

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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joinNTed

The newsletter of
**The Arthritis Foundation of the
Northern Territory Inc.**

Trading as



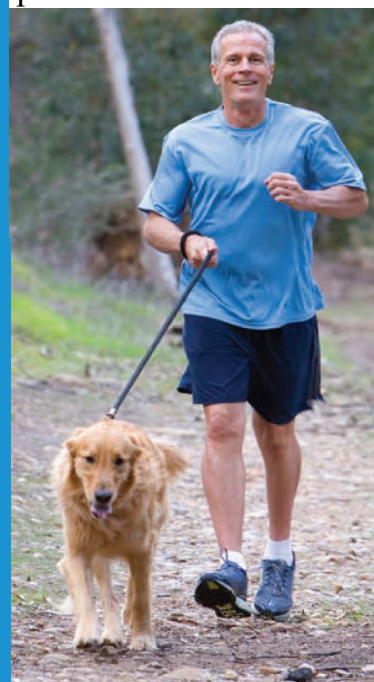
Arthritis & Osteoporosis NT

June 2022

Staying active and on your feet

Staying physically
active is the single
most important thing
we can do to stay
well and independent.

A copy of this NSW Government booklet is available from our office. See page 6 for a list of other topics included in the publication.



Need information about arthritis and other musculoskeletal conditions, including self-management, community programs, resources etc?

*Talk to a local by ringing the toll free
National Infoline service:*

Arthritis Infoline: 1800 011 041

Fall Prevention

Balance and Strength Exercises for Older Adults

Adapted from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/fall-prevention-exercises>

Falls can have very serious consequences as we age. Each year, more than 25 percent of adults 65 or older have a fall.

Fall Risks

The following factors can increase your risk of falling:

- Balance and/or walking problems such as vision changes, vertigo, dizziness and altered sensation in the feet
- The use of multiple medications: five or more medicines increase the risk of falls
- Home hazards, including dim lighting and trip hazards such as carpets
- Blood pressure dropping on standing
- Feet and footwear issues.

Falls often occur in the bathroom when sitting or standing from the toilet or shower, or at night in a dark bedroom when getting up quickly and tripping on the way to the bathroom.

Exercises to Prevent Falls

While it's not possible to completely **prevent** a fall, exercises that focus on balance and strength training can **reduce the risk** of falling.

The following exercises are intended for those who are able to stand on their own without support from others. Always talk to your doctor or physiotherapist first before starting new exercises, especially if you have weak balance.

Balance Exercise

This series of **progressive** exercises helps if your balance is unsteady. It would be good to have someone with you in case you lose balance.

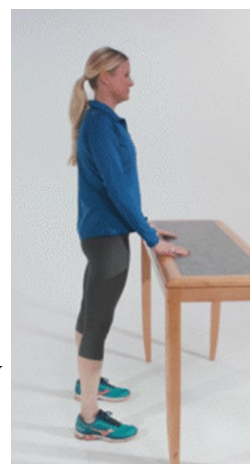
To begin, stand in a corner or have a kitchen counter in front of you to reach out to in case you start losing balance.

1. **Feet apart:** Stand with feet about shoulder-width apart, eyes open, and hold steady for 10 seconds, working your way up to 30 seconds.

If you find yourself swaying or frequently reaching for the wall or counter, just keep working on this exercise until you can do it with minimal swaying or support. Once you can hold this position firmly for 30 seconds, move on to the next exercise.

2. **Feet together:** Stand with feet together, eyes open, and hold steady 10 seconds, working your way up to 30 seconds.

Once you can do this exercise for 30 seconds with minimal swaying or support, move on to the next one.



Continued on page 4

One Pan Turmeric & Ginger Chicken



4 serves **5** mins prep
25 mins cook

Ingredients

2 tbs extra virgin olive oil
6 chicken thigh fillets, halved
1 brown onion, thinly sliced
2 tsp ground turmeric
1 tsp paprika
4 cm-piece ginger, peeled, finely grated
3 garlic cloves, crushed
300g butternut pumpkin, diced
400ml can light coconut milk
200g cherry tomatoes, halved
80g baby spinach leaves
1 fresh long red chilli, deseeded, thinly sliced

Method

1. Heat oil in a large, deep frying pan over medium-high heat. Add chicken and cook, turning, for 3 minutes or until golden. Remove from pan.
2. Add onion to pan and cook, stirring, for 3 minutes or until softened. Add turmeric, paprika, ginger and garlic. Cook, stirring, for 1 minute or until fragrant. Add pumpkin, chicken, coconut milk and 1 cup water. Bring to the boil.
3. Reduce heat to medium-low and simmer for 15 minutes, adding tomato in the last 5 minutes of cooking time, or until pumpkin is tender and chicken is cooked through. Serve topped with spinach and chilli.

COVID-19 and up-to-date information from the Australian Rheumatology Association (ARA)

Contact us if you want a copy of the latest information about COVID-19 from the ARA.

