

ARTH writings



A PUBLICATION OF THE ARTHRITIS FOUNDATION

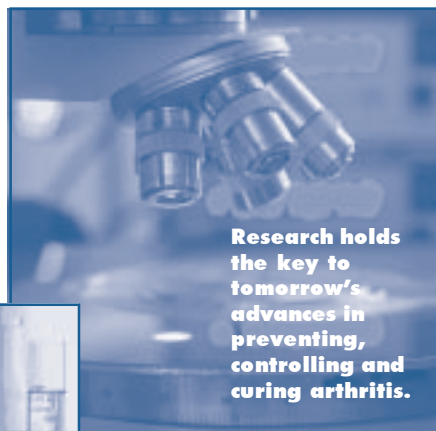
Maryland Chapter

FALL-WINTER 2009-10

RESEARCH MATTERS TO THE MARYLAND CHAPTER

We're Setting the Foundation to Cure Arthritis

The Arthritis Foundation's mission to prevent, control, and cure arthritis is more urgent today than ever. Arthritis is the nation's most common cause of disability, affecting 46 million people (more than 1.1 Marylanders). By 2030, an estimated 67 million will be affected. Not only will they face the challenges of living with arthritis, but they also may be at increased risk for diabetes, heart disease and other conditions linked to decreased physical activity. Arthritis Foundation volunteers and staff are



committed to creating a world free from arthritis pain. These challenging economic times have

not deterred us. In the last 10 years, the Maryland Chapter has funded over \$15 million in arthritis research.

Maryland Chapter research funds often are used to train new investigators who are then able, thanks to this experience, to seek much larger grant support from institutions such as the National Institutes

of Health. Over the years, Maryland researchers have made significant advances in the understanding and treatment of arthritis.

In 2009, the Maryland Chapter continued its long-standing level of research support with grants to arthritis researchers totaling over \$400,000 for institutional, fellowship and other arthritis projects. Maryland Chapter research recipients are:

- Sergei Atamas, M.D., Ph.D., UM, B—*Complex Regulation of Lung Inflammation and Collagen Turnover by CCL18, as well as an Institutional Grant, Novel Mechanisms of Pulmonary Fibrosis in Rheumatic Diseases*
- Sonye Danoff, M.D., Ph.D., JHU—*Quantifying Interstitial Lung Disease in a Well-Characterized RA Cohort*

- Uzma Haque, M.D., JHU—*Treatment of Vitamin D Deficiency in Rheumatoid Arthritis*
- Utpal Pal, Ph.D., University of Maryland, College Park—*Pathogenesis of Lyme Arthritis*
- Jaspreet Pannu, Ph.D., UM, B—MARRC Senior Fellowship: *Role of IGF-1/GFBP Axis in Scleroderma*
- L.D. Timmie Topoleski, Ph.D., University of Maryland, Baltimore County (UM, BC)—*Creating a Better Bone Cement*

Engalitcheff Junior Fellowship funding was also completed.

As we continue to pursue our mission of finding a cure for arthritis, research remains a primary focus.

Share the Spirit

At a time when we are all being especially mindful of decisions about saving, spending and giving, we thank you for your generosity and support of the Arthritis Foundation, Maryland Chapter. For the 1.1 million Marylanders who endure the pain and disabling effects of arthritis, your support in these difficult times is appreciated more than ever. Here are some suggestions for ways you can continue to help:

- a \$500 scholarship to help send a child with arthritis and a parent to the annual juvenile arthritis conference
- a \$300 gift to support an activity at our spring or fall Family Education/Fun Day
- a \$200 equipment subsidy grant to

(See "Spirit," page 6)

Corks & Forks Gala
FOR A CORK FOR ARTHRITIS
FRIDAY, MARCH 26, 2010
7 UNTIL 11 P.M.
See details on page 5.

