THE HELP STUDY
MANNING COLLEGE OF NURSING & HEALTH SCIENCE
UNIVERSITY OF MASSACHUSETTS BOSTON

UMass Boston

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Dear Boston Resident,

We are researchers at UMass Boston in the Manning College of Nursing and Health Sciences. We would like to take this opportunity to tell you about a health research study 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 if they are eligible to participate in 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. The telephone survey will take about 20 minutes. If you are interested in learning more about our study, please call our study phone line at 617-287-6297 or email us at thehelpstudy@umb.edu. 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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