

Connections

Photo Postcards from the 2008 Advocacy Summit in Washington, DC

Advocates in Action!

May Is National Arthritis Month

Connections

Is a quarterly publication of the Arthritis Foundation, Eastern Pennsylvania Chapter

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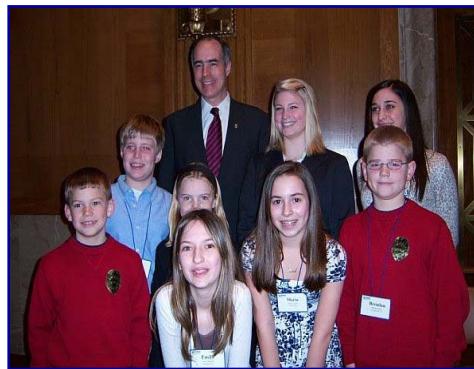
To submit a suggestion, idea or comment, email info.epa@arthritis.org

Eastern Pennsylvania advocates Mike Silver, the Dudley and Kramlich families meet with Congressman Jim Gerlach to thank him for his support of the Arthritis Prevention, Control and Cure Act. The Act strengthens the arthritis research platform and allows for better, more efficient use of federal research dollars for the Centers for Disease Control and the National Institutes of Health arthritis research programs.



Eastern Pennsylvania arthritis advocate Maria Lefchak thanks Congressman Bob Brady for his support of the Arthritis Prevention, Control and Cure Act. Maria and her mother Donna Trigone also asked Congressman Brady to request a mark-up of the Arthritis Act so that it can get a financial score and get closer to coming up for vote by Congress.

www.arthritis.org/advocacy



Pennsylvania advocate representatives of children affected by arthritis, and their siblings, meet with Senator Robert Casey, Jr. to request his co-sponsorship of the Arthritis Prevention, Control and Cure Act. Senator Casey signed-on to the Act just days after the advocates' request!

Much more help is needed to ensure that the Arthritis Prevention, Control and Cure Act gets voted on and approved in order to help all those affected by arthritis. We need your help!

For more information on arthritis advocacy and how you can join the movement, go to: www.arthritis.org/advocacy



<http://EasternPennsylvania.arthritis.org>

60 years as the nation's leading organization dedicated to providing help and hope for those affected by arthritis.

Let's Move Together at the Arthritis Walk By Cheryl Lutz



There are 46 million Americans affected by arthritis. That's 46 million reasons to walk in an Arthritis Walk near you. Reason #2658 is Ten year old Alayna Lorenz. Alayna loves to play sports and dancing happens to be one of her favorite activities. Her future in these activities was put into question when Alayna was diagnosed with Juvenile Rheumatoid Arthritis (JRA) when she was six years old. Her doctor recommended that her family contact the Arthritis Foundation to get more information. Alayna and her family attended the Chapter's Juvenile Arthritis

Family Day Program in 2007. There, they learned how to get involved in the Philadelphia Arthritis Walk.

Alayna formed her team Jolly Joints which raised over \$1,700 the first year. Alayna's mother Dawn shared, "I wanted to get Alayna more involved and a better view of her JRA through meeting other children and in return help others to understand that children get arthritis too. We decided to form a team for the Arthritis Walk because we wanted to give back to the Arthritis Foundation since they have helped by providing fun, educational opportunities for Alayna through events like the Family Day and Camp JRA."

Alayna has been selected as the child honoree for the 2008 Philadelphia Arthritis Walk because she is a great example to other children that you can manage your arthritis and still be an active and happy kid. Alayna still dances today, and even helps to teach younger dance students.

Alayna wanted to kick- her awareness efforts a notch and asked Arthritis Foundation Staff member Cheryl Lutz to speak to her 5th grade class at the Christ the King School. Through this opportunity Alayna was able to share with her classmates that there are 300,000 other children affected by juvenile arthritis in the United States, and she is not the only child that has to sit out of gym class on certain days or ask assistance with writing down class notes because of her disease. Education is key to spreading awareness and where better to start than with our children. Keep up the good work Alayna!

