## Statistical Facts About Arthritis

Some Statistical Facts about Arthritis and it's effect on Americans.

Nearly 70 Million Americans have Arthritis.

Arthritis is the leading cause of disability in Americans over age 15. Children are also effected by Arthritis. Nearly 300,000 have Arthritis.

Arthritis costs the U.S. economy more than \$125 Billion annually.

The term Arthritis refers to over 100 different diseases that effect joints and their surrounding areas.

## Programs offered by the McLean County Branch of the Arthritis Foundation

## New Beginnings Support Group

a support group for individuals with Arthritis & related diseases such as Fibromyalgia & Lupus.

Carle Clinic 1701 E. College Bloomington, Illinois Lower Level, Meeting Room B Every 3rd Monday @ 7:00 P.M. TAI CHI PROGRAM FOR EXERCISE

The Arthritis Aquatic Program

SELF-HELP COURSES

### P.A.C.E. (People with Arthritis Can Exercise)

a land exercise course designed for people with arthritis using gentle activities to help increase joint flexibility, range of motion, & maintain muscle strength.

## **Lunch & Learn Seminars**

For more information about programs & services contact: The Arthritis Foundation Greater Illinois Chapter-McLean County 108 Boeykens Place, Suite 115 Normal, Illinois 61761 (309)451-0785 kferg@mtco.com



Registration & Packet Pick-Up Saturday, November 22, 2003

2:00 P.M. - 5:00 P.M.

## Location

The Chateau, 1601 Jumer Drive, Bloomington, IL

FunWalk Start: .....1:10 P.M. Post Party at The Chateau: ......1:30 P.M.

BOTH 5K RUN/WALK & FUNWALK START ON JUMER DRIVE AT THE CHATEAU. PARKING AVALABLE IN THE CARLE CLINIC LOT, SEE ROUTE MAP ON PAGE TWO.

Race Logistics coordinated by B/N Lake Run Club.

Please for the Safety of all runners, no headsets, baby joggers or dogs in the race.



Pizza • Pasta Dinners • Sandwiches Salads • Open II a.m. Daily

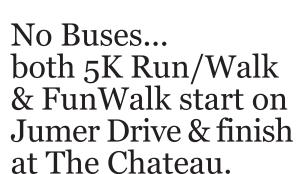
407 S. Main . Normal

(309) 452-4436



New Route for 2003

Parking available in the Carle Clinic Lot.



## Clemens & Associates, Inc.

5K Run/Walk

FunWalk Route

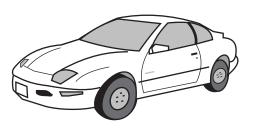
Insurance

Jeff Niepagen Agent

2806 East Empire Bloomington, IL 61704 jniepagen@clemensins.com Ph. 309-662-2100 Fax 309-662-2134 Res. 309-828-1747

## **DONATE YOUR CAR**

Help the 70 Million Americans with Arthritis and earn a tax free deduction.
If you have a unwanted car, RV, boat or truck we will take it!
We'll even pick it up free of charge.





Call Toll-Free Today: 1-800-905-4931 or go to www.arthritis.org

LAW OFFICE

LIVINGSTON, BARGER, BRANDT & SCHROEDER

115 W. JEFFERSON STREET SUITE 400 POST OFFICE BOX 3457 BLOOMINGTON, ILLINOIS 61701 (309) 828-5281 FAX (309) 827-3432 WILLIAM R. BRANDT
JAMES T. FOLEY
WILLIAM C. WETZEL
THOMAS M. BARGER, III
CHRISTOPHER L. NYWEIDE
SUSAN H. BRANDT
RICHARD E. STITES
PETER W. BRANDT
THOMAS B. BORTON
RICHARD T. MARYEL
KIRK A. HOLMAN
MICHAEL A. WOZNIAK

HERBERT M. LIVINGSTON (1898-1987) RALPH E. SCHROEDER (1927-1991) THOMAS M. BARGER, JR. (1912-1992) You can change your life in just 30 minutes.





30-minute
fitness,
commonsense
weight-loss, and
all the support
you need
to achieve your
GOALS.
Decide today to
make a change
in YOUR life!

## **BLOOMINGTON/NORMAL**

Call or stop by any of our three convenient locations!