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



Teen with Arthritis Gives Back

This has been a busy Arthritis Foundation year for 16-year old Lucy Rosenbloom, who has juvenile arthritis. Lucy and her mother received a scholarship from the Maryland Chapter to travel to the annual Juvenile Arthritis (JA) Conference. Lucy also had an Arthritis Walk Team, helped plan the Chapter's Fall Family FunFest for other kids with arthritis and their families and has a team for the December 6 Jingle Bell Run/Walk!



Lucy Rosenbloom (2nd from rt.) is shown here with friends from the JA Conference in Texas.

For the free brochure, *Arthritis in Children* or more information on Chapter activities for families of kids with arthritis, return the coupon on page 6.

Learn More About OA



Osteoarthritis (OA), also called osteoarthrosis or degenerative joint disease, is one of the oldest and most common forms of arthritis. OA is a chronic condition characterized by the breakdown of joint cartilage

which causes the bones to rub against each other, leading to stiffness, pain and loss of movement in the

joint. Today, an estimated 27 million Americans live with OA. Despite the longevity and frequency of the disease, the cause is still not completely known, and there is no cure. Many different factors may play a role in the development of OA, including age, obesity, injury, overuse and genetics. For a free copy of the *Osteoarthritis* brochure, return the coupon on page 6. You can also visit www.arthritis.org; click on the tab "osteoarthritis" for more information.



Participants in the Arthritis Foundation Aquatic Program at Weinberg YMCA in Baltimore know exercise is key to managing arthritis pain.

You can improve your life!

The Maryland Chapter offers a wide range of programs to help people take control of their arthritis or related condition. We are your source for help and hope when you are looking for:

- water or land exercise programs
- brochures about your disease
- a physician referral list
- tips to help you cope
- educational seminars
- support & education groups
- self-help courses
- information and referral services
- advocacy opportunities.

For a free listing of locations and contact numbers for these programs, return the coupon on page 6.

Our New, Improved Programs Offer Arthritis Pain Relief

Arthritis Foundation Life Improvement Programs were revised in 2009. These programs have been documented to help control and reduce arthritis pain.

Leaders will be recertified in the updated programs as their certifications expire. The changeover will be on-going over the next three years. Arthritis Foundation Aquatic ProgramSM changes include more combination exercises including interactive sports-themed exercises (e.g. knockout punch, speed skating and kayaking movements). For those seeking a more challenging workout, newly approved resistance equipment and a deep water option can be incorporated.

Arthritis Foundation Exercise ProgramSM changes include new exercises that incorporate the optional use of resistance bands and weights for an added workout. There are interactive health education lessons and improved joint check, balance and endurance sections to better manage arthritis.

We are excited about these new changes, and hope you will be too.

We gratefully acknowledge the following estates for trusts in support of our mission:

Alvin Baker	\$ 44,967
Marie Lillian Moore	\$ 2,000
William Moore	\$ 5,000
Marion Pelton	\$ 1,454
Felicia Pennington	\$ 3,442 (add'l.)
Benjamin Shuff	\$ 4,036 (add'l.)
Joseph Snyder	\$ 52,206
Robert Troxell	\$ 3,801
Barbara Williams	\$ 500
Peggy Winters	\$ 95,892
B. Kennedy Yurick	\$ 96,608

Our sincere appreciation to the Virginia P. Engalitcheff estate for the Maryland Chapter endowment.

VOLUNTEER SPIRIT

We propose a toast to volunteer Cleaveland Miller.

An attorney with Semmes, Bowen and Semmes, Cleaveland is also part owner and managing principal of Calvert Wines and Liquors in the Hunt Valley Town Center. He was the perfect choice to chair the Chapter's inaugural Corks and Forks Gala Committee. His leadership led the event to raise \$135,000 for arthritis programs and services. He had so much fun working with the 12-member committee that he agreed to return for Corks and Forks II in 2010. (See page 5.)

Cleaveland is a skilled committee leader. He values everyone's ideas and opinions even if they don't agree with his! He encourages participation, is generous with his time and shows true appreciation for others' efforts.

