



Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

January

- Jan 8 **Oklahoma Arthritis Network Meeting
(Videoconference Capabilities)**
Oklahoma State Department of Health
1000 NE 10th Street, OKC
Topic: ***“Using Medications Safely”***
Featured Speaker: Mark Stratton, PharmD
College of Pharmacy, University of Oklahoma Health
Sciences Center
- Jan 9 ***“Physical Activity: The Key to Successful Aging”***
Speaker: Karen Ross, MD, OU College of Medicine.
For more information call: (405) 271-6302
St. Gregory’s, Shawnee, OK
- Jan 15 ***“The Importance of Physical Activity”***
Speaker: Karen Ross, MD, OU College of Medicine
(405) 794-1847
Lupus Support Group, Oklahoma City
- Jan 22
(10:00 a.m.) ***“Physical Activity: The Key to Successful Aging”***
Karen Ross, MD – OU College of Medicine
For more details, contact Marcia Brown at
oklaoasis@yahoo.com
OASIS*, Oklahoma City
- *Please don’t confuse this OASIS with the Oklahoma Areawide
Service **Information System (OASIS)**
- Jan 30
(8:30a – 12p) Savvy Senior Seminar **Resource Fair**
Circle of Life
Contact OSU-OKC to register 405/945-3373
- “Praise the Lord” Television Show, LIVE***
Host: Pastor, George Young
Guest: Norma Goff, OAN Chair
TBN – Channel 23
Other dates show will air – Jan. 31, 2 a.m. and Feb. 3, 2
a.m.

February

- Feb 5
(1:30p) **OAN Steering Committee**
OSDH, Room 314

Questions?

Call (405) 271-9444, ext. 56410 or contact by e-mail: marisan@health.state.ok.us



Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

- Feb 19
(7:00p) Lupus Support Group
Hillcrest Christian Church, OKC
“Lupus and Occupational Therapy”
Speaker: Cyndy Robinson, OTR, MS
Assistant Professor, University of Oklahoma Health
Sciences Center, College of Allied Health, Department of
Rehabilitation Science
Call 405/794-1847 for more details.
- Feb 19 Mended Hearts Support Group
Pacer Fitness Center
Topic: **“Using Medications Safely”**
- arthritis medications highlighted-
Featured Speaker: Mark Stratton, PharmD
College of Pharmacy, University of Oklahoma Health
Sciences Center
- Feb 24 **“Arthritis: What YOU Can Do”**
Marisa New, MPH, OTR
Baptist Medical Center – Auditorium
3300 NW Expressway, OKC
Call 405/949-4006 to register.
- Feb 24 **“Native Living” Live National Radio Show**
Topic: **“Focus on Arthritis”**
Host: David DeRose, MD, MPH and Tim Arnott, MD
Featured Gsts: Teresa Brady, PhD, Marisa New, MPH
Special Gsts:
Diana LaRocque, RN, Lawton Indian Hospital
Jennifer Nunn, Lincoln County Health Dept, Chandler, OK
- March
- Mar 1-3 **CDC/AF Arthritis Annual Meeting**
Atlanta, GA
- Mar 4 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health
1000 NE 10th Street, OKC
“AgrAbility” Speaker: Carla Wilhite OTR/L
AgrAbility Program Specialist
(405) 271-9444, ext. 56410.
-One CEU PT Approved, One CEU OT Pending Approval-

Questions?

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

- Mar 4 **AF Arthritis Self Help Course.**
Arthritis Foundation Oklahoma Chapter office
3232 W. Britton Road, Suite 200
Oklahoma City
Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
www.arthritis.org ON-LINE Registration
- Mar 4 **AF Arthritis Self Help Course.**
Canadian County Health Dept.
100 South Rock Island
EI Reno, OK
Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
- Mar 9 **AF Arthritis Self Help Course, Tulsa, OK**
Must Pre-Register. Contact Stephanie LaFevers
Arthritis Foundation, Eastern Chapter
1-800-400-4526
- Mar 13 **“Arthritis”**
Speaker: Norma Goff, RN
Elder Day - Cathedral of Praise World Outreach Center
Oklahoma City
- Mar 20 **“Lincoln County Doesn’t Sit Still for Arthritis”**
Chandler, Oklahoma
Contact Jennifer Nunn for details (405) 258-2640
- Mar 25 **AF Arthritis Self Help Course.**
OSU Extension Office, **Guymon, OK**
Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
- Cancelled
Rescheduled for Fall
- Mar 25-26 Oklahoma Minority Aging Conference, OKC
“Arthritis: A New Response to an Age-Old Problem”
Marisa New, OTR, MPH
OSDH Arthritis Prevention and Education Program
- Mar 30 **“Using Medications Safely”**
Arthritis medications will be highlighted
Speaker: Mark Stratton, PharmD
OUHSC College of Pharmacy
The Fountains at Canterbury, OKC
Call 405/751-3600 for details

