Great Lakes Region
Northeastern Ohio

People with arthritis should consult their physicians before using any medication, therapy, or exercise program.

4630 Richmond Rd, #240
Cleveland, OH 44128-5954

216-831-7000
800-245-2275
Fax 216-831-1764

Serving 22 counties:
Ashtabula, Ashland, Carroll, Columbiana, Cuyahoga, Erie, Geauga, Harrison, Holmes, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Stark, Summit, Trumbull, Tuscarawas, and Wayne

As of 9/15/14

Programs for Better Living

Breaking the Pain Chain

A 4-week Arthritis Foundation educational series filled with tools, tips and techniques to help you manage chronic pain caused by arthritis or fibromyalgia. (page 4)

Become an Arthritis Advocate

Help the Arthritis Foundation inform local Members of Congress about important arthritis issues. It’s easy – just an email or a phone call. Visit www.arthritis.org or call 216-285-2836

Learn About Arthritis

Find out where educational programs about arthritis and related diseases are happening in Northeastern Ohio. (page 4)

Get Involved

Check out our upcoming events like L’Amour du Vin on October 9 at the Avon Oaks Country Club, Avon, and the Jingle Bell Run on December 14 at Legacy Village, Lyndhurst. (pages 5-6)

Get Answers!

Call Arthritis Answers at 800-245-2275 x 6416 or 216-285-2836 for information on over 100 types of arthritis, treatments, arthritis specialists, and free brochures.

www.arthritis.org/ohio/neo/  ~  email: info.neo@arthritis.org

Scan code on the left to visit our Web page
<table>
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<tr>
<th>Aquatic (*evening class)</th>
<th>page 2</th>
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<tr>
<td>Akron General Lifestyles</td>
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<td>216-518-9622</td>
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<td>440-871-6885</td>
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<td>Willoughby Lake Co. Y, West End Br</td>
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<td>*Youngstown D.D. &amp; Velma Davis Family Y</td>
<td>330-480-5656</td>
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<td>Youngstown JCC</td>
<td>330-746-3251</td>
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**RA Just Diagnosed** – FREE one-session, three-hour program that provides information, education, and empowerment for individuals who have a diagnosis of rheumatoid arthritis. Registration is required to ensure we have enough materials, call 216-285-2836 or 800-245-2275 x 6416

**Avon,** Richard E. Jacobs Health Center, Community Room 103, 33100 Cleveland Clinic Blvd, Tuesdays, June 3, August 5 or December 2, 6-9pm

**North Canton,** Aultman North Canton Medical Group, 6046 Whipple Ave, NW, Entrance A, Tuesdays, May 13, August 5 or October 21, 5:30-8:30pm

**Walk with Ease** – Exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. Walk at your own pace. For $25, participants will receive a book, pedometer and other walking tools. Call 216-285-2836 or 800-245-2275 x 6416
Exercise (*evening class) .................................................................

Aurora Seniors Walker Building ................................................. 330-995-9148
Avon University Hospitals Avon Health Ctr .......................... 440-988-6800
Avon French Creek Family YMCA .............................................. 216-509-3480
Barberton Active Adult Center .................................................. 330-848-6731
Bay Village Dwyer Senior Center .............................................. 440-899-3409
Bay Village Bay Presbyterian Church 440-871-1503 x 101 ..............
Bedford Hts Community Center ............................................... 440-786-3207
Boardman Beeghly Oaks Rehab Center ...................................... 330-884-2300
Canfield One Step Further Physical Therapies ......................... 330-533-1551
Chagrin Falls Hamlet Village ................................................... 440-247-4676
Chardon Multi-Purpose Senior Center ...................................... 440-285-2222
Chesterland West Geauga Senior Center .................................. 440-729-2782
Cleveland Gay/lesbian Community Center .............................. 216-651-5428
Cleveland Judson Manor .......................................................... 216-791-2393
*Cleveland Sunbeam School, Neighborhood Leadership Institute ........................................... 216-812-8700
Cleveland Hts Senior Activity Center ...................................... 216-691-7377
Conneaut UH Conneaut Medical Center .................................. 440-593-0261
Euclid Hospital ......................................................................... 440-692-7847
Euclid Senior Center ............................................................... 216-289-2985
Fairport Harbor Senior Citizens Center .................................... 440-354-3674
Geneva Community Center ...................................................... 440-466-5695
Highland Hts Community Center .............................................. 216-650-4029
Lyndhurst Tri-City Consortium .................................................. 216-650-4029

Tai Chi (*evening class)

