

## Providing

reliable and up to date information to improve the understanding of arthritis and osteoporosis

## Promoting

healthy lifestyles and self-management to optimise health outcomes.

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The newsletter of  
The Arthritis Foundation of the  
Northern Territory Inc.  
Trading as



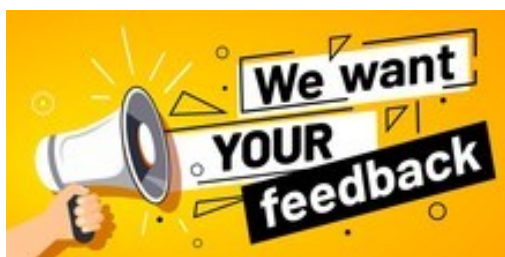
**Arthritis & Osteoporosis NT**

**February 2023**



... and best wishes for a happy and healthy 2023.

Thank you to all those members who have renewed their membership. We are now regularly producing six newsletters each year and look forward to hearing from our members on how to make these even more relevant and informative. Maybe you have a story to tell or would like to share a recipe.



## Membership survey

### This is your chance to have a say!

The membership survey is now an annual requirement of our Funding Agreement with the NT Government.

Please complete the enclosed survey (blue paper) and return to AONT in the stamped self addressed envelope provided.

All responses received will be completely confidential.

Members are always welcome to contact the office at any time with suggestions, queries or concerns. Board members are also accessible, through the office, for further information or discussion.

**Future newsletters** - suggestions for articles are very welcome. Simply call or email the office and we can work together!! Messages can be left at any time on 89485232 or emailed to [info@aont.org.au](mailto:info@aont.org.au).

## Advocating for a better deal for those living with arthritis

Arthritis Australia has made a 2023 Budget submission calling for “Better consumer centred care for one of Australia’s most common and costly health conditions”

### Key priorities for action

- Addressing the disproportionately low investment in consumer driven arthritis research to improve outcomes for children and adults with arthritis and unlock health system cost savings
- Providing support for people with arthritis to undertake physical activity and exercise to safely to improve their condition
- More affordable access to evidence based, multidisciplinary care.

### Funding proposals

- Investment in consumer driven arthritis and musculoskeletal research to improve outcomes for children and adults with arthritis and unlock major health system cost savings
- The Commonwealth government to commit to funding and fully implementing the recommendations of the House of Representatives Standing Committee on Health, Aged Care and Sport inquiry into childhood rheumatic diseases
- Fund an evaluated national arthritis exercise program
- Expand access to group allied health services to people with arthritis under existing Chronic Disease Management Plan items
- Fund community-based arthritis educators to deliver much-needed information and support for children and adults with arthritis.

Australia has many of the world’s top researchers in the field of arthritis, yet arthritis research has been chronically underfunded. For every person living with arthritis or a musculoskeletal condition, the government spent less than \$3 on research through the National Health and Medical Research Council in 2021. This compares to \$147 per person living with dementia, and \$85 per person with a cardiovascular condition.

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## That’s a Wrap: The Best and Worst Packaging

Each year Arthritis Australia asks consumers to nominate problem packaging. They would be interested to hear from you about problems you have experienced.

Report them on the **Packaging Feedback form**

<https://arthritisaustralia.com.au/accessible-design-division/consumer-information/packaging-feedback/>

### Five worst types of packaging in 2022

1. **Push through tablet trays/ blister packs**
2. **Medication packaging (screw cap)**
3. **Plastic bottles** - the small hard to grip caps
4. **Jars** – both plastic jars and glass jars with metal lids
5. **Pre-packaged sealed trays** – commonly used for food products such as meat and seafood.

Not being able to access medication in a timely manner is problematic and a serious issue
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## Exercise classes at COTA NT in Darwin

Sharon Kelly and Tom Rees run exercise classes at COTA NT especially designed for seniors. Sharon leads Pilates and Seated Aerobics and Tom leads Tai Chi.

### How will Pilates help you?

Many seniors turn to Pilates as a way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement - not quantity of repetitions - many experts agree that Pilates is one of the best ways for older adults to stay healthy.

