

Arthritis Foundation® Leader Links

Spring: A Season Blooming with Hope

Spring is a season of new possibilities and rediscovery. At the Arthritis Foundation, Pacific Northwest Chapter, Spring means many ways to bring new hope to people with arthritis and their families.

New programs are springing up like wildflowers! This spring, we have already held trainings for the Arthritis Foundation Exercise Program in four communities and for the Arthritis Foundation Aquatic Program in three communities, including Ketchikan. We have more trainings coming up this year for both programs—and for the Arthritis Foundation Tai Chi Program. Visit the Chapter's [Training Calendar](http://www.arthritis.org/chapters/pacific-northwest/training-calendar.php), www.arthritis.org/chapters/pacific-northwest/training-calendar.php for a list of upcoming trainings and registration information.

We're Moving Together Across the Nation! A new nation-wide movement, Let's Move Together was launched to encourage people to move more every day. Join the movement by bringing your friends, your family, and even your students to the Arthritis Walk in your community. Find an Arthritis Walk near you on page two.

We're Thinking Warm Beaches & Tropical Getaways! 2009 is the inaugural year for our Camp JAM (Juvenile Arthritis Matters) Family Camp—and the return of KAT-FISH (Kids' And Teens' Families Investing Support and Hope) Family Camp. If a weekend working with kids or teens who have arthritis sounds like fun, we have just the opportunity for you! Read on to page two for more information!

We're Counting our Successes!

We thank you all for participating in our data collection! We have a huge number of facilities who have completed all their required paperwork for 2008, and in the coming months, we'll be sending out some fun incentives to say "Thank You!"

Creaky Joints Prevent People with Heart Disease from Exercising:

CDC Study Shows that Arthritis Keeps People with Heart Disease from Exercising

We all knew that arthritis was a pain, but did you know that it could keep people with heart disease from taking part in one of the most important parts of managing heart disease?

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We Want Your Program Information!

Quarterly Reports Are Due April 15

The 1st quarter of 2009 ends March 31st. Start the year off right and get your [Program Information Forms](#) and [Participant Release Forms](#) in by April 15th. Link on using the links above, or copy and paste this link into your browser: [/www.arthritis.org/chapters/pacific-northwest/offering-programs-local.php](http://www.arthritis.org/chapters/pacific-northwest/offering-programs-local.php)

Why do your program numbers matter? The Centers for Disease Control, whose study is featured in this month's issue of LeaderLinks is one of the major funders of the Arthritis Foundation Life Improvement Series Programs.

We need your help to show them how hard their money works! Please send us your quarterly report form and participant waivers by April 15th.

Have a program paperwork question? *Contact our programs and services coordinators!*

Oregon & SW Washington

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Creaky Joints And Heart Disease Cont'd...

According to the results of a recent study from the Centers for Disease Control and Prevention, adults who have heart disease are significantly less likely to be active if they also have arthritis.

Exercise is one of the most important things people with heart disease can do to prevent a serious cardiovascular event, like a heart attack or stroke; but when arthritis is also in the picture, as it is in 57 percent of adults with heart disease, according to the CDC report, sore joints often keep people from getting off the couch.

As a part of the Arthritis Foundation's Life Improvement Series programs, YOU are making a difference for people who might not otherwise be exercising! Thank you!

Want to know more about this study? Read the CDC study in the February 27, 2009 issue of the [Morbidity and Mortality Weekly Report](#). (www.cdc.gov/mmwr/PDF/wk/mm5807.pdf)

We're Here to Support Your Program

Our programs staff are here to support you!

Whether you have a question about simple paperwork, want to put out a press release about your class or have a more complex question about a specific exercise, we have the resources you need to offer a great program.

Visit our **extensive Offering Programs** resources pages for program leaders and sites:

- Download materials and get information on the [offering programs](#) page of our website.
www.arthritis.org/chapters/pacific-northwest/offering-programs-local.php
- Check out the [training calendar](#) and encourage a substitute to train as your back up!
- Starting April 1st, Arthritis Today, our award winning consumer magazine, is online! Take a sneak peek: www.arthritistoday.org

**Tropical Getaway?
Warm Beach?**

**Applications for Camp Volunteers
Now Being Accepted!**



Do you volunteer with the Arthritis Foundation already? Are you interested in doing more and maybe even working with kids?

If this sounds like you, then this year's family camps in Washington or Oregon sound like the place for you to come out and show your talents! KAT-FISH Camp (Stanwood, WA) and Camp JAM (Canby, OR) both offer a three-day family camp weekend for children with juvenile rheumatic conditions and their families. We invite you to consider joining us to share the simple pleasures of camp—games, campfire, arts and crafts and just soaking up nature with families who could really use the break. If you are interested in participating in camp as a volunteer please give us a shout! Email [Liz Kelly](#) or [Annie Rehn](#) - or give us a call for more information. We look forward to talking with you about Camp JAM or KAT-FISH Camp!

KAT FISH Camp

June 26th - 28th
Stanwood, WA

Camp JAM

August 14th - 16th
Canby, OR



We're Here to Help!

Contact our staff for personal answers to your program questions.

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Sign up for the Arthritis Walk today ...and then invite your friends, family and participants!



2009 Arthritis Walks

- May 9 - Kitsap, WA; Silverdale Waterfront park
- May 9 - Salem, OR; Riverfront Park
- May 16 - Portland, OR; Willamette Park
- May 30 - Tacoma, WA; Owen Beach - Point Defiance Park
- May 30 - Eugene, OR; Sacred Heart Medical Center at Riverbend
- October 11 - Bellevue, WA; Bellevue City Hall Plaza
- TBD - Medford, OR

Sign up today! Visit www.letsmove-together.org