



BRINGING Arthritis INTO FOCUS

Focus On: Making the Greatest Difference

We are proud to present the Arthritis Foundation, Great West Region’s 2013 Annual Report. The Region serves nearly six million adults and 29,000 children with arthritis in Alaska, Northern California, Colorado, Idaho, Montana, Oregon, Utah, Washington and Wyoming. We deliver our mission through nine offices, 56 staff members and thousands of dedicated volunteers.

The burden of arthritis continues to grow each year, but so does our knowledge of how to best serve people with arthritis. Moving forward, we are intensively focused on specific key areas to make a difference in the fight against this disease. We listened to the needs of our constituents and used this information to envision and recommit to new organizational priorities. As responsible stewards of the generous contributions that make our work possible, we know we must continue to focus our attention and resources where we can make the greatest difference for adults and children living with arthritis.

The Arthritis Foundation’s priorities for 2014 and beyond:

Access and Advocacy

From your hometown to the halls of Congress – backed by more than 75,000 nationwide, active advocates – we’re helping change laws to make health care more accessible and affordable.

Medical Discovery

Since 1948, we have invested half a billion dollars in research, leading to the first biologics for rheumatoid and juvenile arthritis. We’re working every day to find a cure.

Help and Support

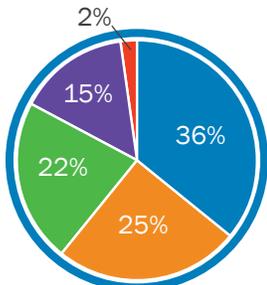
We’re the most trusted source of information about arthritis (including juvenile arthritis) and chronic joint pain. Today we’re building new online and digital resources to better meet your needs.

“The Arthritis Foundation continues to make a positive impact for the millions of Americans affected by arthritis. Through the work of the Foundation’s deeply committed volunteers, donors and advocates we are discovering enhanced treatments, expanded research efforts and will undoubtedly one day find a cure.”

Dave Hill, 2014 Chair, Arthritis Foundation, Great West Region Board of Directors, Seattle, WA

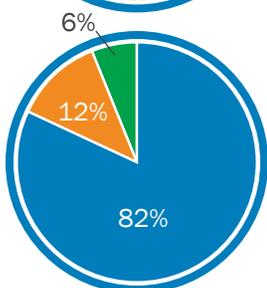


2013 Financial Report



Public Support and Revenue

Bequests	3,700,859	36%
Contributions	2,573,453	25%
Special Events	2,219,759	22%
Investment and Other Non-Operating Income	1,555,276	15%
Government Grants and Other Income	193,356	2%
Total Revenue	10,242,703	



Expenses

Programs and Services	7,648,623	82%
Fundraising	1,171,718	12%
Management	565,244	6%
Total Expenses	9,385,585	

Focus On: Help and Support

Help and Support for People with Arthritis – When and Where It's Needed

We're expanding our reach to assist even more people with arthritis. We offer trusted information, powerful health tracking tools and ways to connect with others. We're working with health care providers and other partners to strengthen our programs. We're building a state-of-the-art digital enterprise so you can customize your online experience and live a better and healthier life.

2013 Outreach and Impact

14,978 evidence-based exercise classes took place across the Region to give individuals with arthritis a venue for fitness, support among their peers and access to expert advice through their instructors.

4,858 programs and resources were delivered in local communities through educational presentations by medical experts, health fairs, speaking events at community centers, packets of arthritis information and arthritis helpline calls answered.

1,103 children, teens and young adults with juvenile arthritis (JA) and their family members were served at various JA activities including Camps, Family Days and other educational events.



“

There is no monetary value that can be placed on the pain, suffering and mental anguish that arthritis takes on the mind, body and spirit. The Arthritis Foundation exists to relieve these burdens. The Foundation addresses the disease from the patient's perspective through its education and outreach.”

John Lynch, Spokane, WA,
Community Leader
and Volunteer

Focus On: Influencing Public Policy and Change

Advocacy and Access on Capitol Hill and Beyond

People with arthritis face unique barriers to care: high costs of treatment; difficulty accessing medications; scarcity of specialists and more. It's hard for any individual to fight the battle alone. Through the Arthritis Foundation's effective and powerful advocacy network, we're working to address key issues on both the state and federal level.

