

## QUICK QUIZ

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two different bones meet, like the knee, elbow, or fingers. *Arthritis* means the inflammation of one or more joints. Answer True or False to the questions below.

1. Arthritis is a very common chronic health problem, and it is the most common cause of disability in the U.S. T F
2. There is no cure for most types of arthritis, therefore, early diagnosis and good management are important. T F
3. Arthritis causes pain, loss of movement, and sometimes swelling. T F
4. The two main types of arthritis are osteoarthritis, the most common form, and rheumatoid arthritis. T F
5. Rheumatoid arthritis is one of the most serious and disabling types. T F
6. Exercise and losing weight will generally *not* help ease arthritis pain. T F
7. *Endurance exercises* help the body work more efficiently and increase a person's stamina, so that he can work longer without tiring as quickly. T F
8. Shoes will *not* affect hips, knees, ankles, and lower back. T F
9. Slow, steady movements in *ROM exercises* help relax muscles and increase joint range. T F
10. If a person is diagnosed with arthritis, it's important to encourage exercise *before* any joint deformity develops. T F

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

KEY: 1. T; 2. T; 3. T; 4. T; 5. T; 6. F; 7. T; 8. F; 9. T; 10. T



# Grandparents Corner MAY 2011

## Keeping the Kids Busy and Happy when School is out for the Summer

School is almost out for the summer, and whether you need to work while they have their summer vacation or you need wholesome fun activities in which they can participate while you get things done around the house. Below are some tips to help you keep them busy and good alternative to hearing I'm bored.....

1. If possible, check your local area for organizations that have day camps or vacation child care, such as YMCA, the public school system, Parks and Recreations.
2. Public Libraries can be a good starting place. They will have some kind of fun summer programs for all ages of children. They may also provide brochures and other references to other local programs.
3. Check with your child's school, the school may have a program at little or no cost to you.
4. Plan day trips to the local swimming pool, the zoo museums or other attractions.
5. Have children rearrange their bedrooms and go through old toys, books, or crafts . This can create a whole new outlook.
6. Have a yard sale, and allow your child to keep the money that comes from selling his or her outgrown or unwanted toys, books clothing or other items.
7. Some schools give out a reading list for the next school year on or around the last day of school year. If your child's school does this, make sure they have access to the books on the list. Don't let those reading skills go to waste!
8. For those children over four, give them a camera of some kind and encourage them to take pictures of things around the neighborhood or at the places of interest your family visits over the course of the summer. That way, there will be a visible reminder of "What I did on my summer vacation."
9. Encourage an older child to keep a written diary or journal of the summer's events, and to enclose drawings, photos and paper souvenirs in it for a scrapbook. At the end of the summer help your child to create a Summer Scrapbook.
10. Teach your child simple ways to enjoy the good weather that don't include sitting in front of the TV or video games, such as lying in a field looking for pictures in the clouds, blowing soap bubbles, playing tag and dodge-ball, flying kites, or making colored chalk drawings on the sidewalk. Let your child enjoy the fun of being a child, without the benefit of electricity.