

# Wisconsin Arthritis Action Council Meeting

## MINUTES

10/17/2011

12:00PM-3:00PM

MILWAUKEE AHEC-BOARD ROOM

MEETING CALLED BY	Sherri Ohly
TYPE OF MEETING	WAAC Meeting
FACILITATOR	Bill Wright
NOTE TAKER	Jackie Martin
TIMEKEEPER	Jackie Martin
ATTENDEES	Diane Beckley, Maureen Blattner, TeAngelo Cargile, Nancy Chudy, Alison Eschweiler, Brenda Gray, Anne Hvizdak, Vicki Janisck, Suzanne Letellier, Jackie Martin, Sherri Ohly, Harvey Padek, Carol Pociecha-Palm, Richard Straub, Bill Wright  Via telephone: Suzzane Matthews, Mary Jane Mihajlovic, Carol Pinkston, Renae Sieling

### OBJECTIVES:

- Relationship building-Introduce new chair Bill Wright
- Share new media pieces-Stretching DVD and inspirational piece by Arthritis Foundation
- Survey members to inform the WAAC 2012 agenda
- Updates from members on Evidence Based Programs success
- Create a distribution plan for the Arthritis Toolkits and Stretching DVD

### AGENDA TOPICS

- Lunch and getting to know others
- Introduction
- This is your WAAC
- Unveiling of new media/educational pieces
- 5 minute program updates

12:30PM-12:40PM

### INTRODUCTION OF ATTENDEES

ALL ATTENDEES

DISCUSSION
<ul style="list-style-type: none"><li>• All attendees introduced themselves, their organization/employer, and stated reason for attendance at council meeting</li></ul>

12:30PM-12:45PM

### INTRODUCTION

NANCY CHUDY

DISCUSSION
<ul style="list-style-type: none"><li>• Nancy stated that the Wisconsin Arthritis Program has gone through a lot of transitions over the last decade</li><li>• Introduced Sherri Ohly as the new Wisconsin Arthritis Program Coordinator</li><li>• Introduced Bill Wright as the new Wisconsin Arthritis Action Council chair<ul style="list-style-type: none"><li>○ Brings great knowledge base to the position</li><li>○ Works for Brown County Extension for the Community Garden Program</li><li>○ Community Garden Program focuses on finding land and creating gardens for community residents to rent</li><li>○ Educates the public about gardening, organic gardening, arthritis and gardening, as well as children's gardening program entitled, "Got Dirt"</li></ul></li></ul>

DISCUSSION

All attendees were asked to pair up with someone they did not know and report back to the group for their partner.  
 Questions:

1. *What motivates you to be here?*
2. *How does the WAAC help you meet the objectives of your job?*

**Suzanne Letellier (Milwaukee AHEC)** -WAP is under the AHEC wing and looks at the relationship more as a partnership designed to accomplish the state AHEC goals

**Anne Hvizadek (WI Division of Long Term Care)** –WI is unique in that the Administration on Aging and the CDC are working together and have combined funding aimed to reach more people in the community, focus on rural counties

**Nancy Chudy (Wisconsin DPH)** -The epidemiologist for the WAP and it is her duty to be present

**Diance Beckley Dept. On Aging)** -Expand chronic disease self-management program to people in the community and use her training to reach and help more people

**Harvey Padek, Alison Eischweiler, Maureen Blattner (WAP and Arthritis Foundation)** -The Arthritis Foundation and WAP objectives are the same so it's only natural for the two programs to work together

**Jackie Martin (Milwaukee AHEC)** -Responsibility to reach the community through online media and spread the word about the WAP and other community partners and their programs

**Carol Pociecha-Palm (Community Care)** -Occupational therapist hoping she can learn about the WAP programs and ways to collaborate, whether it be referral of members to community events and programs or somehow integrating the rehab program

**Mary Jane Mihajlovic (Unity)** –Unity gathers prevalence data for arthritis and it's important to start with the data and assess where the needs of the community, especially in vulnerable populations

**Bill Wright (Brown County Ext.)** -Gardener for a long time and with it being his job he wants to teach others how gardening can help them, whether it be for exercise or help alleviate arthritis pain

**TeAngelo Cargile (WAP)**-Help other people help themselves through promotion of the Arthritis Toolkits and community outreach

**Carol Pinkston (North Central AHEC)**-As part of North Central AHEC and previously working with Anne Kissack on a survey, she hopes to hold a conference in the future

**Suzzane Matthews (North Central AHEC)**-Aging populations in Northern Wisconsin have fewest resources and the AHEC mission is to improve the health of underserved populations, need to concentrate on outreach to these populations

FUTURE DISCUSSION

PERSON RESPONSIBLE	DEADLINE
All attendees	Next council meeting-11/14/2011

- Review the Wisconsin Arthritis Action Plan and determine where **you** fit in or what is **most important to you.**

