

# The New York Arthritis Reporter

Winter 2006-07

Arthritis Foundation, Inc., New York Chapter • 122 East 42nd Street • New York, New York 10168-1898 • (212) 984-8700

## The Holiday Season Set Your Own Pace

It's easy to get carried away by media images of social gatherings and busy stores heralding a new holiday season. The list of things you are encouraged to do at this time of year gets longer and longer. "It can be a daunting time of year for most people, but for people facing the physical challenges of arthritis, the holiday season can be particularly difficult," says Adena Batterman, MSW, LMSW, Senior Social Work Program Coordinator at the Hospital for Special Surgery in Manhattan.

Maneuvering through a busy street, carrying packages after shopping, getting around a crowded party, preparing for entertaining at home....does this sound familiar? It's tiring enough, but even more of an issue for someone with a walking aid or experiencing a flare-up.

"The best way to handle the added stress of the holidays is to set realistic expectations for the season," Ms. Batterman says. "Take some time to reflect on those things most important to you and concentrate on them. Think about attending parties and events in which you CAN participate and ENJOY, and weed out those events which you feel you SHOULD attend because of obligation."

Holiday "blues" are not uncommon. There are often expectations that one must



be "festive" and "happy" during the holidays. But often these expectations, either from others or self-imposed, contribute to stress. It is important to allow yourself to evaluate how you're feeling. Be honest and assertive about what you need to do to take care of yourself and the energy you have left. This is particularly difficult for newly diagnosed individuals who are getting accustomed to a different level of activity.

### Create Meaningful Traditions

Try to find new ways to create meaningful traditions that fit into your current lifestyle, taking into consideration your mobility and energy. If you normally host the holiday meals, suggest a potluck dinner. Take a cue from your family's interests and suggest making an outing to a ballet, or the theater, or to a sporting event as a new holiday activity/tradition that can be shared and enjoyed. To avoid the crowds

you can select a time either right before, or after, the peak holiday season.

Many large families have cut down on gift-giving and have designated funds normally used for gifts to a charity, aiding those less fortunate and reducing shopping, wrapping and trying to find the perfect gift for someone who has everything.

### Reach Out

The holiday season places emphasis on being with family and friends, but not everyone has loved-ones nearby. This can lead to an even more pronounced feeling of isolation than experienced during the rest of the year. For those who find themselves alone, consider joining an arthritis disease management or healthy living program or a group which focuses on an activity you enjoy.

Become more involved—reach out to church and temple groups and local community centers. Ms. Batterman's work with arthritis support groups illustrates the benefit of participating: "I have personally observed the great friendships that have grown out of support groups I have facilitated over the years," she said. Holiday time can also be a time when people in these settings

(Continued on page 2)

## PARTNERS IN RESEARCH

**Sanofi aventis** and **Merck & Co., Inc.** are partnering with the Chapter to offer opportunities for young researchers to pursue investigations in arthritis-related projects. Sanofi aventis is renewing its grant to the Chapter, enabling **Jason McKean, MD**, to become the third recipient of the *sanofi aventis/Arthritis Foundation, New York Chapter Fellowship in Orthopaedics* which supports cutting-edge orthopaedic research by physicians-in-training. Dr. McKean's investigation will focus on basal joint arthritis of the thumb at Columbia University Medical Center.

**Carla R. Scanzello, MD, PhD**, is the first recipient of the *Merck & Co., Inc./Arthritis Foundation, New York Chapter Osteoarthritis Research Fellowship Award in Rheumatology*. She will be studying "Synovial Inflammation in Osteoarthritis" at the Hospital for Special Surgery.

These partnerships are expanding the pool of talented research scientists who are pursuing the field of rheumatology.

This issue is underwritten by an educational grant from Wyeth.

NEW YORK CHAPTER  
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A group of 2006 New York Chapter research grant recipients attended the 19th Paul Klemperer Award and Lecture program held at The New York Academy of Medicine on October 30.