He thoughtfully considered the wines for Corks & Forks and hand-picked 20 unique red and white wines for the evening. Afterwards, guests raved about the variety and quality of the wines served. Cleaveland was the committee champion for bringing sponsors on board and for recruiting his friends and

colleagues to get involved. Cleaveland is a former two-term member of the Arthritis Foundation, Maryland Chapter board of directors. Baltimore born and raised, he is a graduate of Poly and Johns Hopkins University and has a law degree from Harvard. Cleaveland specializes in business law, including mergers and acquisitions.



Cheers to Cleaveland Miller for chairing the 2009 Corks & Forks Gala.

He is a true gentleman who knows wines and appreciates a glass every now and then. His favorite wines of the moment are, for value, Argentinean Malbec, and, for "sky's the limit," French Burgundy. In addition to wine, his hobbies include traveling, reading, (especially mysteries, history and biography) and bridge, tennis and squash. He says his "more recent source of frustration is golf." Cleaveland, we lift our glasses to you!

Jingle Bell

(cont'd. from page 5)

Canton Club
 Bean Hollow
 Dick's Sporting Goods
 SoNu Water
 RSM McGladrey
 Physiotherapy Associates
 Feet First
 Spine and Sports Rehab
 Living Wellness Chiropractic

In-Kind Sponsors

American Fitness	Over the Rainbow
Baltimore Business Journal	Salon
Baltimore's Best Events	Pine Orchard
BJ's	Spirit Shop
Baltimore Blast	Play It Again Sports
Cabot Creamery	Road Runner Sports
Charm City Run Communications	Roma's Italian Deli
Electronics	Serafino's
Curves	Signature Salon
DJ Lo J	SoNu Water
Envy Massage	St. John's Jewelers
Feet First	Starbucks
Giant	The Baltimore Sun Media Group
H&S Bakery	Village Green
Heartland	Spirit Shop
Sweeteners	Vintage Wine Shop
Jason's Liquors	Whole Foods - Harbor East
LaPrima Catering	Whole Foods - Mt. Washington
Ledo's	
Lifetime Fitness	
Modern Babies and Children	

To all our
 volunteers and donors,
 Thank You

for your continuing support.
 We wish each and every one of you

A Happy Holiday
 and a
 Healthy New Year!

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 Arthritis Foundation,
 Maryland Chapter

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 Joyce Waite, *Interim President*
 J. Karen Krug, *Editor*
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www.arthritis.org
 For Maryland info., enter your zip code.





We're Advocating for the Cause

The Power of One— The Voice of Many

The 2010 Advocacy & Kids' Summit is scheduled for March 1-3 in Washington, D.C.

This is an opportunity for Arthritis Foundation volunteers and staff to gather in our nation's capital and let Congress know that more needs to be done for people with arthritis. The Advocacy & Kids' Summit is the premiere event to learn about the Arthritis Foundation's advocacy priorities for the upcoming year and to make a difference on behalf of the 46 million people and 300,000



kids with arthritis. You'll get trained on "how to advocate." The Summit is YOUR chance to tell Congress about the needs of adults and kids with arthritis. You will personally meet with your Members of Congress and their staff to share your personal story of living with arthritis and how it impacts your life.

Activity sessions are specifically created for kids who are currently in kindergarten through 8th grade. Kids in 9th through 12th grades attend the training sessions with their parent(s). All kids must be accompanied by a parent or guardian who also registers for the Advocacy Summit.

You can find detailed information about the Advocacy & Kids' Summit and register by visiting the Summit page at <http://www.arthritis.org/advocacy-summit.php>.

Around The State

WESTERN MARYLAND / EASTERN WEST VIRGINIA REGION
800/365-3811



EASTERN SHORE REGION
800/365-3811

SOUTHERN MARYLAND BRANCH
714 B & A Blvd.
Severna Park, MD
21146
410/544-5433

The **EASTERN SHORE REGION** continues to offer the Arthritis Foundation Aquatic Program and the Arthritis Foundation Exercise Program throughout the area. In May, a workshop was held in Salisbury to train leaders for the aquatic program. Special thanks to Leigh Ann Eagle, a nationally certified trainer, for providing this opportunity for even more people to take advantage of this special evidence-based program. If you are willing to staff a health fair booth or want to do a presentation on arthritis in your community, please give us a call. We will provide training and materials for you to represent the Arthritis Foundation. For more information, call 800-365-3811, x222.

