OKC
Lynn Madsen, Beaver County Health Department (VC)
Eugene Marcus, PACE Participant, Woods County Health Department (VC)
Nicole Michael, Canadian County, Health Department (VC)
Mary Morris, PACE Leader, LeFlore County Health Department (VC)
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
Kjulonda Ogles, Oklahoma Primary Care Association
Mary Overall, COINS
LaDonna Pembroke- Major County Health Department (VC)
Janie Pennington, Johnston County Health Department (VC)
Christine Persons, Woodward County Health Department (VC)
Ralph Person, Woodward County Health Department (VC)
Gussie Rader, PACE Participant, Woods County Health Department (VC)
Earl Reavis, PACE Participant, Woodward County Health Department (VC)
Florence Rowland, PACE Participant, Woodward County Health Department (VC)
Lana Shaffer, Harper County Health Department (VC)

Linda Smith, ASHC Leader, Rogers County Health Department (VC)
Norma Smith, LeFlore County Health Department (VC)
Alberta Snider, PACE Participant, Woodward County Health Department (VC)
Kenneth Snider, PACE Participant, Woodward County Health Department (VC)
Elise Solloway, PACE Participant, Woodward County Health Department (VC)
Irene Spangler, PACE Participant, Woodward County Health Department (VC)
Gene Stands, PACE Participant, Woods County Health Department (VC)
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE
Shelia Tyler, PACE Participant, Woodward County Health Department (VC)
Maxine Utterback, PACE Participant, Woods County Health Department (VC)
Marilyn Wicker-Major County Health Department (VC)
Betty Webber-Pontotoc County Health Department (VC)
Phil Woodward, Oklahoma Public Health Association
Sheng Yang, Oklahoma Public Health Association
Eycile Young, PACE Participant, Woodward County Health Department (VC)
L.D. Young, PACE Participant, Woodward County Health Department (VC)

VC = Video conferencing PWA = Person with arthritis

I. WELCOME – Norma Goff, OAN Co-Chair

New OAN Members: Liem Ball, Marie Ball, Linda Bradbury, Nora Brock, Lillie Burnidge, Freda Carpitcher, B. Doris Clark, Rita Clytus, Amy Duvall, Doris Davis, Iris Fairchild, Lorraine Fettke, Merele Fettke, Norma Fowler, Dianne Fryar, Macy Gilbert, Joyce Girod, Dianne Fryar, Carolyn Hamilton, Gwen Hobbs, Aurelia Krebs, Doris Lee Howard, Mary Overall, LaDonna Pembroke, Christine Persons, Ralph Person, Gussie Rader, Earl Reavis, Florence Rowland, Linda Smith, Alberta Snider, Kenneth Snider, Elise Solloway, Irene Spangler, Gene Stands, Jack Taylor, Shelia Tyler, Maxine Utterback, Marilyn Wicker, Betty Webber, Sheng Yang, Eycile Young, and L.D. Young

II. JUNE MINUTES APPROVED with no corrections

III. CDC Site Visit Review—Marisa New, OSDH Arthritis Prevention and Education Program

- a) Marisa announced that the CDC Site Visit was a success and she thanked all of those people who were involved during this time. The formal written report is not here yet, but they are encouraging us to promote the Arthritis Foundation programs. If you would like to join one of these classes or become a leader, please let us know.

IV. People With Arthritis Can Exercise (Arthritis Foundation Exercise Program formerly know as PACE)

a) Bill Heaton, PACE Leader, Laverne—Harper County

Bill attended leader training in OKC. He was most impressed that the classes emphasis movement. In the past people were told not to move their arthritic joints

Many of his class participants in Alva went to their doctors and were told that the exercises in the PACE class are the right thing to be doing. He emphasized that these are very gentle exercises. He has never been so impressed with a group of senior citizens than those who attended PACE in Alva. He noted that those in the class developed a close camaraderie. He thinks we all have a responsibility to get these classes out to people in the rural areas as well as the metropolitan areas, and hopes that everyone will help to get the word out. There were 27 in the class in Alva. They met three times a week and had an 82% attendance rate. One lady was 93, and another 97. The 93 year old participant arrived at the center at 7:30 in the morning, and swam 30 laps in the Aquatics class prior to going to the PACE class that started at 9:00 in the

morning. “People with Arthritis CAN exercise. And we’re not letting Northwest Oklahoma Stand Still for Arthritis”.