Veteran's & Main Plaza
Near Tom's Parkway Foods

Towanda Plaza Northtown Road 60%
OFF

Initial service fee and the rest of 2003 absolutely FREE!

\*Offer based on first visit enrollment. Must be 18. Not valid with any other promotional offers.

HE ARTHRITIS FOUNDATION wants to thank you for the opportunity to educate and inspire you. As branch director of the McLean County Branch, it is my challenge to let people know that arthritis is not just minor aches and pains. I want them to know that with early diagnosis and treatment, disability and pain can be reduced and quality of life can be dramatically improved. Today, arthritis affects approximately 51,000 in McLean County. The chances are good that you know someone who has arthritis – a mother, aunt, cousin or neighbor – or you will soon.

Arthritis is our nation's number one cause of disability. Until we find a cure, the Arthritis Foundation staff and volunteers will be helping those take greater control of arthritis. Not only does arthritis affect those who have it, but also their family and friends and even the United States economy. Arthritis costs the economy \$125 billion annually in medical costs and time missed from work each year.

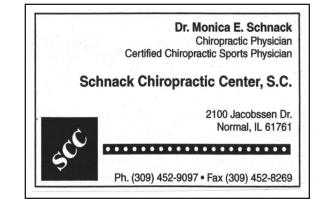
Thank you for making a difference today in helping the Arthritis Foundation take steps toward finding new ways to prevent, control and even cure the more than 120 forms of arthritis and related diseases. Enjoy your day at the Jingle Bell Run & Walk for Arthritis and we hope you will always make this a tradition to come and Jingle With Us and Support the Arthritis Foundation. Thank a volunteer today for their dedication and hard work. We could not have done this event without them. Also, tell a sponsor how much you appreciate their support in our community.

Finally, I want to thank the steering committee and board for all their support and dedication. I welcome your comments and inquiries, please call me anytime at 309/451-0785.

Have a safe and fun day!

Karen Terguson

Branch Director Greater IL Chapter McLean County Branch





## A Special Thank You to these Businesses for their Donations

Avantis **Beer Nuts** Chicago Style Pizzeria Colorific Coca Cola

Cookies by Design

Country Ins. Financial Services McDonald's

Culligan's Culver's

Denny's Donuts Edna's Health Foods

Eureka Family Video

Fazoli's Forget Me Not Flowers

Frito Lav Growmark Heavenly Ham Hooter's

Illinois Farm Bureau

Jeffrey Alan's Kroger

Ladies Workout Express LaGondola Spaghetti House Lake Run Club

Longhorn Smokehouse

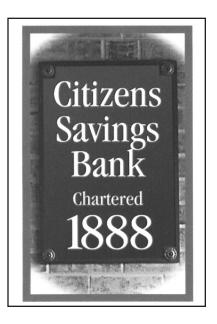
Molly Maid Monicals Ned Kelly's Steakhouse Old Country Buffet

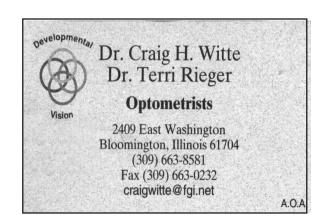
Papa Murphy's Pepsi Cola Road ID

Runner's World Scholtzky's Deli

Serv Pro

**Subway Restaurants** Today's Staffing Vrooman Mansion









nce again the Arthritis Foundation has made Worth Magazine's list of the top "100 Best Charities". From more than 800,000 public charities Worth sets out to discern the 100 best charities based on a rating system which takes into account the total donations earned by the organization as well as the percent of donation money which goes straight into research and direct advocacy for the organization's cause. All charities researched are national organizations, secular, nonpolitical and well established as leading charities.

The Arthritis Foundation uses nearly 80% of donations to directly help persons with arthritis with \$25.8 million going to fund research concerning arthritis.

More information about the Worth Magazine list visit: www.arthritis.org/donate/worth 100bestcharities 2002.asp

We wish you a Merry Christmas Thank you for helping make our holiday bright. We look forward to continuing to serve your insurance needs.



#### **Brian Thoennes** 410 N. Clinton Bloomington, IL 61701 309-829-8451

We'll always be there for you.