The Lorenz family was not content with just spreading the awareness message of arthritis and decided to ask a local business to help them raise funds to support research and local programs in the community. Celeste Wisman, owner of a dance studio called Dance with Celeste, agreed to sell Arthritis Walk Stars in honor of her dance student Alayna. Through their combined efforts they have sold over 200 stars! The Lorenz family has not stopped there. A normally shy person, Dawn shared, "I find myself talking to everyone I can about the Arthritis Walk and why we are involved. I believe that once adults understand that children are affected by this painful disease they are a bit more compassionate and willing to learn more about arthritis. I want to raise money to help find a cure."

It is our teams like Jolly Joints that make our Arthritis Walk so successful. Our walkers are out there every day advocating for arthritis. Come join the Lorenz Family in their efforts to spread awareness and raise funds for research and local programming in your community. Let's **move together** at the Arthritis Walk near you!



Team Jolly Joints

Happenings in the Eastern PA Chapter

- April 26 - 4th Annual Collegeville Arthritis Walk (& 5K Run) - Ursinus College, Collegeville, PA
- April 27 - Juvenile Arthritis Family Day - Lafayette Hill, PA
- May 10 - Berks Women's Health Summit - Reading, PA
- May 13 - Legislative Breakfast and Arthritis Awareness Day - Harrisburg, PA
- May 17 - Philadelphia Arthritis Walk - Philadelphia, PA
- May 18 - Berks Arthritis Walk & Family Picnic/Health Fair - Grings Mill - Wyomissing, PA
- June 7 - Celebrate Women, Celebrate Life - Wilkes Barre, PA
- June 8 - Children's Arthritis Walk - Lehigh Valley Zoo @ Trexler Nature Preserve - Schnecksville, PA
- June 19 - Jimmy Rollins BaseBOWL Tournament - Philadelphia, PA
- June 28 - Berks Women's Health Summit - Sheraton Reading Hotel - Reading, PA

We Can Help

INSIDE THE EASTERN PA CHAPTER



Have you ever wanted to put a face to the many names you may encounter when calling the Arthritis Foundation, Eastern PA Chapter? Chances are if you are a first time caller, your first point of contact is our very knowledgeable and friendly Administrative Assistant, Shyeeta Kittrell (pictured left). During regular business hours (Monday through Friday, 8:30AM - 4:30PM EST), Shyeeta is available to assist you with getting information about arthritis and related diseases, provide you with a referral to a Board Certified Rheumatologist or keep you up to date about the many programs and services the Chapter offers throughout the year.

EASTERN PA CHAPTER REINTRODUces THE PATIENT ASSISTANCE PROGRAM!

The Arthritis Foundation, Eastern Pennsylvania Chapter, contributes toward the purchase or rental of medically indicated devices or services that are not covered by private or public insurance for Chapter residents with a primary diagnosis of arthritis and who cannot afford to purchase it on their own. Assistance is limited to \$100 per person, per calendar year and physician co-pays, physical and occupational therapy and drug related costs are not covered services. For more information on the Patient Assistance Program, click [here](#) or contact Preference Bolton, Manager of Operations and Community Affairs (pictured right) at (215) 574-3060 x124 or via email at pbolton@arthritis.org



SPRING IS HERE; TIME TO GET MOVING!

The Arthritis Foundation, Eastern Pennsylvania Chapter offers a full range of health, wellness and life-skills programs throughout the year, including warm water aquatics, exercise, self-help, Walk with Ease and more. Additionally, the Chapter facilitates trainings quarterly to certify new program leaders. For additional information about our programs or upcoming trainings please contact Danielle M. Stephens, Director of Community Development (pictured left) at (215) 574-3060 x 112 or via email at dmstephens@arthritis.org

JUST DIAGNOSED? WE CAN HELP!



Just Diagnosed! Get Your Free Copy Today

From the editors of Arthritis Today comes a publication full of information tailored to the newly diagnosed person with arthritis. Inside Arthritis Today's Just Diagnosed, you'll find advice and inspiration for understanding your disease, eating better, exercising safely and taking good care of yourself. Plus, you'll read practical tips on coping and making life easier with arthritis. Arthritis can change what you do and how you do things, but it doesn't have to change who you are. That's why Arthritis Today's Just Diagnosed doesn't just focus on your disease, but on "Your Life, Your Health and Your Self." Specifically written for newcomers to arthritis, [Just Diagnosed](#) answers your questions and gives you the information you need to start taking control of your arthritis. Request your free copy today!

