



Oklahoma Arthritis Network (OAN)

Wednesday, November 3, 2004

MINUTES

Attendees:

Debora Adams, OSDH Arthritis Prevention and Education Program
Elizabeth Alexander, PWA
Sharyn Armstrong, OUHSC, College Of Public Health
John Belzer, University of Oklahoma Health Science Center, College of Geriatric Medicine
Terri Beard, Oklahoma Health Care Authority (OHCA)
Nancy Chu, RN, OU College of Nursing
Diana Dameron, LeFlore County H.D. (VC), Poteau
Shelley Frick, Home Instead
William Ginn, Office of Handicap Concerns
Norma Goff, RN, OAN Chair, DHS-Aging Services Division,
Jolena Graves, DHS Harper County (VC), Woodward
Allan Harder, Executive Director – OKC Area Inter-Tribal Health Board, Okla. City Area
Sally Henderson, Tulsa Area Agency on Aging (VC)
Nicholas Hickman, Health Educator, Logan County Health Dept.
Peggy Humphreys, OHCA
Debra Jefferson, OHCA
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter- Tulsa (VC)
Diana LaRocque, Lawton Indian Hospital, Comanche County Health Department (VC)
Shona Lennon, Arthritis Foundation, OK Chapter
Carl Lewis, ASHC Participant, Comanche Tribe, Comanche CHD (VC)
Fran Manning, P.A.C.E. Leader, Jeltz Senior Center
Shelly McNeil
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
Kathy Payne, OSDH, Health Promotion Director
Sandra Ragsdale, OHCA
Betsy Replogle, OAN Vice Chair / Advocacy Co-Chair
Jaylene Sain, The Fountains at Canterbury
Hal Scofield, MD, OUHSC/Oklahoma Medical Research Foundation
Greta Stewart, Oklahoma Primary Care Association
Mary Diane Steltenkamp, Catholic Charities
Sara Strecker, Tulsa Area Agency on Aging, (VC) Tulsa
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE
Mary Lou Washburn, PWA
Barbara Welsh, Veterans Administration
Carla Wilhite, Oklahoma AbleTech, OK AgrAbility Project
Pam Williams, OU College of Nursing, Graduate Student
Carmelita Wincoop, ASHC Participant, Comanche CHD (VC)

VC = Video conferencing

PWA = Person with arthritis

I. WELCOME – Norma Goff, OAN Chair

New OAN Members: Elizabeth Alexander, Allan Harder, Sally Henderson, Peggy Humphreys, Debra Jefferson, Fran Manning, Kathy Payne, Sandra Ragsdale, Hal Scofield, Mary Diane Steltenkamp, Sally Stricker, Mary Lou Washburn, Barbara Welsh and Pam Williams

II. SEPTEMBER MINUTES APPROVED-No Corrections

III. Oklahoma Arthritis Network Projects/Committee Updates

- a) Advocacy Committee, Betsy Replogle- Nothing new to report
- b) **Promotion: Media Summary: “Physical Activity: The Arthritis Pain Reliever” – Marisa New**

The media campaign was very successful. Brochures and posters are still available if you are interested in placing them in your organization, contact Marisa (405) 271-9444, ext. 56410. The theme is "Don't Sit Still For Arthritis," or Physical Activity: The Arthritis Pain Reliever." We would like your continued help getting this message out. Employers are being contacted to see if they will place them in their break rooms

There are also a lot of thank you(s) that need to go out. These will be extended at the January meeting. At that time, I will have something to hand out, so that we acknowledge not only those people who have been very helpful in getting our information out to the communities in the OKC metropolitan area, but also elsewhere in the state.

IV. Community Education: Leader Training Workshops Scheduled for PACE and Arthritis Self Help Course

a) ASHC (Arthritis Self-Help Course) Leader Training Workshop Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter

Two ASHC (Arthritis Self Help Course) Leader classes are scheduled for the early part of 2005. One is the first week of February in Tulsa, and the other one will be during the third week of April in Wilburton or Enid. The location will be confirmed at a later date.

22 ASHC leaders have been trained during the last 2-3 ASHC leader classes. The plan is to double that number for 2005. We are identifying potential locations for our next training sessions to target underserved areas where we have the most need, interest and opportunity to train people. ASHC helps people with arthritis learn to live better with their disease or their condition. "

The leader-training workshop is a two-and-a-half day workshop. It's a commitment on the leader trainee's part, but it is a wonderful service to help people have a better quality of life. If you are interested in being an ASHC leader, please contact Stephanie, Shona or Marisa. Stephanie's toll free number in Tulsa is: 1-800-400-4526, or Shona Lennon at (800) 627-5486, or Marisa (405) 271-9444 x56410.