His class had a wide range of people, some were farmers and others had PhD’s. Bill told everyone how Maxine lives 17 miles from the center, and how she had perfect attendance along with 7 or 8 other people in the class.

He asked the participants in Woods County to express what they received out of the class:

Gene: “We just got back from a trip, and the thing I notice the most is I don’t have as much neck pain as I use to. The most important thing I got from the class is the camaraderie—the friendships keep growing. This morning in class, a couple of new people peeked in and joined us, and they will probably be back. To me it’s been a wonderful time to reacquaint ourselves with some, and get acquainted with others. The exercises have been wonderful and I feel like they have really helped.”

Maxine: “We were blessed with a very good instructor. Back in 1990 when I was diagnosed with Rheumatoid Arthritis, exercise was almost a no-no. A few years later they started advocating walking and a few other exercises, which I started doing at that time. In 1990 I could not make a fist when I went to have my blood work done or anything like it. I couldn’t peel potatoes or anything like that.

January 2003 my next to my youngest son took his life, and after that nothing else seemed to matter. I didn’t exercise anymore—that certainly took a back seat. When I read about the PACE class in the newspaper, I thought maybe I should do that, but I kind of hesitated. Finally I called and I went to the Northwest Oklahoma Doesn’t Sit Still for Arthritis Workshop, and I would like to say that anyone who has an opportunity to go to one of those workshops they should go.

When it came time to sign up for the PACE class, I thought: “it’s almost harvest time, and I have meals to fix—I don’t have time for that. I didn’t think I could do that”, so I wadded up my enrollment form and threw it in the trash. That evening I saw my daughter-in-law, and she said: “Why don’t you try it?” “If you don’t like it you can always drop out” so, I got home and took my PACE enrollment form out of the trash and tried to smooth it out, and then I got out the iron and I ironed it smooth.

On Monday morning before the first class I gave it to Bill, but I tell you it was one of the best things I have done in my life, it certainly has turned my life around. I have made many new friends—the laughter is the best part which I hadn’t done much of in the last three years. I have much more energy, and flexibility than I had before. If anyone has a chance to take the PACE class, I highly recommend it, and encourage others to get involved.

Lorraine: “It was great and we’re still doing it—I think we need to keep doing for the rest of our lives”.

Merle: “I had a stroke and then in January 2005 I had a total hip replacement. I didn’t know how this class could help me, but it has loosened up my joints”.

Lilly: “It has helped me with my breathing along with my flexibility. My doctor and my chiropractor like the exercises, and I know that my back doesn’t hurt near as bad as it did when I started. I am going to try to become a leader and go to the Enid training.

Eugene: It has improved my flexibility so I can go fishing.

b) Debora Adams, PACE Leader, OKC—Oklahoma State Department of Health

Debora started with 16 participants, she had 6 completers. One of her former participants, a 72 year old woman sent a message that said: "I had no idea there were so many exercises that can be done from a chair, and I am glad that I participated in the class, I now walk daily and am attending the body sculpture class here at the Health Department, however when I can no longer walk I will be back for the PACE class."

Debora will start her second PACE class August 18 here at OSDH in Room 314. The classes will be held on Tuesday and Thursdays from noon until 1:00 p.m. The last class will be held on October 20, 2005.

c) Mary Morris, PACE Leader, Poteau and Sallisaw, LeFlore County (Carl Albert State College) Next classes start on August 15 in Poteau where we meet twice a week on Tuesday and Thursday. August 17 is the start date in Sallisaw where we meet only on Wednesdays continuously.

Mary: I started teaching classes about three years ago. Prior to that I had been attending PACE class. It has helped me a great deal. I have had rotator cuff surgery, and I have another tear, and my therapist has told me that the exercises in the PACE class have really helped keep me going.

I have 15 participants in my beginner PACE class, and 8 in my advance class. We start class by batting the balloon around and then we do the exercises, and then we march for about 2 ½ minutes. The last thing we do is the Relaxation technique. We laugh and have a lot of fun. Norma has substituted for me.

Norma: what I enjoy the most is the people, a lot of days I try to attend half a session in both classes, because I like the people in both classes. We have a lot fun. I think the socializing as well as the exercising is good, because I wouldn't get off my couch if it weren't for the PACE class. I'm all for it.

d) LaDonna Pembroke, PACE Leader, Fairview, OK—Major County

LaDonna's class meets at the Fellowship Home and Village Independent Living in Fairview on Tuesdays and Fridays at 10:30 in the morning. "We have 20 on our roster and have a very high attendant rate. We have been meeting since January of this year. We have a lot of fun. We act a little bit crazy sometimes." We use exercise balls, thera-bands, headscarves, and work out to fun music. We also use a parachute that my church loans us from time to time.