Alliance Community Hospital .................................................. 330-823-8839
Ashland Kingston of Ashland ................................................... 419-289-3859
Avon University Hospitals Avon Health Ctr .......................... 440-988-6800
Brecksville Human Service Ctr (members only) ....................... 440-526-2499
Canton Aultman Tuscarawas .................................................... 330-363-6215
Carrollton Friendship Center .................................................. 330-627-7017
Chagrin Falls Hamlet Hills ..................................................... 440-247-4676
Chesterland West Geauga Senior Center ............................... 440-729-2782
Cleveland Fairhill Partners ...................................................... 216-421-1350
Cleveland Franklin Plaza Nursing Home .............................. 216-651-1600
Cleveland MetroHealth Wellness Center ................................ 216-957-2800
Cleveland West Park YMCA .................................................... 216-941-5410
Cleveland YMCA ................................................................... 216-344-7700
Cleveland Hts Warrensville Community Apts ....................... 216-539-0447
Concord Twp Lake Health Wellness Institute ........................ 440-375-8153
Dover Tuscarawas County YMCA ............................................ 330-364-5511
East Cleveland Stephanie Tubbs Jones Health Ctr ................. 216-514-5371
East Liverpool YMCA .............................................................. 304-670-4013
Euclid YMCA ......................................................................... 216-731-7454
Fairport Harbor Senior Citizens Center ................................. 440-354-3674
Highland Hills Tri-City Eastern Campus ............................... 216-987-2274
Lakewood YMCA ................................................................. 216-521-8400

Tai Chi (*evening class)

Lyndhurst Hillcrest YMCA ...................................................... 216-382-4300
Macedonia Family Recreation Center ...................................... 330-468-8371
Mansfield MedCentral Health & Fitness ............................... 419-526-8900
Mansfield Richland Academy .................................................. 419-522-8224
Mayfield Hts Schnurmann House ............................................ 440-442-3926
Mayfield Village Senior Services .......................................... 440-919-2332
Medina Western Reserve Masonic Community ...................... 330-721-3281
Mentor Family Karate ............................................................ 440-255-7300
Mentor Heisley Racquet & Fitness Club ................................. 440-357-6147
Mentor Parks ........................................................................ 440-974-5720
Norwalk Senior Enrichment Services 419-668-6245 x 31 .........
Orwell Country Neighbor Program ....................................... 440-437-6311
Painesville Senior Center ....................................................... 440-352-8095
Painesville St. James Episcopal Church ................................. 440-354-3525
Parma Broadview Multi-Care Center .................................... 216-749-4010
Shaker Hts Stephanie Tubbs Jones Community Center .......... 216-491-1360
South Euclid Community Center ............................................. 216-382-4300
Vermilion YMCA ................................................................. 440-967-4208
Warrensville Heights YMCA ............................................... 216-518-9622
Westlake Community Services ............................................. 440-899-3544
Arthritis/Fibromyalgia Information Meetings

Bellevue  The Bellevue Hospital, 2nd Tuesday, 7pm, call Loretta Hoy .................................................. 419-483-3611
Boardman  Bethel Lutheran Church, 3rd Wednesday, 7pm, call Nancy Chambers ................................... 330-758-8413
Parma  Community General Hospital, 3rd Monday, 1-2:30pm, call Connie Dadisman .............................. 440-743-4041

Breaking the Pain Chain® - A four-week Arthritis Foundation educational series filled with tools, tips and techniques to help you manage chronic pain caused by arthritis or fibromyalgia. Session 1 – Pain Mechanisms, Working with Your Health Care Team; Session 2 – Medications, Complementary & Alternative Therapies; Session 3 – Nutrition, Exercise; Session 4 – Stress Reduction, Sleep Management. The $40 fee includes all class materials PLUS a Health Organizer. Partial need-based scholarships are available. Call 216-285-2836 or 800-245-2775 x 6416

Chardon, UH Geauga Medical Center, Education Center, 13207 Ravenna Rd, Fridays, October 17, 24, 31, November 7, 3-5pm
Euclid, Euclid Hospital Health Center, 18901 Lakeshore Blvd, Mondays, October 6, 13, 20, 27, 4-6pm – FREE
Parma, University Hospitals Parma Medical Center, Health Education Center, 7300 State Rd, Wednesdays, October 1, 8, 15, 22, 10am to noon
Willoughby, ActiveCare PT Inc., 36495 Vine St, Suite L, Tuesdays, October 7, 14, 21, 28, 2-4pm

Arthritis Expos and Public Forums

Geauga  County Arthritis Expo, Chesterland, Mayfield United Methodist Church, 7747 Mayfield Rd, September 24, 9:30am-3:00pm. “Update – OA, RA & More”, Arminda Lumapas, MD; “Pain Management”, Lisa Brown, MD; “Nutrition & How It Can Affect Arthritis”, Jane Valvoda, RD; “How Physical & Occupational Therapy Can Benefit those with Arthritis”, Dottie Thompson, MOT, OTR/L, CLT. Box lunches $5. Pre-registration is required, call 800-245-2275 x 6420 or register online at http://2014geaugaexpo.kintera.org

Fall Cuyahoga  County Arthritis Expo, Westlake, LaCentre, 25777 Detroit Rd, October 8, (1pm-registration), 1:30-4:30pm. “Advances in Hip & Knee Joint Replacement”, Kim L. Stearns, MD; “Treatment of Rheumatoid Arthritis”, Susan Mathai, MD; “Get a Grip: Treatment Options of Arthritis in the Hand & Wrist”, David B. Shapiro, MD; “Treatment of Arthritis in the Foot & Ankle”, Stella Chiunda, DPM. Arthritis Foundation Exercise Program Demonstration. Door prizes and refreshments provided. Pre-registration is required, call 800-245-2275 x 6420 or register online at http://FallCuyahogaExpo.kintera.org