The **SOUTHERN MARYLAND BRANCH'S** 19th Annual Jingle Bell Run (JBR) was held November 15 at Marley Station Mall in Glen Burnie. It was a huge success with over 350 runners. Our mascot "Jingles" handed out candy canes while host Bill Lusby from WNAV radio played seasonal



music. Everyone was touched by our JBR Juvenile Arthritis Ambassador Ceremony honoring six-year old Kaitlyn Roemer. The first place female race winner awarded Kaitlyn a medal for her courage facing the pain of arthritis. We raised much needed funds thanks to all our participants, our team members and our sponsors.

The Solomons Island Jingle Bell Run will be held on Saturday, December 5 at Calvert Marine Museum. The 5K Timed Run begins 8:30 a.m. The Rudolph Romp for the kids begins 8:15 a.m. Kids can get their pictures taken with Santa. Continental breakfast, goodie bags and awards are part of the festivities. Please contact us for more information.

Our third and last educational seminar of 2009 was held November 7 at Ridgely Retreat in Annapolis and focused on fibromyalgia. Thank you to our presenter, Dr. Jack Lichtenstein and wife Andie Lichtenstein, owner of Ridgely Retreat.

Our annual Holiday Gathering honoring our sponsors, fundraisers and volunteers will be held on Friday, December 18 from 7 to 9 p.m.

For sponsorship opportunities or more information on any of our events, please contact Grace Ban, gban@arthritis.org, or Kienda Simmons, kiendasimmons@arthritis.org, or call 410-544-5433.

The **WESTERN MARYLAND/EASTERN WEST VIRGINIA REGION** offers the Arthritis Foundation Aquatic and Arthritis Foundation Exercise Program at several sites.

The Arthritis Foundation continues to serve the Western Maryland area from its office in Owings Mills. If you need information about arthritis or about the exercise programs that are available in your area, please call our office at 800/365-3811, x239.



May all your Miles be Merry!

Get in the spirit this holiday season for the 20th Anniversary Jingle Bell Run/Walk for Arthritis! In celebration of 2 decades of fun and fundraising, we are honoring 16 year old twins, Amanda and Melissa Picone, both who live with and advocate for juvenile arthritis. If you can't run, walk or fundraise, please consider volunteering! For more information, please contact Ashley Cress at 410-654-6570 x227 or acress@arthritis.org.

Saturday, December 5
Centennial Park, Ellicott City

Sunday, December 6
Du Burns Arena, Baltimore

Sponsors

Good Samaritan
GEICO
Wells Fargo/Wachovia Foundation
Genentech
Howard County General Hospital
Kernan Orthopaedics
Genzyme
We Work for Health Coalition
Kassimir Physical Therapy
Center for Total Eye Care
Summit Financial
City Sports
Road Runner Sports
Greater Chesapeake Hand Specialists
Eastern Savings Bank

(See Jingle Bell, page 3)



If you missed last year's fun filled gala, mark your calendar now because Corks & Forks II will be back on Friday, March 26, 2010. Corks & Forks Gala is a fun-filled evening and its purpose is to raise funds for programs and



services that reach more than 1.1 million Marylanders with arthritis.

Corks & Forks Gala gives you a chance to "Pop a Cork for Arthritis." This well-planned event is an opportunity to meet up with friends, sample different red, white and sparkling wines paired with gourmet, international foods from around the world. The Corks & Forks Committee Chair, Cleveland Miller, is very knowledgeable about wines and as part owner of Calvert Wines, he hand



Special thanks to our Title Sponsor McCormick



THANK YOU, GOLFERS!

2009'S Get Tee'd Off at Arthritis Golf Tournament raised over \$53,000.