- TeAngelo presented the Arthritis Toolkit
  - Kit contains: The Arthritis Helpbook, two exercise CD's, one relaxation CD, an illustrated exercise guide, information packets, and a self-test
  - Individual can borrow toolkit from community lending library for 4-6 weeks
  - Survey needs to be completed by each individual who borrowed the toolkit
  - Incentives for participants provided by the WAP
- Bill Wright presented the Stretching DVD
  - A year long process
  - Took stretching card and turned it into a DVD
  - Content varies from body mechanics, joint safety, stretching, etc.
  - Mission is prevent pain and alleviate current pain

**ACTION ITEMS**

- Should the council members take on the Arthritis Toolkits?
- Brainstorm ideas on other community organizations that may be interested in setting up a lending library for the toolkits
- Use the Stretching DVD's as incentives for toolkit?

1:40PM-1:45PM **EARNED MEDIA** SHERRI OHLY

**DISCUSSION**

- WAP has created large media campaigns in the past including radio and television advertisements and print media
- Want to have a more coordinated effort with the council members
- Concentrate on earned media and start tracking it (use of the WAP website)

1:45PM-2:00PM **INSPIRATIONAL ARTHRITS PIECE** ALISON ESCHWEILER

**DISCUSSION**

- Alison created and showed an inspirational PowerPoint
- Included information about: Arthritis Foundation programs, the importance of helping a family member or friend, statistics on chronic conditions, and helping those you know and being a hero
- Goal of PowerPoint is to increase the outreach of the AF and the programs in the community
- Can be used in presentations to community organizations

ACTION ITEMS	PERSON RESPONSIBLE
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| <ul style="list-style-type: none"> <li>• Possible to include the PowerPoint at the end of the Stretching DVD?<br/>All agreed-YES!</li> </ul> | Bill Wright, Alison Eschweiler |
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2:00PM-2:45PM **PROGRAM UPDATES** ANNE HVIZDAK, HARVEY PADEK, ALISON ESCHWEILER, NANCY CHUDY, TEANGELO CARGILE

**DISCUSSION** Hand-Outs: Large color-coded state map and summary of Living Well workshops

- 1) Anne Hvizdak-Living Well State Maps
  - WI is unique that the CDC and office on aging are working together to increase program participants and reach numbers
  - Goal is to outreach to rural counties in WI
  - Milwaukee is successful due to large amount of program coordinators working with LW leaders and their dedication to ensure classes are successful
  - Harvey also working with the systems is beneficial
  - 23% of classes were cancelled, but the participant numbers exceeded the office of aging goals, but the CDC goals have still not been met
- 2) Harvey Padek-Living Well with Chronic Conditions (LW)
  - Froedtert has an individual coordinator for the Living Well program and is dedicated
  - Three classes were initially scheduled, these were all filled, an additional seven are may be added
  - Possible to incorporate WWE?
  - ProHealthcare in Waukesha is committed to two LW classes
  - Possible for ProHealthcare to make Living Well part of their discharge program
  - Both hospitals are committed to training in-house employees as leaders (12-15 classes a year)
  - Ambassador groups in other counties would prove very beneficial in providing more community sites to host Living Well workshops and leader trainings
- 3) Alison Eschweiler-Walk with Ease (WWE)
  - First and second quarter for WWE=131 participants
  - Accounted for 30% of all participants in U.S. for WWE programs
  - Third quarter=250 participants
  - Incentives given out for participants and proved helpful

4) Nancy Chudy- Center for Disease Control

- CDC funds WAP, Diabetes Prevention and Control, Physical Activity and Nutrition, Heart Disease and Stroke, and Tobacco Prevention Programs
- CDC is encouraging these programs to work together under one program
- Different approaches will need to be applied as the reapplication begins in 2013
- CDC will look heavily upon policies in chronic diseases at the community and national level

**ACTION ITEMS**

1) Anne Hvizdak-Living Well State Maps

- Need to work with local aging centers, and designate other community partners and schedule more leader training event

3) Alison Eschweiler-Walk with Ease

- Working on incorporating for dog walkers into the WWE program

4) Nancy Chudy-Center for Disease Control

- As a council, priority should be given to policies regarding chronic conditions at the community, state, and national level

**FUTURE WAAC MEETING**

Discussion

- Future meeting schedule for Monday, November 14. Will be 4 hour meeting. Check e-mail for more information in the next few weeks.
- Will discuss the action plan and write up a work plan for six months to one year by dividing into workgroups

**NEXT MEETING PREPARATION**

- Read the Wisconsin Arthritis Action Plan, red booklet, and decide where **YOU** fit in. If possible write one objective for Focus Area 3 (policy) program implementation goals will fall into area 2 (refer to page 5 in the booklet)