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

April

- April 1-2 Oklahoma Public Health Association Conference, Tulsa
Arthritis Poster Presentations
Scientific: "Evaluation of Arthritis Self Help Courses in Oklahoma"
Community: "Arthritis"
- Apr 6
(1:30p) **OAN Steering Committee**
OSDH, Room 314
- Apr 15 **"The Impact of Arthritis"**
AFL-CIO Pipefitters Union
Oklahoma City
- Apr 17 **Arthritis Foundation Aquatics Leader Training**
HealthSouth, Oklahoma City
Must pre-register
Contact: Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
- Apr 17 **"Arthritis" Panel Presentation**
Speaker: Marisa New, OTR, MPH
ElderCare Day – Kickapoo Tribal Health Center, McCloud
- Apr 20
12N - 3 p.m **"Implementing Self-Management Education:
Successes & Challenges in Arthritis"** [Satellite
Conference]
Oklahoma State Department of Health, Rm 328. Other
host locations: Wagoner County Health Department,
Wagoner, (918) 485-3022 and Lincoln County Health
Department, Chandler, (405) 258-2640.
- Apr 24 **"Kingfisher County Doesn't Sit Still for Arthritis"**
Kingfisher, Oklahoma
Contact Jennifer Nunn for details (405) 375-3008
- Apr 26 **AF Arthritis Self Help Course.**
Mary Mahoney Memorial Health Center, Spencer, OK
Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366
slennon@arthritis.org
www.arthritis.org ON-LINE Registration

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

Apr 26-28

Leader Training Workshop – AF Arthritis Self Help Course
Arthritis Foundation, Oklahoma Chapter, Oklahoma City
Call 1-800-627-5486 for more details.

Arthritis Self Help Course is a six-week course (two hours/week) designed to complement the professional services provided by the health-care system and provide an opportunity for mutual peer support. ASHC has been shown to be effective in long-term pain relief with results indicating a reduction in pain of 20% and a 40% reduction in physician visits.

May

National Arthritis Month

May 5

Oklahoma State Conference on Aging, Senior Day
“People with Arthritis Can Exercise”
Shona Lennon, Arthritis Foundation
Call 405/522-4510 for more details.

May 5th - Senior Day (**Free** to Seniors)
Arthritis Public Health Exhibit – Free Materials

May 6

Oklahoma Arthritis Network Meeting
(Videoconference Capabilities)
“Arthritis: What it is! What you can do!”
Speaker: Larry Willis, MD – Rheumatologist
(specializes in rheumatic diseases)
Oklahoma State Department of Health
1000 NE 10th Street, OKC
Call 405/271-9444, ext. 56520 for details.

May 7

2004 SAFE KIDS Summit, Oklahoma City
7th Childhood Injury Prevention Leadership Conference
“Sports Safety and Injury Prevention”
Mark A. Anderson, PhD,PT,ATC
University of Oklahoma Health Sciences Center

Brief Description: Children’s participation in sports and recreational activities has many positive benefits. However, sports-related injuries cannot only end a season, but can have life-long effects, **such as the development of osteoarthritis**. This presentation will discuss ways in which adults involved in children’s sports can identify serious injuries, manage minor injuries, and, with appropriate planning, prevent unnecessary injuries. [Arthritis handouts] will be provided.

Questions?

