



# Oklahoma Arthritis Network (OAN) 2008 Calendar of Events

## January

- Jan 2  
(8:30-9:30a)  
(Ongoing)      **EnhanceFitness Program, Shawnee**  
Shawnee Senior Center Downtown  
Must Pre-Register. Contact Shelly Webb (405) 246-8381
- Jan 2  
(10-11a)  
(Ongoing)      **EnhanceFitness Program, Purcell**  
Chickasaw Nation Senior Center  
Must Pre-Register. Contact Nola Runyan (580) 795-9790
- Jan 2  
(11-12p)  
(Ongoing)      **EnhanceFitness Program, Ada**  
Chickasaw Nation Senior Center  
Must Pre-Register. Contact Nola Runyan (580) 795-9790
- Jan 2  
(11:15-12:15p)  
(Ongoing)      **EnhanceFitness Program, Wilburton**  
Wilburton Senior Nutrition Center  
Must Pre-Register, Contact Trudy Lowe (918) 465-2122
- Jan 2  
(1-2p)  
(Ongoing)      **EnhanceFitness Program, Pauls Valley**  
Chickasaw Nation Senior Center  
Must Pre-Register. Contact Nola Runyan (580) 795-9790
- Jan 2  
(1:15-2:15p)  
(Ongoing)      **EnhanceFitness Program, Tecumseh**  
Tecumseh Senior Center  
Must Pre-Register. Contact Shelly Webb (405) 246-8381
- Jan 2  
(1:30-2:30p)  
(Ongoing)      **EnhanceFitness Program, Shawnee**  
High Rise Living Center  
Must Pre-Register. Contact Donna Mills (405) 246-8381
- Jan 3  
(10-11a)  
(Ongoing)      **EnhanceFitness Program, Shawnee**  
Towers Living Center  
Must Pre-Register. Contact Donna Mills (405) 246-8381
- Jan 3  
(10-11a)  
(Ongoing)      **EnhanceFitness Program, Shawnee**  
Shawnee Community Center  
Must Pre-Register. Contact Shelly Webb (405) 246-8381
- Jan 7  
(11-12p)  
(Ongoing)      **Arthritis Foundation Aquatic Program, Ada**  
Chickasaw Nation Family Life Center  
*Must Pre-Register.* Contact Melinda Ward (580) 310-9661
- Jan 7  
(10-11a)  
(Ongoing)      **Arthritis Foundation Aquatic Program, Ardmore**  
Wilson Community Center  
*Must Pre-Register.* Contact (580) 223-4174
- Jan 7  
(10-11a)  
(Ongoing)      **Arthritis Foundation Exercise Program, Apache**  
Apache Housing Authority  
*Must Register.* Contact Lynn Thomas (580) 588-2905

## **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.ok.gov](mailto:marisan@health.ok.gov)



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- Jan 10  
(11a-12p) **Arthritis Foundation Exercise Program, OKC**  
Village Christian Church  
*Must Pre-Register.* Contact Becky Fenton (405) 755-0546
- Jan 10  
(9:00a) **Chronic Disease Self Management Program Kick Off Event**  
Enid Senior Nutrition Center  
*Must Pre-Register.* Contact Brandi Fossett (580) 237-2236
- Jan 10  
(1:30p) **Chronic Disease Self Management Program Kick Off Event**  
Meadows Living Center, Enid  
*Must Pre-Register.* Contact Brandi Fossett (580) 237-2236
- Jan 15  
(10-11a) **Arthritis Foundation Exercise Program, Enid**  
Oakwood Activity Center  
*Must Pre-Register.* Contact Mike Watts (580) 234-4464
- Jan 29  
"Living With Arthritis", Claremore  
**Arthritis Presentation**  
St. Cecilia's Catholic Church  
Speaker: Renetta Harrison, AF Self Help Program Leader  
Contact Marsha Chisum, (918) 341-6712, for more information
- Jan 30  
**Living Longer, Living Stronger Presentation, OKC**  
Interdisciplinary Geriatric Interest Group – OUHSC Students
- Jan 31  
**Arthritis Radio Interview, NPR**  
"Arthritis Work Limitations"  
Speakers: Sue Painton, AF Exercise and Self Help Program Leader  
Greta Shepherd, Executive Director, OK Primary Care Assoc.  
Robert McArthur, Rheumatologist, McBride Clinic  
Kristina Theis, CDC Arthritis Program  
Visit [www.kosu.org](http://www.kosu.org) & click on "podcasts" to the left side of the page

