

**From:** Deirdra Washington [spalmer@arthritis.org]  
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**To:** Drzik, Karen  
**Subject:** Ruby's Bi-Weekly Newsletter Vol. 2 (html version)



## Ruby's Bi-Weekly Newsletter (volume 2)

March 12, 2010



### DID YOU KNOW?

By age 12, 90% of dogs have some level of arthritis, says Nan Boss, veterinarian at Best Friends Veterinary Center in Grafton. Dog show early symptoms of arthritis if they're slow to stand up, have difficulty doing stairs, can't walk as far as usual and "just lope rather than run after squirrels," says Boss. Treatment options include, medications, diets, and holistic approaches. That's a lot of arthritis in man's best friend!

***This is a great fundraising opportunity! Why not take out "bone pin ups" to your local vet and ask them to sell them to raise money for the Arthritis Foundation?***

### Researcher Highlight

**Max Brenner, MD, PhD, 2008 – 2010**

**Position:** Department of Genomics and Human Genetics  
North Shore Hospital

**Institution:** The Feinstein Institute for Medical Research

**Type of Award:** Postdoctoral Fellowship, \$50,000 per year

**Project:** "Identification and characterization of the arthritis severity gene Cia5a

This project seeks to identify and characterize genes that regulate rheumatoid arthritis, a common and disabling autoimmune disease. This knowledge is important for the development of new treatments.

**Where can I recruit more team members? Who else can I ask for donations?**

**Here are some places others have found them:**

### Get To Know

## KATIE LASSITER



### Mercer County 2010 Youth Chair

I'm 15 years old, a sophomore at Monroe Township High School and I've lived with JIA for 12 years. When I was 3 years old, the first of some tough challenges began with just a swollen knee. My mother has lupus and was quick to recognize the symptoms of arthritis. I am so blessed to have someone in my life that can empathize with what's happening to me, and that's really helped me get through. Thankfully, a diagnosis came quickly for me, but I know too many other children aren't as lucky. So, in the spring of 2008, my mother and I decided to do something to promote JA awareness. With the help of my wonderful family, friends and our community in Monroe Township, we co-chaired a "Kids Get Arthritis Too!" Walk at our local high school track.

- Fraternity Brothers/Sorority Sisters
- Co-workers
- Friends & Relatives
- School Friends/ Organizations
- Family Physician & Their Staff
- Girl Scout/Boy Scout Troop
- Sports Team
- Neighbors
- Facebook Friends
- Cell phone contacts
- Holiday card list
- Church/Synagogue Members/ Youth Groups
- Dog Park Friends
- Local Businesses You Frequent
- Your Fitness Center

Ask! You might be surprised who lends their support!

### Get Your Team Signed Up!

Team members can be registered in one of a few ways:

- You can register your team members online
- You can e-mail your friends, family, and co-workers with the link to your team page and ask them to sign up on their own. If you need your link, e-mail Deidra at [dWASHINGTON@arthritis.org](mailto:dWASHINGTON@arthritis.org)
- You can e-mail Deidra or fax her at (732-283-4633) the names, addresses, and e-mail addresses of your team members and she will sign them up for you. If they walked with you last year and their contact information is the same, all we need is their name.

If you have not recruited your entire team yet, it's not a problem. You can register who you are sure of now and then add to your team as you recruit additional team members. Day of event is also available for last-minute additions, but pre-registration is requested for all others.

If you have any questions or need assistance with your team registration, please call Deidra Washington at the Arthritis Foundation at 732-283-4300 x313 or e-mail her at [dWASHINGTON@arthritis.org](mailto:dWASHINGTON@arthritis.org) . She's happy to assist you.

*Thank you for all you are doing to help make a difference in the lives of all who live with arthritis!*

I never know what surprises JA will bring. This past year I faced my biggest challenge when, like many other kids with JIA, I was diagnosed with Inflammatory Bowel Disease. More recently, I've begun to win this most recent battle and have been growing stronger every day. After a tough freshman year, I plan on spending the rest of my high school years participating in Model UN, acting in school plays, singing in chorus, and continuing to be an advocate for kids with JA through the Arthritis Foundation.

### Walk Kick Off Dates

**Join us at any one of the following:**

March 20th 10:00- 12:00 Princeton Public Library, Commons Room

March 20th 10:30- 12:00 CareOne Morris in Parsipanny

March 23rd 6:30-7:30pm Carollo's in Marlton

March 24th 6:30-7:30pm Altantic City Country Club in Northfield

March 25th 6:30pm Road Runners in Shrewsbury

March 27th 11:00-12:30pm Fox & Hound in Edison

Mailing Address:  
Arthritis Foundation  
555 Route 1 South Suite 320  
Iselin, NJ 08830  
US

Contact Name: Deidra Washington  
Telephone Number: 7322834300

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