



THE HELP 2 STUDY
COLLEGE OF NURSING AND HEALTH SCIENCES
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Dear Boston Resident,

We are researchers at UMass Boston in the College of Nursing and Health Sciences. We would like to take this opportunity to tell you about a new health survey that we are doing in Boston neighborhoods. The study, “Helping Elders Living with Pain” (HELP) is supported by funding from the National Institutes of Health (NIH). The purpose of the study is to find new ways to help older adults who are living with pain, to stay active and independent in the community. For this purpose, we are doing a brief telephone survey of older adults living in Boston to find out their ideas about joining a study of different types of light exercise to see which types of exercise may be more useful for people.

We are looking for people who are aged 65 and older who have chronic pain related to arthritis or other health problems. We would like to ask you questions about your health and whether you might participate in an exercise program, for example, if it was something you could do at home. The telephone survey will take about 20 minutes. You will receive a \$20 gift card for your time and participation. If you are interested in learning more about our study, please call the HELP study phone line at **617-952-1301**. More information about our study can be found in the enclosed brochure. Please also inform your friends and loved ones who might be interested about this important new research program. Thank You!

Sincerely,

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