

# Arthritis Foundation® Leader Links

## New Jersey Chapter, 2nd Edition - Fall 2008

### CALENDAR OF EVENTS

Jingle Bell Run/Walk for  
Arthritis

December 7, 2008  
Novita's Bistro & Lounge  
Metuchen

December 13, 2008  
Bar Anticipation  
Lake Como/Belmar

Camden County Boat House  
Connie Mac's Bar & Lounge  
Pennsauken

December 14, 2008  
Runner's High  
Chili's Grill & Bar  
Jersey City



### LEADER OF THE YEAR: JUDITH KENDZIORA

On October 11, 2008, New Jersey Chapter volunteers were honored at the annual Volunteer Recognition and Awards Breakfast at the Newark Airport Marriott. With over 300 participants in attendance, Peggy Lotkowitz, Vice President of Mission Delivery, had the pleasure of announcing the 2007 Leader of the Year award. This year's award was presented to Judith Kendziora, Aquatic leader at the Metuchen/Edison YMCA in Metuchen.

Out of the 192 nominations submitted, Judith received 33 nominations! Here are a few of the comments we received when we asked class participants to tell us what makes their leader so special:

*"She shares information with us, encourages us to do exercise on non-class days, explains things many times and makes us feel good when we exercise the right way."*

*"She is always cheerful and upbeat."*

*"She tells stories, shares jokes and takes a personal interest in her students."*

The New Jersey Chapter proudly salutes Judith for her dedication and compassion in helping so many New Jersey residents take control of their arthritis.

Arthritis Foundation® | **ARTHRITIS**  
Life Improvement Series | FOUNDATION®  
Take Control. We Can Help.™

*Dissemination of the newsletter is supported by CDC funds.*

**KATHY'S KORNER**

On October 6, the Department of Health and Human Services announced the release of the 2008 Physical Activity Guidelines for Americans. To view the Guidelines, go to [www.hhs.gov/news/facts/physicalactivityguidelines.html](http://www.hhs.gov/news/facts/physicalactivityguidelines.html) The Guidelines, the first- ever physical activity recommendations issued by the Federal government, pertain to people of all ages and abilities, including persons with chronic conditions such as arthritis.

According to the HHS press release: "Regular physical activity improves health for young and old and reduces the risk of disease. Regular physical activity also helps people with arthritis or other rheumatic conditions affecting the joints by improving pain management, function and quality of life."

Also of note was a recently released landmark government study suggesting nearly one in two people will develop painful knee osteoarthritis over their lifetime, with the highest risk among those who are obese. Nearly one in five U.S. adults has arthritis (46 million) and an estimated 67 million people will be affected by 2030.

What does this mean to us as Arthritis Foundation leaders? It means that retirees are not the only Americans living with arthritis. Many of the 46 million adults managing arthritis are still in the workplace and are looking for programs specifically designed for people with arthritis that are offered after work hours. Now more than ever it is the time to think out of the "senior box" and schedule Arthritis Foundation Life Improvement Series programs in the early evenings or on weekends. More and more of the Chapter's partner sites have started reaching out to the employed baby boomers by scheduling evening programs.

The government guidelines and groundbreaking research reaffirms the importance of the work we do. Now is the time to renew our marketing efforts to help working active adults manage their arthritis and the challenges it brings.

Yours in health,

*Kathy*

**LEADER OF THE YEAR NOMINATIONS****CONGRATULATIONS TO ALL!**

In any given week, The Arthritis Foundation, New Jersey Chapter offers over 150 ongoing classes at over 100 fitness facilities, senior centers, YMCA's and JCC's throughout the state. At the very heart of these Arthritis Foundation classes are certified leaders and trainers who conduct our programs with dedication and compassion. When class participants were asked to nominate their leader for Leader of the Year, the response was overwhelming and a testament to how important Arthritis Foundation leaders are to the success of every program.

Congratulations to all our leaders who were nominated this year!

