



Oklahoma Arthritis Network (OAN) 2005 Calendar of Events

January

- Jan 6 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health, OKC
- Highlighted Speaker/Topic: Mark Stratton, PharmD
OU College of Pharmacy
"The Latest Drug Therapy Dilemmas in Arthritis and Other Rheumatic Diseases"
- Jan 11 Oklahoma City Area Inter-Tribal Health Board
"The Painful Truth About Arthritis"
- Jan 13 Redlands Community College, El Reno
(6:30p) **"Canadian County Doesn't Sit Still for Arthritis"**
- Jan 17 **Arthritis Self Help Course (ASHC)**, Midwest City
Midwest City Regional Hospital
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
- Jan 27 **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.

February

- Feb 2-4 **Arthritis Self Help Course** **Training Workshop**
Saint Francis Health Center, 1000 N. St., Tulsa
Please call 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.
- Feb 17 **OAN Steering Committee Meeting**

Questions?

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



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Cancelled

Feb 23 **PACE Leader Training Workshop** (Leader)
If interested in becoming a leader, call Shona Lennon
(800) 627-5486 or (405) 936-3366

Feb 28 CDC Chronic Disease Conference
CDD Arthritis Council Mtg, Mar 1
Atlanta, GA

March

March 7 **Arthritis Self Help Course (ASHC)**, Oklahoma City
Arthritis Foundation, W. Britton Rd
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 9-10 Oklahoma Public Health Association, Oklahoma City
Arthritis Resolution

Mar 16 **PACE Leader Training Workshop, McAlester**
If interested in becoming a leader, call Shona Lennon
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Mar 23-25 **20th Annual Minority Aging Conference, Tulsa**
For more information, please call Mary Beth Williams at
(580) 237-2236 or (800) 749-1149.

Mar 28 **Chickasaw Nation Senior Nutrition Sites, Ada**
Arthritis Presentation

Mar 29-31 **Arthritis Self Help Course Leader Training Workshop**
Saint Francis Health Zone, 5353 E. 68th St., Tulsa
Please call the Arthritis Foundation, 1-800-400-4526 for
more information

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April

Apr 1
(10:00a) **Oklahoma Task Force to Eliminate Health Disparities**
State Capitol Bldg, Rm 419-C
For more information, call Connie Johnson, 405/521-5776
or Marcia Goff, 521-3201

Apr 2
(9a – 2p) “The Big Event” Community Health Fair
Arthritis Information
Sponsored by the OU Health Sciences Center
NW Classen High School, Oklahoma City
For more details, call (405) 720-3149

Apr 5
Chronic Disease Directors
Arthritis Council Meeting

Apr 7
Oklahoma Arthritis Network Meeting
Oklahoma State Department of Health, OKC
(Videoconferencing Available)

Highlighted Speaker/Topic: Norma Goff, RN, MS
“How to Make a Difference in the Community”
Panelists: Betsy Replogle, Mandy McNeely and Lin
Kisslinger.

Apr 9
LCDA Health Fair

Apr 3-10
National Public Health Week
Oklahoma Wellness Week
A Strong and Healthy Oklahoma



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- Apr 20-22 **(Wilburton, OK) Arthritis Self Help Course Leader Training**
Please call the Arthritis Foundation
1-800-400-4526 for more information.
- Apr 21-22 **CDC Arthritis Grantees Annual Meeting**
Atlanta, GA

MAY is ARTHRITIS MONTH!!!

- May 5 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health, OKC
(Videoconferencing Available)
- May 11 **“Women and Arthritis”** Satellite Broadcast
Oklahoma State Department of Health, Room 328
To register call (405) 271-9444, ext. 56520
- May 16-17 **CDC Arthritis Site Visit, OKC**
- May 18 College of Public Health Grand Rounds, OKC
“Physical Activity for Chronic Disease Management”
Karen Ross, MD and Assistant Professor
Donald W. Reynolds Department of Geriatric Medicine
Contact (405) 271-2700 for more details.
- May 19 **“Northwest Oklahoma Doesn’t Sit Still for Arthritis”, Alva**
Northwest Area Career Vo-Tech
8:30 a.m.- 12:30 p.m.
- May 26
(11:30a) OU College of Public Health Alumni Association, OKC
**"The Latest Drug Therapy Dilemmas in Arthritis and
Other Rheumatic Diseases"** Mark Stratton, PharmD
OU College of Pharmacy
Contact (405) 271-2700 for more details.