The community course is offered over a six-week period with two ASHC trained leaders' program written by Stanford University. It's licensed and copyrighted to the Arthritis Foundation.

b) PACE (People With Arthritis Can Exercise) – Shona Lennon AF OK Chapter

There will be a PACE leader training in OKC starting on Thursday, January 27, 2005. Fran and Debora are both recent graduates from a PACE class that was held in October, and plan to start classes in the near future. 11 new leaders at 9 different locations--OKC, South OKC, Norman, and Perkins will be offering PACE in their communities soon. There will be more training throughout 2005. PACE and ASHC leaders are needed state wide. Check the OAN calendar for upcoming training workshop location and dates.

People with Arthritis Can Exercise (PACE) is a land-based exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina. It is applicable for anyone who has a rheumatic disease. If anyone is interested in learning how to offer it in their communities, through their business, church or work contact Shona or Marisa for more information.

V. PRESENTATION- Hal Scofield, MD, Rheumatologist, Oklahoma Medical Foundation

Highlights:

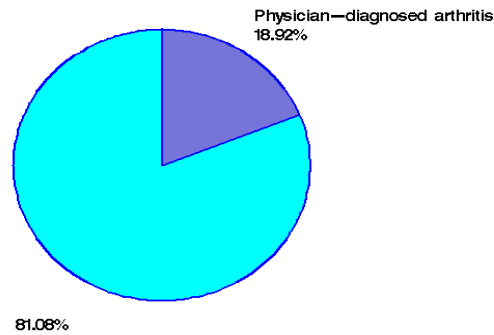
- Rheumatoid Arthritis not found in the Old World prior to 1492
 - First reported in the old World about 1800
 - Disease identical to rheumatoid arthritis, or RA itself found
 - In North American Indians, 10,000 to 6,000 years ago.
 - Spread to Ohio River Valley around 1,000 years ago
 - European Contact 1750
- **Rheumatoid Arthritis Conclusion**
 - Explanations
 - Not Genetically linked
 - No link to Environmental Allergen
 - Possible link to Infectious Agent

VI. ARTHRITIS DATA REPORT- “The Painful Truth” Dave Thompson Part II

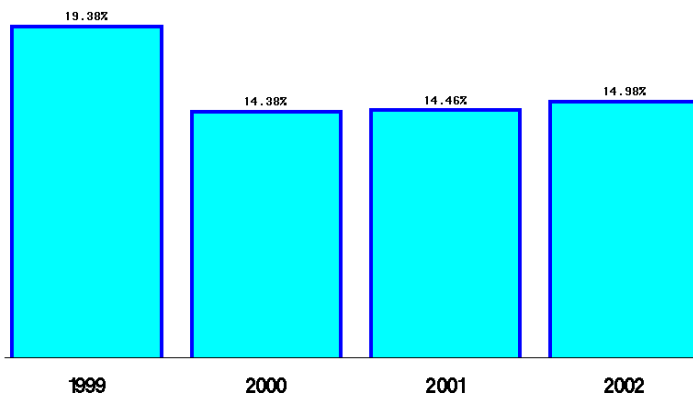
Indian Health Service (IHS) Ambulatory Care Clinic (outpatient services)

Highlights

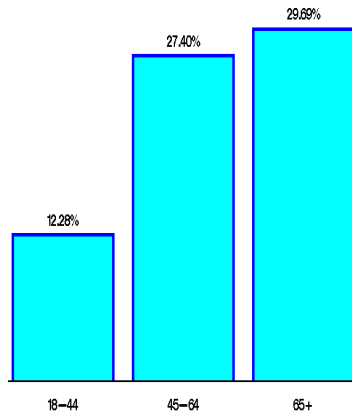
**Percent of Adult Outpatient Clinic Clients
with Physician-Diagnosed Arthritis
in Oklahoma (IHS, FY2003)**



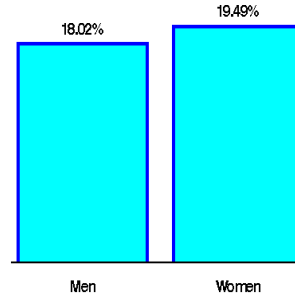
**Percent of Adult IHS Outpatient Visits
where Arthritis is Primary or Secondary Diagnosis
in Oklahoma (IHS Outpatient Data, FY 1999–2002)**



Percent of Adult Outpatient Clinic Clients
with Physician-Diagnosed Arthritis, by Age Group, in Oklahoma (IHS, FY2003)



Percent of Adult Outpatient Clinic Clients
with Physician-Diagnosed Arthritis, by Sex, in Oklahoma (IHS, FY2003)



VII. Announcements

Carla announced that AgrAbility has new arthritis resources bookmarks for the public targeting farmers. They will be available at the next meeting.

VIII. Next Meeting will be January 6, 2005 at 2:00 p.m. in Room 314

[“The Painful Truth” Data Report, and 2004 OAN CALENDAR OF EVENTS distributed.]

The Latest Information!!!

For up-to-date arthritis health information, please subscribe to the Oklahoma Arthritis Network listserv: <http://groups.yahoo.com/group/okarthritisnetwork/join>