



Oklahoma Arthritis Network (OAN)

Thursday, October 4, 2007

MINUTES

Attendees:

Tricia Ayers, OKDHS Aging Services Division
Diane Bloodunt
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Jennifer Damron
Josh Daily, Mayes County Health Department (VC)
Brandi Fossett, NODA Area Agency on Aging, Chronic Disease Self Management Program Master Trainer
Rhonda Harding-Hill, Oklahoma Department of Commerce
Renetta Harrison, Rogers County Health Department (VC)
Bill Heaton, Harper County (VC)
Andrali Jewett, OKDHS Living Longer Living Stronger
Neva Kegley, Will Rogers Memorial, Rogers County (VC)
Marisa New, OSDH Arthritis Prevention and Education Program
Dr. Norm Park, Cleveland County (VC)
Maggie Pitt-Helm, Oklahoma Health Care Authority
Betty Weber, Pontotoc County Health Department (VC)
Al Puig, Latino Community Development Agency
Harvey Reynolds, Oklahoma Health Care Authority
Greg Sherman, KSBI Channel 52
Denise Smith, Indian Health Services
Greta Stewart, Oklahoma Primary Care Association
Elise Vogt
Marvin Vogt

VC = Videoconferencing

- I. **Welcome and Introductions** – Marisa (New) Wells
New OAN Members: Elise Vogt, Marvin Vogt, Greg Sherman, Al Puig, Diane Bloodunt, Harvey Reynolds, Jennifer Damron, Neva Kegley, Josh Daily, Dr. Norm Park, Brandi Fossett
- II. **August Minutes Approved**
- III. **Speaker: Brandi Fossett, MS, Northern Oklahoma Development Authority (NODA) Area Agency on Aging – “Courage to Take Charge: Taking Charge of Your Health”**
 - A. CDSMP is an evidence-based program developed by Kate Lorig from Stanford University
 - Complements the AF Self Help Program
 - NODA AAA is implementing this program through the Living Longer Living Stronger grant
 - NODA has 8 counties – Alfalfa, Blaine, Garfield, Grant, Kay, Kingfisher, Major, and Noble
 - Collaborating with OSDH and OKDHS Aging Services Division
 - 25% of the senior population has a chronic disease
 - NODA offering program to seniors for free – receive a book and CD about relaxation
 - Program is 6 weeks with 2 ½ hour classes
 - Lead by two facilitators
 - Incorporates a buddy system for encouragement and is participatory
 - 17 countries have implemented this program – translated into Spanish, Vietnamese, and Chinese
 - A barrier is rural Oklahoma
 - Trying a systems approach, meaning working with organizations and systems that are already in place
 - Expansion into evening classes could be considered
 - Baby boomer's are an untapped population
 - B. *If you have questions about implementing the Chronic Disease Self Management Program, please contact Andrali Jewett, (405) 522-5966.*
 - C. **If you would like a copy of the PowerPoint presentation please contact Adrienne Chambers at 405-271-9444 ext. 56535 or adriennec@health.ok.gov**
- IV. **REPORT: CDC Arthritis Annual Conference Highlights – Marisa (New) Wells**
 - A. Requesting support letters from partners
 - Will provide a template but it is important that support letters include specific ways your organization can support the efforts of the Oklahoma Arthritis Network especially in implementing the five evidence-based programs for people with arthritis: Arthritis Foundation Exercise Program, Arthritis Foundation Aquatics Program, Arthritis Foundation Self Help Program, EnhanceFitness and the Chronic Disease Self Management Program.
 - You or your organization can support by promoting programs
 - Your organization can provide leaders to be trained to facilitate the programs.
 - Location sheet provided with the programs and where they are across the state of Oklahoma

- B. Expansion of Arthritis Interventions Toolkit spoken about
 - Online version of the Arthritis Self Management Program – this may meet your need if you are not able to get to a program within your community
 - Mail-Delivered Self-Management Research Study – participants received a kit containing a book, literature and a relaxation CD
 - Meeting needs in rural areas and showing an increase in self-efficacy
 - Oklahoma, as well as North Carolina and Alaska, had some of the highest participation rates
 - Fit & Strong, Active Living Every Day, Strong Living, and First Step to Active Health are on a watch list – as soon as research is available we will see if they are evidence-based
 - Considering looking at private sector to address absenteeism vs. presenteeism
 - Research is being done to determine the prevalence of children with arthritis. No research is slated yet for program that benefits children with arthritis.
- C. Recommendation made by the CDC
 - Decrease the number of states being funded for Arthritis Programs
 - If reduced number funded, then more money going to those states

V. Collaborative Events

- A. OAN Promotional/Educational Opportunities
 - On September 20-22 was the OKDHS Nurses Conference
 - About 140 people registered
 - Sue Painton and Andrali Jewett presented
 - November 8th Oklahoma Parks and Recreation Presentation in Tulsa – wanting evidence-based programs
 - December 6-7 Turning Point and Fit Kids Conference - Ellen Young presenting on evidence-based programs
- B. Living Longer, Living Stronger: The Oklahoma Project – Andrali Jewett, DHS Aging Services
 - 3 year grant for \$900,000 that supports the Chronic Disease Self Management Program in NODDA and the EnhanceFitness Program in 3 areas – KEDDO, COEDD (Shawnee Senior and Community Center), and the Chickasaw Nation
 - COEDD received a grant and is working on an expansion project – High Rise and Towers Senior Apartments
 - EnhanceFitness is an ongoing program
 - Have one site in Wilburton – working on more
 - Chickasaw Nation sent 5 people to be trained – after trained will have new sites in Pauls Valley, Ada and Purcell
 - May share trainers in surrounding counties
 - Class starting in Tecumseh and Seminole
 - There is one master trainer able to train others after completing the certification by the end of the month
 - 2,800 senior Oklahomans hoped to be reached by the end of year three
 - In OKC there will be another EF master trainer = 2 total

Marisa reported:

- If an organization is interested in getting a license, partnering with OSDH Arthritis Prevention and Education Program can reduce first year's licensing costs. Oklahoma having master trainers available will cut the cost for future instruction.
- Transformations, non-profit fitness center, of Edmond is having instructors trained.
- Marisa reported that OKC Areawide Aging Agency is interested in EnhanceFitness.
- Marisa reported that Tulsa AAA is working with the Parks and Recreation Department to get an EF program and instructors.
- **Contact Andrali Jewett for more information at (405) 522-5966 or andrali.jewett@okdhs.org**

VI. Announcements

- A. RX for Oklahoma – Rhonda Harding-Hill, Oklahoma Department of Commerce
 - State funded program that assists seniors offset prescription costs
 - Median age base is 40-65, just before people qualify for Medicare
 - Oklahoma Prescription Discount Card
 - Contractors are trying to get people signed up
- B. Oklahoma Primary Care Association – Greta Stewart
 - Oklahoma is the recipient of \$22 million in grants to uninsured and underinsured
 - Cherokee, Sallisaw, Lawton and NE OKC will have new sites opening
 - Program sees anyone despite ability to pay
 - There will be 25 sites in OK – 15 of the current 21 sites are collaborating with Chronic Disease programs

VII. **Next OAN Meeting will be Thursday, November 15th, 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