### February

- Feb. 12 **Chronic Disease Self Management Program Presentation**  
Texas County Turning Point, Guymon  
Brandi Fossett, CDSMP Master Trainer
- Feb 13  
(9-3p) Oklahoma State Dept. of Agriculture Employee Health fair, OKC  
**Arthritis Information Available**  
Contact Gina Blaylock for more information (405) 522-5459
- Feb 19  
(10:30-11:30a) **Arthritis Foundation Exercise Program, Lawton**  
Center for Creative Living  
*Must Pre-Register.* Contact (580) 248-0471
- Feb 20 **Arthritis Foundation Self Help Program, Claremore**  
Rogers County Health Department

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*Must Pre-Register. Contact (918) 341-3166*

Feb 25  
(1-3p)

**Arthritis Foundation Self Help Program, Wagoner**  
RSVP Office  
*Must Pre-Register. Contact (918) 485-3022*

Feb 25-27

**Arthritis Foundation Advocacy & Kid's Summit, Washington, D.C.**  
Visit [www.arthritis.org/advocacy](http://www.arthritis.org/advocacy) for more information

Feb 25-27

**Arthritis Foundation Virtual Advocacy Summit**  
Make your voice heard and "visit" your members of Congress from home! More info at: <http://www.arthritis.org/virtual-summit.php>

### March

Mar 4

**Health Equity Campaign Town Hall Meeting, Edmond**  
Unnatural Causes: Is Inequality Making Us Sick?  
University of Central Oklahoma, Constitution Hall  
For more information contact (405) 271-9444, ext. 56535

Mar 6

**Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
Rogers Co. Health Department - (918) 341-3166 Comanche  
Co. Health Department - (580) 248-5890  
Washington Co. Health Department - (918) 335-3005  
Garfield Co. Health Department - (580) 233-0650, ext. 147  
Johnston Co. Health Department - (580) 371-2470  
Tulsa Co. Health Department - (918) 582-9355

Mar 6  
(9-3p)

LCDA Health Fair, OKC  
**Arthritis Information Available**  
Contact Claudia Barajas for more information (405) 420-4930

Mar 8  
(8-5p)

**Arthritis Foundation Exercise Program  
Leader Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon (800) 627-5486

Mar 14  
(8-5p)

**Arthritis Foundation Exercise Program  
Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Kulsum Siddiqui (800) 400-4526

Mar 19

Parents of Community Action Meeting, OKC  
**Nutrition and Arthritis**  
Speaker: Clara Haas, Silver Haired Congress  
For more information contact the Community Action Center

### **Questions?**

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# Oklahoma Arthritis Network (OAN) 2008 Calendar of Events

## April

- Apr 3-9 National Public Health Week**
- Apr 3 **Oklahoma Arthritis Network Meeting**  
Oklahoma State Department of Health, OKC  
Call (405) 271-9444 x56535 for more information.  
Videoconferencing Available;  
Rogers Co. Health Department - (918) 341-3166 Comanche  
Co. Health Department - (580) 248-5890  
Pottawatomie Co. Health Department - (405) 878-4626  
Major Co. Health Department, Fairview - (580) 227-3362  
Marshall County Health Department - (580) 795-3705  
Pontotoc Co. Health Department - (580) 332-2011  
Garfield Co. Health Department (580) 233-0650, ext. 147
- Apr 4 (8-5p) **Arthritis Foundation Aquatic Program  
Leader Training Workshop, Tulsa**  
If interested in becoming a leader, call Kulsum Siddiqui (800) 400-4526
- Apr 11 (1-3p) Turning Point Council Meeting  
**Oklahoma Arthritis Network Report**  
For more information contact (405) 271-6127
- Apr 12 (8-5p) **Arthritis Foundation Aquatic Program  
Leader Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon (800) 627-5486
- Apr 12 (2p) The Oklahoma Home and Community Education Groups, Anadarko (10-  
**Arthritis Information Available**  
Free Family Fun Fair, Baldwin Building, Caddo County Fairgrounds  
Contact Ranel Lasley for more information 405-247-3376
- Apr 15 **Health Equity Campaign Town Hall Meeting Part 2, Edmond**  
Unnatural Causes: Is Inequality Making Us Sick?  
University of Central Oklahoma, Constitution Hall  
For more information contact (405) 271-9444, ext. 56535
- April 18-19 (8:30-3p) Grandparents Raising Grandchildren Conference  
**Arthritis Information Available**  
Mt. Olive Baptist Church, OKC
- April 19 **Arthritis Walk—Enid**  
Join the Team for a Cure  
To register: <http://enidarthritiswalk.kintera.org>  
(405) 936-3366 or (800) 627-5486
- Apr 21-22, 24-26  
21<sup>st</sup> 10:30a **Arthritis Television Presentation**  
"Joy in Our Town" – KTBO TV Channel 14

