



Oklahoma Arthritis Network (OAN)

Thursday, November 2, 2006

MINUTES

Attendees:

Tricia Ayers, OKDHS – Aging Services Division
Charlotte Bowen, Statewide Independent Living Council
Adrienne Chambers, OSDH Arthritis Prevention and Education Program
Anita Flood, Arthritis Foundation Exercise Leader, Comanche County (VC)
Dorothy Hammert, American Mothers & Univera Life Sciences
Bill Heaton, AF Exercise Leader/Trainer, Harper County (VC)
Linda Huff, University of Central Oklahoma
Shona Lennon, Oklahoma Arthritis Foundation Oklahoma Chapter
Sharon McGhee, City Church
Karen Mersman, Community Volunteer
Mary Morris, Carl Albert College, AF Exercise Leader, LeFlore County (VC)
Marisa New, OSDH Arthritis Prevention and Education Program
Betsy Replogle, OAN Chair
Linda Smith, University of Central Oklahoma
Jaimie Watt, OSDH Women's Health Division, AF Exercise Leader
Corey Wright, OSDH Chronic Disease and Prevention Services, Physical Activity Program

VC = Video Conferencing

- I. **Welcome and Introductions** – Betsy Replogle, OAN Chair
New OAN Members: Sharon McGhee, Karen Mersman, Linda Smith, Linda Huff and Charlotte Bowen
- II. **October Minutes Approved**
- III. **OAN Advisory Council Meeting**
 - A. Meeting was on October 24th
 - B. Location was the Oklahoma History Center
 - C. Great turn out
 - D. Main comment - we need to reach out to the minority community more aggressively
 - If anyone has any connections please let Marisa or Betsy know
- IV. **Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events**
 - A. Community Education – Shona Lennon
 - Arthritis Foundation Self Help Program
 - Re-certification (refresher) training on October 31st
 - The leaders that were updated will be leading classes beginning in early 2007
 - Leader Reports
 - Anita Flood, AF Exercise Leader
 - a. Class currently going in Geronimo, has about nine participants on Tuesday and Thursday.
 - b. Starting on Tuesday, November 7th another class is starting in Lawton at the Center for Creative Living.
 - Mary Morris, AF Exercise Leader
 - a. Class currently going in Poteau, has thirteen participants.
 - b. Class currently going in Sallisaw, has six participants.
 - c. Met a woman from Talihina at the KEDDO Senior Conference in Wilburton that is interested in being a leader.
 - Bill Heaton
 - a. Training Classes will be starting in early December.
 - b. 5-6 people interested in becoming a leader.
 - c. Transportation is an issue right now.
 - d. Classes would be in Boise City, Keys and Felt.
 - e. Trying to work with Kansas, Colorado, New Mexico and Texas.
 - i. Counterparts do not have access to trainers in these areas.
 - ii. Training people in Oklahoma as well as people in those areas.
 - Where? When? Upcoming Community Programs for people with arthritis
 - a. Locations of classes are provided on the Arthritis Prevention and Education Program website, www.health.ok.gov/program/apep, as well as the Arthritis Foundation website, www.arthritis.org

- b. Phone numbers are provided on the sheets for people to make contact and see when classes are starting.
 - c. Monday, November 6, 2006 – Exercise Program starting in Lahoma at the Townhall.
- “Importance of Exercise for People With Osteoarthritis”
 - Program was on the Channel 4 news at noon today.
 - Ladies in South Carolina doing water exercises.
 - One of women had not been able to walk, but now she can from slowly working her muscles again.

B. Collaborative Events

- October 18th – Tools For Life Senior Conference, Norman
 - Had around 50 in attendance.
 - People were very responsive.
- October 12th – KEDDO Senior Conference, Wilburton
 - Had about 15 people in attendance.
 - Now have a program going with the OSU Extension in Norman – 11 people signed up so far.