Visit us on the web at: <http://EasternPennsylvania.arthritis.org>

May is National Arthritis Month!

The Arthritis Foundation, Eastern PA Chapter will celebrate National Arthritis Month during May by hosting several events at the Chapter office in historic Olde City Philadelphia and throughout Eastern Pennsylvania. Come out and join us in raising awareness and needed funds to support our mission of improving lives through leadership in the prevention, control and cure of arthritis and related diseases. For more information or to participate in any of the events listed below, please contact us at 215-574-3060.

Tuesday, May 6 - Arthritis Awareness Event - Philadelphia, PA

Chapter staff and volunteers will be on hand to offer information and resources during our Arthritis Awareness Event. The event will be held in the center Food Court of the Bourse Building, 5th and Market Streets in Philadelphia. Please feel free to stop by and pick up valuable information about arthritis and the many programs and services that are available to you and your families through the Chapter!

Saturday, May 10 - Berks Women's Health Summit - Reading, PA

On May 10th the Chapter will host its 2nd Women's Health Summit. This one-day, interactive event was created so that women would have a place to meet local practitioners and specialists, and attend expert presentations and seminars. Topics deal with a range of relevant subject matter, including arthritis prevention, treatment, exercise techniques, pregnancy and arthritis and sessions for the newly diagnosed.

Tuesday, May 13 - Legislative Breakfast and Arthritis Awareness Day - Harrisburg, PA

Join PA legislators on May 13th at 8:30 am for a breakfast meeting to discuss the need for continued state funding for Pennsylvanians affected by arthritis. This state funding allows the Arthritis Foundation to hold crucial educational programs for adults and children affected by arthritis, and supports other key arthritis awareness and intervention programs. Call Wade Balmer for more information at (215) 574-3060 x118 or wbalmer@arthritis.org.

Arthritis Walks

Join the Arthritis Foundation in our Annual Arthritis Walk events, helping to raise funds to improve the lives of 46 million Americans, including 300,000 children, living with arthritis.

- **Saturday, April 26 - Collegeville Arthritis Walk** - Collegeville, PA
- **Saturday, May 17 - Philadelphia Arthritis Walk** - Philadelphia, PA
- **Sunday, May 18 - Berks Arthritis Walk & Family Picnic/Health Fair** - Wyomissing, PA

Friday, May 30 - Blue Jean Day Event

The Arthritis Foundation, Eastern Pennsylvania Chapter will host our first Blue Jean Day Event! As such, we are cordially inviting you to join in the fun! Participating employers will agree to allow employees who contribute a minimum donation of \$5.00 to show their support by wearing blue jeans during to work on the day of the event! Your company's participation will assist greatly in raising awareness and needed funds to support programs and services for local residents with arthritis.

PHYSICAL THERAPY SERVICES AVAILABLE WITHOUT A PRESCRIPTION

Law allows Patients to Receive Direct Access to Physical Therapy

For casual athletes, people with reoccurring injuries and those with acute pain, seeing a physical therapist is about to get a whole lot easier. That's because of a relatively new law that enables patients to see a licensed physical therapist for treatment without first having to obtain a prescription from a doctor.

The law, referred to as Direct Access, has been advocated by the American Physical Therapy Association, and allows patients to receive less expensive and timelier care for their injuries by removing the requirement of a doctor's prescription to see a licensed physical therapist.

"When I had painful scar tissue buildup at the top of my hamstring I didn't want to take the time to visit my doctor whom I knew would prescribe physical therapy," said Judy Michel, a Direct Access patient at Excel Physical Therapy and Fitness. "When I discovered that I could go directly to a physical therapist without a prescription I was thrilled. Within a month I was feeling great and I am still pain free. Direct Access saved me both time and money."