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## Oklahoma Arthritis Network (OAN)

### 2008 Calendar of Events

22<sup>nd</sup> & 24<sup>th</sup> 2:30a  
25<sup>th</sup> 12:00p  
26<sup>th</sup> 2:30a

“SENIORS-Exercise and Nutrition”  
Featuring: Andrali Jewett, OKDHS Aging Services Division  
Moderator: Rev. George Young

Apr 22  
(6-7p)

**Joint Replacement 101**  
Wagoner Civic Center  
Speaker: Dr. Clint Kirk, DO  
Contact Kulsum Siddiqui for more information 800-400-4526

April 26

**Arthritis Walk – Broken Arrow/Wagoner**  
Join the Team for a Cure  
Contact Joey Ferguson for more information (800) 400-4526

April 26

**Arthritis Walk—Stillwater**  
Join the Team for a Cure  
To register: <http://stillwaterarthritiswalk.kintera.org>  
(405) 936-3366 or (800) 627-5486

## MAY is ARTHRITIS MONTH!!!

May 3  
(9-3p)

We Are Family: A Family Fair, OKC  
“**Live Long, Live Strong**” Programs Producing Healthy Results  
Metro Tech Springlake Campus  
Speakers: Shona Lennon, Arthritis Foundation  
Andrali Jewett, OKDHS Aging Services Division  
Marisa Wells, OSDH Arthritis Prevention and Education Program  
Contact The Capitol Chamber of Commerce for more information  
(405) 427-4444

May 4

**Arthritis Walk – Tulsa**  
Join the Team for a Cure  
Contact Joey Ferguson for more information (800) 400-4526

May 20  
(2-3p)

**Arthritis Foundation Exercise Program, Duncan**  
Duncan Regional Rehab Services  
*Must Pre-Register.* Contact (580) 251-8460

May 21

Employee Benefits Council Quarterly Meeting  
**Arthritis Information Available**  
Agency Wellness Coordinators Only

May 22

2008 OK Conference on Aging – Aging Out Loud, Midwest City  
**Living Longer, Living Stronger**  
Speakers: Brandi Fossett, NODA Area Agency on Aging  
Shelly Webb, EnhanceFitness Master Trainer, Project H.E.A.R.T.  
Contact Cindy Goode for more information (405) 325-1316

May 28

Older Americans Month in Shepherd Mall, OKC  
**Arthritis Information Available**

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## Oklahoma Arthritis Network (OAN) 2008 Calendar of Events

Contact Andrali Jewett for more information (405) 522-5966

May 31

### **Arthritis Walk—Oklahoma City**

Join the Team for a Cure

To register: <http://okcarthritiswalk.kintera.org>

(405) 936-3366 or (800) 627-5486

May 31

### **Arthritis Walk—Norman**

Join the Team for a Cure

To register: <http://normanarthritiswalk.kintera.org>

(405) 936-3366 or (800) 627-5486

## June

June 3

### **Arthritis Foundation Exercise Program, Tishomingo**

Tishomingo Wellness Center

*Must Pre-Register.* Contact (580) 387-2711

Jun 6

5<sup>th</sup> Annual Iowa Tribe Health Fair, Perkins

### **Arthritis Information Available**

Contact Nikki Good for more information (405) 762-2575

Jun 7

(8-5p)

### **Arthritis Foundation Exercise Program**

### **Leader Training Workshop, OKC**

If interested in becoming a leader, call Shona Lennon (800) 627-5486

Jun 13

(9:30p)

