

joinNTed

Arthritis & Osteoporosis NT

December 2020

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Annual General Meeting

This was held in our office on Saturday 21st November.

Current Board positions are now:

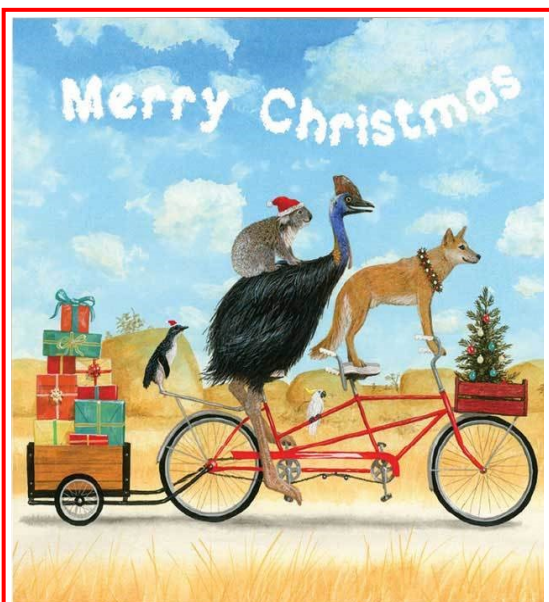
Vice President: Charles Atherton

Secretary: Hilary Fowler

Treasurer: Ruth Garden

Ordinary board members: Anne Coutts and Amin Islam.

As a result of the Special General Meeting held immediately before the AGM, the minimum numbers of ordinary board members is now two, but we can still have up to 10. As we have the bare minimum, and the position of President is as yet unfilled, further enquiries and expressions of interest are encouraged. Please don't hesitate to contact the office with your suggestions.



Christmas—New Year office closure

The office will close at
2:00pm Thursday 17th
December and reopen on
Monday 18th January at
9:30am.

During this time there will be
checking of our post office
box, emails and phone
messages - *membership
renewals welcome!*



An opportunity to participate in research:

To investigate the beliefs of older adults on how
exercise affects the health of their knee joints.
Refer to the enclosed flyer for more detail about
this survey.



Vaccinations

An information sheet has been written for people with certain types of arthritis (known as rheumatologic conditions) to provide general information about vaccination. It does not provide specific information for each condition or each vaccine. The full information sheet is available through the Australian Rheumatology Association website: **www.rheumatology.org.au**.

The following brief extract is most important:

People with rheumatologic conditions such as rheumatoid arthritis, psoriatic arthritis and lupus often suffer infections which can be prevented by vaccination.

Key message

Please get vaccinated. It's a complex area, so will require discussion between you, your GP and rheumatologist. An infectious diseases specialist may need to be involved.

For AONT members who do not have internet access, and believe this information sheet to be relevant to them, please contact our office for a paper copy.

Cellulitis Warning—From Top End Health Service

Cellulitis often starts with a small cut sustained camping, fishing, hunting, gardening or playing sports. It is a bacterial infection under the skin surface.

In the early stages, cellulitis can cause redness, warmth, swelling and pain. Whether it's a cut, a scratch or even an insect bite you get while enjoying these outdoor activities, don't ignore it. Do something about it: clean it with an antiseptic and cover it with a dressing and a bandage.



Cellulitis is serious. On average one person ends up in the Intensive Care Unit every month as a result of this infection. While it can be minor to start with, cellulitis can go bad very quickly. It is one of the leading causes of potentially preventable hospitalisations in the Top End.



Courtesy of:
Potentially Preventable Hospitalisation (PPH) Project Manager Jeff Gaden.

The Joint Movement ®



We are planning on another two courses of this exercise program early next year, one each in Darwin and Alice Springs. Both these 12 session courses will be the land based version.

Developed to encourage older Australians to become more active:

- ♦ Light to moderate exercise program,
- ♦ Evidence based,
- ♦ Designed specifically for those experiencing arthritis-related symptoms,
- ♦ Fun and beneficial for anyone, with or without arthritis,
- ♦ Delivered by licenced exercise professionals who complete specialised training so you can be confident that you're exercising safely, correctly and for maximum benefit,
- ♦ One-on-one Pre-exercise assessment included.

More details available after our office re-opens in mid-January.

"Take care of your body. It's the only place you have to live."