Pictured (from left to right) Nikolaos G. Papadimitriou, MD, PhD; Elena Peeva, MD; Xiaoyu Hu, MD, PhD; George D. Kalliolias, MD; Melanie Harrison, MD, MS; Adam Mor, MD; Sally Frenkel, PhD; Suzanne Maher, PhD; Carla R. Scanzello, MD, PhD; Matthew E. Cunningham, MD, PhD; and Jeffrey Greenberg, MD.

## Partnerships Fund New Investigations

With the help of its foundation and corporate sponsors, the Chapter is enabling young scientists to pursue promising scientific investigations into arthritis-related issues. Several new fellowships have recently been awarded:

- Under **The Stavros S. Niarchos International Fellowship Exchange Program**, Greek fellows George D. Kalliolias, MD, and Nikolaos G. Papadimitriou, MD, PhD, will be studying at the Hospital for Special Surgery in Manhattan.

As the rheumatology recipient, Dr. Kalliolias, from the University of Patras/University of Patras Medical School, will be involved in a basic research comparative study of the role of STATs and IL-10 in rheumatoid and seronegative arthritis in an attempt to identify novel treatment targets to manage inflammatory arthritis.

As the orthopaedic recipient, Dr. Papadimitriou, from the 2<sup>nd</sup> University of Orthopaedic Clinic, Aristotle University of Thessaloniki, will study the molecular mechanisms of aseptic loosening in joint replacement in an effort to improve existing joint replacement techniques.

- Jason McKean, MD, was awarded the **sanofi aventis/Arthritis Foundation, New York Chapter Fellowship in Orthopaedics**. He is the third recipient of an orthopaedic fellowship under this collaborative award program. The title of his investigation is "Multicenter Prospective Study on Basal Joint Arthritis of the Thumb."

- A new fellowship award, the **Merck & Co., Inc./Arthritis Foundation, New York Chapter Osteoarthritis Research Fellowship in Rheumatology** was established this fall to support a physician-in-training conducting osteoarthritis research in rheumatology programs in the Chapter region. Carla R. Scanzello, MD, PhD, is the first recipient of this award which will enable her to identify additional biomarkers of inflammatory OA along with therapeutic targets.

Many of the Chapter fellows have gone on to receive highly competitive National Institute of Health (NIH) grants and have become leaders in the field of rheumatology.

## The Holiday Season Pace *(continued from page 1)*

are more receptive to others reaching out to establish contact. Many are seeking to make connections as well.

### Look Ahead

Ms. Batterman's advice is that "it is very helpful to devote some time to think about

what is really important to you and make adjustments in your life that reflect your priorities. This can be very clarifying, creates perspective, and can result in a more satisfying holiday season. It is also a poignant time of year when reviewing the past can help you look forward to what your thoughts and goals are for the fresh, new coming year."

Visit our Web site at [www.arthritis.org](http://www.arthritis.org) for insight on community resources and useful information on home life, relationships, marriage and family, and other topics that may help you navigate the challenges of living with arthritis. You may also contact the Chapter's **New York Arthritis Exchange™** telephone helpline, sponsored by Pfizer Inc, and speak with a specially-trained **Exchange** volunteer who will direct you to publications and other resources you may find useful. To reach the **Exchange**, please call (212) 984-8730, or from the 914 or 845 area codes, call toll free at (800) 246-2884.

### NEW YORK CHAPTER



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Copies of our financial and operating report have been filed with the state and are available upon request. To obtain one, write: Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271, or contact us at the address above.

## Wyeth Promotes Hispanic Outreach

An educational grant from **Wyeth Pharmaceuticals** is assisting the Chapter in its efforts to continue a high level of service to the Hispanic community. An estimated 24 percent of Hispanics in this country are affected by arthritis-related diseases. The Wyeth grant is specifically designated for the development of the Chapter's Spanish-language disease management, education and public information programs.

With a history of corporate support, the Chapter has established a solid foundation of service to the Hispanic communities in our region through the successful implementation of these disease management and educational programs.

## Advocacy Update



### Gerson is Keynote at Training



First District Council Member **Alan J. Gerson** was the keynote speaker at the seventh *Arthritis Advocates in Action* training session held in the Chapter office on October 10th. Other featured speakers were advocates David LiCalzi and Gerri Jaffe who shared the wisdom of their experiences as arthritis advocates on Capitol Hill. Public Policy Consultant, Cynthia Dames, presented an overview of Chapter advocacy objectives and strategies on the federal, state and local levels.