<https://www.cotant.org.au/programs/fit-for-life/pilates-fit-for-life/>

### How will Seated Aerobics help you?

The seated aerobics classes held at COTA for the over 50s have been specifically designed by instructor, Sharon Kelly for those who want to keep active, but cannot join in with activities such as walking, cycling, Pilates or aerobics classes. The gentle sitting exercises taught by Sharon can also be done at home and are designed to help improve mobility and prevent falls.



<https://www.cotant.org.au/programs/fit-for-life/seated-aerobics-fit-for-life/>

### ...in Sharon's own words from COTA website

“My primary focus is posture, flexibility, mobility and functional movement patterns. This is what led me to my passion for Pilates approximately 8 years ago. I endeavour to bring a sense of empowerment to each of my classes. My goal is to have all my participants leave each class feeling refreshed, energised and renewed, keen to get on with life again.

Although always challenging, both physically and mentally, my classes are tailored to suit the class and their capabilities. I like to include demonstrations and will assist “hands on” where possible to ensure both safety and correct technique.”

If you have questions about Pilates or Seated Aerobics for seniors, or any of her other classes, you can **contact Sharon on 0438 890089** Please leave a message if she is unable to answer the phone.

### How will Tai Chi help you?

Tai Chi is an ancient traditional Chinese martial art. It is a combination of meditation, controlled breathing and martial art techniques.

Medical evidence shows Tai Chi movements enable people with arthritis to be active without aggravating their symptoms. Further evidence shows Tai Chi is beneficial for those rehabilitating after cardiac illness and strokes. Evidence also exists that Tai Chi benefits mental well being. It can be used as a mindfulness strategy to help manage these conditions. It has also been shown to improve people's sleep. Tai Chi has also been shown to decrease the risk of older Australians falling. It strengthens the participants' ankles and knees, important in avoiding a fall, and minimising trauma when a fall occurs.



<https://www.cotant.org.au/programs/fit-for-life/tai-chi-fit-for-life/>

### Booking for all classes is essential

Contact COTA on 8941 1004 Mon-Fri 9am – 3pm

### Before you join

- check with your doctor before starting any exercise program.
- before your first sessions, you must fill in a **Pre-Exercise Screening form** and raise any health concerns with the instructor
- register your attendance
- wear comfortable clothes and shoes, bring a drink bottle and towel.

Cost \$5 for COTA members, \$7 for non-members

## Fifteen Incredibly Heart-Healthy Foods

Heart disease accounts for nearly one-third of all deaths worldwide. Diet plays a major role in heart health and can impact your risk of heart disease.

*A healthy heart helps us exercise better - an important part of arthritis management.*

Here are 15 foods that you should be eating to maximize your heart health.

### 1. Leafy green vegetables

Leafy green vegetables like spinach, kale, and collard greens are well known for their wealth of vitamins, minerals, and antioxidants. Leafy green vegetables are high in vitamin K and nitrates, which can help reduce blood pressure and improve arterial function.

### 2. Whole grains

Common types of whole grains include: whole wheat, brown rice, oats, rye, barley, buckwheat, quinoa. More whole grains in your diet can benefit your heart health.

### 3. Berries

Strawberries, blueberries, blackberries, and raspberries are jam-packed with important nutrients that play a central role in heart health.



### 4. Avocados



Avocados are an excellent source of heart-healthy monounsaturated fats, which have been linked to reduced levels of cholesterol and a lower risk of heart disease.

### 5. Fatty fish and fish oil

Fatty fish like salmon, mackerel, sardines, and tuna are loaded with omega-3 fatty acids, which have been studied extensively for their heart-health benefits.



### 6. Walnuts

Walnuts are a great source of fibre and micronutrients like magnesium, copper, and manganese.

### 7. Beans



Beans contain resistant starch, which resists digestion and is fermented by the beneficial bacteria in your gut. Resistant starch has the potential to exert a healthy impact on the gut and certain members of its resident microbiota.

