



Oklahoma Arthritis Network (OAN)

Thursday, October 2, 2003

MINUTES

Attendees:

Debora Austin, Oklahoma Health Care Authority
Gail Bruner, RN, Oklahoma Medical Research Foundation, Lupus Linkage Study
Nancy Caruso, Dept. Rehabilitation Services
Nancy Chu, OU, College of Nursing
Margaret Coin, Mended Hearts
Jane Ford, COTA/L, Jim Thorpe Rehabilitation Center
Marcus Hayes, Charles Atkins Senior Center/Oklahoma Lupus Association
Mark Hedrick, Oklahoma Lupus Association
Trevor Hoopers, Oklahoma Medical Research Foundation, Lupus Linkage Study
Christy Kaserman, Heartland HealthCare Center
Zhira Khalili, Heartland Health Care Center
Terry Johnsen, Department of Human Services, Children with Special Health Care Needs
Shona Lennon, Arthritis Foundation, Oklahoma Chapter
Bettie Lewis, Holy Temple Baptist Church
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
Todd Owens, RPT, OU Medical Center, Physical Therapy Dept.
Patty Porter, Mercy Senior Health
Betsy Repogle, Vice Chair, OAN
Jaylene Sain, The Fountains at Canterbury
George Bryan Sykes, Cheyenne Arapahoe Tribes Vocational Rehabilitation
Dave Thompson, PhD, MS, PT – OU, Department of Biostatistics and Epidemiology
Teddy Wire, Hope CSI

- I. WELCOME – Betsy Repogle, OAN Vice Chair
New OAN Members present: Jane Ford, Bettie Lewis, Mark Hedrick, Christy Kaserman, Margaret Coin, Trevor Hoppers, and Gail Bruner.
- II. SEPTEMBER MINUTES APPROVED – no Corrections
- III. PROJECTS/COMMITTEE UPDATES
 - **ADVOCACY COMMITTEE** met on September 9th for its first working meeting. Discussed strategies to increase arthritis awareness within the State Legislature. Appointments will be scheduled with committee members. Betsy encourages more people to join the Advocacy Committee. Marisa added that Paulette Shafer (co-chair) has developed a letter that will be sent to legislators before and after the Arthritis Self Help Courses are conducted in their areas.
 - **PROMOTION – “Oklahoma City Doesn’t Sit Still for Arthritis” – Saturday, November 15th, 2003.** [Flyer distributed] Cynthia Trent, Karen Ross, Jackie Hicks, and Marisa New are members of the planning committee. The importance of physical activity for people with arthritis will be the focus. Speakers and interactive sessions will include Karen Ross, MD, Madeline Rugh, PhD (Tai Chi), Ruth Stone (Zendo-Ryu), Doug Paulsen (Yoga) and Shona Lennon (AF-Aquatics/PACE). A video has been created to highlight the lives of people of varying ages, with varying types of arthritis and how physical activity has been beneficial in reducing their pain. Special thanks to Jerry Trent, TRENTCO Productions, who volunteered his expertise to produce this masterpiece. Additionally, we will find out what’s happening in Oklahoma City? Russ Calhoun with OSU-OKC, Circle of Life Program and Kristy Potter, OKC Parks and Recreation, will discuss what is in existence and what is yet to come. We hope all of you will be able to attend and bring your friends, family and colleagues. **PRE-REGISTRATION** is recommended. If any of you have door prizes that you would like to

donate, please let us know and bring them to the next OAN Meeting, Thursday, November 6th.

OAN Surveillance and Research Committee – Dave Thompson, Chair Discussed the multi-list epidemiological technique. Provided examples of how the technique could be used to maximize the use of data from different sources to estimate the size of a population of interest i.e. the number of Oklahomans with arthritis.

COMMUNITY EDUCATION/PROMOTION/PARTNERS – Marisa New

Arthritis PowerPoint presentation is ready. The OAN Steering Committee has decided that we make the arthritis PP Presentation available and will be customized with your name and organization. Sign up sheets were distributed. Please call (405) 271-9444, ext. 56410 if you have any questions. We encourage you to initiate presenting by doing so to your own organization. Please let me know when you will be speaking and to whom. Your information will be added to our Calendar of Events.

Partner Profiles – We encourage you to complete the Profile so you will be added to the OASSIS information and referral database. During our media campaign, we will be using the OASIS toll-free number to access.

IV. PRESENTATION – Gail Bruner, RN

Highlights: Lupus is an autoimmune illness.

- The body of a person with lupus makes antibodies against some of their own tissues. The immune system has many functions to protect the body. In a person with an autoimmune illness, some of the functions are overactive and some are under active. The body's immune system is imbalanced and scientists are trying to determine if one has the symptoms, much less the diagnosis of lupus. Some of the cardinal signs include: Malar Rash, Photosensitivity, Arthritis, Vascular Lesions, and Neurological Findings.
- Visit www.omrf.ouhsc.edu/lupus to learn more about the Lupus Multiplex Registry and Repository.
- Visit www.lupus.org for more information about lupus and nationwide efforts.

V. ANNOUNCEMENTS

October 16th, 2003 – Arthritis Self Help Course, Woodward, OK. Contact 800-627-5486 to register or to receive more information.

The next OAN Meeting is scheduled for Thursday, January 8, 2004, 2:00 p.m.
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Meeting Adjourned.