

Community Based Programs

Get Moving Vermont

“Get Moving Vermont” is a state wide incentive program for individuals and families to become more physically active. Currently, 25% of adult Vermonters get regular physical activity. “Get Moving Vermont,” an effort supported by the Vermont Governor’s Council on Physical Fitness and Sports, wants to change that! You don’t have to be an athlete, and there are no age or fitness level requirements. Remember, if you are not currently physically active, you can use this opportunity to start slowly and increase your overall fitness.

The goal of “Get Moving Vermont” is to improve the overall health of the Community by encouraging all Vermonters to get at least 30 minutes of physical activity most days of the week. Look for an ongoing “Get Moving Vermont” community calendar of free and inexpensive opportunities to “Get Moving!”

This program encourages you to keep track of your various activities on a log. You will receive a Recognition Certificate signed by the Governor after your first log has been submitted. You will receive a free shirt after completing your second log.

To obtain a log sheet and to keep track of your physical activity, contact:

“Get Moving Vermont”
Vermont Department of Health
Office of Health Improvement
P.O. Box 70
Burlington, VT 05402

The Governor's Walking Challenge

The goal of the Governor's Walking Challenge is to recognize individuals who walk for exercise and to encourage all Vermonters to get involved in 30 minutes of physical activity every day. Three levels of walking achievement are recognized—distances of 50, 100, and 500 miles.

It is easy to participate in this program. The only requirement is that individuals walk briskly at least 3 times per week for at least 20-30 minutes. The miles that are walked are then logged onto a "Governor's Challenge Log Sheet" for every walk that is taken. The first goal is 50 miles, for which participants receive a certificate signed by the governor. Once this goal is reached, participants are encouraged to try for the 100 mile challenge. Participants who complete this challenge are awarded with a 100-MILE pin from the Governor's office. After completing 500 miles, the participants are given a "Get Moving Vermont" shirt donated by the *Governor's Council on Physical Fitness and Sports*.

To participate and obtain a log sheet, contact:

Governor's Walking Challenge
Vermont Department of Health
Health Promotion
P.O. Box 70
Burlington, VT 05402
1-800-464-4343 or 802-657-4202

Support Services

This section includes resources that may be helpful because they address a variety of needs and topics that relate to arthritis and impact daily life.

Resources for information and referral

The resources included in this section primarily serve as centers for information and referral. They are included here because they may be helpful in addressing a number of concerns rather than focusing on one or two topics. Organizations listed in this section have statewide networks and should be able to refer you to a nearby provider of the service that you seek.

Vermont 2-1-1

Vermonters have a new service available to them called “2-1-1.” The state-wide helpline, Vermont 2-1-1, a program of the United Ways of Vermont, is an information and referral program serving all Vermonters.

Vermont 2-1-1’s Community Information Referral Specialists provide the human touch, help to solve problems, and link callers throughout Vermont with government programs, community-based organizations, support groups, and other local resources.

Just one number to call for confidential, streamlined access to community resources for everyday needs and difficult times. Helpline staff is available Monday-Friday, 8:30-4:30pm.

Phone: Dial **2-1-1** anywhere in Vermont
1-866-652-4636 toll-free within Vermont
1-802-652-2636 from outside Vermont

Web: www.vermont211.org

Screen Door

The Vermont Agency of Human Services Screening Tool

This is a web-based screening tool that is available to all Vermonters. The website was designed to help Vermonters find out about the services that might be available to help them.

The website will ask visitors some questions about themselves and their family, such as basic financial information, who lives with them and some of the things that they might need help with. None of the information is saved or stored on anyone's computer or in anyone's database and the website doesn't ask for identifying information such as name, address or social security number.

Elder and Adult Services

Department of Disabilities, Aging and Independent Living (DAIL)

The Department of Disabilities, Aging and Independent Living is the center of the Agency of Human Services' program management and policy development with respect to older persons and persons with disabilities. The Department has the following goals:

1. Assist older persons and adults with physical disabilities to live as independently as possible.
2. Assist persons with disabilities to find and maintain meaningful employment.
3. Assure quality of care and life to individuals receiving health care and/or long term care services from licensed or certified health care providers and protect elderly and disabled adults from abuse, neglect and exploitation.

Phone: (802) 241-2400

Web: <http://www.dad.state.vt.us/dail/>

Adult Protective Services (APS)

APS is a public safety program within the Division of Licensing and Protection (DLP), Department of Aging and Disabilities. APS is tasked with receiving and investigating allegations of abuse, neglect and exploitation of vulnerable elderly and disabled adults in Vermont. Investigations are conducted to determine the validity of allegations and when warranted include the coordination of protective services to address critical safety concerns. The APS Program maintains a registry of substantiated perpetrators of abuse and performs checks of that registry for employers that provide care and services to vulnerable adults. APS is also involved in community education programs to raise the public awareness of abuse issues, stimulate prevention efforts and educate personal care staff members about their mandatory reporting responsibilities.