Jean Adams, Everfit Adult Health & Fitness	Cassandra Harrison, Bayshore Fitness & Wellness
Janet Ahrens, South Jersey Healthcare Fitness Connection	Janet Hess, Pleasant View Senior Housing
Gloria Beck, Morris Center YMCA	Lynn Hyde, Atlanticare Life Center
Melvin Brennan, Willingboro Senior Center	Patricia Jones, Sparta Senior Center
Carol Chaslow, JCC Metro West	Carol Martynuik, Hammonton Health & Fitness
Peggy Clark, JCC Metro West	Sue Nelson, Rohrer Center for Health/Fitness
Anna Daniels, Westfield Y	Linda Osowski, Ocean County parks & Recreation
Linda Gaglione, Five Points YMCA	Greg San Andres, Centrastate
Joe Garrett, Rohrer Center for Health/Fitness	Gertie Sloan, Fanwood/Scotch Plains YMCA
Tamara Glauser, Future Fitness	Susan Sooy, Pleasant View Senior Housing
Sharon Greenbaum, Second Westfield Sr. Citizens Housing	Jane Verloop, Hunterdon Health & Wellness
Ida Handy, Willingboro Senior Center	Marjie Zimmerman, Rohrer Center for Health/Fitne

## **LEADER ALERT**

\*Make sure you check out the “Offering Programs” section on the Chapter web site. Go to [www.arthritis.org](http://www.arthritis.org) and type in Keyword New Jersey or your zip code to get to the New Jersey Chapter page. Click on “Offering Programs” where you will find extensive information for leaders. Chapter documents, agreements, applications, marketing materials, position descriptions, etc., can all be downloaded from this section. In addition, an up- to- date listing of upcoming leader training workshops and recertification workshops is included as well as a Job Board posting requests for certified leaders at various locations throughout the state.

\*Throughout 2009 we will be conducting Arthritis Foundation Tai Chi Program Level I & II Recertification Workshops for all leaders needing to be recertified. These workshops will be an opportunity to refresh your skills and network with fellow leaders. You will be contacted when we have firm workshop dates.

\*The National Aquatic/Exercise Program Revision is moving along extremely well. We are hopeful the revised programs will start rolling out by early Spring 2009. This is an enormous undertaking and, just like our last revision in 2005, will be an evolution as we re-train Trainers and Leaders to deliver the new programs

## **HOLIDAY HAPPENINGS**

### **GET IN THE HOLIDAY SPIRIT WITH THE ARTHRITIS FOUNDATION**

#### **JINGLE BELL RUN/WALK FOR ARTHRITIS**

The Jingle Bell Run/Walk for Arthritis is a festive, family- oriented and pet-friendly event that includes holiday costume contests, dog walks and kiddie runs with good ol’ Saint Nick leading the way! Join the thousands of runners/walkers who, with bells on their sneakers, are moving to raise awareness and funds to help fight arthritis. Check dates and locations in the Calendar of Events and contact Miriam Altomonte at 732-283-4300 Ext. 320 or [maltomonte@arthritis.org](mailto:maltomonte@arthritis.org)

#### **JINGLE BELL WALK IN THE WATER**

Do your class participants need an alternative to running/walking outside in December? Why not join the ranks of fellow leaders who have hosted successful Jingle Bell Walk in the Water events? Contact Karen Drzik at 732-283-4300 Ext. 311 or [kdrzik@arthritis.org](mailto:kdrzik@arthritis.org) for a Coordinator Kit.

#### **SANTA LETTER CAMPAIGN**

For an \$8.00 donation, a personalized letter from Santa and a small token gift will be sent to family, friends, kids, etc. All proceeds benefit our programs and services especially those activities for children such as Camp CHAT (Children Have Arthritis Too), JA Picnic, JA Network, JA Conference and a special Welcome Kit for newly diagnosed children. For your convenience, the Santa form is on the following page. For more forms or additional information contact Gloria Hennessey at 732-283-4300 Ext. 321 or [ghennessey@arthritis.org](mailto:ghennessey@arthritis.org).

***Send a Personalized Letter from***

**SANTA**

PLEASE PRINT:

**Recipient Name** \_\_\_\_\_

**Child**                       **Boy**                       **Girl**                      **Age** \_\_\_\_  
 **Adult**                       **Male**                       **Female**  
 **Pet**

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

\$8.00 Donation provides a personalized letter & token gift from Santa.

To send additional letters please copy this form. Forms must be received no later than Dec. 21.

**Total amount enclosed: \$** \_\_\_\_\_

**Your Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

Please include your phone in case we need to verify information.

**Phone** \_\_\_\_\_

**Visa**                       **Amex**                       **Master Card**                      **Exp. Date** \_\_\_\_\_

**Card #** \_\_\_\_\_



Make Checks payable and send to:  
**Arthritis Foundation, NJ Chapter**  
 200 Middlesex Turnpike  
 Iselin, New Jersey 08830  
 Tel: (732) 283-4300  
 Fax: (732) 283-4633

A painless way to support the Arthritis Foundation:  
 Order children's toys from [www.ebeanstalk.com](http://www.ebeanstalk.com), use promotion code AFTOYS and 10% of your purchase goes to the Arthritis Foundation. You will also receive a 10 % discount off your order.