The next issue of *Advocacy News* will cover this training session in greater detail.

### New Champion



**Rep. Sue Kelly** (NY-19) and six other representatives signed on as co-sponsors to the *Arthritis Prevention, Control & Cure Act* (H.R.583) to amend the Public Health Service Act which includes provisions for arthritis research and public health.

Currently there are 216 co-sponsors in the U.S. House and 49 co-sponsors in the U.S. Senate representing nearly a majority of support in both chambers. Congratulations, advocates!

*A distribution of \$10,000 from the estate of Grace Koenigsberg will support programs for people with arthritis.*

# Questions and Answers

**Wahida Karmally, PhD, RD, CDE, is Director of Nutrition at The Irving Center for Clinical Research at Columbia University Medical Center**

## **Q: How can I prepare a holiday meal for my family when arthritis decreases my level of energy and mobility?**

**A:** When dealing with a chronic disease like arthritis, individuals must honestly assess their physical ability and decide what they can and cannot do. If you are unable to pick up a huge turkey, have someone else help or prepare it for you, or select another main course. If you follow this advice with the entire meal preparation, from soup to nuts, you will be able to create a meal that will please guests without wearing you out to the point that you can't even enjoy your own dinner party.

One of the most important things to do is to plan ahead and develop a strategy for meal preparation. When you are trying to put a meal together at the last minute, you may not find the ingredients, including special spices or kitchen utensils you need, or have the time to chop or marinate as the recipe may require. This will not only lead to wasted time and anxiety or a hasty trip to the grocery store, but can also leave you with chopping or jar-opening assignments that you are physically

unable to complete.

Here is an example of a recipe that is not only nutritious and easy to prepare, but a festive addition to a holiday table that will impress even the most hard-to-please guest.

Keep in mind that the labor-saving tricks that were used in the recipe below can be applied to some of your favorite recipes as well.

Another thing you can do is to look into purchasing kitchen utensils designed with wider grips or other features that make their use easier for people with arthritis. Also, occupational therapists can advise you on some assistive devices that may be helpful in meal preparation. Many of these therapists have designed gadgets of their own or have developed ideas for modifying everyday kitchen tools which make them easier to use.

For more information on interesting ways to make entertaining easier, please go to our Web site, [www.arthritis.org](http://www.arthritis.org) and click on "Resources" and "Entertaining." You will find ideas for theme parties and other labor-saving suggestions.

## **Holiday Butternut Squash Soup\***

**2 cups frozen, mashed butternut squash** [The convenience of frozen, mashed products eliminates the need to, in this case, bake and mash.]

**2 cups low sodium (if indicated) vegetable or chicken broth** (packaged in paper containers) [You don't have to make the stock "from scratch."]

**1/2 cup shallots or frozen chopped onions** [Again, the alternative of an already-chopped product is available to you.]

**1 large apple peeled and chopped or 1/2 cup unsweetened plain applesauce** [Don't feel like peeling and chopping an apple? Use applesauce instead.]

**1 tbsp olive oil**

**1/2 tsp chervil**

**1/8 tsp nutmeg**

**1/4 cup evaporated skim milk**

**4 teaspoons chopped toasted pistachios or pecans**  
[Nuts come already chopped to accommodate your recipe needs.]

**salt and pepper to taste**

To the sautéed onions in olive oil, add thawed squash, apples, broth, chervil and nutmeg. Cook covered on low heat for 10 minutes. Cool, puree in an electric blender. Stir in evaporated skim milk and simmer for 2 minutes. Pour into soup bowls. Garnish with chopped nuts.