#### Dr. Dennis M. Brtva & Associates

Independent Doctors of Optometry within Lenscrafters Dennis M. Brtva, O.D. • Christopher J. Wetzler, O.D. Sue A. Feather, O.D. • Kathleen L. Vize, O.D. Member American Optometric Association

> No Appointment Necessary Most Contact Lenses Fit Same Day Open 7 Days A Week

#### 309-663-2211

2109 N. Veterans Pkwy., (Inside Lenscrafters) Bloomington, IL

## www.hbtbank.com



- 401 N. Hershey Rd.
- 205 N. Main St.
- 1725 Fort Jesse Rd. Bloomington-Normal

Locally owned and managed, we're here for you!

## Corporate Sponsors









**ROD'S POOL** & SPA, INC.







## **Special Donations**







Schnucks





The Chateau

BLOOMINGION

HOTEL AND CONFERENCE CENTER



## **Retail Sponsors**













Prairie State Bank Premier Choice



### **Media Sponsors**















## **Shirt Sponsors**













**Eastland** Chiropractic Center



**Kabir Family** Chiropractic

















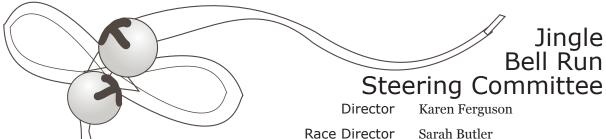












**Board Members** 

Jovce Benton

Chip Bone

Sean Craig

Caree Davis Anita Deoskar

Melodee Biederharn

Mary Lou Farnsworth

Dr. Amvas Kabir

Sheila Kaurin

Lois Lindholm Kathy McIntosh

Ida Meihsner

Paul Smith

Ruth Ann Miller Lourdes Palomino

Cindy Stephenson Christopher Thomas Sarah Butler

**Honorary Chairpersons** Senator Bill Brady & Representative Dan Brady

**Program Coordinator** Lori Campbell

> Kathy McIntosh, Sean Craig Kelly Lyons, Jim Spachman, & Julie Kubsch Team Committee

Race Day Journal Tom Corcoran

Radio Representative WJBC AM 1230, 101.5 WBNQ, & Radio Bloomington

Television Representative

WYZZ Fox 43, WMBD News Channel 31, & **Insight Communications** 

Race Day Logistics Bob Brandt, Sarah Butler, Marty Payne, & Kirby Cheek

Amy Mitchell, Ida Meihsner, & Stephanie Flater Door Prizes & Awards

Parking Tim Harbers

Entertainment Christopher Thomas,

Marko Johnson, & Caree Davis

Kinko's- Ruth Ann Barker Printing

Dave Ezell, Ed Desmond, Food Donations Christopher Thomas, Marko Johnson, & Caree Davis

Facility/Post-Party Stephanie Luttrell & Paul Kreici

Mary Lou Farnsworth & Lois Lindholm Volunteer Coordination

> Financial Records Chip Bone, Sheila Kaurin, Nancy Peterson, & Ed Ferguson

Post Event Program Lourdes Palomino,

Cindy Stephenson & Karen Ferguson

#### The Arthritis Foundation Needs You!

e embrace, value, and recognize every contribution made toward accomplishing our mission- to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

A vital part of our mission is you. The Arthritis Foundation is about people-people who need our programs, services, support and education, as well as the people who commit their time and resources to the accomplishmet of our mission. Volunteers at the Arthritis Foundation, contribution of valuable resources (time, knowledge, skills and leadership) to serve in a variety of ways.

Many of you may not realize how important you are to the ones you help. Your time in preparing and labeling brochures, telephone answering, typing, and working at health fairs have helped us reach out to those needing our services. Some volunteer jobs are easy to do and very rewarding, but never assume it's just a little thing that you do. For more information on volunteering, please call The Arthritis Foundation at 309-451-0785.





	I am interested in becoming a volunteer.	
Name	Please send your booklet on wills.	
Address	Please send Breakthrough Research information.	
City, State, Zip	I would like to become a member of the Arthritis Foundation -my membership check of \$25.00 is enclosed.  (Please indicate "membership" on your check.)	
Please send to the ARTHRITIS FOUNDATION at 108 Boeykens Place, Suite 115 Normal, IL 61761		







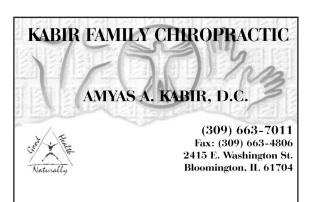
above left: Winner of the Spa donated by Rod's Pool & Spa.

above right: Volunteers prepare food for our runners/walkers.

lower left: Runners checking out finish times.