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

- May 8 Greater Enid Area **Arthritis Walk and Health Fair**
Government Springs Park, Enid
Call 405-936-3366 or 1800-627-5486 or log onto
www.arthritis.org for more information.
- May 15 ***“Self-Management Education: Managing Arthritis Pain”***
Todd Owen, PT, OU Medical Center
OU Physicians, **“Rockin’ the Joint” Arthritis and Exercise**
Center for Healthy Living, Oklahoma City
- May 15 Deaconess Hospital's **Arthritis Walk and Health Fair**
Stars and Stripes Park, OKC Call 405-936-3366 or
1-800-627-5486 or log onto www.arthritis.org for more
information. If you want to join the Oklahoma State
Department of Health team, call 405/271-1337.
- May 19 OSDH, National Employee Health and Fitness Day
“Arthritis: What Can Help!”
Marisa New, OTR, MPH
OSDH Arthritis Prevention and Education Program
- May 20 Chickasaw Nation, Ada
“Aging Well. Being Well. “ Indian Elders Conference
“Arthritis: A New Response to an Age-Old Problem”
Marisa New, OTR, MPH
OSDH Arthritis Prevention and Education Program
- May 20
(7:00p) Lupus Support Group
Hillcrest Christian Church, OKC
“Arthritis: Its Impact on Oklahoma”
Speaker: Marisa New, OTR, MPH
OSDH Arthritis Prevention and Education Program
Call 405/794-1847 for more details.
- May 21 Cherokee Nation, Tahlequah
Health Fair, **Arthritis Exhibit**
(918) 456-0671, ext. 2900 for more information.
- May 22 Greater Ardmore Area **Arthritis Walk**--Regional Park,
Ardmore
Call 405-936-3366 or 1-800-627-5486 or log onto
www.arthritis.org for more information.
- May 26
(8-12p) National Senior Health & Fitness Day
The Lighthouse, OKC
Call to Register, 751-3344
~Food and refreshment served~

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

May 28
(11-11:30a)

“Physical Activity: The Arthritis Pain Reliever”
“Oklahoma People Today Show” – KKNR FM Radio
Host: Dave Rucker
Gsts: Karen Ross, MD and Marisa New, OTR, MPH

June

Jun 1

“Arthritis”
Speaker: Norma Goff, RN
Arthritis Exhibit
Indian Elders Conference, OKC
Biltmore Hotel (I-40 and Meridian)

Jun 3

Oklahoma Arthritis Network Meeting
Oklahoma State Department of Health, OKC

Jun 3

AF Arthritis Self Help Course
Duncan Regional Hospital, Duncan

Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
www.arthritis.org ON-LINE Registration

Jun 3

“Self-Managing Arthritis”
Speaker: Jolena Graves, DHS – Harper County
Celebrating Life: Happy, Healthy Futures, Enid

Jun 5

PACE Leader Training Workshops (one-day, one leader)
If interested in becoming a leader, call the Arthritis
Foundation, Oklahoma Chapter (800) 627-5486

People with Arthritis Can Exercise (PACE) is an 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.

Jun 8
(4 - 5 PM)

ENCORE PRESENTATION www.lifetalk.net from 4 - 5 PM.
“Native Living” Live National Radio Show
Topic: **“Focus on Arthritis”**
Host: David DeRose, MD, MPH and Tim Arnott, MD
Featured Gsts: Teresa Brady, PhD, Marisa New, MPH
Special Gsts:
Diana LaRocque, RN, Lawton Indian Hospital
Jennifer Nunn, Lincoln County Health Dept, Chandler, OK

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

Jun 9 – 11 (Wed-Fri)

ASHC Leader Training Workshops (2.5 days, two leaders per setting required) – Lawton

Arthritis Self Help Course is a six-week course (two hours/week) designed to complement the professional services provided by the health-care system and provide an opportunity for mutual peer support. ASHC has been shown to be effective in long-term pain relief with results indicating a reduction in pain of 20% and a 40% reduction in physician visits.

June 12

PACE Leader Training Workshops (one-day, one leader)
If interested in becoming a leader, call the Arthritis Foundation, Oklahoma Chapter (800) 627-5486

People with Arthritis Can Exercise (PACE) is an 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.

June 19

PACE Leader Training Workshops (one-day, one leader)
If interested in becoming a leader, call the Arthritis Foundation, Oklahoma Chapter (800) 627-5486

People with Arthritis Can Exercise (PACE) is an 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.

