



## Arthritis Treatment Center Newsletter May 2011

Small opportunities are often the beginning of great enterprises ~ Demosthenes

### ***The Reflections Of A Quaker***

K. Elayne McClanen is 81. Years ago she became aware that with each decade, she emerged as someone new, like a book with chapters.

At age 9, her mother, a 2<sup>nd</sup> generation German-American, told her about, as she put it, "Hitler's

Germany." Stunned by this revelation, it played a role in who she would become. She identifies this event as her introduction to man's inhumanity to man. It was 1939.

With a residual curiosity about adults and their mysterious behaviors pertaining to war, race and religion, Ms. McClanen trudged through an assortment of successes and failures in life.

Becoming independent at age 64, with three grown sons and a daughter and the onset of recurring body pain, she accepted an invitation from Christian Peacemaker Teams (CPT) to go on an exploratory tour of the Gaza Strip.

Prior to marriage and raising a family, she had flown as an air hostess as a way to see the world she was curious about. Now, years later, she would experience the Middle East. In her childhood Sunday school terminology, it was her "invitation to the wedding feast" and she would NOT refuse. It was 1993.

The depth and totality of military occupation in Gaza, coming from freedom in America, took time to comprehend. Rooftop gunners, house demolitions, random arrests of youth, entering homes in the night to literally intimidate and terrorize, were experiences few knew about.

Ms. McClanen returned to the U.S. and Carlisle, PA where an enlightened moment ensued when she learned that the U.S. Army War College in her home town trained international fellows that

included the very officers who conducted the Israeli occupation, home demolitions and all.

Her tasks were two-fold: to share what she had learned and to find a doctor who could diagnose her painful flare-ups.

In 2000, at age 70, she moved to Friends House, a Quaker retirement community in Sandy Spring, MD. A colleague highly recommended Dr. Wei after her mother had been most pleased with her treatment.

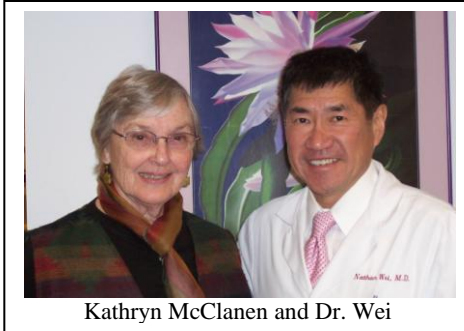
As the terrorist scourge morphed from the Middle East to America, weekly peace vigils at the front gate to the Carlisle Army War College where Arab/Americans had come out to call for justice for the Palestinians dissolved. It was dangerous for Arab-Americans, professional or not, to risk a presence at a U.S. military facility. Now, the deep seed for transparency had matured and Ms. McClanen began driving to the front gate of the war college the first Saturday of each month and has continued to do so for more than a decade.

Ms. McClanen tests the patience of her friend, Dr. Wei. During an especially energetic period, she asked him if she could curtail one RA medication. Finally, after the attempt, the crippling flare-up was reversed by Dr. Wei.

Balance is vital: proper rest, diet management, exercise and mental stimulation aided by ATC monitoring.

Three or four days a week now, Ms. McClanen has been teaching English as a Second Language (ESL) to five adult individuals in Howard County. They range from refugees to survivors of natural disasters and poverty. She marvels that a degree in English has brought her such rewards in her elder years. It began when she volunteered and later was hired.

As Ms. McClanen's 80's unfold, she contemplates moving back to Carlisle, where her grandchildren now live. Carlisle Peace College is a slightly known entity in the persona, at least of a Quaker lady who totes a sign and a grand-waving Palestinian flag, calling for statehood now.



Kathryn McClanen and Dr. Wei

In December before any of us witnessed the non-violent revolution in Egypt, the Quaker stood at the gate with her flag when two foreign officers approached and began speaking about things they regretted they had to do to protestors where they came from. The speaker said he was born in Palestine and is now an Egyptian general. Ms. McClanen adds, "Later I understood he was talking about Emergency Law which made public criticism a criminal offense."