"Physical therapists are well-qualified to evaluate a patient's condition and if appropriate, effectively treat the patient," said Jeff Ostrowski, co-owner of Excel Physical Therapy and Fitness. "We are proud to support this pioneering law that allows patients to save time and money by receiving treatment when it is most needed."

Direct Access is ideal for people returning to sports after a season off, those with common ailments such as back and neck pain, tendonitis and arthritis and carpal tunnel syndrome. Direct Access to physical therapy has been approved in Pennsylvania since 2002, New Jersey since 2003 and Delaware since 1993.

About Excel Physical Therapy and Fitness

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy, fitness and wellness program dedicated to improving patient's quality of life. Excel is the largest privately owned physical therapy practice in the Delaware Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association. For more information on Excel please call 1.866.88 EXCEL or visit www.excelphysicaltherapy.com.

Take Action! Get Involved

Volunteer Opportunities

- **April 26 – 4th Annual Collegeville Arthritis Walk**
Location: Ursinus College, Collegeville, PA
- **April 27 – Juvenile Arthritis Family Day**
Location: Ace Conference Center—Lafayette Hill, PA

- **May 10 - Berks Women's Health Summit**
Location: Sheraton Reading Hotel, Reading, PA
- **May 17 - Philadelphia Arthritis Walk**
Location: Franklin D. Roosevelt Park, Philadelphia, PA
- **May 18 – Berks Arthritis Walk & Family Picnic/Health Fair**
Location: Grings Mill – Wyomissing, PA

- **June 7 – Celebrate Women, Celebrate Life**
Location: Wilkes Barre, PA
- **June 8 - Children's Arthritis Walk**
Location: Lehigh Valley Zoo at Trexler Nature Preserve, Schnecksville, PA
- **June 19 – Jimmy Rollins BaseBOWL Tournament**
Location: Lucky Strikes Lanes, Philadelphia, PA
- **June 28 – Berks Women's Health Summit**
Location: Sheraton Reading Hotel – Reading, PA

Program Leader Trainings

Aquatics/Exercise Trainings are held 9-5
Self-Help Trainings are held 9-4
Lunch provided for all trainings.

April

25 - Aquatic Program Training –
Roxborough YMCA, Philadelphia, PA

25 - Exercise Program Training -
Roxborough YMCA, Philadelphia, PA

26 & 27 - Tai Chi Training –
Downingtown Senior Center, Downingtown, PA
(Cost for training \$200 per person)

May

2 - Exercise Program Training -
The Hill at Whitemarsh, Lafayette Hill, PA

June

6 - Aquatic Program Training -
Bethlehem Twp. Comm. Center, Bethlehem, PA

Enrollment is limited. Contact [Danielle Stephens](mailto:Danielle.Stephens@arthritis.org) at (215) 574-3060 x 112 for information and application fees. For Walk With Ease Trainings contact [Kafi Chism](mailto:Kafi.Chism@arthritis.org) at (215) 574-3060 x 110.

The Arthritis Foundation, Eastern PA Chapter is in need of many volunteers. Whether it is administrative duties in the office, helping to set up a race course for a Jingle Bell Run or manning a registration table at an Arthritis Walk or Evening of Honors, there are endless opportunities to meeting new friends and make a difference in the lives of people with arthritis. Call Preference Bolton, (215) 574-3060 x 124 to discuss the volunteer opportunities available.



Ease of Use Products

Have you ever ached to find easy-to-open packages or bottles? Or products designed to be comfortable and effective, as well as easy to use? The Arthritis Foundation created a program to encourage manufacturers to design user-friendly products and packaging. Visit www.arthritis.org/ease-of-use-new.php and try the Arthritis Foundation's Ease of Use Commendation Products and see how they can help! You can also visit our [message boards](#) and [Disease Center](#) for additional information.

The Arthritis Foundation Eastern Pennsylvania Chapter

Serving People with arthritis in 20 Eastern PA Counties:
Bradford, Berks, Bucks, Carbon, Chester, Columbia, Delaware, Lackawanna, Lehigh, Luzerne, Monroe, Montgomery, Northampton, Philadelphia, Pike, Schuylkill, Sullivan, Susquehanna, Wayne and Wyoming.



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