Bloomington/ Normal Alumnae Chapter of Alpha Omicron Pi



## **Happy Holidays from Gold's Gym!**

Receive 1 free additional month when you purchase a 1-year membership.\*

Gold's Gym Bloomington 11 Currency Drive Bloomington, IL 61704

(309) 661-GOLD (4653) \*Some restrictions may apply. Must be 18 years or older.

Expires 5/31/04

# Awards & Prizes Individual Awards

Top Overall Female & Male 5K Run Finishers:

(1st prize: Adidas Sunwear donated by Specs Around Town Optical Boutique & New Balance Winter Jacket & Pants donated by Often Running).

Top Three Female Male 5K Run Finishers in each age category.

## Age Categories

10 & under	30-39
11-14	40-49
15-19	50-59
20-29	60+

Top Individual Fundraiser 1st Prize: Hotspring Salana Portable Spa\*

donated by Rod's Pool & Spa, Inc. (\*minimum of \$500 in paid pledges to qualify)

2nd Prize: Two roundtrip coach airfares from Bloomington to any AirTran Airways destination.

#### **Individual Prizes**

Pledge Prizes will be awarded on Packet Pick-Up Day and/or Race Day for Pre-Paid Pledges of:

\$25: Green Fleece Earband or Knit Gloves \$40: Jingle Bell Run Knit Stocking Cap \$100: Blue and White Golf Umbrella \$150: Green Fleece Blanket

#### Team Awards

All Teams are in competition for Team Challenge Awards & Individual Awards.

Team Challenge Awards Fastest Team: 1st, 2nd, & 3rd Place.

## Team 5K Competition Team scores are calculated as the sum

Team scores are calculated as the sum of each team member's position in his/her age division. The lowest sum wins.

Top Fundraising Team

Team raising the most in pledges. Special Awards also given to 2nd & 3rd Place.



(309) 662-1441 Mobile: (309) 275-7253 Email: designervic@aol.com

Consulting • Window Treatments
Wallpaper • Accessories
Floor Covering • Upholstery



## 2002 Jingle Bell Run/Walk Winners

## Individual Winners by Age Category

14-under Female (time)

- 1. Katie Nelson (21:14)
- 2. Stephanie Brown (22:11)
- 3. Olivia Myers(22:46)

14-under Male (time)

- 1. Chris Zook (19:19)
- 2. Brent Holtz (20:27)
- 3. Caleb Young (20:43)

15-19 Female (time)

- 1. Nicholle Bendickson(20:37)
- 2. Jill Floyd (21:13)
- 3. Stacy Turilli (21:14)

15-19 Male (time)

- 1. Matt Martin (16:52)
- 2. Christopher George (17:02)
- 3. Nick Shaver (17:24)

20-29 Female (time)

- 1. Sara Mills (18:57)
- 2. Dalila Beard (21:28)
- 3. Joelle Felumlee (21:52)

20-29 Male (time)

- 1. Andy Derks (15:28)
- 2. Brent Betzold (17:37)
- 3. Trent Runyon (18:24)

30-39 Female (time)

- 1. Amy Fruland (19:21)
- 2. Kristi Lewis (20:29)
- 3. Amy Scott (21:00)

30-39 Male (time)

- 1. Kevin Henderson (17:44)
- 2. Chris Tuma (17:47)
- 3. Sherman Lewis (18:54)

40-49 Female (time)

- 1. Debra Lowell (21:03)
- 2. Tamara White (21:51)
- 3. Susan Puzey (23:13)

40-49 Male (time)

- 1. Ken Endrizzi (16:24)
- 2. Steve Houseworth (17:21)
- 3. Bob Clary (17:27)

50-59 Female (time)

- 1. Que Harbor (20:59)
- 2. Janet Connelly (22:35)
- 3. Barbara House (24:18)

50-59 Male (time)

- 1. Merlin Anderson (18:17)
- 2. James Williamson (19:36)
- 3. Gary House (20:04)

