

10 Habits for Better Pain Management With Arthritis

For more tips on living with arthritis, visit arthritis.org

Sometimes small changes to our daily routine can make a huge difference in our ability to live with arthritis. We asked experts to help compile this list of habits that can help minimize pain.

Reduce your stress



"Stress exacerbates the symptoms of arthritis," says psychologist Robert H. Phillips, PhD. "To minimize stress, write down the stresses in your life. Ask yourself which ones you can change and jot down strategies for change."

Change your label



"When people see the world through their arthritis, they tend to refer to themselves as arthritic," says Phillips. "Don't let the condition define who you are."

Simplify housework



Spare your joints from pain by performing household chores more efficiently. For example, fill a basket at the bottom of the stairs throughout the day to avoid multiple up-and-down trips.

Be creative with exercise



Exercise can be fun! Play fetch with the dog, pop in a fitness DVD, organize the kitchen cabinets or try a fitness video game. These can be just as good for you as a walk around the block.

Get organized



Keep a notebook charting doctor visits, levels of pain and medications ... and bring it with you to every appointment.

Snack every three hours



If you haven't eaten for three hours, your blood sugar drops. You need to snack — it's particularly important if arthritis is sapping your energy.

Anticipate pain



"Many people have pain in the morning or after exercise," says Deborah S. Litman, MD. "So take a pain reliever before bed or before you exercise."

Take supplements



"Think about adding a daily multivitamin and supplements to your diet, with your doctor's approval," suggests Khaled J. Saleh, M.D.

Go barefoot



Kick off your shoes and let those feet relax. "Most shoes increase forces on the knees more than going barefoot will," says D. Casey Kerrigan, MD.

Eat breakfast at home



Rachel Brandeis, a registered dietitian, recommends a meal that combines protein, high-fiber carbohydrates and a little bit of fat to give you energy.

Positive Trends in Student Achievement and Academic Performance

by Jason J. Kennedy, FCS Superintendent

Fruitport Community Schools continues to trend in a strong, statistically significant, positive direction with regards to student achievement. When comparing student achievement on the Spring 2023 M-STEP state assessment against all other schools in Muskegon County, Fruitport Community Schools ranks among the top performers when assessing proficiency levels of all grade 3 through 8 students in all tested subjects.

In fact, Fruitport was the only district in Muskegon County where all tested grade levels and subject levels in this grade range outperformed the county average. Further, all elementary grade levels and tested subjects outperformed both the county and state averages. Fruitport was the only school in Muskegon County that did not have one or more grade levels or tested subjects in grades 3 through 8 perform below either the county or state average. Elementary social studies and middle school science assessment scores ranked tops in the county, while outperforming both county and state averages. When combining the proficiency of all students in all tested subjects in grades 3 through 8, using multiple ranking methodologies to compare school performance, Fruitport Community Schools outperformed all other schools in the county on the spring 2023 M-STEP state assessment through this lens.

Next, when comparing the performance of districts against the predicted or expected performance, while controlling for variables such as socioeconomics and free and reduced priced lunch percentages, Fruitport Community Schools ranked as the top school in the county when the predicted outcome suggested that the District should rank seventh in Muskegon County. The schools in the District are outperforming their demographic and expected outcome.

To take this a step further, when statistically analyzing the residual (difference between the observed value and the predicted value) impact of English language arts and mathematics performance at the elementary level, schools in Fruitport are performing at least one full standard deviation above the predicted expectation of its demographic. Performance of students in the District is demonstrating a strong, statistically significant, positive impact that the District's curriculum, instruction, and assessment practices are having on performance and outcomes. While the District ranks second in Muskegon County using this metric over a two year trend, the District is closing the achievement gap, and must celebrate the proud accomplishments of its students, staff, educators, parents, families, and community.

While the District must always seek continual improvement, and strive to be the best that it can be for its students, families, and community, the District is employing impactful strategies that are having a strong, positive impact on student achievement and performance. The District is extremely thankful for the continued support of its schools by the families and taxpayers of our community. Strong trusting partnerships lead to strong positive outcomes for students, families, and the community.

Avenue Banners for Vets

Are you a veteran or related to a veteran? Not many residents in Fruitport can answer no to that simple question. If you answered yes to the question and would like to honor yourself or your loved ones, consider sponsoring an Avenue banner. These banners will feature a photo, the name of the vet, the emblem of the branch of service they were a part of, dates served, and any war or conflict they were a part of. The veteran can be living or deceased to be honored on the banner. The banners will be displayed on light poles down Airline going into Fruitport and the Fruitport Old Fashioned Days parade route; as well as Heights Ravenna Rd, in Cloverville, from Dangle to the Fire station. As part of the Fruitport Lions 75th Anniversary, the club and the Fruitport Fire Department will donate their time to hang the banners before Memorial Day and Veterans Day giving honor to our military veterans. The cost of the banner is \$130.00 per side (you do not have to sponsor both sides). If you would like to sponsor an avenue banner for your veteran, please call Heidi Tice (231) 578-6500 and reserve your spot. Your veteran does not have to be a Fruitport resident to be honored on a banner, all veterans are welcome.

Military Banners

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Heidi Tice

(231) 578-6500

Military Banner Request form

Name of Sponsor _____

Contact phone number _____

Service member's name _____

Rank of service member _____

Branch of service(s) _____

If multiple branches, what emblem would you like on the banner _____

Dates served & War or conflict _____

Please email a high-resolution photo to htice@icsworldmail.com or leave a photo with your payment and an address to have it returned. Heidi Tice will set up a time to return it safely to you and not risk damage in the mail. Banners will be displayed on Memorial Day, 4th of July & Veterans Day. Thank you for allowing us to honor your Veteran! (Banners are 30" x 60")

The cost of 1 side is \$130.00 and both sides \$260.00. Please make checks out to Fruitport Lions Club. You can leave this form and check with Supervisor Todd Dunham at Fruitport Township Hall or mail it to

Heidi Tice
5110 Carr Rd
Fruitport, MI 49415