



ARTHRITIS FOUNDATION

WELCOME TO THE CAROLINA NEWSLETTER



MEET OUR WARRIOR MACKENZIE

In this issue, our Arthritis Warrior MacKenzie and her mom Jeanne share their story with juvenile arthritis and more. Click on the video to watch!



See more photos with the hashtag [#jinglebellrun2020!](https://www.instagram.com/jinglebellrun2020/)



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A MINI CHECKLIST:

- ☒ Have you taken our [INSIGHTS survey](#)? It only takes 10 minutes!
- ☒ We're looking for volunteers for our Carolina leadership committee! Contact Kathy Streng for more information.
- ☒ For guidance on juvenile arthritis, the [JA Power Pack](#) can help!



LISTEN NOW:
[Live Yes! Podcast](#)
Season 3 Episode 22:
[Building a Personal Pain Plan](#)

CONTACT US:

kstreng@arthritis.org | (980) 495-2292

FOLLOW US:





2020 Virtual
Arthritis Foundation®

Jingle
Bell Run



HIGHLIGHTS FROM THE 2020 VIRTUAL JINGLE BELL RUN!

Thank you to everyone who participated in the 2020 Virtual Jingle Bell Run! Although this year's JBR may have looked different, our hearts were still the same as we all came together to raise money and awareness. With your help and support, we were able to raise over \$100,000 in the Carolinas.



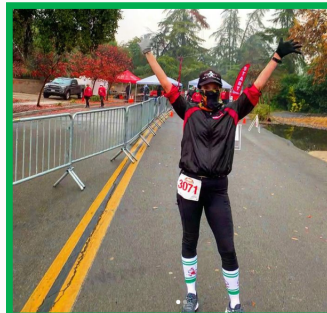
RALEIGH:

TOP FUNDRAISERS

Tony Bihl \$5,035
Allison Yarber \$1,825
Greg Anglum \$1,035
Adrianne Brown \$92
Matt Brannan \$917

TOP TEAMS

Team Bioventus \$16,972
Team Green \$3,525
Tar Devils Juvenile
Arthritis Sleighers \$2,385
AOII Zeta Psi \$1,000
Paraskos Prancers \$985





2020 Virtual
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Jingle
Bell Run



HIGHLIGHTS FROM THE 2020 VIRTUAL JINGLE BELL RUN!

CHARLOTTE:

TOP FUNDRAISERS

Jeanne Proefrock \$802
Amy Monroe \$515
Laura Ardey \$500
Allison Potvin \$450
Jessica Auslander \$410

TOP TEAMS

In Tandem with Teaghan \$1970
Mackenzie's Sidekicks \$1292
Lowe's Jingle Bell Joggers \$740
Jaden's Jets \$580
Team Bryce \$500



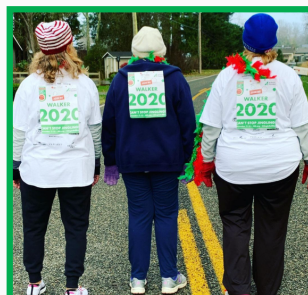
MIDLANDS:

TOP FUNDRAISERS

Milisa Rhodes \$370
Anna D'Annunzio \$288
Tammy Brown \$285
Paula Holt \$260
Vicki Bruno \$230

TOP TEAMS

In Memory of Munchkin \$1,015
Low Country Strong \$745
Sentry Management Charleston SC \$430
Ginger Giraffes \$288
SCNYCT \$260



WHY YOUR MONEY MATTERS

No matter how big or small, everyone can make a difference in the battle to conquer arthritis. Your supportive donations will provide:

- Access to helpful tools and resources for the arthritis community.
- Opportunities to help people better manage their disease and connect with others in the [Live Yes! Arthritis Network](#).
- Research assistance to find better treatments and a cure for this painful disease.

MEET DR. LAURA CANNON



Congratulations to Dr. Laura Cannon for receiving the 2020 fellowship grant from Duke University!

Read more about Dr. Cannon and learn

how your generous donations helped fund this experience and will help support future opportunities like this. Read the full blog post [here](#)!

DONATION TIERS

\$500

Can help fund new fellowships

\$200

Can help advocate to remove barriers

\$100

Can help advance research for treatments

\$50

Can help children with juvenile arthritis

\$30

Can help provide educational information

[Click here to make a one-time donation or support us with a monthly gift!](#)



Understanding juvenile arthritis can be a challenge, but the JA Power Pack has plenty of resources that can help. Get yours [here](#)!

INTRODUCING OUR 2021 CAROLINA LEADERSHIP TEAM



SEAN HAGARTY
Co-Chair

Sean has been with Bioventus for over eight years and is currently the Vice President, Order to Cash. He also serves as a member for the

Radford University Davis College of Business & Economics Executive Advisory Board. Previously, Sean was the Corporate Recruitment Chair for the Carolinas Arthritis Foundation Board and a member for the University of South Florida's Cybersecurity Advisory Board. Sean values diversity, coaching, mentoring, and challenging his teams to exceed their goals.



ANDREA REED
Co-Chair

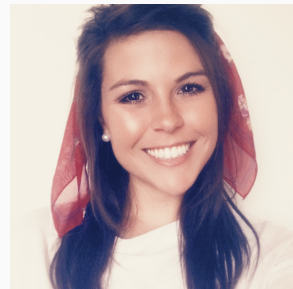
Andrea is a pharmacy leader at Novant Health and is an experienced health care leader and entrepreneur. Her passion to serve those in her community and improve public health led her to serve with the Arthritis Foundation. Andrea takes pride in creating diverse, high-performing teams and leaders and improving health care by designing innovative, patient-centered services with financial sustainability.



JEANNE PROEFROCK
Juvenile Arthritis Leader

Jeanne became a volunteer following her daughter's diagnosis of PolyJIA and has been actively involved with events for the past

eight years. She and her family recently moved from Michigan to North Carolina to offer her daughter a better quality of life through a warmer climate. In Michigan, Jeanne was very involved with the local Walk to Cure Arthritis and annual Bone Bash events along with hosting personal fundraising events.



MARY PARASKOS
Program/Mission & Young Professional Leader

Diagnosed with arthritis at 18, Mary knew she couldn't let this disease control her life. After many different diets, medications, and lifestyle choices, she finally found the perfect balance. As a seventh year volunteer, Mary is looking forward to new opportunities to create awareness and plans to use her voice to advocate for others living with arthritis.



BRIAN LEHRSCALL
Advocacy Leader

Brian has been a long-time advocate for the arthritis community and is passionate about ensuring that patients have the best

access to care to live their best lives. He has served as the Advocacy Leader for the Carolina Leadership team since 2019.



JENNIFER CHALKER
Fundraising Leader

After her arthritis diagnosis at 13, Jennifer has been volunteering with the Arthritis Foundation for almost 12 years. She has a deep passion for fundraising and is excited to work with volunteers across the chapter to make fundraising simple, effective, and fun.

A THANK YOU TO OUR GENEROUS LOCAL SPONSORS

Our sponsors are an important part of our organization, so we'd like to shine a spotlight on our generous local sponsors and thank them for their partnership.



You can become a sponsor too! Contact Kathy Streng for more information on sponsor opportunities.

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