The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control, and cure of arthritis and related diseases.

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 8/1/14

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
Exercise Program ................................................................. 330-995-9148
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
Cheagrin 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
Connecut UH Connecut Medical Center ......................... 440-593-0261
Euclid Hospital .............................................................. 216-692-7847
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

*Evening class offered .......................................................... page 3
Mayfield Hts Ross DeJohn Conv Ctr 440-442-2626 x 24
Medina Nottingham Court .............................................. 330-722-5545
Medina County Office for Older Adults ............................ 330-723-9514
Medina Western Reserve Masonic Community ................. 330-721-3000
Mentor Senior Center ...................................................... 440-974-5725
*Middleburg Hts Southwest General ............................... 440-816-8035
Middlefield Senior Center .............................................. 440-632-0611
Norwalk Senior Enrichment Services .............................. 419-668-6245
Oberlin Kendal at Oberlin .............................................. 440-775-9851
Oberlin New Russia Township Center .......................... 440-775-1504
Oberlin Senior Center ..................................................... 440-775-1504
Orville Wayne College .................................................. 216-285-2839
Orwell Country Neighbor Program ................................ 440-437-6311
Perry Township Community Center ............................... 440-259-3772
Rocky River Senior Center ............................................. 440-331-0600 x 2341
Sandusky The Commons of Providence .......................... 419-624-1171
Shaker Hts Stephanie Tubbs Jones Community Center .... 216-491-1360
Solon Senior Services Department ................................. 440-349-6363
Wadsworth Suprema Senior Center ................................. 330-335-1513
Wellington Elms Retirement Village .............................. 440-647-2414
Westlake Community Services ....................................... 440-899-3544
Westlake United Methodist Church ................................. 440-871-3088
Willoughby ActiveCare PT .............................................. 440-951-2278
Willoughby Breckenridge Village ................................. 440-339-8868

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, 2-3.30pm, call Cindy Kochan, RN, CRRN .................................... 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
Parma, University Hospitals Parma Medical Center, Health Education Center, 7300 State Rd, Wednesdays, October 1, 8, 15, 22, 10am to noon

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 800-245-2775 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 800-245-2775 x 6416
Beachwood, Beachwood Community Center, 25325 Fairmount Blvd, Tuesdays, Thursdays & Fridays, July 8- August 14, 9-10am
Wellington, Elms Retirement Village, 136 S. Main St, Mondays, Wednesdays & Thursdays, September 3-October 13, 12:30-1:30pm
Ashtabula County Arthritis Expo, Geneva, SPIRE Institute, 1822 South Broadway, August 26, 8:30am-3pm. “Pain Management for Arthritis”, Lisa Brown, MD; “Integrative Medicine for Arthritis”, Evan Howe, MD; “Arthritis in the Foot and Ankle”, Mark Mendezszoen, DPM. Enjoy a delicious buffet lunch for $5, payable at lunch. Arthritis Foundation Exercise Program demonstration, exhibits, and door prizes. Pre-registration is required, call 800-245-2275 x 6420 or register online at http://ashtabulaarthritisexpo.kintera.org

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

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.

SAVE THE DATE!

Jingle Bell Run Cleveland

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

Register: http://jinglebellrun.cleveland
kintera.org
Contact ahansen@arthritis.org
or call 216-285-2822 for more information

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

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://lamourdumvin2014.eventbrite.com.
Or contact ahansen@arthritis.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.

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

Presented by
University Hospitals
Elyria Medical Center

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.
Arthritis Foundation
Great Lakes Region, Northeastern Ohio
Special Events 2014

**Akron Area**
January 23, 2014
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 Square, 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)

Date TBD
Lynette Trentini
216.285.2833

*2014 “Community Leaders of the Year” Award Dinner – 6:00 p.m. - 9:00 p.m.*
*Location:* to be determined

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.*