Jun 28

Lupus Support Group, Ada
“Arthritis: What You Can Do”
Marisa New, OTR, MPH

July

---No meeting in July---

August

Aug 5

OAN Steering Committee Meeting

Aug 8

National Indian Health Board Conference, OKC
21st Annual Consumer Conference
“Coming Together to Address Arthritis”
Marisa New, MPH, OTR
OSDH Arthritis Prevention and Education Program

Aug 19

Lupus Support Group, OKC
“PACE (People with Arthritis Can Exercise) Overview”
Shona Lennon, AF Oklahoma Chapter

Questions?

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

- Aug 23 KSBI 52-TV
Interview with Brenda Bennett
“Arthritis: The Painful Truth”
Marisa New, MPH, OTR
OSDH Arthritis Prevention and Education Program
- Aug 26 Central Oklahoma Manufacturers Association (COMA)
“Working Through Arthritis: Winning Strategies”
Marisa New, OTR, MPH
OSDH Arthritis Prevention and Education Program
- September
- Sep 2
(2-4 p.m.) **Oklahoma Arthritis Network Meeting**
(Videoconferencing)
Featured Topic/Speaker:
“Diet and Arthritis”
Sandy Richardson, RD, LD
OUHSC, College of Allied Health
- Oklahoma State Department of Health, OKC
1000 NE 10th St, Room 314.
(405) 271-9444, ext. 56410
- Sep 3 Oklahoma Taskforce to Eliminate Health Disparities
State Capitol, Oklahoma City
- Sep 7 **AF Arthritis Self Help Course, Muskogee**
Comprehensive Rehab/Health Solutions
- Must Pre-Register. Contact Stephanie LaFevers
1-800-627-4526, Arthritis Foundation, Eastern OK Chapter*
- Sep 8 **OAN Steering Committee Meeting, 1:30 – 3:30p**
Room 314, Oklahoma State Department of Health
- Sep 9 Perkins Family Clinic, Perkins
“Arthritis: A New Response to an Age-Old Problem”
Marisa New, OTR, MPH
Oklahoma State Department of Health
- Sep 15 **Oklahoma Arthritis Network**
Masters Occupational Therapy Students
OUHSC, College of Allied Health
- Sep 18 Tabernacle Baptist Church, OKC
Health Fair – **Arthritis Exhibit**
1829 NE 36th St.

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

- Sep 18
(11a – 4p) La Fiesta, OKC
Arthritis Information
420 SW 10th
- Sep 18 Concerned Clergy, OKC
“Arthritis: A New Response to an Age-Old Problem”
St. John Missionary Baptist Church
Marisa New, OTR, MPH
Oklahoma State Department of Health
- Sep 21 19th Annual Oklahoma Area Association Community
Health Representatives Conference, Cherokee Hills
Resort, Tahlequah
"Managing Arthritis: Small Changes, Big Differences"
Stephanie LaFevers, Arthritis Foundation, Eastern Chapter
- Sep 29 **Arthritis Public Education Program**, Bartlesville
Tri-County Technology Center
Stephanie LaFevers, Arthritis Foundation
Eastern OK Chapter

October

- Oct 2 **PACE Leader Training Workshops** (one-day, one leader)
If interested in becoming a leader, call Shona Lennon
(800) 627-5486 or (405) 936-3366

People with Arthritis Can Exercise (PACE) is an 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.

- Oct 4 KSBI 52-TV Interview
Arthritis – Nov. 3rd OAN Meeting Promotion
Marisa New, OTR, MPH
- Oct 4 **AF Arthritis Self Help Course**, Spencer
Mary Mahoney Memorial Health Center
- Must Pre-Register.* Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
www.arthritis.org ON-LINE Registration

Questions?

