

Arthritis Foundation® Leader Links

April 19, 2009
Jenkinson's Pavilion
Point Pleasant

May 3, 2009

Verona Park
Verona

Princeton Forrestal Village
Princeton

Loantaka Brook Reservation
Morristown

**New Jersey Chapter
3rd Edition, Spring 2009**

**Calendar of Events
2009 Arthritis Walks**

May 9, 2009

Music Pier
Ocean City

May 16, 2009

Challenge Grove Park
Cherry Hill

May 17, 2009

Raritan Bay Waterfront Park
South Amboy
Bergen Community College
Paramus

Leader Training Schedule

Date	Time	Facility	Discipline	Program
05/01/09	Noon— 5:00 p.m.	Cedar Crest, Pompton Plains	Exercise	Recertification
05/28/09	8:30 a.m.— 5:00 p.m.	Cedar Crest, Pompton Plains	Exercise	Certification
05/31/09	9:00 a.m.— 3:30 p.m.	F / SP YMCA, Scotch Plains	Aquatic	Recertification
06/05/09	8:00 a.m.— 5:00 p.m.	Future Fitness/Cherry Hill	Tai Chi	Recertification I & II
06/6-7/09	8:00 a.m.— 5:00 p.m.	Future Fitness/Cherry Hill	Tai Chi	Certification Level I
09/25/09	8:00 a.m.— 5:00 p.m.	Somerset Sen. Ctr, Basking Ridge	Tai Chi	Recertification I&II
09/30/09	8:30 a.m.— 5:00 p.m.	Ocean Cty YMCA, Toms River	Aquatic	Certification
10/25/09	TBD	Rohrer Center, Voorhees	Aquatic	Recertification
Fall 2009	TBD	TBD	Aquatic	Recertification
Fall 2009	TBD	TBD	Exercise	Certification
10/24/09	TBD	Rohrer Center, Voorhees	Exercise	Recertification
Fall 2009	TBD	TBD	Exercise	Recertification

All Arthritis Foundation Aquatic, Exercise and Tai Chi leaders/instructors are required to have current CPR certification. First Aid is highly recommended.

Additional certification/recertification requirements are now required for all Aquatic leaders:

Ability to swim at least 25 yards using any stroke without stopping; able to jump into deep water, surface, and either float for a minimum of 10 minutes or tread water for a minimum of 1 minute; and able to perform the recovery position (taught at the workshop) from face up and face down in shallow and deep water.

Arthritis Foundation®
Life Improvement Series

ARTHRITIS
FOUNDATION®
Take Control. We Can Help.™

Kathy's Korne

The newly revised Arthritis Foundation Aquatic and Exercise Programs are finally ready for roll-out! The National Committee has worked diligently for over a year to bring this project to fruition.

National's first step was to develop a prestigious "Flying Squad" consisting of Trainers and National Trainers from across the country who would be called upon to conduct trainings not only in their own region but at chapters where trainers are few and far between. Of 54 applicants, only 26 highly qualified individuals were chosen. Besides yours truly (for Exercise), I am proud to announce that our very own Gertie Sloan, Aquatic Trainer from the Fanwood/Scotch Plains YMCA, was one of those chosen. Gertie brings years of aquatic expertise and a history of chapter involvement. We both attended the Flying Squad training workshop in St. Louis on March 19-20 and were extremely pleased with everyone's initial reaction to the new programs. We are all looking forward to bringing these revised programs to our Chapters.

On behalf of the New Jersey Chapter, I want to congratulate and thank Gertie for taking on this role. Thanks also go to Marjie Zimmerman, South Jersey Trainer, for her contributions in the early stages of the revision project. Our Chapter is fortunate to have dedicated, knowledgeable Trainers who are willing to go above and beyond their job description and look at the big picture—improved programs delivered to those who need them most—people with arthritis!

Yours in health,

Kathy

LEADER ALERT

Have you checked out the "**Offering Programs**" section on the NJ Chapter web site yet? (www.arthritis.org Enter your zip code to get to the NJ Chapter web site). This is where you will find information necessary to become a leader, start a program and/or maintain certification. Partner sites can obtain materials they need to start our programs and discover the benefits of being affiliated with the Foundation. Leader Training Workshops are also displayed under "**Workshop Schedule**" making it easy to find details on upcoming trainings.

JOB BOARD

Are you looking for another location to conduct Arthritis Foundation Programs? Would you like to add more hours/income to your weekly teaching schedule? Our very own "help wanted ads" can be found on the "**Offering Programs**" section on the web site. Our partner sites depend on us to connect them with certified AF leaders when they have a job opening. This listing is kept current and provides contact information directly to the site. Don't pound the pavement—go straight to our **Job Board!**

**ARTHRITIS AND HEART DISEASE
WHAT IS THE CONNECTION?**

According to the Morbidity and Mortality Weekly Report study released on February 26, arthritis affects more than half of adults with heart disease and appears to be a substantial barrier to utilizing physical activity to help manage their condition. This study underscores the importance of physical activity as a self-management tool for adults with both arthritis and heart disease.

"People with arthritis often fear physical activity will worsen their pain—and that's a major myth," said Patience White, MD, MA, chief public health officer for the Arthritis Foundation. "However, just 30 minutes of daily physical activity has been shown to reduce arthritis pain and disability and help manage heart disease by lowering blood pressure and cholesterol."

Arthritis Foundation leaders can deliver a clear message to class participants: engaging in regular physical activity can help to reduce arthritis pain and improve joint function. Becoming more active will help them manage co-existing conditions like heart disease and improve their quality of life.