Jim Rohn



Palmerston Support Group update

The year started well with group members deciding to start each meeting by going through the chair based exercises from our own "Stretch Break" brochure. Early in the year they hosted a guest speaker from Aged Care Navigator who also spoke about the unfolding COVID pandemic. Because of the pandemic, the group went into recess for three months. During this time, Convenor Anne Coutts maintained contact with members, either by phone or traditional mail. One of the members assisted with Woolworths' sponsorship of Salvation Army food hampers to be delivered to those in need in the community. Several special occasion morning teas have been held since reconvening. A truly supportive group!

Meeting details on Page 6

Our bookkeeper Natalie meets up with past volunteer Peg

My name is Natalie. I have been the bookkeeper at AONT for the past 16 years. In September this year I was lucky enough to travel to somewhere I have never been before, Bargara. I was meeting up with Peg Gellert who was a volunteer at AONT for almost 20 years. We had a wonderful day. Peg showed me around this most beautiful little town of approximately 7,500 people. I too could easily retire here some time. I fell in love with Bargara.



Bargara is a coastal town in the Bundaberg Region, Queensland. Situated on the coastline of the Southern Great Barrier Reef, the town lies 384 kilometres north of the state capital Brisbane and just 13 kilometres east of Bundaberg. Bargara is considered to be a satellite suburb of Bundaberg, with only sugar cane fields separating the two centres. Bargara is along the Coral Coast, which is the area from Burnett Heads to Elliot Heads. It offers an idyllic beachside lifestyle. There is so much to explore and enjoy. With an array of beaches painting the coastline you can find the perfect place to surf or snooze in the breeze.

In Bargara you can enjoy: oceanfront dining and local gelati, butcheries, bakeries, and fish and chip shops. It truly is a beachside oasis. Do it like the locals: enjoy the coastal pathways and bike trails, diving and snorkeling, reefs and islands, beautiful playgrounds, local lookouts, restaurants, cafés and the golf course. Bargara has something for everyone.



Promotion:

Heat Em up Top End

This is a local business making a range of Wheat Bags which can be used hot or cold as a therapy to provide relief from many aches and pains. There is a wide range of sizes and shapes to suit various body parts.

heatemuptopend@gmail.com

Lee & Sherrie 0414 477 393



Turkey-Roquefort Salad

Number of Servings: 6

Energy: 324 kcal

Protein: 27 g

Calcium: 134 mg

Vitamin D: 0.09 IU

% Ca recommended daily intake: 13.44%

Ingredients:

- 250 g sour cream
- 70 g Roquefort cheese, crumbled
- 1 tsp salt
- 3 cups cut-up cooked turkey or chicken
- Lettuce or chicory leaves
- Peach halves from can, drained

Method:

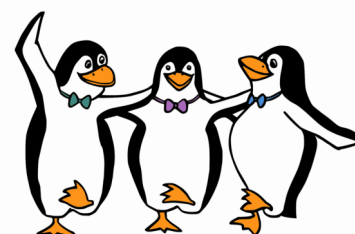
1. In a medium bowl with wire whisk or fork, mix sour cream with Roquefort and salt until well blended. Gently stir in turkey until well coated; cover and refrigerate turkey mixture.
2. To serve: Arrange lettuce leaves or chicory and 6 peach halves on serving plate. Spoon turkey mixture over peach halves, dividing equally among halves.



Out and about in Datin

Volunteer Ruth recently had the pleasure of giving a presentation to the Filipiniana Senior Citizens Association at the invitation of Elsi Baretto. Information was provided regarding osteoporosis management and falls prevention. Not surprisingly, an important part of falls prevention is maintaining and improving fitness. Together, the group followed Ruth and Elsi who demonstrated the chair based exercises in our brochure “Stretch Break”. A key message of the presentation was the importance of having a plan in the unfortunate event of having a fall.

Each week this group meets up to enjoy each other’s company, dance and share a lovely lunch. Group members are rostered to provide the lunch, and Ruth was delighted to accept their invitation to eat with them. Thank you Elsi and friends!



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

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

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We are open:

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(excluding Public Holidays)

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Vice President

Charles Atherton

Secretary

Hilary Fowler

**Treasurer and Public
Officer**

Ruth Garden

Ordinary Board Members

Anne Coutts
Amin Islam

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

Support groups are opportunities for members with common interests and experiences to meet informally over a cup of tea or coffee, to chat, share news and ideas etc. Good company in a relaxed setting means feeling better when you leave than when you arrived!

Palmerston Support Group meets monthly:

- at the Brennan Electorate Office, Palmerston Shopping Centre (opposite Target)
- on the third Monday of each month at 10:00 am

On reconvening in July after the enforced recess, numbers were limited because of venue size. While this hampered efforts to increase membership, the group was still able to celebrate their 24th birthday in September.

Read more on Page 3!



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