### **Living Longer Living Stronger with Chronic Conditions, OKC**

Areawide Aging Agency, South Boardroom

*Must Pre-Register.* Contact Jeton Woody (405) 942-8500, ext. 121

Jun 14

### **Juvenile Arthritis Family Day, Tulsa**

Camp Loughridge

Fun and educational day for children with arthritis and their families

Contact Kulsum Siddiqui for more information (800) 400-4526

Jun 20

(8-5p)

### **Turning Point Strategic Planning Meeting, OKC**

Metro Tech Springlake Campus Conference Center

For more information contact (405) 271-6127

Jun 28

(1-3:30p)

### **Living Longer Living Stronger with Chronic Conditions, OKC**

City Church

*Must Pre-Register.* Contact Jeton Woody (405) 942-8500, ext. 121

Jun 30

(6:30p)

### **Living Longer Living Stronger with Chronic Conditions, OKC**

Victory Missionary Baptists Church

*Must Pre-Register.* Contact Theresa Smith (405) 436-2669

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## Oklahoma Arthritis Network (OAN) 2008 Calendar of Events

### July

- Jul 11-15                    **2008 Camp J.A.M.—“Juvenile Arthritis and Me”**  
Arthritis Foundation, Oklahoma Chapter  
Free to children ages 6-12 with juvenile arthritis  
*Must Pre-Register.* Contact Shona Lennon  
405-936-3366 or 800-627-5486; [www.arthritis.org](http://www.arthritis.org)
- Jul 10                        **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410
- Jul 22                        Tulsa County Free Fair, Tulsa Fairgrounds  
**Arthritis Presentation**  
Contact Charlotte Richert for more information (918) 746-3721
- Jul 26  
(9-2p)                        New Hope Church United Methodist Health Fair, OKC  
**Arthritis Information Available**  
Contact Paul Stillwell for more information (405) 722-5281

### August

- Aug 7                        **Oklahoma Arthritis Network Meeting**  
Shepherd Mall, Activity Room 40B, OKC  
Call (405) 271-9444 x56535 for more information.
- Aug 15  
(1-3p)                        Turning Point Council Meeting  
**Oklahoma Arthritis Network Report**  
For more information contact (405) 271-6127
- Aug 16  
(8-5p)                        **Arthritis Foundation Aquatic Program  
Leader Training Workshop, OKC**  
If interested in becoming a leader, call Shona Lennon (800) 627-5486
- Aug 21                        **Arthritis Foundation Self Help Program, OKC**  
Arthritis Foundation Office  
*Must Pre-Register.* Contact Shona Lennon 405-936-3366
- Aug 23                        **Arthritis Walk—Lawton**  
Join the Team for a Cure  
To register: <http://lawtonarthritiswalk.kintera.org>  
(405) 936-3366 or (800) 627-5486

### September

- Sep 4                        **OAN Steering Committee Meeting**  
Contact (405) 271-9444 x56410

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- Sep 17 Oklahoma State Fair – Senior Day  
**Arthritis Exhibit**  
“EnhanceFitness with Nola Runyan, Master Trainer”
- Sep 23 **Arthritis Foundation Self Help Program**  
Mary Mahoney Memorial Health Center  
*Must Pre-Register.* Contact Shona Lennon 405-936-3366
- Sep 27 **Arthritis Walk—McAlester**  
To register: <http://mcalesterarthritiswalk.kintera.org>  
(405) 936-3366 or (800) 627-5486

### October

- Oct 4 **Arthritis Walk—Ardmore**  
To register: <http://ardmorearthritiswalk.kintera.org>  
(405) 936-3366 or (800) 627-5486
- Oct 17  
(1-3p) Turning Point Council Meeting  
**Oklahoma Arthritis Network Report**  
For more information contact (405) 271-6127
- TBA **OAN Advisory Council Meeting**  
Contact (405) 271-9444, ext. 56535

### November

- Nov 18 **Commitment to a Cure, Tulsa**  
For more information contact (918) 495-3553

### December

- Dec 13 **Jingle Bell Run, Tulsa**  
For more information contact (918) 495-3553

### **Questions?**

Call (405) 271-9444, ext. 56410 or contact by e-mail: [marisan@health.ok.gov](mailto:marisan@health.ok.gov)