### 8. Dark chocolate

Dark chocolate is rich in antioxidants like flavonoids, which can help boost heart health. Be sure to pick a high quality dark chocolate with a cocoa content of at least 70% and moderate your intake to make the most of its heart-healthy benefits.

### 9. Tomatoes

Tomatoes are loaded with lycopene, a natural plant pigment with powerful antioxidant properties. Antioxidants help neutralize harmful free radicals, preventing oxidative damage and inflammation, both of which can contribute to heart disease.





## Heart-Healthy Foods *continued from previous page*

### 10. Almonds

Almonds are incredibly nutrient-dense, boasting a long list of vitamins and minerals that are crucial to heart health. They're also a good source of heart-healthy monounsaturated fats and fibre.



### 11. Seeds



Chia seeds, flaxseeds, and hemp seeds are all great sources of heart-healthy nutrients, including fibre and omega-3 fatty acids. These types of seeds can improve many heart disease risk factors, such as inflammation, blood pressure, cholesterol, and triglycerides.

### 12. Garlic

For centuries, garlic has been used as a natural remedy to treat a variety of ailments. In recent years, research has confirmed its potent medicinal properties.

### 13. Olive oil

A staple in the Mediterranean diet, the heart-healthy benefits of olive oil are well documented. Olive oil is high in antioxidants and monounsaturated fats. It has been associated with lower blood pressure and heart disease risk.



### 14. Edamame



Edamame is an immature soybean frequently found in Asian cuisine. It contains soy isoflavones, which have been shown to help decrease cholesterol levels.

### 15. Green tea

Green tea has been associated with a number of health benefits, including improved insulin sensitivity. High in polyphenols and catechins, green tea extract has been associated with lowering cholesterol, triglycerides, and blood pressure.



### The bottom line

As new evidence emerges, the link between diet and heart disease grows stronger. What you eat can influence almost every aspect of heart health, from blood pressure and inflammation to cholesterol levels and triglycerides. Including these heart-healthy foods as part of a nutritious, well-balanced diet can help keep your heart in good shape and minimize your risk of heart disease.

[https://www.healthline.com/nutrition/heart-healthy-foods#TOC\\_TITLE\\_HDR\\_17](https://www.healthline.com/nutrition/heart-healthy-foods#TOC_TITLE_HDR_17)

Last medically reviewed on January 6, 2022

## Palmerston Support Group

The group will have its first meeting for the year on Monday 20<sup>th</sup> February. After several years of convening the Support Group, long-term member Anne Coutts has stepped down from this leadership role. Anne will remain a member of this group, enjoying the friendship and support, interesting guest speakers and activities.

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

**Patron:**  
To be advised

**Vice Patron:**  
The Honourable  
Vicki O'Halloran AM CVO

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**We are open:**  
9:30am – 2pm  
Monday to Thursday  
(excluding Public Holidays)

**Staff**  
**Administrative Assistant**  
Deirdre Moldenhauer  
**Accounts**  
Natalie Valastro

**Board**  
**President**  
Ruth Quinn  
**Vice President**  
Amin Islam  
**Secretary**  
Hilary Fowler  
**Treasurer and Public  
Officer**  
Ruth Garden  
**Ordinary Board Members**  
Margaret Murray  
Lyn Skipper

## What We Do

### Our work includes:

- Responding to walk in, email and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing this newsletter six 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 on request to a range of health services
- 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 Healthy Bones Australia.



## Our patrons

At the invitation of our Board, our former Patron, The Honourable Vicki O'Halloran AO CVO, has kindly agreed to continue her patronage of the Arthritis Foundation in a private capacity, as Vice Patron. Ms O'Halloran's most recent award, the CVO, refers to "Commander of the Royal Victoria Order," issued by King Charles III in the 2023 New Year Honours list, recognising her distinguished service.

His Honour Professor the Honourable Hugh Heggie was sworn in as the 23<sup>rd</sup> Administrator on 2<sup>nd</sup> February this year. He has been invited to continue the role of Vice-regal patronage, and we look forward to hearing from Government House in this regard.

## Membership survey

Please complete the membership survey and return it in the envelope provided.