Phone: 1-800-564-1612 (toll free)

1-802-241-2345

Web: <http://www.dad.state.vt.us/lp/aps.htm>

Locating Assistive or Adaptive Devices

Aids for Arthritis

This company put out a catalog of products to help with daily activities that are difficult for people with arthritis. They have a wide variety of adaptive tools for all aspects of daily living. They can be contacted by phone or on the web for a free catalog.

Phone: 1-800-654-0707

Web: www.aidsforarthritis.com

Friends and Relatives

People that you know may have the adaptive devices that you are looking for. Walkers and crutches as well as other helpful devices may be more easily borrowed from friends than purchased. It may also be helpful to try out adaptive devices before you buy. Friends and family might just have what you are looking for.

The Arthritis Foundation

There are many products that have been deemed “Easy to Use” by the Arthritis Foundation. Additionally on their website they list products ranging from kitchen appliances to orthopedic devices that arthritis patients may find useful. The link for a complete listing of Easy to Use products can be found at http://www.arthritis.org/resources/sponsors/ease_of_use/eou_complete_list.asp

Job Accommodation Network (JAN)

JAN is a US Department of Labor sponsored free consulting service that provides information about job accommodations, the Americans with Disabilities Act (ADA), and the employability of people with disabilities. They provide a “Searchable Online Accommodation Resource” database, which allows individuals and employers to explore various accommodation options for persons with disabilities in the work setting.

Phone: (800) 526-7234

Web: www.jan.wvu.edu

National Organization on Disability

The National Organization on Disability (NOD) promotes the full and equal participation and contribution of America’s 54 million men, women and children with disabilities in all aspects of life. They offer a variety of programs including the **Employability Program**, which partners with businesses, organizations, governments and other agencies to raise awareness and utilization of the great and largely untapped employment potential of the imagination and abilities of people with disabilities. NOD also coordinates the CEO Council, which promotes expanded employment of people with disabilities through recognition of CEO’s and their companies and advises business on disability matters. Their website includes a listing of disability-related information and resources for people interested in closing the participation gaps between people with and without disabilities in major life areas. There are also links and resource lists on other current topics of interest, such as emergency preparedness.

Phone: (202) 293-5960

Web: www.nod.org

National Organizations & Websites

Arthritis Foundation

National:

Arthritis Foundation
1330 W. Peachtree
Atlanta, GA 30309
Toll free: 1-800-283-7800
Web: www.arthritis.org

Regional:

Northern and Southern New England Chapter
6 Chenell Drive, Suite 260
Concord, NH 03301
Phone: 1-603-224-9322
Toll free: 1-800-639-2113
Fax: (603)224-3778
Email: info.nne@arthritis.org

The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and to improve the quality of life for those affected by arthritis.

What can the Arthritis Foundation do for me?

- Provide educational material for the public including pamphlets, brochures, and booklets.
- Provide educational material for presentation to the public including self-help course trainings.
- Publishes the magazine “Arthritis Today.”
- Publishes newsletter for healthcare professionals.
- Aquatic and exercise program listing.
- Provide Self-Help Courses for:
 - Arthritis
 - Fibromyalgia

Web Related Information can be found at www.arthritis.org.

Locally – Vermont events, classes, and rheumatologists can be found by going to the Arthritis Foundation home page, typing in your zip code, and then using the links on the left side of the screen.

On the website you can find information regarding the following topics:

- Latest research findings.
- General information on different types of arthritis and treatments.
- Surgery Center-Information about arthritis surgeries including some animated demonstrations.
- Arthritis-related programs by state.
- Chat Rooms.
- Arthritis Store – items for sale including books, exercise and other videos.
- Advocacy Issues.
- Connect and Control – online personalized self-help course.

The Arthritis Society

The Canadian Arthritis Society includes information on the types of arthritis, tips for living well, and research news.

The Arthritis Society (National Office)

393 University Avenue, Suite 1700

Toronto, Ontario M5G 1E6

CANADA

Phone: 1-416-979-7228

Fax: 1-416-979-8366

E-mail: info@arthritis.ca

Web: www.arthritis.ca

American Academy of Orthopedic Surgeons

6300 N. River Road.

Rosemont, IL 60018-4262

Phone: 1-800-346-2267

Fax: 1-847-823-8125

Email: webhelp@aaos.org

Web: www.aaos.org

American College of Rheumatology

1800 Century Place, Suite 250

Atlanta, GA 30345

Phone: 1-404-633-3777

Fax: 1-404-633-1870

Email: acr@rheumatology.org

Web: www.rheumatology.org

Center for Disease Control Arthritis Program (CDC)

The Center for Disease Control (CDC) Arthritis Program has the primary goal of increasing the quality of life for people affected by arthritis on a national level.