*\*Portion size: 1 cup\**

*\*Nutrient analysis for 1 cup\**

*Calories: 108; Protein: 3g; Carbohydrate: 15g; Fat: 5 g; Saturated fat: <1 g; Cholesterol: <0.5 mg; Calcium: 76mg; Sodium: 712mg; Fiber: 3g*



## **Amgen Sponsors Inflammatory Arthritis Seminar**

With a grant from **Amgen Inc.**, the Chapter is offering a professional education program for rheumatologists and allied health professionals on inflammatory arthritis, including topics such as future therapies, genetics in rheumatoid arthritis, and a dermatologist's perspective on psoriasis and psoriatic arthritis. Scheduled for **Monday, December 11, from 5:30 p.m. to 8:30 p.m.**, the program will be held in the New York Chapter office at 122 East 42<sup>nd</sup> Street, 18<sup>th</sup> floor, in Manhattan.

The faculty will include renowned specialists in the field of genetics, rheumatology and dermatology: **Peter K. Gregersen, MD**, The Feinstein Institute for Medical Research, North Shore-LIJ Health System; **Richard A. Furie, MD**, Division of Rheumatology, North Shore-LIJ Health System; **Alice B. Gottlieb, MD, PhD**, Tufts-New England Medical Center; and **Michael Pillinger, MD** (moderator), NYU School of Medicine and NY Harbor VA Healthcare System NY Campus.

For more information or to register, please call Michele Disken at the Chapter at (212) 984-8712.



Sponsored by **Bristol-Myers Squibb Company**, Let's Talk RA is a nationwide awareness campaign designed to improve communication between people who live with rheumatoid arthritis (RA) and their rheumatologists. The campaign includes a free communication guide for those with RA as well as town hall meetings held across the U.S. led by experts from the Arthritis Foundation, including Foundation President and CEO, John H. Klippel, MD.

To obtain your free communication guide, call **1-800-568-4045** or visit the Arthritis Foundation's Web site at [www.arthritis.org](http://www.arthritis.org).

On Thursday evening, **March 15, 2007**, there will be a **Let's Talk RA Town Hall Meeting at the Lighthouse International Conference Center, 111 East 59<sup>th</sup> Street (between Park and Lexington Avenues) from 5:30 p.m. to 7:30 p.m.**

For more information on the Town Hall Meeting, or to register, contact Teresa Davis at the Chapter, (212) 984-8711.

## **Visit Our Thrift Shop**

**Arthritis Foundation Thrift Shop**

1383 Third Avenue • New York, NY 10021

(212) 772-8816

Donations always welcome.

## **FREE Arthritis Foundation Self-Help and Arthritis Foundation Exercise Programs for GHI Subscribers**

Pre-registration required, contact Wendy Isaacs at (212) 984-8713 for locations in our Chapter region.

## Chapter Offers Four Sites for 2007 Arthritis Walk

Now in its sixth year in the Chapter region, the Arthritis Walk, presented by Aleve, will feature four walk sites in 2007. Below is a list of those sites and tentative dates:

- Battery Park, N.Y. – Sunday, April 29, 2007**
- Orange County, N.Y. – Saturday, May 5, 2007**
- Westchester County, N.Y. – Saturday, May 12, 2007**
- Rockland County, N.Y. – Saturday, October 27, 2007.**



A fun-filled nationwide fundraising event benefiting the Arthritis Foundation, the Arthritis Walk focuses on teams of individuals joining together to raise awareness and vital dollars to help prevent, control and eventually find a cure for arthritis. The event offers participants a 3.1-mile walk and a 1-mile walk followed by post-walk celebrations featuring entertainment, food, and valuable health-related information. Incentive prizes will be presented to walkers who raise significant funds through pledges.



2005 Orange County Walk Volunteers

Although anyone can participate in the Arthritis Walk, a major emphasis is placed on team recruitment. Participants are recruited through corporate, civic and family teams. Teams are made up of five or more people. No matter how you choose to participate, you'll enjoy the day and have the satisfaction of knowing you've helped fellow New Yorkers with arthritis.

For more information about the walks, or to learn more about joining a walk planning committee, please contact Tina DiRienzo at (212) 984-8709 or [tdirienzo@arthritis.org](mailto:tdirienzo@arthritis.org).

## NEW LEGISLATION PRESENTS PLANNING OPPORTUNITIES FOR IRAS

The Pension Protection Act of 2006 (PPA 2006), passed by Congress and signed into law by President Bush, presents new opportunities for making donations from IRAs.