V. Highlight: “Oklahoma’s Independent Living Network”

A. Guest Speaker: Charlotte Bowen, MA, Statewide Independent Living Council of Oklahoma

- Arthritis is the number one cause of disability
- Film: “History of Disability” Module 1
- Oklahoma has some services that can help people stay in their homes when they age, through the Advantage Waiver.
- 5 Independent Living Centers in Oklahoma
 - Enid, Norman, Tulsa, Bartlesville, McAlester
- Can go to an Independent Living Center and borrow durable medical equipment, i.e. a walker, if you are in need.
- Rehabilitation Act set up the Vocational Rehabilitation Program.
 - Administered out of the Office of Special Education and Rehabilitation Service, through the Department of the Rehabilitation Services Administration.
 - Money flows down to Oklahoma to serve at the OK Department of Rehabilitation Services in the Blind Older Program.
 - Money also flows from here to the Oklahoma Statewide Independent Living Council (SILC).
 - Every state has to have a SILC.
 - Oklahoma Association of Centers for Independent Living
 - a. Ability Resources
 - b. Green Country ILC
 - c. Oklahomans for Independent Living
 - d. Progressive Independence
 - e. Sandra Beasley ILC
- The Rehabilitation Services Administration was established by Congress as the principle federal agency authorized to carry out titles one, three, six and seven of the Rehabilitation Act of 1973, as amended.
 - Vocational rehabilitation
 - Supported employment
 - National Institute of Health
 - Independent Living Movement
 - Programs all have a goal to maximize employability, independence, and integration in the workplace and community for individuals with disabilities.
- The Oklahoma Department of Rehabilitation Services is a Title VII, Chapter 1 program; money comes to them in Part B funds.
 - For every non-federal dollar they receive, they can get nine dollars in federal matching funds.
 - Used to help fund independent living services from one stream in Oklahoma.
 - In order to get the match the state has to have a statewide Independent Living Council and have to work together with the Department of Rehabilitation Services to write a three year state plan for independent living.
 - Individuals can provide input on what they feel is important to help write this plan.
 - Use of title VII, Chapter 1, Part B funds To support the operations of the SILC
 - a. To provide independent living services to individuals with severe disabilities
 - b. To demonstrate ways to expand and improve independent living services
 - c. To support the operations of Centers for Independent Living (CIL).
 - d. To support activities to increase the capacities of groups to develop comprehensive approaches or systems for providing independent living services.

- e. To conduct studies and analyses, gather information, develop model policies and procedures, etc., presenting information, strategies and recommendations to federal, state or local policy makers to enhance independent living.
 - f. To train individuals with disabilities and organizations on the independent living philosophy.
 - g. To provide outreach to un-served, underserved, minority groups, and urban and rural populations.
 - h. \$300,000 comes to Oklahoma
- Mission: The mission of the Statewide Independent Living Council of Oklahoma is to provide the leadership in guiding the state's planning process for independent living services so that needed services is available statewide.
 - Working to get state funds to have a farther outreach in the state.
- Vision: The Statewide Independent Living Council of Oklahoma envisions a political, social, and economic environment that plans for and actively promotes equal access and full integration of people with disabilities in society.
- The 1992 Amendments to the Rehab Act require that the majority of the SILC be comprised of people with disabilities who are not employed by any state agency or a CIL.
- The council is presently comprised of 17 members that are appointed by the Governor of the State of Oklahoma for staggered three-year terms.
- The SILC was established in compliance with the provisions of the Rehabilitation Act of 1973 and as amended in the Rehabilitation Act of 1992, Section 705. The duties and responsibilities of the Council are to:
 - Jointly develop and submit, in conjunction with the Department of Rehabilitation Services, the State Plan.
 - Monitor, review, and evaluate the implementation of the State Plan.
 - Coordinate activities with the Oklahoma Rehabilitation Council, and Councils that address the needs of specific disability populations and issues under other Federal law.
 - Ensure that all regularly scheduled meetings of the SILC are open to the public and sufficient advance notice is provided.
 - a. On Secretary of State's website
 - Submit to the Commissioner and Governor periodic reports.
 - Other duties and responsibilities as may be contained in the State Plan for Independent Living.
- A CIL is not a place to live.
 - A 501C3
 - A place to learn how to live in the community.
 - Four core services
 - a. Advocacy
 - b. Peer Counseling
 - c. Independent living skills training
 - i. Free service
 - ii. Can get you help to be more independent in your home.
 - d. Information and referral
 - Consumer - any individual with a disability who may be a past, present, or future participant in independent living services or one who may indirectly benefit from independent living advocacy efforts.
 - Consumer control - significant representation, power, authority and influence of individuals with varying disabilities in all aspects of an organization that provides services to enhance independence and that seeks to change the political, social, and economic environment and quality of life possible for all persons with disabilities.
 - a. Olmstead Initiative – to write the plan for independent living for home and community based services in Oklahoma.
 - b. 51% of the board of directors are people with disabilities.
 - c. 51% of people who staff the CIL's are people with disabilities.
 - i. Many are 100%
 - d. The advocacy agenda is driven by disability issues.
 - Open an ongoing access to services.
 - Funding
 - a. Part B Contracts with Department of Rehabilitation Services (DRS) through SILC grants
 - b. Part C Contracts directly from RSA
 - c. Fee for Service Contracts with DRS
 - d. Grant and Program Funding
 - e. Private Donations

