



## Oklahoma Arthritis Network (OAN)

Thursday, November 6, 2003

### *MINUTES*

#### **Attendees:**

Betty Arduine – Patient Advocate  
Deborah Austin – Oklahoma Health Care Authority  
Kathy Barkocy – Lighthouse Sports, Fitness and Health  
Russ Calhoun – OSU-OKC  
Norma Goff, RN – Chair, OAN, Dept. of Human Services  
Marcus Hayes – Oklahoma Lupus Association  
Jackie Hicks, RN – Oklahoma City County Health Department  
Nicholas Hickman – Logan County Health Department  
Birdie Johnson – Central Oklahoma Integrated Network System (COINS)  
Helen Jones – Wellness Coordinator  
Diana LaRocque – Indian Health Service, Lawton  
Shona Lennon- Arthritis Foundation, Oklahoma Chapter  
Bettie Lewis – Holy Temple Baptist Church  
Amber Moseng – YMCA, Northside Location  
Walt Myrick – Saints Santa Fe Club  
Marisa New, OTR, MPH - OSDH Arthritis Prevention and Education Program  
Jennifer Nunn – Lincoln County Health Department  
Patty Porter – Mercy Senior Health  
Kristy Potter – OKC Parks and Recreation  
Doug Paulen – Woodson Park Senior Activity Center  
Betsy Replogle – Vice Chair, OAN  
Leigh Ann Shombul – YMCA, Northside Location  
April St. Cyr – Tan and Tone America  
Kathy Tillman – Excel Home Health & Hospice  
Sherril York – Oklahoma ABLE Tech

#### **I. WELCOME – Norma Goff, OAN Chair**

New OAN Members present: Kristy Potter, Leigh Ann Shombul, April St. Cyr, Helen Jones, Amber Moseng, Walt Myrick, Nicholas Hickman and Doug Paulsen

#### **II. OCTOBER MINUTES REVIEWED**

Marisa informed everyone that the October Minutes that were sent by postal mail were complete, however, minutes sent by e-mail was incomplete. What has been distributed today should be reviewed and approved.

#### **III. PROJECTS/COMMITTEE UPDATES**

***Physical Activity Day for People with Arthritis*** – Jackie Hicks, RN

November 15, 2004 at OSU-OKC, 8:30a – 12:30p, there will be a physical activity event. This event will focus on how physical activity can be used as an arthritis pain reliever. A video will be shown which will highlight testimonials from people of varying ages, and with different forms of arthritis who have found physical activity to be beneficial for them. Interactive sessions: yoga, Zendo-Ryu, Tai-Chi and the Arthritis Foundation will provide an overview of the PACE (People with Arthritis Can Exercise) and Aquatics (evidence-based) programs. Karen Ross, MD will also be featured and will discuss why physical activity is important to those who have arthritis. Marisa stated that we hope that this event and its special topic will be welcomed in communities statewide. For example, if Jackson County would like to host an event similar to the one in OKC, it would be called, “Jackson County Doesn’t Sit Still for Arthritis.” The Physical Activity: The Arthritis Pain Reliever Series has been introduced to some Turning Point communities statewide. We wish to remain consistent with specific parts of the presentation so to provide science-based information.

*Special Thanks* to our OAN Partners who donated items for the event – Mercy Health Center, Arthritis Foundation, YMCA of Greater Oklahoma City, Oklahoma City County Health Department - Senior Services, Saints Santa Fe Fitness and Racquet Club, Tan and Tone America, Lighthouse Sports, Fitness and Health and Curves, others are also planning to donate.

**OAN PARTNER PROFILE** – Marisa New

Please complete a partner profile and attach one of your brochures or other information about your services. This profile tells us about your organization and the type of expertise you have which allows us to collaborate even better. If you give us permission, we will forward your information to OASIS, an information and referral center, helping people with all types of disabilities.

**OAN Advocacy: Legislative Update**

– Betsy Replogle, Chair and Paulette Shafer, Asst. Chair

**State Legislature** - Paulette reported that as we conduct ASHCs in different communities, letters are being sent to state legislators representing those areas. It will communicate information describing the ASHC and the collaborative partners who are working together. Letters will be sent before and after the course. Marisa stated that letters have gone out to Sen. Owen Laughlin, Reps. Elmer Maddux and Clay Pope representing the Woodward area.

**Congress** – Betsy states that Senator Nickles is a key member on the joint committee. The committee is working to combine the House and Senate bills concerning Medicare Reform and Prescription Drug Benefits. Now is the time to contact the Senator to express your thoughts.

Betsy reminded everyone to use the Oklahoma Arthritis Network Listserv if you have any information that would benefit us. To subscribe, visit: <http://groups.yahoo.com/group/okarthritisnetwork/join>.