Trumbull  County Arthritis Expo, location, date, times, speakers to be announced. Pre-registration is required, call 800-245-2275 x 6420

Parma, Parma-Snow Branch Library, 2121 Snow Rd, October 10, 10-11am, “Fibromyalgia and Psoriatic Arthritis – Beware of Similar Symptoms”, May Azem, MD. Pre-registration is required, call 800-245-2275 x 6420

Wayne  County Arthritis Expo, Orrville, Aultman Orrville Hospital, Community Room, 832 S. Main St, October 18, 8-11:30am. “Back & Neck Pain”, James Gesler, MD; “Inflammatory Arthritis”, Padma Vellanki, MD. Community exhibits, refreshments, and an Arthritis Foundation Exercise Program demonstration. Pre-registration is required, call 800-245-2275 x 6420 or register online at http://waynecountyexpo.kintera.org

Cleveland Clinic Health Talks co-sponsored by the Arthritis Foundation – To attend, please call the Center for Consumer Health Information at 216-444-3641 or 800-548-8502 or visit www.clevelandclinic.org/healthtalks
The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.

**Coming Events**

**SAVE THE DATE!**

**Jingle Bell Run Cleveland**

DEC 14, 2014
8:30 a.m.
Legacy Village
Lyndhurst, OH

Register:
http://jinglebellrunleveland.org
kintera.org
Contact
ahansen@arthritisc.org
or call 216-285-2822 for more information

**Volunteers needed for all events! Call today to get involved. 216-285-2836**

Visit our web site:
www.arthritis.org/ohio/neo.php
and connect with us on Facebook, Twitter and YouTube. Turn the page to see all 2014 events.

**L’Amour du Vin**

October 9, 2014
6-9 p.m.
Avon Oaks Country Club
Avon, OH

Presented by
University Hospitals
Elyria Medical Center

Join us for the 17th annual L’Amour du Vin, a premier food and wine event, featuring international vineyards and Lorain County restaurants, silent auction and raffles.

Sponsorship opportunities are available. For more information, visit https://lamourduvin2014.eventbrite.com. Or contact ahansen@arthritisc.org or call 216-285-2822

What you give makes a difference in the life of someone with arthritis. Scan the code to see a video about a local AF exercise program.
Every dollar can make a difference to someone in need of help and information about arthritis. Your donation helps us carry out important work in the areas of research, advocacy, programs and services, and awareness.
**Arthritis Foundation**
**Great Lakes Region, Northeastern Ohio**
**Special Events 2014-2015**

**Akron Area**
January 29, 2015
Courtney Winnen
216.285.2829

*Red & White on Thursday Night – 5:30 p.m. - 9:00 p.m.*
A food and wine tasting event featuring Akron’s best restaurants and international vineyards; silent and live auctions and raffle.
*Location:* Quaker Station at the University of Akron, OH

**Cleveland Area**
May 3, 2014
Courtney Winnen
216.285.2829

*Arthritis Walk – 9:00 a.m. (registration opens at 7:30 a.m.)*
A family friendly, non-competitive 5K / 1 Mile Walk for family and corporate teams and individuals.
*Location:* Cleveland Metroparks Zoo, Cleveland, OH

May 14, 2014
Alicia Hansen
216.285.2822

*Cleveland Magazine Silver Spoon Awards Party – 6:00 p.m. - 9:00 p.m.*
A movable feast featuring restaurants that are nominated for a *Cleveland Magazine* 2014 Silver Spoon Award.
*Location:* Huntington Bank Building (at 200 Public Square in downtown Cleveland)

November 12, 2014
Lynette Trentini
216.285.2833

*2014 “Community Leaders of the Year” Award Dinner – 6:00 p.m. - 9:00 p.m.*
*Honoring Terry Francona, Manager of the Cleveland Indians*
*Location:* The Marriott Downtown at Key Center, Cleveland, OH

December 14, 2014
Alicia Hansen
216.285.2822
Lynette Trentini
216.285.2833

*Jingle Bell Run/Walk – 8:30 a.m. (registration opens 7:30 a.m.)*
A family friendly 5K / 1 Mile Run/Walk that is sure to become a holiday tradition.
*Location:* start/finish at Legacy Village with a scenic course through the surrounding neighborhood of Lyndhurst, OH

**Lorain Area**
October 9, 2014
Alicia Hansen
216.285.2822

*L'Amour du Vin – 6:00 p.m. - 9:00 p.m.*
A food and wine event featuring Lorain County restaurants and international vineyards silent auction and raffles.
*Location:* Avon Oaks Country Club, Avon, OH

Please contact the individuals listed above for information about participation or sponsorship opportunities.