

## **CSSC's New Healthy Aging Program with Arthritis Foundation Fills Up Fast – Third Session Planned!**

May 2006

In collaboration with the Arthritis Foundation of NENY, Colonie Senior Service Centers has developed a 20-week Arthritis Wellness & Exercise Program. The program integrates two proven Arthritis management classes that were developed by the Arthritis Foundation, A.S.H.C (Arthritis Self-Help Course) and P.A.C.E. (People with Arthritis Can Exercise), with various preventive health classes developed by CSSC. "The Arthritis Foundation, Northeastern NY Chapter is proud to partner with Colonie Senior Service Centers to offer these highly effective classes for people with arthritis," said Sue Gunther, Vice President, Development for the AF—NENY Chapter, "Thanks to this partnership, we will now be able to reach a larger demographic and help people to better manage their arthritis pain."

The first part of the course is designed to identify and teach the latest in pain management and to help participants develop individualized management programs. Participants learn how to deal with anger, fear, frustration, depression and also how to handle stress and fatigue. The purposes and effective use of medications will be discussed as well as the role of nutrition and supplements in arthritis management.

The exercise portion is designed specifically for people with arthritis. Exercises used are gentle activities to help increase joint flexibility, range of motion, and to help maintain muscle strength. Exercises also help increase overall stamina.

The final portion of the 20-week course is "Walking with Arthritis." This segment is designed to ease individuals with arthritis into a regular walking plan to help manage the symptoms of arthritis. It will gradually build endurance, allowing participants to incorporate walking into a daily regimen, putting them "on the road" to a more active lifestyle.

The first two sessions began in February and March 2006 at the Beltrone Living Center and participants are enthusiastic. Cost for the 20-Week Program, including books & materials, is covered by a NYS Arthritis Foundation Grant received by the Arthritis Foundation NENY for 2006. Instructors are certified through Arthritis Foundation instructor-training workshops. Funding is also provided in part by the Albany County Department for Aging. A new session is under development. To be placed on the waiting list, please call 459-2857, ext. 303. A third session will be starting soon.