**Community Education – Status and Upcoming ASHCs in Oklahoma** – Shona Lennon

- October 16<sup>th</sup> - ASHC in Woodward, OK. They had a full class with 12 people participating.
- Upcoming ASHCs
  - March 4, 2004 to be hosted by the Arthritis Foundation, Oklahoma Chapter, OKC. ASHC Leaders: Sue Painton and Todd Owens
  - Mary Mahoney Memorial Health Center will be conducting a course in March as well (more details will follow). Leaders: Debbie Haller and Harold DuPoint.
  - Canadian County Health Department is also looking at conducting a course in January but dates aren't confirmed. Leaders: Saundra Main and Vonnie Merritt.
- October 25<sup>th</sup> - PACE Leader Training. Good turnout! Participants came from Ponca City, Ardmore, Enid and Oklahoma City. We will have six more sites for PACE starting in Jan. 2004.

**Oklahoma Lupus Association** – Marcus Hayes

Recently held a successful annual fundraiser. Has also added another member to the OLA Board.

**OSDH – Arthritis Prevention and Education Program** – Marisa New

**Synopsis of visits to Texas County and Jackson County Turning Point Coalitions**

A brief description of the Turning Point Initiative was provided. The Arthritis Prevention and Education Program is visiting Turning Point communities making them aware of the prevalence of arthritis and what public health approaches are available to better manage the disease. Marisa visited Texas County (Guymon) and Jackson County (Altus) twice. On behalf of the OAN, I proposed to offer the Physical Activity: The Arthritis Pain Reliever Series in their areas. We can provide the programming that sends the consistent science-based message statewide message.

**TENTATIVELY PLANNED!!! Feb. 3 – 6, 2004**

**Collaboration with the American Medical Womens Association Arthritis Initiative**

The OSDH Arthritis Prevention and Education Program and the OAN are hoping to partner with the AMWA for a 3<sup>rd</sup> consecutive year. If approved, a speaker (rheumatologist) will come to Oklahoma where she will present to two separate audiences in Poteau, OK – community audience and a health professional audience. She will also be a speaker at the Aging and Disability Grand Rounds sponsored by the OU Dept. of Geriatric Medicine and the Oklahoma Geriatric Center. Our public health message will be integrated into the presentation. Also, we are hoping to have her also present with other collaborative partners such as the Oklahoma Academy of Physicians and the Department of Corrections (health professionals).

### ***Turning Point Statewide Council Annual Conference***

On behalf of the Oklahoma Arthritis Network, Marisa has submitted a resolution titled, "Arthritis Prevention and Education." An amendment to the resolution titled, "Physical Fitness and Nutrition," was also submitted. Copies of these will be distributed at the next meeting.

## **IV. PRESENTATION – Shona Lennon, Arthritis Foundation, Oklahoma Chapter**

People with Arthritis Can Exercise (PACE) - Interactive Demonstration

### ***Highlights:***

#### Benefits of Exercise

- Relieves stress
- Increases fun
- Increases energy
- Increase heart function
- Increases strength, mobility, flexibility and balance
- Improved sleeping

The Arthritis Foundation charges \$75.00 to be trained as a PACE leader?

There are many underserved areas across the state so that there will be more PACE courses offered. OSDH and the Arthritis Foundation are planning to collaborate to offer training classes where the fee would be waived. If you want to participate in a PACE community class, it is up to the host organization if there is a fee or not. *Shona is available to come to your facility to talk more about PACE. Just call, (405) 936-3366.*

## **V. ANNOUNCEMENTS**

**November 11<sup>th</sup>** - Central Oklahoma Turning Point will be meeting at Oklahoma City Community College

**November 15<sup>th</sup>**, – "Oklahoma City Doesn't Sit Still for Arthritis" Thanks to Russ Calhoun, OSU-OKC who has allowed us to use their facility on that date.

**November 18** at 12:00 p.m., Lighthouse Sports, Fitness and Health  
"Shoulders, do they have to hurt?" – Tammy Brinlee, P.T. Call (405) 751-3344

**January 30<sup>th</sup>** - OSU-OKC Circle of Friends is planning a program, "Senior Saavy Seminar Resource Seminar," 8a – 12p, where six different topics for seniors will be offered addressing concerns brought up at the last Senior Summit sponsored by Comm. Jim Roth's office.

**May 1, 2004** - Hennessey, OK A health fair is being planned in the Hispanic community. If you are interested in participating contact Jennifer Nunn at (405) 258-2640, please tell her you are an OAN partner. The OAN is proposing that one of our physician partners, fluent in Spanish, will do a presentation.

### ***THANK YOU!***

Norma Goff and Bill Wells thank you for volunteering your voices to produce two PSAs announcing our "OKC Doesn't Sit Still for Arthritis" event. Jim Killackey thanks for the announcement in "The Oklahoman." Karen Ross, M.D. thanks for talking about the event on KRXO, KOMA and the Mary Mahoney Memorial Health Center radio show announcing the upcoming event.