

# Arthritis Foundation® Leader Links

## National Office Updates

### Show Us Your Moves Contest



The Show Us Your Moves Contest encourages physical activity as part of the campaign to fight arthritis, Let's Move Together. Taking part is easy – simply submit a video of your group showing off their best moves to Showusyourmoves@hotmail.com. Videos will be posted on [www.letsmovetogether.org](http://www.letsmovetogether.org). Each month a winner will be chosen to

receive a Flip Camera and have a chance to win a vacation package for two. Consider making a video of your class or asking participants in your class to make a video of what movement means to them!

### Tell Us Your Story

Help the Arthritis Foundation tell others how important our classes are to people with arthritis. People find hope and encouragement through inspirational stories written by those whose lives are affected by arthritis. Tell us your story today! <http://www.arthritis.org/changing-lives.php>

### Arthritis Foundation Walk with Ease

Coming later this year! Results of the evaluation will be presented at ACR! Stay connected to your chapter to hear when the program will become available.

### Arthritis Foundation Tai Chi Program

New DVD available! Go to [www.arthritis.org](http://www.arthritis.org) to purchase your DVD.

### AD Council: The Osteoarthritis Initiative

The Ad Council's mission is to identify a select number of significant public issues and stimulate action through communications programs that make a measurable difference in society. The Arthritis Foundation and Ad Council will empower Americans and educate them on the seriousness of arthritis as well as the risk factors for and symptoms of the disease. We are very excited about this partnership and look forward to the rollout of the campaign in January 2010.

## Jingle in the Water



Are you looking for a fun way to ring in the holiday season with your aquatics class? Join many other Arthritis Foundation chapters in a spin-off of the Jingle Bell Run/Walk for Arthritis events – Jingle in the Water!

Jingle in the Water can be done in any number of ways according to the needs and desires of your class from costume hat contests to pool games, but the key ingredients are the same: water, music, jingle bells, and lots of holiday fun!

Jingle in the Water can also serve as an exciting and easy fundraiser right in your class. You can have your class members form teams and invite the community to raise money in the fight against arthritis! Here is how Jo Wood, aquatics instructor at YMCA of the Shoals in Alabama, describes her experience with Jingle in the Water in 2008: "Jingle in the Water was a celebration of aquatic exercise during the start of the holiday season in the Shoals. What better way to begin the season than with holiday music and games in the warm water followed by a speaker and lunch! The goal was fun, pain relief, information and fundraising for the Arthritis Foundation! The result was just that!"

Jingle in the Water is a great way to incorporate your class into the year-end efforts of the Arthritis Foundation through the Jingle Bell Run/Walk mission all while staying warm in the water!



## ANSWERLinks

**Q** With the new program updates for the Arthritis Foundation Aquatic Program and the Arthritis Foundation Exercise Program, when do I need to get recertified?

**A** Your certification is good for 3 years after your training date. Recertification can happen when your 3 years is up. Therefore, if you do not choose to get recertified in the new program until your certification is expired, that's fine! However, if you would like to teach the new updates, you must attend a training.

Due to the many changes to our programs, we require all instructors and leaders to go through a new or recertification training taught by an AF Trainer. This can be done at any time. Check with your local chapter for their up-to-date training schedule.

## Spice up Class with Props and Themes!



Warm up your Arthritis Foundation Exercise Program Classes in winter with a Hawaiian theme. Leis can be purchased at the Dollar Store and used for exercise routines. Allow class participants to pick their own leis to match their outfits in order to spark conversation and bring cheer.

While seated, place leis around hands and perform Exercises #9 – Forward Arm Reach Version A, #39 Trunk Rotation, #41 Abdominal Strengthener and #43 Hip Walk. When participants are reaching overhead with Forward Arm Reach have them drop the leis back down around their necks then perform #57 Ankle Circle Version A (circling foot ocean.) The song Lovely Hula Hands is a nice song to do Exercises #21 Elbow Turn, #22 Elbow Bend and Turn Version A, #26 Wrist Bend, #28 Thumb Bend, #29 Finger “Os,” #31 Knuckle Wave and #35 Finger Lift.

For standing, Hawaiian War Chant and Tiny Bubbles are nice songs. Perform Exercise #14 Arm Swings Version B making figure 8's, then perform small side steps right 4 counts and left 4 counts while continuing with arms in figure 8's. Slide legs right together then left together while performing #16 Shoulder Rotator Version A one arm at a time and then side step right 4 steps while performing one armed figure 8 with right arm, then repeat 4 counts left with left armed figure 8 switch to #18 Diagonal Arm Reach Version A for 4 counts of side steps on each side and repeat entire sequence. End with stepping forward together, back together while performing #27 Wrist Stretch (pushing your kayak to sea) and either #47 Quad Stretch or # 58 Calf Stretch.

## Are you prepared to handle an Aquatic Emergency?

The Arthritis Foundation Aquatic Program is an ideal environment for relieving arthritis pain and stiffness, while improving one's range of motion, muscle strength and endurance. But remember, water activities can be dangerous. As an Instructor, you must provide a safe environment for your participants. This includes having the information and skills necessary to prevent, recognize and respond to aquatic emergencies, including how to protect yourself while assisting others.

To enable you to adequately handle a water crisis, it is necessary that you participate in a basic water rescue course. Conducted by many organizations such as the American Red Cross, the Basic Water Rescue class has no prerequisites. Due to the in-water skills session, participants should be comfortable in chest deep water. Class length is 4 - 4.5 hours, and certification is valid for 3 years.

*Note: The Foundation still has the Leader position. Leaders do not have to attend a basic water rescue class. They do have to pass the swim skills test in the training workshop.*

## Making Your Class Exciting – Your “Recipe” For Success

No matter what you teach, every instructor has a common goal -- motivating their students while keeping class exciting! In each issue, we are going to list a complete “recipe”: providing ideas and tools that could be helpful for your class.

**IDEA:** “Create-A-Holiday”

**TOOLS:** Calendar, Computer & Copier

**HOW TO:** Prepare an Arthritis Foundation Program Calendar, listing real and “creative” holidays for your classes to celebrate. You can incorporate holiday influences through music, dress, games, etc.

**RESOURCES:** You can list all of the traditional holidays along with your own creative “holidays” to celebrate each week/class. Consider asking your participants to come up with a few of their own. Another resource is [www.bluemountain.com](http://www.bluemountain.com)

**ADDL. INFO:** A few “Create-A-Holiday” ideas:  
 (a) Left-Handers’ Day-Begin all exercises on the left side of the body. Don’t forget Right-Handers’ Day as well.  
 (b) Color Day-Pick a color and everyone wears that color.  
 (c) Inspiration Day-Ask participants to bring in one of their most inspirational quotes and share with the class.

Please let us know how you are keeping your classes exciting!

## Editorial Board

Marjorie Chepp - Wisconsin Chapter

Kathi Deresinski - Greater Chicago Chapter

Isabelle Stohler - Rocky Mountain Chapter

Mary Major - Maryland Chapter Volunteer

Meagan Kish- Alabama Chapter

Jeannine Galloway - National Office

Liana Burns – National Office