

*Your chance  
to participate  
in*

*research:*

To investigate the beliefs of older adults on how exercise affects the health of their knee joints. Paper copies of this survey are available at the AONT office. Read more about this project on page 2.

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# joinNTed

## Arthritis & Osteoporosis NT

February 2021

### *COVID-19 vaccinations*

In our recent December edition we ran a small article on the importance of vaccinations generally for those with certain types of arthritis including rheumatoid arthritis, psoriatic arthritis and lupus.

Since then, the Australian Rheumatology Association has provided an information sheet for consumers which addresses many concerns raised by patients diagnosed and/or being treated for these conditions : **“COVID –19 Vaccination for Rheumatology Patients”**. A copy of this sheet is included with this newsletter.

### *Office disruption*

Our office and service delivery have been severely disrupted due to flooding. The late night storms of 14<sup>th</sup> January caused flooding both under the back door to the office and from the ceiling/wall junction at the rear of the office. Board members and staff have worked hard at immediate clean up, packing up the contents of cupboards and shelves etc., moving out of most of the furniture prior to professional cleaning of the carpet, and restoring communication services. We are working with the landlord to ensure necessary remediation work is completed before we move all our materials and furniture back in from temporary storage in the vacant office next door.



## *Have your say - a research opportunity:*

### *Current perceptions of the effects of exercise on knee joint health in older adults.*

Researchers at University of NSW Sydney are conducting a project about the beliefs of how exercise affects the health of knee joints in adults over 60 years of age. The research project is looking for people who want to take part in this research through an on-line survey and who are:



- *Over the age of 60 years*
- *Have the ability to read and write in English*
- *Have the cognitive ability to answer survey questions related to their health*

For those of you who do not have internet access, paper copies of the survey are available at the AONT office. Please phone us to arrange pick up of a copy, or for us to post out to you.

If you have any questions about the research you can contact the lead investigator A/Prof Jeanette Thom on 02 93851090 or via email [j.thom@unsw.edu.au](mailto:j.thom@unsw.edu.au)

To participate in the online survey go to [https://unsw.au1.qualtrics.com/jfe/form/SV\\_6x8hD6PY5YbGF4V](https://unsw.au1.qualtrics.com/jfe/form/SV_6x8hD6PY5YbGF4V)

To provide the best advice and education to those living with any sort of joint pain, it is important to understand firstly the beliefs and perceptions that people may already have about the role of exercise in relation to joint health. Which ever way you choose to do the survey, participation in the survey is completely anonymous.



### *Exercise sessions for those living with arthritis: The Joint Movement*



**1. Darwin:** with Inside Out Fitness, weekly sessions in Lyons starting Wednesday 10<sup>th</sup> March. 9:00 to 10:00am.  
Call Sue on 0400 352 498

**2. Alice Springs:** with Get Physical.  
Call Maria on 0439 887 235 or email [getphysical5@bigpond.com](mailto:getphysical5@bigpond.com)

## Board Members Wanted



There have been some changes to the Board since the AGM. We are delighted to welcome back Margaret Murray as Vice President. Long-term member Charles Atherton is retiring from the Board to move interstate. Charles initially stepped up as Treasurer in October 2006. As well as serving many terms in various Board positions, Charles provided invaluable assistance with a wide range of maintenance tasks. His long term commitment to AONT is greatly appreciated and we wish him well.

**We now need a President**, as well as more non-executive Board members. We look forward to hearing from you, our members, on how to fill these positions!

As the national peak arthritis consumer body, Arthritis Australia works in collaboration with arthritis organisations in ACT, New South Wales, Northern Territory, Queensland, South Australia, Tasmania and Western Australia.



AONT maintains regular contact with Arthritis Australia to keep up to date with the latest information on optimal management of the many forms of arthritis. Their helpful materials, developed in collaboration with Australian Rheumatology Association, are available at our office as well as through the Arthritis Australia website.

Go to [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au) for helpful articles and links.



A smoothie high in calcium and other important nutrients for strong bones.

Preparation time: 10 minutes

### Ingredients

- 1 cup fat free milk
- 1/2 cup plain nonfat yoghurt
- 1/2 cup collard greens
- 1/2 medium banana
- 1/2 medium orange
- 3 medium strawberries
- 1 tbsp sesame seeds

### Instructions

1. Combine all the ingredients in a blender
2. Blend to a smooth consistency.

Makes two serves.

**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**

Vacant

**Vice President**

Margaret Murray

**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 this publication, *joinTed*, four to six times each year,
- Hosting pain 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,
- Liaising with Arthritis Australia and other state and territory arthritis organisations,
- Liaising with Osteoporosis Australia,
- Making applications for various small grants to assist with special projects.

 **Arthritis &  
Osteoporosis NT**  
[www.aont.org.au](http://www.aont.org.au)



## *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

Each meeting usually starts with some simple chair based exercises. As well as guest speakers, there are plans to hold some craft mornings this year. New faces are most welcome!



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



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