- Handout – Putting It Into Perspective The Prevalence of Disability in Oklahoma
 - Oklahoma population in 2005: 3,433,496
 - Oklahomans with disabilities, age 5 and over, civilian, non-institutionalized: 604,245
 - 19% of civilian, non-institutionalized Oklahomans age 5 and over have disabilities, almost one in five.
 - In 2005, Oklahomans with disabilities were employed at a rate of 38.2% compared to 74.5% in the general work-age population.
 - Of 564,143,594, or over one-fourth, had disabilities.
- October was Disability Employment Awareness Month – Proclamation on back of agenda.
 - During National Disability Employment Awareness Month we pay tribute to the accomplishments of the men and women with disabilities whose work keeps helps keep America’s economy strong, and we underscore our commitment to ensuring equal employment opportunity for all of our citizens.
 - To recognize the contributions of Americans with disabilities and to encourage all citizens to ensure equal opportunity in the workforce, the Congress, by joint resolution approved as amended (36 U.S.C. 121), has designated October of each year as “National Disability Employment Awareness Month.”
- Next SILC meeting is January 27th; call 888-325-2409 if you want more information.

VI. Announcements

- A. Alliance for Public Transportation (APT) – Marisa New
 - Meeting to discuss transit – what’s available, how can improve, where you go.
 - If interested – meeting on November 15th, 2:00 p.m. at the Oklahoma History Center.
- B. OAN Advisory Council Meeting October 24th – Marisa New
 - Reviewed Action Plan
 - Getting ready to make finalized changes/revisions
 - Can hopefully get out by our next meeting.
 - DHS Aging Services put us into their plan (helping to recruit leaders) for the first time and appointed a representative to attend the meetings – Tricia Ayers.
- C. Health Living and Longevity Group – Dorothy Hammert
 - Gave handout on Regenicare
 - Having a luncheon – call Dorothy Hammert for more details 405-842-6154
- D. Summit on the High Cost of Health Insurance: Part II – Betsy Replogle
 - Had part one last spring with Kim Holland, the Insurance Commissioner.
 - Part two will be held on November 9th, 8:30-4:30 p.m.
 - The location is: Francis Tuttle Career Technology Center, 12777 N. Rockwell Ave Oklahoma City, OK, 73142
 - To register for the Summit please visit <http://www.oid.state.ok.us> or contact Jennie Kleese at 405.522.1769, jenniekleese@insurance.state.ok.us
 - \$20 Registration includes Summit information folder, working lunch materials and meal choice.
 - **Marisa will send information to Dorothy Hammert.**
- E. Health Oklahoma Magazine Article – Marisa New
 - Arthritis featured in magazine.
 - A.F. programs highlighted mentioned.
 - Editor is Marsha Mueller.
 - Magazine is free.
- F. AARP Magazine – Marisa New
 - Article on Arthritis Programs, Knee Replacements.
 - If you want a copy contact Marisa New at (405) 271-98444 ext. 56410 or marisan@health.ok.gov

VII. **Next OAN Meeting will be Thursday, January 11th, 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.

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