

Community Connections

 **Arthritis Foundation**
FALL 2025

DRAWING STRENGTH:

How One Mom Turned a Diagnosis Into a Movement

This year's Champion Changemaker Award goes to Kelly Chellis, whose arthritis advocacy began when her 6-year-old child, Trys, developed a mysteriously swollen knee.

Despite Trys having no apparent injury, Kelly trusted her instincts and sought medical help. The turning point came when a simple drawing activity revealed Trys couldn't lay their hand flat — leading to a diagnosis of juvenile idiopathic arthritis (JIA).

"I truly was one of those people who thought kids can't get arthritis."

— Kelly

Shocked but determined, Kelly began fundraising and raising awareness. In 2019, she and Trys shared their story at Ohio's Arthritis Advocacy Day, highlighting the challenges of



accessing care. "Telling our story felt good — like maybe change could happen," she says.

Kelly's passion and persistence have inspired many and helped amplify the voices of families living with arthritis. Congratulations, Kelly, on being our 2025 Champion Changemaker!

**SAVE THE DATE:
CELEBRATE OUR
STRENGTH**

World Arthritis Day is October 12!

It's a global moment to raise awareness, honor the arthritis community and spotlight the need for better care. Mark your calendar, and help spread the word — because together, we're stronger.



CRACKING THE CODE OF RHEUMATOID ARTHRITIS (RA):

How AI Could Predict RA Before It Starts

With support from the Arthritis Foundation, Dr. Fan Zhang is using artificial intelligence, or AI, to uncover early warning signs of rheumatoid arthritis — before symptoms even appear.

“Currently, there are no robust predictors for when a patient will start showing noticeable clinical signs,” Zhang explains. Her team will analyze immune cell data from the National Institutes of Health StopRA trial to identify molecular patterns that signal disease progression.

By comparing individuals who develop RA with those who don’t, the research could reveal biomarkers and new treatment targets — advancing precision medicine for autoimmune diseases.



“AI has the potential to transform the field of disease prediction.”

— DR. FAN ZHANG, PHD

Your New Go-To Guide for Living Well With Arthritis

Looking for trusted tips on what to eat, how to move or ways to feel better every day? The Arthritis Foundation’s new online resource center is your one-stop destination for expert-backed guidance on living well with arthritis.

Whether you’re newly diagnosed or have been managing arthritis for years, this hub brings together our most popular tools and articles in one easy-to-navigate place.



Explore everything from anti-inflammatory recipes and hydration tips to joint-friendly workouts and lifestyle ideas that make daily life easier. It’s all designed to help you take control of your health — on your terms.

Ready to feel more empowered in your arthritis journey? **Visit the Resource Center today at arthritis.org/guides and start exploring.**



When You Give Annually to the Arthritis Foundation ...

You choose to be a consistent, dependable source of support and hope to men, women and children living with arthritis. Annual Giving is:

► **POWERFUL.** Giving annually helps accelerate research and makes new treatments available.

► **EFFECTIVE.** Your consistent gifts allow us to advocate for equal access to health care for people with arthritis.

► **CONVENIENT.** Your annual gift is charged to your credit card automatically and can be changed or canceled at any time.

If you'd like to sign up for Annual Giving to the Arthritis Foundation, please visit:

arthritis.org/annual

Note From Steven

A Pain Awareness Month Progress Report



It's Pain Awareness Month, and I'm checking in to share some of the progress we've made toward a better future for millions of men, women and children living with arthritis.

This year, we funded a new grant to uncover whether cutting-edge AI tools can be used to predict and treat rheumatoid arthritis. We also recognized some of our most dedicated volunteer leaders and celebrated some big legislative wins. Finally, we just launched a new online resource center to share our best advice for living your fullest life. You can find stories on all this and more in this edition of **Community Connections**.

Thank you with all my heart for your generosity and support — past, present and future — as we work to conquer arthritis together.

Steven Taylor
President & CEO

Get more tips, insights, stories
and information online at:

[arthritis.org/
community](https://arthritis.org/community)

VOICES IN ACTION:

What to Expect From the 2025 Advocacy Summit

The Arthritis Foundation's Advocacy Summit returns September 28-30, bringing together passionate voices from across the country to champion change for people living with arthritis.



Held in Washington, D.C., this powerful three-day event unites patients, caregivers and health professionals to share their stories and advocate for better access to care.

Attendees will gather for training on September 29 to prepare for the next day's Capitol Hill Day — when they'll meet directly with lawmakers to push for meaningful policy change.

As one past attendee shared, *"It was uplifting and impactful to connect with others and know we're making a difference."*

Even if you can't attend in person, you can still be part of the movement.

Join the advocacy effort online at: arthritis.org/advocate

Leaving a Legacy

How do you want to be remembered? With a gift to the Arthritis Foundation in your will, you can be remembered as someone who contributed to finding a cure to end arthritis.

Leaving a legacy can also be as simple as naming the Foundation as a life insurance or 401(k) beneficiary. Consult with your attorney or financial consultant for more information. To learn more visit:

plannedgiving.arthritis.org

**SCAN HERE WITH
YOUR PHONE**



Spread Good Cheer. Run For a Great Cause

Wear your favorite holiday attire and invite family and friends to join you at this year's Jingle Bell Run, the most festive holiday Run for a Reason. For more information on how you can take part in this amazing holiday tradition to help conquer arthritis, visit:

arthritis.org/jinglebellrun