National Center for Chronic Disease Prevention and Health Promotion

Division of Adult and Community Health

Health Care and Aging Studies Branch

Arthritis Section

Mailstop K-51

4770 Buford Highway NE

Atlanta, GA 30341-3724

Phone: 1-770-488-5464

Fax: 1-770-488-5964

Email: arthritis@cdc.gov

Web: <http://www.cdc.gov/arthritis/>

Foundation for Informed Medical Decision Making, Inc.

40 Court Street, Suite 200

Boston, MA 02108

Phone: 1-617-367-2000

Fax: 1-617-367-0315

Email: info@fimdm.org

Web: www.fimdm.org

Lupus Foundation of America, Inc.

National Organization

2000 L Street, NW Suite 710

Washington, DC 20036

Phone: 1-202-349-1155 (Main Office)

Phone: 1-202-349-1159 (Health Educator)

Toll Free: 1-800-558-0121 (To request a brochure about lupus)

Fax: 1-202-349-1156

Web: www.lupus.org

National Fibromyalgia Research Association

PO Box 500

Salem, OR 97308

Web: www.nfra.net

The National Fibromyalgia Partnership, Inc.

(Provides support group services)

NFP, Inc.

P.O. Box 160

Linden, VA 22642

Toll free: 1-866-725-4404

Fax: 1-866-666-2727

E-mail: mail@fmpartnership.org

Web: www.fmpartnership.org

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

Information Clearinghouse

National Institutes of Health

1 AMS Circle

Bethesda, MD 20892-3675

Phone: 1-301-495-4484

or 1-877-22-NIAMS (toll-free)

Fax: 1-301-718-6366

TTY: 1-301-565-2966

E-mail: niamsinfo@mail.nih.gov

Web: www.nih.gov/niams

National Osteoporosis Foundation

1232 22nd Street N.W.

Washington, DC 20037-1292

Phone: 1-202-223-2226

Web: www.nof.org

North American Spine Society

6300 N. River Road., Ste. 500

Rosemont, IL 60018-4231

Phone: 1-847-698-1630

Fax: 1-847-823-8668

Web: www.spine.org

Scleroderma Foundation

12 Kent Way, Ste. 101

Bayfield, MA 01922

Phone: 1-978-463-5843

Email: sfinfo@scleroderma.org

Web: www.scleroderma.org

Spondylitis Association of America

PO Box 5872

Sherman Oaks, CA 91413

Phone: 1-800-777-8189

Fax: 1-818-981-9826

Email: info@spondylitis.org

Web: www.spondylitis.org

Health Care Assistance

The increasing cost of prescription drugs is a key concern for individuals with arthritis. Those without a health insurance plan that covers prescription drugs as well as people with incomes only slightly above the threshold for Medicaid eligibility must often pay high costs for medications out-of-pocket.

The list below includes organizations that provide insurance assistance for individuals that need help managing and fulfilling their health care needs. Most programs have stringent eligibility requirements. Please contact the program that you are interested in to inquire about benefits and eligibility.

Vermont Health Access Plan (VHAP)

The Vermont Health Access Plan (VHAP) is health insurance for uninsured adults who are not eligible for Medicaid, covers a wide range of services including hospital care and doctor visits.

Phone: 1-800-250-8427

Web: http://www.path.state.vt.us/Programs_Pages/Healthcare/vhap.htm

Medicare and Medicaid Services

Medicare (and Medicaid) offers many people important medical and prescription drug coverage, or partial coverage. To find out more about what Medicare may cover for you, please visit their website, or call their toll free number listed below.

Centers for Medicare & Medicaid Services

7500 Security Boulevard

Baltimore, MD 21244-1850

Phone: 1-800-MEDICARE (1-800-633-4227)

Web: www.medicare.gov

Blue Cross & Blue Shield of Vermont

Offers various coverage depending on your employment and income situation.

Please contact them to find out more about their “freedom plan” insurance coverage options available.

Blue Cross and Blue Shield of Vermont

P.O. Box 186

Montpelier, VT 05601

Phone: 1-800-255-4550

Web: www.bcbsvt.com

CIGNA

CIGNA Health Care
30 Main Street
Burlington, VT 05401
Phone: 1-800-675-1970
Fax: 1-802-658-9212

MVP Health Care

MVP Health Care provides employers with health coverage plans for their employees, please check with your employer.