June

- Jun 2 **OAN Steering Committee Meeting**
- Jun 22 **“Building Cross-Cultural Partnerships”**
CDC Satellite Conference

July


No meetings

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- Jul 14 **OU COPH Department of Health Promotion
Arthritis Presentation**
- Jul 25 **Social Security Administration
Arthritis Presentation**
- August
- Aug 2 **Chronic Disease Directors (CDD) Arthritis Council Meeting**
- Aug 4 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health, OKC
(Videoconferencing Available)
- June
- Jun 2 **OAN Steering Committee Meeting**
- Jun 14
(2-4 p.m.) **Lupus Presentation**
Speaker: Dr McArthur, Rheumatologist
Bone & Joint Education Center, OKC
- July No OAN or Steering Committee Meetings
- Jul 28 **“Arthritis: What YOU Can Do”**
Woodward Senior Center
Bill Heaton and Marisa New
- August
- Aug 4 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health, OKC
(Videoconferencing Available)
- Highlighted Topic:
Arthritis Foundation’s Exercise Program
formerly known as PACE
(People with Arthritis Can Exercise)
- Aug 9 **CME Geriatric/Rheumatology Seminar** 
- Aug 16 **PACE Leader Training Workshop**, Enid
Call Shona Lennon at (405) 936-3366 for more
information.
- Aug 27 Health Fair
Arthritis Information Available
- Aug 28 VIEN-GIAC Health Fair
Arthritis Information Available

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September

- Sep 1 **OAN Steering Committee Meeting.**
- Sep 7-9 **“PACE (People with Arthritis Can Exercise)”**
Shona Lennon, Arthritis Foundation
7th Annual Indian Elders Conference, OKC
Clarion, Meridian Conference Center
For more information call: OSU at Gerontology Institute
405-744-3581
- Sep 17 Cherokee Senior Health Fair, Cherokee
Arthritis Information Available
- Sep 21 Oklahoma State Fair
Senior Day – **Arthritis Booth**
-FREE to seniors over age 55-
For more information visit:
www.oklahomastatefair.com/seniorday.html
- Sep 22 2nd Annual OAN Advisory Council Meeting**

October

- Oct 5 Delta Faucet Health Fair
Arthritis Exhibit
Chickasha, OK
- Oct 5 Blue Cross and Blue Shield
Champions of Health
Cowboy Hall of Fame, 7 p.m.
- Bill Heaton (AF PACE Leader) named “Oklahoma’s Ageless Hero”***
- Oct 6 **Arthritis Foundation Self Help Program, Claremore**
(10a-12p) Call (800) 627-5486 for more information.
- Oct 6 **Oklahoma Arthritis Network Meeting**
Highlighted Speaker: Richard Ingham
Oklahoma Dept. of Human Services
State Legal Services Developer
“Understanding the New Medicare Drug Benefit”
How the program works and what the benefit will and won’t cover

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Oct 14 Oklahoma County Employees Health Fair
Arthritis Information

Oct 15 Health Education Awareness Event
Arthritis Information
Logan County

Oct 15 3rd Annual Fall Bazaar, **Arthritis Information**
Avery Chapel
African Methodist Episcopal Church
1425 N. Kelham, OKC
(405) 424-3331

Oct 29 FBPHWCT (Faith-Based), Java Dave's
Arthritis Presentation

Women of Color Conference Metro Tech
Arthritis Presentation

November

Nov 2 **"The Panhandle Doesn't Sit Still for Arthritis"**
First Christian Church, Disciples Center
802 N. Quinn St., Guymon
Call (800) 211-2116 for more information

Nov 2 ***Buenos Dias, Artritis! No Me Venceras El Dia de Hoy!***
106.7 KTUZ-FM, La Zeta Radio
"La Voz de la Comunidad"
with Armando Rubio, Claudia Barajas
and Yuri Nakasato, MD

Nov 3 **Oklahoma Arthritis Network Meeting**
Oklahoma State Department of Health, OKC
(Videoconferencing Available)

Nov 17 Northeastern University, Miami
Arthritis Presentation

December

Dec 1 **OAN Steering Committee Meeting**

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