

# ARTHRITIS *Action*



A PUBLICATION OF THE ARTHRITIS FOUNDATION

Long Island Chapter - January 2010

Appreciation is expressed to The Roslyn Savings Foundation for their support of quality of life programs and the Arthritis Action program calendar.

## Five Steps to a Great Year

Take care of your body, mind, and spirit for a happy, productive, and fun new year.

### 1) Practice Your Citizenship Skills

Become an *Arthritis Advocate* to help create positive action and change in the lives of people who have arthritis by participating in grassroots advocacy. Help elected officials learn about the needs of people with chronic illness by calling, writing, emailing, even visiting. Your seemingly small action can have a far reaching impact. To learn more, go to [www.arthritis.org](http://www.arthritis.org) and click on the *Advocacy* tab on the top.



### 2) Say Thank You

Saying thank you can boost the spirits of both parties -- yours and the recipient of your good will. There are many ways to express appreciation: write a letter, send a donation, return a favor, or simply say "thanks". Did you benefit from a service of the Arthritis Foundation? Please let us know. We would love to hear from you.

Thanks  
Merci  
Gracias

### 3) Learn Something New

Exercise your brain and experience the well being of accomplishment. The choices are many: take a course in art history at a local college, attend a *Student's Choice* program at your neighborhood library, or learn to use the computer. The Arthritis Foundation can help: attend one of our public education programs to learn how to stay active with arthritis.

### 4) Balance Rest With Activity

Getting out and about is important, even rejuvenating, but so is devoting enough time for rest. For well being we all need both, especially so with arthritis or fibromyalgia as a chronic condition. Review your routine in order to develop a healthful balance.



### 5) Be Generous

Make a pledge to be generous in helping others.



Monetary donations are welcome, especially as many nonprofit agencies are now facing financial challenges. Your time is of great value to community service organizations, too. Remember: generosity is always returned in full. To support the Arthritis Foundation we invite you to join our Walk on May 15, 2010. See page 3 for details.

### The Power of One ★ The Voices of Many

Advocating on behalf of people with arthritis is a job for each one of us. The Arthritis Foundation's *2010 Advocacy & Kids' Summit* calls for all of us to join together in Washington, DC. The purpose is to meet with Members of Congress in order to tell our story, educate the officials about arthritis, and make our case for funding for research. Go to [www.arthritis.org](http://www.arthritis.org), click on the advocacy tab on top and then Advocacy & Kids' Summit on the left. The Summit is being held on March 1<sup>st</sup> through 3<sup>rd</sup>.