

ARTHRITIS Action



A PUBLICATION OF THE ARTHRITIS FOUNDATION

Long Island Chapter - October 2009

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

Join us at West Side Story

November 6, 2009 for the 26th Annual Theatre Party
Honoring Daniel L. Murphy and Salvatore P. Ciampo

Play your part by joining us on Broadway for the 26th Annual Theatre Party featuring the historic and exciting revival of West Side Story.

Tickets are available now for the play.

In addition, you are invited to take advantage of sponsorship opportunities which include tickets and an ad in the Annual Journal.

For information, contact Jennifer Regan Haight or Danielle Rocco at (631) 427-8272.



Dan Murphy, Chairman and Chief Executive Officer of Madison National Bank, will be presented with the 2009 Leslie C. Quick Jr. Life Enrichment Award. Mr. Murphy is well known on

Long Island for his professional accomplishments in the field of banking and his leadership role in charitable, academic, and civic organizations. Salvatore P. Ciampo will receive the 2009 Regina A. Quick Humanitarian Award.

Arthritis Foundation Programs Available

Learn All About Arthritis...At Bellmore Memorial Library on Mon., Oct. 19, 1 to 2pm, presented by the Arthritis Foundation and by Sherrie Glasser, PT, MS, Metro Physical Therapy, featuring information on what you can do to help yourself feel better. The program includes a presentation on the different types of arthritis, self help tips, and physical therapy. Plus...your questions will be answered during a Q & A period.

Learn All About Arthritis...At Smithtown Library on Monday, Oct. 26, 7 to 8:30pm.

The speaker is Howard Blumstein, MD, rheumatologist with Rheumatology Associates of Long Island. He will discuss the different types of arthritis, modern treatments, and answer your questions. This is your opportunity to "ask the doctor."



Take the "Arthritis Foundation Exercise Program"

The Arthritis Foundation Exercise Program has been developed to be safe and effective for people who have arthritis. It is great for seniors, too!



Get your feet moving and your hands clapping as you exercise for fun and fitness at a level designed especially for you.

Classes are being held at the Hauppauge Library on Wednesdays at 7pm from Oct. 14 through Dec. 9. Free of charge. Call the Long Island Chapter at (631) 427-8272 to register.

Support Groups Meet on a Regular Basis

Attending a support group may be just the thing for you. Arthritis Foundation support groups provide a positive and friendly environment for learning and sharing. Meetings include group discussions, guest speakers and sometimes even a party to celebrate a special occasion. Groups meet once a month on an ongoing basis.

Free of charge. Join us at one of these locations.



ARTHRITIS SUPPORT GROUPS

- ◆ **L.I. Arthritis in Melville @ Arthritis Foundation office**, 501 Walt Whitman Rd., meets on the 1st Tuesday of the month. Next meetings: October 6 & November 3 @ 7pm.
- ◆ **Arthritis, Especially for Seniors @ W. Islip Senior Center**, meets on the 1st Thursday of the month. Next meeting: November 5 @ 12:30pm.
- ◆ **Arthritis @ Island Trees Library, Levittown**, meets on the 1st Thursday of the month. Next meeting: November 5 @ 1pm.

FIBROMYALGIA SUPPORT GROUP

- ◆ **Levittown @ Island Trees Library**, meets on the 2nd Thursday of every month. Next meetings: October 8 & November 12 @ 1pm.



The Arthritis Foundation Exercise Program is held at the following locations on an ongoing basis. The facilities charge a fee for these programs. Call the site directly for information.

Long Beach

With Lisa Wisel
Friedberg Y-JCC
310 Nat'l. Blvd.
Call (516) 431-2929

West Hempstead

With Marilyn Bunger
W. Hempstead Library
500 Hempstead Ave.
Call (516) 481-6591

Merrick

With Debby Braunstein
@American Legion,
160 Merrick Rd.
Call (516) 301-7740

Free Brochures Available
Arthritis Answers ◆ Exercise ◆ Diet
Call the Long Island Chapter at
(631) 427-8272

Community Resources

Internet Resources and Your Health

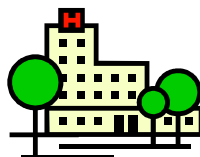


Know who to trust when searching for health information on the internet. Here are some suggestions for reliable sites.