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- Oct 4 Child Health Day, Yukon
Arthritis Presentation
Nancy Shepherd, RPT
Schools for Health Lifestyles
Shedeck Elementary School, Yukon
- Oct 7 **OAN Steering Committee Meeting** 1:30 – 3:30p
Room 314, Oklahoma State Department of Health
- Oct 7 (6:30 p.m.) **“Arthritis throughout the Life Span”** Medford, OK
Ana Quintero, MD, Rheumatologist
Oklahoma Medical Research Foundation
“Arthritis, The Painful Truth”
Marisa New, OTR, MPH
Oklahoma State Department of Health

For more information, call the Grant County Health Department at (580) 395-2906
- Oct 7 Mid American Business and Industry Council, Purcell
“Working Through Arthritis: Winning Strategies”
Bill Wells, Oklahoma Employment Lawyers Association
- Oct 8 (8a – 12:30p) Savvy Senior Seminar
Chair Exercise – PACE (People with Arthritis Can Exercise)
Interactive Demonstration
900 N. Portland
Free Admission, Pre-Register (405) 945-3373
- Oct 12 **AF Arthritis Self Help Course**, Lawton
Comanche Complex
584 NW Bingo Road
Must Pre-Register. Contact Shona Lennon
Arthritis Foundation, Oklahoma Chapter
1-800-627-5486, 405-936-3366 or slennon@arthritis.org
www.arthritis.org ON-LINE Registration
- Oct 14 (11:30a) Fieldwork Presentation: **Pilot Study of an Arthritis Needs Assessment in the Hispanic Community**
Ana Quintero, MD – Rheumatologist
University of Oklahoma Health Sciences Center,
College of Public Health, Room 307.
- Oct 15 Health Fair: Oklahoma County Employees
OAN Arthritis Exhibit
- Oct 19 Oklahoma Residential Care Administrators

Questions?

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Oklahoma Arthritis Network (OAN) 2004 Calendar of Events

Oklahoma City Metropolitan Library
“Arthritis: The Painful Truth”
Marisa New, OTR, MPH
Oklahoma State Department of Health

Indian Health Board Meeting, Wewoka
Wewoka Indian Health Center
“Arthritis: The Painful Truth”
Marisa New, OTR, MPH
Oklahoma State Department of Health

Oct 20 **OAN Advisory Council Meeting, OKC**

Oct 22 –23 Senior Expo, OKC
45 and Better
Arthritis Exhibit
OKC State Fairgrounds

Oct 25 Claremore Service Unit
Indian Health Board

Oct 27 Department of Nutritional Sciences
College of Allied Health
“Arthritis and the Community”

November

Nov 2 CDD Arthritis Steering Committee Meeting

(Wed) Nov 3 **Oklahoma Arthritis Network Meeting**
2-4 p.m. **(Videoconferencing Available – Tulsa County Health Department, Comanche County Health Department, and LeFlore County Health Department)**
Featured Topic/Speaker:
Hal Scofield, MD, Rheumatologist
“Probable Origin of Rheumatoid Arthritis in USA”
Oklahoma State Department of Health, OKC
(405) 271-9444, ext. 56410

Nov 3 Southern Oklahoma Business and Industry Council, Ardmore
“Working Through Arthritis: Winning Strategies”
Bill Wells, Oklahoma Employment Lawyers Association

Nov 9-11 **Arthritis Self Help Course Leader Training Workshop, Tulsa**
Please call 1-800-400-4526 for more information.

Arthritis Self Help Course is a six-week course (two hours/week) designed to complement the professional services provided by the health-care system and provide an opportunity for mutual peer support. ASHC has been shown to be effective in long-term pain relief with results indicating a reduction in pain of 20% and a 40% reduction in physician visits.

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- Nov 16 OKLAHOMA INNOVATIONS RADIO SHOW
www.ocast.state.ok.us
“Arthritis: Past to Present”
Hal Scofield, MD, Rheumatologist
Oklahoma Medical Research Foundation
- Nov 18 Pawnee Service Unit
Indian Health Board
- Nov 23 “Native Living” Radio Show, www.lifetalk.net
David DeRose, MD, MPH – Moderator
Topic: **“Arthritis: Past to Present”**
Gsts: Hal Scofield, MD, Rheumatologist
Oklahoma Medical Research Foundation
- December
- Dec 2 **OAN Steering Committee Meeting**, 1:30 – 3:30p
Room 314, Oklahoma State Department of Health
- Dec 6 **CDD Arthritis Council Meeting**

Questions?

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