Special thanks to our premier sponsor: Disney/ESPN!

Other sponsors were: Bloomberg Television, Turner Broadcasting, Inspirational Networks, A&E Television Net-

Corks & Forks Gala
Friday, March 26,
2010
The Grand Lodge
7-11 p.m.
Black Tie Optional
Tickets \$250

picks exactly the right wines to go perfectly with the elegant cuisine.



Corks & Forks Gala is far more than just food and drink. There will be live music, dancing, and quality live and silent auctions. Last year's exciting auction items included a week's stay in a private home on the Rhone River in Southern France, a Paul Reed Smith guitar, and a home-catered dinner for 10 from Zagat-rated Linwoods Restaurant.



For more information, or to purchase a ticket, become a sponsor, or donate an auction item, call Debbie Thomas at 410-654-6570, x 237 or e-mail at dthomas@arthritis.org.

works, Kernan Orthopaedics & Rehabilitation, Tresys Technologies, HBO, Univision, Danker/deCapite Group at Morgan Stanley Smith Barney, Discovery Channel, Hallmark, GSN, MTV, O'Donnell Honda, Renegade, Nutramax Labs, RFD TV, Genzyme, The Sportsman Channel, Scripps Network, TV Guide and Johns Hopkins Medicine.

TAKE ACTION— GET INVOLVED

Please fill out this form and return to:
Arthritis Foundation
9505 Reisterstown Rd., #1N
Owings Mills, MD 21117
or call 410/654-6570, X222

- Please send me a free copy:
 - Latest *Research Update*
 - Arthritis in Children*
 - Osteoarthritis*
 - A brochure on _____
type of arthritis/related disease
 - Brochures to Help You Take Control*—lists 60 free titles
 - Please send me a listing of sites
for aquatics/exercise classes, etc.
- Please send information on the
Let's Move Together Arthritis Walk
- Please send me an invitation for
the *Corks & Forks* gala
- I want to join the Arthritis
Advocacy Network. Sign me up.
- I would like to volunteer:
 - Send me a Volunteer Application.
 - \$20 membership dues enclosed,
incl. *Arthritis Today* subscription

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____



Save These 2010 Dates!

Please plan to join us at one of our 2010
Let's Move Together Arthritis Walks:

- Howard County—May 1,
Meadowbrook Park
- Baltimore Area—May 16,
Cylburn Arboretum



Join Us on the Road to a Cure

Donate Your Vehicle!

1-800/905-4931

or visit www.arthritis.org



"I'm leaving something special for my grandchildren in my plans—a gift to help cure arthritis."



Many good things come to us as we get older. My grandchildren are one of them. Arthritis is not.

When I became frustrated about living with arthritis, I knew there had to be a solution. Then, a friend recommended I contact the Arthritis Foundation. I gave them a call—and it changed my life. Their staff helped me find a physician who was more proactive in treating the disease and showed me ways to successfully manage my pain.

Living with arthritis is still challenging, but I feel better than I have in years thanks to the Arthritis Foundation. I can finally enjoy playing with my grandchildren without worrying about the pain it will cause.

The Arthritis Foundation showed me how including charitable gifts in my will and estate plans could allow me to avoid some taxes and leave more for my family than I could otherwise. They found an option that worked for my situation, and there's probably a solution for you, too.

Join me in making this year the beginning of the end for arthritis. Start by requesting your free copy of the brochure, *Planning for a Cure*, which shows how you could benefit from a gift to fight arthritis.

Call toll-free 1-866-528-8687 or e-mail legacy@arthritis.org.



Spirit

help a person in need get necessary medical equipment

- or simply make an unrestricted gift in any amount so that our staff can use it where it is most needed.

At this special time of year, many people turn their attention to ways they can help others. Please consider

(cont'd. from page 1)

how your contribution can make the holidays happier for those who suffer from arthritis.

Please call if you have other ideas or ways to support us. We appreciate your generosity and thoughtfulness. See the coupon above for our address and contact information.