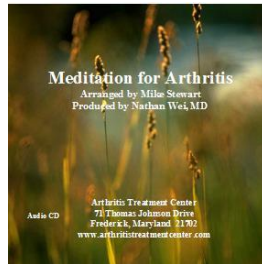
Whether she stays in Sandy Spring, MD or moves back to Carlisle, PA she'll be a one hour drive from ATC - where Dr. Wei keeps an amazing patient with RA still able to nurture the growth of Carlisle Peace College.

## Meditation for Arthritis

Listen to the music, open your mind and visualize your body, mind and spirit relaxing. You'll find that you achieve the same kind of relaxation response, but experience it in a different environment. You will achieve a meditative state with only the sounds around you.

Research shows that listening to the right kind of music can help you:

- sleep better,
- enhance your immunity,
- reduce arthritis pain, and
- help to lower your heart rate and blood pressure.



Meditation for Arthritis is an audio CD developed for arthritis patients. **For the month of May, this CD can be yours for \$14.99... a \$5.00 savings!** Enjoy this audio CD to help relax your mind and body.

### Tips for using music for meditation

- 1. Keep the volume down.** If you are using music for meditation, then make sure that you don't play the music too loudly. Your music should not dominate your mind. Music should be a serene and relaxing backdrop to your meditation.
- 2. Use headphones.** Headphones are not always required, but they make the music feel as though it is coming from inside of your own mind. If you are using music for meditation, then you'll want to become deeply absorbed in the music, and the headphones really encourage this. Also, headphones can help to block out external sounds if you are meditating where its a little bit noisy.

- 3. Choose the right music.** Try not to use music that contains percussion, vocals, or lots of instrumentation. Music should encourage peacefulness and relaxation.
- 4. Relax and unwind.** Meditation music can help put you into a calm, relaxed state of mind. So, if you choose to meditate with music, taking some time out to unwind while listening to some meditation music will help to prepare you for a deeper meditation experience.

### The Wedding Cake

<http://www.honeymooncruiseshopper.com>

The wedding cake has always played an important part in the wedding. Ancient Romans broke a cake over the bride's head to symbolize fertility or abundance. Many other cultures dropped wheat, flour or cake on the bride's head, and then ate the crumbs for good luck. The early British baked baskets of dry crackers, and every guest took one home after the wedding. In medieval times, guests brought small cakes and piled them on a table. The bride and groom then attempted to kiss over the cakes. Eventually, a young baker decided to put all the cakes together and cover them with frosting, thus the tiered wedding cake was born.

## Spinach and Strawberry Salad

Allrecipes.com

### Ingredients

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups sliced strawberries
- 1/2 cup vegetable oil
- 1/4 cup white wine vinegar
- 1/2 cup white sugar
- 1/4 teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

### Directions

1. In a large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

## Did you know this about your H<sub>2</sub>O?

Bay County Online  
<http://www.co.bay.fl.us>

- Americans drink more than one billion glasses of tap water per day.
- On average, a person uses about 100 gallons of water a day, but only drinks about a half-gallon per day.



- Children in the first six months of life consume 7 times as much water per pound as the average American adult.
- Nearly 97% of the world's water is salty or otherwise undrinkable. Another 2% is locked in ice caps and glaciers. That leaves just 1% for all of human use - agricultural, residential, manufacturing, community, and individuals.
- A person can live for about a month without food, but only about a week without water.
- 70% of your skin is water.
- A tomato is 95% water.
- Running the water while brushing your teeth wastes up to four gallons a minute.
- 1.5 to 7 gallons of water are used to flush a toilet.
- A five minute shower takes 10 to 25 gallons of water.
- An automatic dishwasher uses 9 to 12 gallons of water to wash one load.