MVP Health Care
66 Knight Lane, Suite 10
Williston, VT 05495
Phone: 1-802-264-6500
Toll Free: 1-800-380-3530
Fax: 1-802-264-6555
Web: www.mvphealthcare.com

Prescription Assistance Information

Many drug manufacturers have prescription assistance programs. All the companies have different requirements for application and have different ways of determining eligibility for assistance. The following is a partial list of ways you can find out more about these assistance programs. You must work with your physician.

Medicare

Medicare offers many people important medical and prescription drug coverage, or partial coverage. To find out more about what Medicare may cover for you, please visit their website, or call their toll free number listed below.

<http://www.medicare.gov/medicarerereform/drugbenefit.asp>

1-800-MEDICARE (1-800-633-4227)

You can get free personalized counseling from you State Health Insurance Assistance Program (SHIP), and other local and community-based organizations. Call the 1-800-MEDICARE to get the telephone number of the SHIP nearest you.

<http://www.phrma.org> (search “Patient Assistance Program”). This offers a list of the leading drug manufacturers that have prescription assistance programs and tells how to contact the manufacturers to apply for free or reduced medications. A “Directory of Prescription Drug Patient Assistance Programs” is also available on the web site.

For those without Internet access contact:

PhRMA

1100 Fifteenth Street, NW

Washington, DC 20005

(202)-835-3400

Fax: (202)-835-3414

<http://www.needymeds.com> An information source to learn about patient assistance programs and other programs designed to help those who can not afford their medicines.

The **Rheumatoid Arthritis Assistance Foundation** was established to improve access to ENBREL, a medication for people with various types of Rheumatoid Arthritis, for patients who have limited resources. To be eligible for assistance, patients must meet the criteria set by the Foundation's Board of Directors. Please call 1-800-282-7704 for more information or to discuss eligibility. Physician requests should be directed to:

Rheumatoid Arthritis Assistance Foundation
P.O. Box 766
Washington D.C. 20077-1207
(800) 282-7704
(888) 508-8083 (fax)

Prescription Discount Cards

Many drug companies are now offering a discount card for their medications for senior citizens on Medicare who meet eligibility requirements. Others include people with disabilities and those with limited income. One discount card example is given below. For others check the web site of the drug manufacturer or contact customer service numbers. <http://www.together-rx.com>

Discount card for eligible Medicare enrollees for several participating drug companies for some medications.

Together Rx Card
P.O. Box 2127
Lakewood, NJ 08701-9620
(800) 865-72311 for eligibility information

The following programs may be able to help with the application process for prescription assistance.

1. **St. Vincent De Paul Prescription Assistance Program**
1-208-345-2833
2. **The Medicine Program**
P.O. Box 515
Doniphan, MO 63935-0515
E-mail: help@themedicineprogram.com
<http://www.themedicineprogram.com>
1-573-778-1118

The Medicine Program assists those of all ages who have exhausted other sources for help with medication. There is a \$5.00 processing fee charged for each medication requested.

Transportation Services

This section includes public transportation providers as well as Medicaid (Paratransit) providers in your area. Medicaid providers provide on-demand transportation for senior citizens and people with disabilities or those who cannot use regular transit services. Most Medicaid providers limit their services to medically necessary transportation (to and from doctor's appointments). Some providers do offer transportation to local shopping centers, banks and senior centers.

Community transportation services

Many towns provide transportation such as "senior van" for necessary circumstances; medical appointments, weekly grocery purchases etc. According to the town, the service is totally free or may have a nominal charge that may apply. Typically the vans are wheelchair accessible. Please call your town clerk for the most updated and available services.

Another useful number to call is 1-800-685-RIDE (7433) the Rideshare hotline.

Senior Transportation

To find transportation services in your area, contact your local Area Agency on Aging. Your local community area Agency on Aging can be found by visiting the **Eldercare Locator** website at www.eldercare.gov or calling 1-800-677-1116.

You can also call the Senior Helpline 1-800-642-5119 (Council on Aging helpline) to help find transportation available to you.

Vermont Rideshare

Provides Vermonters with various transportation services, mostly through carpooling. A major initiative of Vermont Rideshare, is to improve mobility to those without reliable transportation. Call 1-800-685-RIDE (7433) to find transportation available to you or visit their website www.vermontrideshare.org.

The Special Services Transportation Agency (SSTA)

The SSTA has a variety of service options for those who need a ride to a recreation site, or fitness program. Individuals and groups can be accommodated through the agency. More information for consumers is available by calling, SSTA at (802) 655-7880

Medicaid transportation services:

Medicare does not pay for any transportation services except ambulance services, but Medicaid may pay for transportation services to get you to a medical appointment if you are eligible, so you will need to check your eligibility with Medicaid directly.