



NEW ENGLAND CHAPTER
-serving Connecticut, Maine, New Hampshire, Massachusetts, Rhode Island & Vermont

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Bob Malley
Public Works Manager
Cape Elizabeth, ME

Re: Request to hold Arthritis Walk at Fort Williams Park, September 25, 2011

Dear Bob,

I would like to request the use of Fort Williams Park for approximately 3 hours to hold an *Arthritis Walk—Let's Move Together*, for the Arthritis Foundation. I am interested in the morning of June 25th (or September 25th) to have approximately 225 people, who may have Arthritis or who are walking for someone with arthritis, to take part in walking either 1 or 3 miles in the beautiful, easily managed walking trails in Fort Williams Park. We would like to set up the registration and Arthritis Foundation informational booth under shelter in the picnic area and will be announcing our walking teams, individuals, along with their successes at the end of the walk. There is refreshments and drinks donated by local supermarkets available for the walkers at no charge.

We will contact Trioano's for 2 porta potties. We are prepared to carry in carry out any trash we produce and to respect the park's rules and policies at all times. I am available at any time to answer any questions you may have and to learn the details necessary to rent this location. My personal cell number is 603-867-9799 or work number is 800-639-2113.

If necessary I will be available to attend the advisory commission meeting on April 28th for approval procedures and to receive all process details in reserving the park.

The Arthritis Walk is the Arthritis Foundation's nationwide signature event that supports public awareness and raises funds to fight arthritis, the nation's most common cause of disability. It is a tremendous opportunity to help improve the lives of the 46 million men, women and children with arthritis.

Let's Move Together is a movement led by the Arthritis Foundation that encourages people to move to prevent or treat arthritis. People are encouraged to join the movement by committing to walk in their local 2010 Arthritis Walk. There are more than 100 diseases that affect the joints.

You do not die from arthritis, but must live with it every day. Arthritis impacts daily function and quality of life.

Two of our on-going evidence-based Arthritis Foundation aquatic and exercise programs, designed to offer people with arthritis safe, effective ways to maintain a healthy weight and joint range of motion, are stationed throughout Maine. These community physical activity programs rely on funds raised from the Arthritis Walk events. The Arthritis Foundation as a whole has many programs and a strong focus on exercise to reduce or maintain weight which eliminates joint strain and offers other health benefits as well; and an estimated 1,100 children in the state of Maine have arthritis and need to maintain routine exercise. The Arthritis Foundation annually holds its Arthritis Walk 5K in the Portland area and each year has families in attendance with children with juvenile rheumatoid arthritis.

I hope that the Fort Williams Park will accommodate our event and I look forward to your response. Thank you in advance for your attention and consideration of our site request.

Sincerely,

Patti Maccabe

Patti Maccabe
Regional Development Director – NH, ME, VT

Organizational Summary

1. Arthritis Foundation, Northern & Southern New England Chapter
Chapter Headquarters:
35 Cold Spring Road, Suite 411
Rocky Hill, CT 06067
President and CEO, Stephen Evangelista
2. The Northern New England Regional office in Concord, NH, serves Maine, New Hampshire and Vermont
Contact Person: Patti Hanley, Regional Development Director
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3. The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.
The Arthritis Foundation has conducted a national launch of *Let's Move Together* in January 2009 which promotes the overall good health and empowerment gained through every day movement. It's about overcoming the obstacles of arthritis and even preventing the disease by taking the first step towards a lifetime of physical activity. *Let's Move Together* is about taking action – giving individuals and communities the chance to make a difference in the fight against arthritis, for both themselves and their loved ones with the disease.

When people join the *Let's Move Together* program, they become part of an online community that encourages an active lifestyle. They receive exercise tips and motivational strategies. Arthritis Walk events are the culmination of their efforts and serve as a touch point for the virtual community members to share in their successes.

Target Population

The target population for the walks is people with arthritis, friends and families of people with arthritis and juvenile arthritis, corporate teams, physicians' offices and hospital teams. Participants usually live within an hour and a half radius of South Portland. The target population for our programs is people with arthritis who need a safe way to exercise and those who want to understand their disease to better manage it.

History, Goals, and Key Achievements

When our organization began in 1948 as the *Arthritis and Rheumatism Foundation*, little was known about arthritis and less was being done about it. There were only seven locations in the country where physicians and medical students could learn about arthritis and only six treatment centers. The Foundation became the leader in advocating for research on a government level until it could fund its own researchers and, as research progressed and more was learned about arthritis, programs were developed and "Arthritis Centers" were opened across the country. These became the building blocks for today's regional Chapters to provide local programming.

Northern & Southern New England Chapter goals:

1. *Increase the number of program sites in each state.* Exercise and weight reduction have become the preeminent factor in a person's health on many levels. Our warm-water and land-based exercise classes, as well as our at-home videos, assist people with arthritis to stay mobile and independent and manage their disease. We need to train more leaders and find more facilities that will host our programs.
2. *Build a better base of volunteer leaders.* No one can advocate, find funding, be program leaders, participate in our special events, and work with the local media to bring awareness to arthritis better than a person in the local community. The Foundation needs to recruit more board members, event chair people and members, program trainers, and speakers to move our mission forward.

By far the Foundation's most prominent achievement is the research it funds and knowledge it creates. More than \$380 million has been awarded to 2,200 researchers in more than 100 institutions. The Jackson Laboratory in Bar Harbor, Maine has been and currently is a repeated recipient of our grant funding. The information that our researchers discover goes on to become the nucleus of new treatments for people with arthritis.

Secondarily, teaching and helping people realize that they can play an active role in managing their disease, and that it does not mean the end of their independence, is key to leading a more independent life. Studies have concluded that our three programs (aquatic exercise, land-based exercise and self-help program) increase mobility, reduce physician visits by 20%, and reduce perceived pain.

Community or Regional Needs

Increased services. In order to provide a continuum of services and reach rural populations, the Foundation needs to increase its capacity to deliver its evidenced-based programs in the Bangor, Portland, Waterville, Skowhegan area, as well as maintain existing programs. This will require training leaders, finding facilities, and purchasing materials. In addition, we would like to continue to expand informational forums about the latest in arthritis treatments, conduct additional outreach to rural populations through the media or by mail, and keep in contact with families of children with juvenile arthritis.

Weight management. Physicians often simply tell their patients that they need to lose weight, but do not offer guidance. Patients call the Arthritis Foundation for information. The Arthritis Foundation offers more than 70 brochures, books and videos to help people manage their disease, including several on different types of exercise, as well as nutrition information.

Evaluation

For this event, success will mean:

- Recruiting more leaders in area communities to conduct our programs and serve on committees.
- Facilitating more health education to the general public about arthritis management.
- Increasing attendance at Arthritis Walk as a means of getting people to start a walking regimen.
- Working with more companies to promote arthritis education and our programs through their wellness programs.
- Increasing the attendance at the events and the income derived to fund the intangible costs of our educational brochure distribution and loan library.