60+ Female (time)

- 1. Sandra Theobald (28:41)
- 2. Suan Guess-Hanson (33:38)

3. -----

60+ Male (time)

- 1. Ken McMillen (20:41)
- 2. Auburn Wells (22:45)
- 3. Robert Pool (22:45)

Overall Winners by Gender

Female

Sara Mills (18:57)

Male

Andy Derks (15:28)

Top 3 Teams Finish Position

- 1. NCHSW #4 Olive Garden
- 2. U-High #1 MTCO Communications
- 3. Feel'n Hot Hot Hot

20:04) Results by Lake Run Club



Race Day Journal Log		
5K Run □	Finish Time:Place:	
Comments:		





## **Long Term Care Insurance**



Can Protect .....

- Your Future
- Your Independence
- Your Family
- · Your Estate

From Catastrophic Cost of Long Term Nursing Facilities

We Represent Major LTC Companies. Ask for a *FREE Booklet on LTC* 

#### **CALL TODAY**

Licensed LTC Specialists

Michael Coran (309) 287-3347

<u>or</u>

Paul Werkman (309) 829-8136

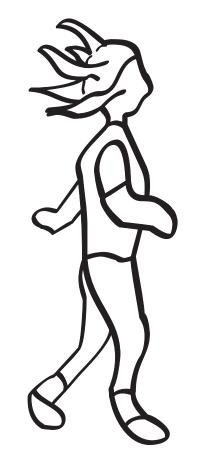
to schedule your personal appointment.



Products Endorsed By:
Association of
Retired Americans

above left:The Blues Brothers put on a great performance.

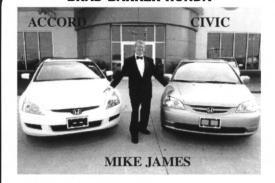
above right: Having fun during the costume contest.







#### **BRAD BARKER HONDA**



Now that we are all in one *Accord*.

Just by being here, you've proven you are *Civic* minded.

"What's in your garage" - *Mike James*.

BradBarker **HONDA** 

Corner of Veterans Parkway & G.E. Road Bloomington, IL





above left: Walkers showing their Jingle Bell Spirit.

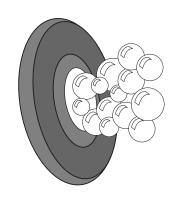
above right: Runners are in full stride.

lower left: Ready... Get Set... Go.

lower right: Santa Clauses are comin' to town.



# Rod's Pool & Spa, Inc.



Whether you are seeking treatment for arthritis symptoms or just desire a relaxing treatment from a stressful day...

Water exercise is a proven method shown to help with arthritis symptoms and as a stress-releasing activity.



2401 1/2 E. Empire Bloomington, IL www.rodspoolspa.com

309 661-2772

# 15th Annual Jingle Bell Run/Walk Honorary Chairpersons





Senator
Bill Brady
&
Representative
Dan Brady

e are pleased to announce the Honorary Chairpersons for the 15th Annual Arthritis Foundation Jingle Bell Run & Walk for Arthritis 2003... Senator Bill Brady & Representative Dan Brady.

Both gentlemen not only serve the State of Illinois as public servants supporting legislation pertaining to arthritis programs and awareness campaigns, but also have participated and have run in past Jingle Bell Run/Walk events.

The McLean County Branch of the Arthritis Foundation is very happy to have Senator Bill Brady & Representative Dan Brady as Honorary Chairpersons. We thank them for their concern for and commitment to helping the Arthritis Foundation and the residents of Illinois with arthritis.











above left: Show off your Jingle Bell Run Spirit.

above right: Registration time.

lower left: Volunteers make it happen.



## **KURT'S**

**Auto Body Repair Shop** 

2025 Ireland Grove Rd. Bloomington, Illinois Phone 309-662-5823

28 Years Experience • Insurance Claims Assistance Unibody Expertise • Prompt, Courteous Service



STATE FARM INSURANCE COMPANIES

INSURANCE HOME OFFICES: BLOOMINGTON, ILLINOIS

## JIM SPACHMAN, CPCU, CLU Agent

2501 E. College, Suite A Bloomington, IL 61704 Home 309-662-4630

Office 309-661-1700 Toll Free 866-661-1700 Fax 309-663-1007

