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## *Outbound call program*

In collaboration with Arthritis Australia, we are participating in various aspects of a nationwide Rheumatoid Arthritis Awareness Campaign.

To complement the recent radio awareness campaign and the launch of the MyRA website earlier this year, we are now part of an Outward Bound call program. This is to provide support to members and consumers with any form of inflammatory arthritis who may be concerned about risks associated with exposure to COVID-19.

Rather than cold calling people, we invite you, and anyone else who is interested, to contact us so we can offer that support and share relevant information.

Our office hours are from 9:30 am to 2:00 pm Monday to Thursday. Please feel free to leave a phone message at any time and we'll get back to you as soon as we can. Alternatively you can email us at [info@aont.org.au](mailto:info@aont.org.au)

## *Out and about in Darwin*

We were delighted to be invited to participate in the "Community Hub Open Day" on 18th June at Pearl retirement village. Complying with a COVID-19 Safety Plan, the event was held outside in the carpark with just a few stall holders.



In the adjacent garden, entertainment was provided by a musical group of the Villa residents. Being a relatively quiet event, there was ample time to chat to stall visitors - including catching up with some familiar faces. Thanks to Southern Cross Care for their hospitality.

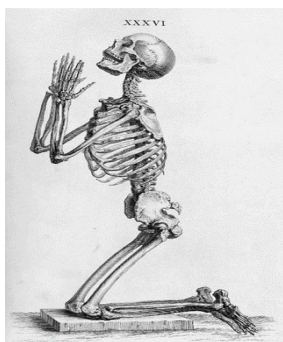
# WELCOME BACK

## Membership & newsletters

Thank you to all those who have responded so promptly to renewal notices sent out with the last newsletter.

Our final newsletter for the year will be issued in early December. In the meantime a formal Notice of the AGM will be sent out in late October.

It is anticipated that next year there will be six newsletters published throughout the year, rather than the long-established four editions. More frequent contact with members is seen as a priority, even if some of these newsletters are slightly shorter. Please don't hesitate to contact the office with suggestions for content or offers of contributions!



Which is your gardening technique?  
Finding the right tool for the job can  
make it so much more manageable.



## Café conversation: a new opportunity!

Have you, or someone you know, been diagnosed with  
Lupus, Scleroderma, Sjogren's, Raynaud's or associated  
autoimmune illness?

**Café conversation** is an opportunity to bring together in a social setting people  
with autoimmune illness - simply to talk, laugh and support each other.

The Autoimmune Resource & Research Centre  
(headquarters based in NSW) is soon commencing  
operations in Darwin, with their first café social  
support meeting to be held on a Sunday:  
20th September at 10:00am.

For more information and venue details call Vanessa  
0402 933 739. Bookings are absolutely essential to  
satisfy COVID-19 safety guidelines.



## ***Board vacancies***



There are still opportunities for trial Board membership. With just three regular monthly board meetings scheduled before this year's Annual General Meeting, here is a perfect opportunity to try out, without necessarily a long term commitment. Next meetings are on 16th September, 21st October and 18th November.

As a result of our front page article in the last newsletter, one long term member has taken up the opportunity of a trial run. But there are still more unfilled non-executive positions available. The Board looks forward to hearing from you.

This year's Annual General Meeting will be held on Saturday 21st November. After presentation of reports and any business arising, all Board positions are declared vacant and elections will be held.

A formal Notice of the AGM will be sent to all members in late October to give the required minimum 21 days notice.

## ***Queen's Birthday 2020 Honours List:***

### ***Ainslie Cahill***

Former CEO of Arthritis Australia, Ainslie Cahill has been honoured in the Queen's Birthday List as a Member of the Order of Australia. Her award represents the many years of dedication and outstanding work she's done for the millions of Australians living with arthritis.



Ainslie began work at Arthritis Australia in 2003 and was Chief Executive Officer for over 12 years (2006-2018). During Ainslie's time as CEO, she raised the national profile of Arthritis Australia and established it as a highly respected health consumer organisation, known for delivering targeted projects and programs that have been formally recognised across Australia and internationally. Among her many achievements, Ainslie guided the advocacy work that resulted in Arthritis Australia being commissioned by the Australian Government Department of Health, at the request of the Minister for Health, The Hon Greg Hunt, to develop a National Strategic Action Plan for Arthritis.



Ainslie also recognized the importance of the work of all the affiliates. Her long term encouragement and support of AONT has greatly strengthened the affiliate status of Arthritis & Osteoporosis NT.

***Congratulations Ainslie, a well earned accolade!***

## Do you have back pain?

Researchers from the University of Sydney are conducting an innovative study using text messages to support recovery of people suffering from low back pain. They are inviting people over 18 years of age who have a **current** episode of back pain for less than 12 weeks to participate.

The study is named TEXT4myBACK and will provide information about back pain via SMS to help people to better manage their pain. Participation in the study represents a good opportunity to receive evidence-based information without having to leave home!