Ensuring access to care and affordable treatments, sufficient specialists for children and inclusion of arthritis in federal research were the top priorities for the Region's advocacy program in 2013. As the health policy landscape has changed, the Region has focused on developing capabilities to monitor and respond to state-level issues affecting access to care, including ensuring that the needs of people with arthritis and related diseases are addressed in healthcare reform implementation.

The Arthritis Foundation relies upon the strength of our advocacy network in order to effectively address advocacy issues. In 2013, the Region's advocacy network grew significantly, from 6,600 to over **9,050** enrolled advocates. Advocacy Ambassadors, who participate at a higher level, maintained coverage of nearly **80%** of the Region's congressional districts.

Advocates participated in state advocacy days with coalition partners in Colorado and Washington, and attended the California Arthritis Summit. In Montana, advocates reached out to legislators and successfully fought for the retention of the Montana Arthritis Program.



“

Anyone can be a good advocate, but when your heart is in it, you will be a great advocate.”

Reina Magrum, Stockton, CA, Passionate Advocate

Focus On: Research

“Advances in arthritis care now and in the future will include the use of biologic substances and cartilage cell replication and transplant techniques that hopefully can postpone or negate the need for joint replacement surgery in some patients.”

Todd Miner, MD, Denver, CO, Leading Orthopedic Surgeon



Research for Better Treatments and a Cure

Research is the key to finding better treatments and, one day, a cure for the more than 52 million Americans who face the challenges of arthritis. On their behalf, the Arthritis Foundation continues to lead and fund cutting-edge scientific investigation about arthritis. We seek to learn what causes it, what affects it, and most importantly, what can stop it.

In 2013, the Arthritis Foundation, Great West Region, invested in research projects totaling **\$1,975,000**. The Great West Region research projects help support a unified nationwide research program. This program is based on the principles of investing in research that meets the most compelling needs of patients and focuses on areas where there is the greatest possibility to exploit scientific opportunities.

Center of Excellence

Your support helped to create the Arthritis Center of Excellence located at Stanford University and the University of California, San Francisco (UCSF), in collaboration with the Arthritis Foundation, Great West Region. The Center's mission is to advance the understanding of the causes of arthritis and to improve treatments and outcomes for adults and children with arthritis. The Center of Excellence's research program is fostering innovative collaborative research that leverages the expertise and clinical cohorts in the Stanford and UCSF Divisions of Rheumatology. Recent advances include development of biomarkers to monitor disease activity in rheumatoid arthritis (RA), and investigation of the molecular mechanisms underlying joint destruction in RA and juvenile idiopathic arthritis (JIA).

Funding Investigators in our Community

We also invest in training new investigators and pursuing innovative strategies for preventing, controlling and curing arthritis. For example, Dr. Anne Stevens at Seattle Children's Research Institute is testing the hypothesis that exposure to bacteria involved with periodontitis and gingivitis triggers arthritis in patients with juvenile idiopathic arthritis (JIA). Children with JIA, in contrast to children with lupus, make high levels of PD-L1, very similarly to children with infections. Data suggest that the bacteria involved in adult gum disease may produce a protein that causes a reaction in adult rheumatoid arthritis patients. Dr. Stevens is now working to see if there is a link between JIA and gum infections. Studies like these have the potential to improve the quality of life for thousands of children.

Focus On: How Volunteers Make the Difference

Volunteers in the Great West Region

Volunteers are vital to the success of the Arthritis Foundation. We are only able to achieve the results that we do because of our vast network of activated, engaged volunteers and the depth of generosity of our donors. These individuals are essential and appreciated. **2,900** volunteers generously offered their time and talents to the Arthritis Foundation in 2013. In 2014 and beyond, we will focus on further recruiting, training and utilizing the skills and resources of our volunteers and donors. Our power as an organization is through these dedicated people.



“A good volunteer is anyone who has been affected in some way, shape or form by arthritis. Good volunteers have a passion to see change happen when it's needed. If you're frustrated with any aspect of your life, you can't expect things to change. You have got to make it happen.”

Joy Ross, Hillsboro, Oregon, Dedicated Volunteer

2013 Great West Region Annual Report

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