For 2006 and 2007, individuals aged 70½ and older with traditional IRAs or Roth IRAs may make tax-free gifts, of up to \$100,000 per year, directly from these funds to the Arthritis Foundation and other qualified charities. A couple with separate IRAs can each give up to \$100,000.

Previously, donors wishing to use their IRAs for charitable gifts had to withdraw the funds and report the amount in their annual taxable income before writing a check to charity. PPA 2006 makes it possible for donors to instruct their IRA administrators to transfer a gift to charity tax-free.

To take advantage of this opportunity, individuals must arrange for the gift to transfer

directly to charity from their IRAs, rather than taking a distribution and then writing a check for their gift. No charitable income tax deduction is available for gifts made directly from IRAs.

Opportunities also exist for younger donors. Individuals between ages 59½ and 70½ may not transfer a gift from their IRA and other retirement accounts to charity, but they may now withdraw the funds and donate them without a 10% penalty for early withdrawal. While they will be subject to income taxes on the amount withdrawn, they can take a charitable tax deduction for their gift which may result in a "wash" for federal income tax



purposes.

To learn more about PPA 2006, or for additional information on planned giving, please call Michael Friedman at the Chapter at (212) 984-8702.

The estate of Estelle W. Krackov provided the Chapter with a distribution of \$1,000.

The Alfred Manker Trust provided the Chapter with a distribution of \$53,750 which will support arthritis research.

## Dates to Remember

### Club Fit at Briarcliff

584 North State Road, Briarcliff Manor, NY 10510

**December 6** *Managing Stress & Chronic Pain*  
5:30 PM – 6:30 PM

### Club Fit at Jefferson Valley

600 Bank Road, Jefferson Valley, NY 10535

**December 21** *Sharing Session on Fibromyalgia*  
1:00 PM – 2:00 PM

### Metro SportsMed Physical Therapy

380 Second Avenue @ East 22<sup>nd</sup> Street,  
New York, NY 10010

**December 11** *Arthritis and the Aging Spine*  
12:00 PM – 1:00 PM

**January 19** *Exercise & Arthritis*  
12:00 PM – 1:00 PM

**February 6** *Shoulder Pain & Arthritis*  
12:00 PM – 1:00 PM

### Metro SportsMed Physical Therapy

263 7<sup>th</sup> Avenue, Suite 2A, Brooklyn, NY 11215

**December 7** *Osteoarthritis Updates*  
7:00 PM – 8:00 PM

**January 17** *Knee Anatomy: Arthritis & Treatments*  
7:00 PM – 8:00 PM

### Metro SportsMed Physical Therapy

1309 Avenue J at 13<sup>th</sup> Street, Brooklyn, NY 11230

**December 4** *Nutrition & Aging*  
12:30 PM – 1:30 PM

**January 25** *Staying Healthy for the Winter:  
Protect Your Bones*  
12:30 PM – 1:30 PM

Programs require pre-registration. For further information, call the **New York Arthritis Exchange™** at (212) 984-8730 or, from the 914 and 845 area codes only, 800-246-2884.

## FREE SEMINARS!!

### Access to Rx Drug Coverage: Medicare Part D and EPIC

**Manhattan:** December 4, 12:30 PM  
Chapter Office  
122 East 42<sup>nd</sup> St. (Lexington),  
18<sup>th</sup> Floor

**Queens:** December TBD  
SNAP of Queens Village  
80-45 Winchester Blvd.

Additional seminars will be scheduled in **Staten Island** and **Westchester**. Please call (212) 984-8730 or (800) 246-2884 (from area codes 845 and 914 only) for more information. **These seminars are made possible through a grant from GlaxoSmithKline.**

## Visit the Features on our Web site

- Arthritis Advocates in Action
- Advocacy News
- Your Direct Access
- Kids Get Arthritis, Too
- NAAP Statistical Data
- The New York Arthritis Reporter
- Información en español



Log on to **www.arthritis.org**. Enter your zip code to find the New York Chapter.

## In the Next Issue: Kids and Arthritis