If interested, please follow the link to find out more!

<http://bit.ly/TEXT4myBACK>

## Recognizing Seniors of Excellence

Arthritis & Osteoporosis NT is pleased to receive a donation from

***“Seniors of Excellence Northern Territory Inc”***



We were selected to be this year's beneficiary of the gold coin donation collection taken up at the conclusion of the annual awards ceremony.

***Thank you for thinking of us!***

Held at the Trailer Boat Club on August 30, the event honoured 24 seniors who have made significant contributions to the community. From the inaugural awards in 2014, there are now 115 Seniors of Excellence recognized through this scheme.

While not all recipients were in attendance, extracts from all nominations were read. Without doubt, our communities benefit enormously from the voluntary contributions from many of our senior members.

***Seniors of Excellence are ordinary people doing extraordinary things***

Find out how to nominate someone for next year's awards! For more information: visit [www.seniorsofexcellence.com](http://www.seniorsofexcellence.com) or email [seniorsofexcellence@bigpond.com](mailto:seniorsofexcellence@bigpond.com)



Address by Mike Foley,  
President of Seniors of  
Excellence Northern  
Territory Inc.



## More opportunities to keep moving:

### (1) In the water

Another round of the Warm Water version of **The Joint Movement®** program will soon be available again in Darwin. The August starting course is now well under way. These classes are enjoyed enormously.

For details of the next course, contact Nikki Higgins:

**0421 986 252**

**[nichole.higgins@cdu.edu.au](mailto:nichole.higgins@cdu.edu.au)**

As well as being licensed Joint Movement providers, Nikki Higgins and Carolyn Schulz have many years' experience working with not so young clients.

The program includes pre-exercise assessment to ensure the safety of participants. **The Joint Movement®** program is brought to you by AONT through Arthritis Australia as part of a "Better Ageing" grant from Sport Australia.

### (2) High and dry



In Alice Springs the land based version is being delivered by **Get Physical Fitness and Squash**.

If you have friends or family in Alice Springs let them know about this exciting opportunity. Maria and her team have already provided three rounds of this course.

They can be contacted on **8952 3233**, **[getphysical5@bigpond.com](mailto:getphysical5@bigpond.com)** or call Maria direct on **0439 887 235**. Maria and her team similarly have many years' experience with seniors and the not-so-fit.



### "Take charge of pain" - see enclosed flyer.

Next course: Wednesday mornings, 23rd and 30th September in Leanyer. Gain more control over your life by learning strategies to better manage chronic pain. **Bookings are essential!**

**The Arthritis  
Foundation of the  
Northern Territory Inc.**  
Trading as  
**Arthritis &  
Osteoporosis NT**  
ABN 67 099 326 608

**Patron:**

Her Honour the Honourable  
Vicki O'Halloran AM  
Administrator of the NT

**Find us at:**

Shop 18 Rapid Creek  
Business Village,  
48 Trower Rd Millner

[www.aont.org.au](http://www.aont.org.au)

[facebook.com/  
arthritis.osteoporosis.nt](https://facebook.com/arthritis.osteoporosis.nt)

**Contact us:**

(08) 8948 5232  
PO Box 452,  
Nightcliff 0814  
[info@aont.org.au](mailto:info@aont.org.au)

**We are open:**

9:30am – 2pm  
Monday to Thursday  
(excluding Public Holidays)

**Staff**

**Administrative Assistant**  
Deirdre Moldenhauer

**Accounts**  
Natalie Valastro

**Board**

**President**

Joan Crombie

**Vice President**

(Vacant—15/07/2010)

**Secretary**

Hilary Fowler

**Treasurer and Public Officer**  
Ruth Garden

**Ordinary Board Members**

Margaret Murray  
Anne Coutts  
Charles Atherton  
&

Carolyn Marriott  
(Appointed 19/08/2020)

## What We Do

### Our work includes:

- Responding to walk in, email and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing our publication, joiNTed, at least four times each year
- Hosting pain self-management courses for consumers - call the office on 8948 5232 for more details of the next available course
- Providing information stands at a range of forums throughout the year
- Keeping in touch with other community health organisations and the services they provide
- Delivering bulk materials to both the private and public hospitals in Darwin and Palmerston as well as to a range of health service providers
- Presentations to community groups by invitation
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and other state and territory arthritis organisations
- Liaising with Osteoporosis Australia



## Helping you

### Palmerston support group

- This group continues to meet monthly at the meeting room of the Brennan Electorate office in Palmerston
- Opposite Target
- 10:00am
- Open to all AONT members, this informal forum provides good company in a relaxed setting.



### Café conversation

This is a completely new forum, to be hosted by the Autoimmune Resource & Research Centre, open to those diagnosed with Lupus, Scleroderma, Sjogren's, Raynaud's or associated autoimmune illness. More information is on page 2.



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