**Cinco de Mayo** (Spanish for "fifth of May") is a holiday held on May 5 that commemorates the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862, under the leadership of General Ignacio Zaragoza Seguín. It is celebrated primarily in the state of Puebla and in the United States. While Cinco de Mayo sees limited significance in Mexico itself, the date is observed nationwide mostly in the United States as a celebration of Mexican heritage and pride. "Cinco de Mayo is not a Mexican holiday—it is an American Civil War holiday, created spontaneously by Mexicans and Latinos living in California who supported the fragile cause of defending freedom and democracy during the first years of that bloody war between the states." From Wikipedia, the free encyclopedia

## **Laughter... Is Good For The Soul!**

<http://funnyjokesandquotes.com>

- **Social Benefits of Laughter** - Laughter is contagious, so if you bring more laughter into your life, you can most likely help others around you to laugh more, and realize these benefits as well. By elevating the mood of those around you, you reduce stress levels, and improve the quality of social interaction.
- **Physical Release** - Have you ever felt like you "have to laugh or you'll cry?" Have you experienced the cleansed feeling after a good laugh? Laughter provides a physical and emotional release.

- **Internal Workout** - A good belly laugh exercises the diaphragm, contracts the abs, leaving muscles more relaxed afterward. It even provides a good workout for the heart.
- **Laughter** - Laughter is great stress management because it's free, convenient, and beneficial in so many ways. Get more laughter in your life!! Make someone laugh EVERYDAY!

## **How to renegotiate your credit card interest rates to something lower**

Posted by americanstreet on Jan 11, 2011

Credit card debt, left unchecked, can pile up quickly. Especially if you're making minimum payments.

According to the Federal Reserve, a credit card balance of \$5,000 at 23.99 percent APR will not be paid off for 16,127 years. Ouch!

Use these tested tactics that can cut a credit card rate, and get monthly payments to a more manageable range. And it's do-it-yourself —

1. Compare your current rate to the rate offered to new customers. Ask the lender for "new customer rate" if it's lower.
2. If your credit score has improved since application, ask for an interest rate more reflective of your current credit score.
3. Be nice to the customer service representative. Kindness helps.
4. Be persistent... credit card companies don't usually approve your first request.

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### **Do you have RA?**

The Arthritis Treatment Center is currently looking for volunteers to participate in a clinical research study for rheumatoid arthritis (RA). If you have diagnosed with RA and are taking DMARD therapy, you may be eligible. Eligible participants between the age of 18-75 will receive study visits, lab visits, and procedure visits at no cost. You will be compensated for time and travel. Contact us at 888-71-STUDY to find out if you qualify.

## ***Wei's World***

It's no secret that my practice has an active social media presence. The Internet has given patients greater access to information that was not available to them 10 years ago. And it's made it easier for our practice to dispense useful information while at the same time showcasing our expertise.

But last month I had an experience with social media that was very unusual and quite unexpected.

I was doing some grocery shopping at our local supermarket. Because I'm always on the lookout for interesting tidbits that I can use on my website blog or for our newsletters, I tote a messenger bag around with my day planner and other equipment - a digital camera, a video camera, and a voice recorder.

Well... after doing my shopping, I headed out to the car while talking on my cell phone. I loaded my purchases into the car, left my bag in the cart... and drove off. By the time I realized my bag was missing, I was all the way home... so I flew back to the supermarket but the bag was already GONE! The supermarket people said no one had turned it in. It was GONE!!

Talk about feeling low. I drove back home. My wife and I made a list of all the credit cards and called the companies... the usual drill.

I was so angry at myself for being so careless and also started worrying that maybe this was an early sign of dementia.

The next morning when I turned on the computer, my Facebook lit up with messages from Cristina Lezama. She and her children had found the bag and tried to contact my office but since it was a Sunday they decided to try to reach me on Facebook.

To make a long story short, not only did I get my bag back with everything intact, but I also met the most wonderful family. Mrs. Lezama and her kids were delightful.

This episode not only renewed my faith in the goodness of people, but I also discovered the amazing power of social media.

Plus... what a great story for the newsletter!