Go to...www.nih.gov: This is the web site for the US government's primary research and health organization, the National Institutes of Health (NIH). The overall agency is organized into 27 institutes that specialize in various areas such as arthritis or cancer or aging or mental health. Go to the agency that best reflects your interest. The NIH also has information on clinical trials.



Go to...www.mayoclinic.com: The web site of the famed Mayo Clinic features a wide range of topics. Visit the site for information not only on various health concerns but also for recipes for tasty and good-for-you meals, dental care, and over the counter medicines.



And, don't forget...www.arthritis.org.

Taking Care

We take care of many loved ones: children, spouses, friends, even our pets. Be sure to add yourself to the list. Here are some tips for *taking care of yourself*.

Know when to go: Pay attention to how you feel and learn to recognize when it is time to visit the doctor.



Get up and get out: Stay busy with other people. Having the company of others is healing and helpful.

Pace, prioritize, and plan: Pace yourself, balancing rest with activity. Prioritize your responsibilities to preserve your energy. Plan ahead to avoid unnerving stress when a deadline looms.

Remember the 3 P's

Have a good time: Indulge yourself with a day away, or even a week's vacation. Special occasions can be had even when staying at home -- a sunset stroll, a special dinner out, perhaps a play or concert.

Do something everyday to help yourself to feel better: Listen to music, read something inspirational, help someone else, get some exercise. Make a point of doing something each day that will help raise your spirits.



Arthritis Walk

Saturday, May 15, 2010

@ Belmont Lake State Park

Registration: 10am

Become a sponsor

Form a team

Bring family & friends

Call Melissa @ (631) 427-8272

Champions for Charity

Champions for Charity is *the* shopping event of the holiday season. Simply shop at the Americana in Manhasset or Wheatley Plaza in Greenvale from December 3 through 5. At payment, declare yourself a Champions shopper and name the Arthritis Foundation as your charity.



Make it a day out with friends and know you are shopping to benefit the 460,000 Long Islanders who have arthritis.

Exercise in a Warm Water Pool - Feel Better, Move Better

Arthritis Foundation Aquatics exercise programs are held at the following locations. The facilities charge a fee for these programs. Call the site directly for information.

Atlantic Beach

Metro Phys. Ther.
99 The Plaza
(516) 220-5891

Copiague

South Bay Sports &
Phys. Ther.
116 Montauk Hwy.
(631) 842-4606

Huntington

Huntington YMCA
60 Main St.
(631) 421-4242

Oceanside @ Metro PT

Friedberg JCC
15 Neil Ct.
(516) 220-5891

Bay Shore

Great South Bay YMCA
200 W. Main St.
(631) 665-4255

East Meadow

STARS Phys. Ther.
801 Merrick Ave.
(516) 393-8900

Long Beach

Long Beach Rec. Pool
Magnolia Blvd.
(516) 431-3890

Rocky Point

Metro Phys. Ther.
745 Rte. 25-A
(631) 849-6000

Commack

Suffolk Y Jewish
Community Center
74 Hauppauge Rd.
(631) 462-9800

Garden City/ Westbury

Metro. Phys. Ther.
800 Eastgate Blvd.
(516) 745-8050

Roslyn

Sid Jacobson YJCC
300 Forest Dr.
(516) 484-1545



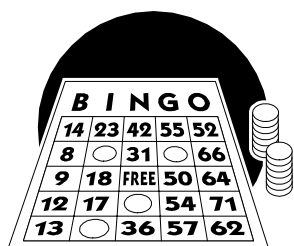


Long Island Chapter
501 Walt Whitman Rd.
Melville, NY 11747

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ARTHRITIS *Action*

Program Calendar: October 2009



Help support the Arthritis Foundation by joining the fast-paced and friendly Bingo game held Mondays at 7:15pm (doors open at 5:30) at Catapano Engineering, 585 Broadhollow Road, Melville (across from the former Fortunoff store). For further information, call the Long Island Chapter at (631) 427-8272.