"The training was very enjoyable. Shona did a really good job giving me all the tools I would need to teach my PACE class. We went through all of the exercises in class together: the warm-up exercises, exercises, and the relaxation techniques. We were given a manual with all the instructions in it. If you are thinking of teaching a PACE class you don't need to worry, or be intimidated about putting all the components together. You will need to spend a little time in training and preparation, but with just a little organization you can put together a good PACE class".

We have so much fun in this class, I have arthritis too, and we all have gotten so much out of this class, myself included. Sometimes I can see the straining in everyone's faces from the pain of arthritis, but by the time we leave we all have smiles on our faces and we are feeling better because we worked the stiffness out of our joints. I sense increase flexibility, increased strength, and better balance in my participants. One of them couldn't be here today asked me to be sure

and tell you that she has had a problem even with her throat and she was going to have to have therapy, but because of the neck and jaw exercises that we do in PACE she is swallowing better and she has had improvement in that way. Which I thought was unusual. Bu

We're truly happier and I think the social aspect of it gives us so many benefits. I think it's just a great, great program. I've seen improvement in every one of my participants, who range from seventy to over ninety years of age. Having a class that ranges in age has not been a problem. Some of my participants do the exercises sitting down, and some of them do them standing up. It works out really well for everyone. I try to stress that they should not feel intimidated if they can't do some of the exercises. Some can do more than others. Some participants get tired more easily and we allow each participant to go at their own pace.

Marisa added that some of these PACE classes are going on continually and that if there is not enough room for new comers to join that some of the long time participants could become PACE leaders and start their own classes.

V. Oklahoma Arthritis Network Projects/Committee Updates

a) Advocacy Committee—Marisa New reporting for Betsy Replogle

The governor proclaimed May as Arthritis month.

b) Promotion—Marisa New, OTR, MPH

A. Media Campaign—Targeting the Hispanic Community

Oklahoma is one of five states that have been chosen to be a pilot state to embark on a media campaign targeting the Hispanic community. There will be radio and print ads as well as bus shelter bus board advertising.

The message is “Buenos Dias, Arthritis” ¡No, me venceras el dia de hoy! The brochures will be distributed in the Oklahoma City metro area.

Marisa will report back with the results when this campaign has ended.

VI. Community Education

Leader Training Workshops Scheduled for PACE and Arthritis Self Help Course—Shona Lennon
Handouts are available at the display table that outline ASHC, PACE and Aquatics classes. These classes are evidence based.

a) Arthritis Self Help Course Leader Trainings:

A. There will be a couple of ASHC Leader training classes in the Tulsa area in the next few months. The dates will be announced at a later date.

B. ASHC classes: Harold DuPoint—Upcoming class starting Monday, October 4, 2005. It will be held at the Mary Mahoney Center. 5:00 p.m. –7:00 p.m. Contact Shona to enroll in this class, or for more information. ASHC classes meet once a week for 12 weeks.

Some of the things covered in ASHC class is a self management classes that touches on proper nutrition, things to cover with your physician, exercise, importance of medication, goal setting, problem solving, etc. People who have taken the class show a reduction in pain, and an increase in self-efficacy.

PACE (People With Arthritis Can Exercise)

C. Shona Lennon, Arthritis Foundation

The next PACE leader training class is Tuesday, August 16, 2005 from 8:00 a.m.-4:00 p.m. in Enid, OK There is no cost. There are 8 or 9 spaces more available. It will be held at the offices of the Senior Life Network at Oakwood Mall.

VII. Surveillance—Dave Thompson, PhD

VIII. OSDH Arthritis Prevention and Education Program—Marisa New

a) Collaborative Project—Oklahoma Pharmacy Association, OSDH Arthritis and the OAN

A. Krishna Chakravathula, OU, College of Public Health, Graduate Student

Created facts sheets for Rheumatoid Arthritis, Osteo-Arthritis, and Lupus with the OU School of Pharmacy.

Phil at the OU School of Pharmacy will be getting these fact sheets distributed September and October to the 400 pharmacies who are members.

IX. Announcements

X. Next OAN Meeting will be Thursday, November 3, 2005 at 2:00 p.m. at OSDH in Room 314.

See Calendar of Events for other announcements and upcoming meetings.