It includes information on:

- ◇ Vaccination
- ◇ Reducing your risk
- ◇ Preparing your household for COVID
- ◇ What should I do if I have symptoms
- ◇ What should I do if I have tested positive
- ◇ Medications, appointments and blood tests
- ◇ What else can I do to stay healthy.



Balance Exercise, continued from page 2

3. **One foot:** Stand on one foot, eyes open, and hold steady 10 seconds, working up to 30 seconds. Switch to the other foot.
4. **Eyes closed:** If you can perform the first three exercises safely and with little support, try to do each one with your eyes closed. Hold for 10 seconds, working up to 30 seconds.

The goal for each exercise is to hold the position for 10 seconds and progress to 30 seconds, five repetitions (including five per leg on the one-foot exercise), two times a day.

Sit-to-Stand Exercise

The sit-to-stand exercise builds leg strength which is very important in reducing falls.

1. Sit on a sturdy chair of standard height, and make sure that it won't slide or roll.
2. Sit with your feet flat on the ground. Have a sturdy support surface in front of you that you can reach for support. Position your buttocks at the front of the seat.
3. Lean your chest forward over your toes, shifting your body weight forward. Squeeze your gluteal muscles (your buttocks) and slowly rise to a stable standing position. Slowly sit back down to the starting position and repeat 10 times.



Image courtesy NSW Government "Staying Active and on Your Feet"

4. If necessary, push with your hands on the arms or seat of the chair to help stand and sit. The end goal is to not use your hands at all.

Perform 10 repetitions, twice a day, hold hand weights to add resistance.

If you have pain in your knees, back or hips, discontinue and talk to your doctor or physiotherapist.

Additional Steps to Prevent Falls

Remember, it's important to talk to your doctor or physiotherapist about fall prevention.

- Discuss medications and changes in your exercise routine.
- Tell your doctor if you fall.
- Ask a friend or family member to help check your home for trip hazards.



Out and about in Darwin

In recent weeks we have reached out to two very different groups of people:

The **Rotary Club of Darwin** invited us to speak at one of their regular weekly meetings. This was a wonderful opportunity to provide a slide show and talk about our organization and the work we do.



Board members Ruth Garden and Ruth Quinn appreciated the warm hospitality extended, the attentive audience and the subsequent donation to AONT.

A service club contributing to local, national and international projects and sponsorship, the Darwin Club is the largest Rotary Club in the NT. If you are interested in joining this men-only club, please contact the club: phone 0438 561 949 or email secretarydrwn@d9550rotary.org.au



Healthy Living Expo:

An annual event to provide students with knowledge of local services in the community, promote healthy choices, and raise awareness of issues that impact young people's health. The focus of our information stand was **Teenage years, time to build strong bones** the recipe being calcium rich foods, sun-safe Vitamin D and weight-bearing physical activity.



Community presentations & information stands

If you know of any groups or event organisers who welcome guest speakers or contributors, please encourage them to contact us. We appreciate the opportunity to raise awareness of us and our services.

On the road, Queensland Seminar opportunity

If you plan to be in the Moreton Bay area in late June, **Scleroderma Queensland Association** is hosting a seminar in Kallangur on Saturday 25th June, starting at 8:30am. Scleroderma is an auto-immune condition, where the immune system is attacking otherwise healthy tissue. Many scleroderma patients also have a diagnosis of arthritis as well.

For more information on guest speakers and registration, please contact Cheyenne at scleroqld@gmail.com or 0468 801 021.



Not just COVID vaccinations

The dry season in Darwin is well on its way, and with it the influx of visitors from interstate. This is the time when we are more likely to get flu, especially if around children, having visitors to stay with us, or going away on holidays.

For your safety and that of others:

get your flu vaccination too.



Staying active and on your feet

A publication of the NSW Ministry of Health. Topics covered include:

- ◇ Staying active
- ◇ Exercise at home
- ◇ Healthy eating:
 - Calcium
 - Vitamin D and sunlight
 - Water
- ◇ Your health:
 - Mobility and walking aids
 - Eyesight
 - Footwear
- ◇ Contenance
- ◇ Your medicines
- ◇ Health & lifestyle checklist
- ◇ If you have a fall
- ◇ Home safety checklist
- ◇ Fall-proof yourself

Copies can be downloaded from
www.activeandhealthy.nsw.gov.au



*Travelling across
time:*

*How did we get from
this*



to this?



“Shine Like a Sunflower” feature



scleroderma australia



About scleroderma

Scleroderma, or systemic sclerosis, is a chronic condition of the body's connective tissue experienced by approximately 6,000 Australians today. Generally classified as one of the autoimmune rheumatic conditions, it can cause thickening and hardening of bodily tissues and often causes serious, life-threatening damage to the lungs, heart, kidneys, oesophagus, and gastrointestinal tract. Women are three to four times more likely to develop the condition than men. And although the condition can present at any age, the onset is more common between the ages of 25 and 55.

Northern Territory to be bathed in golden lights this June

Northern Territory landmarks and buildings will be bathed in golden lights between 21 and 30 June to celebrate World Scleroderma Day on 29 June 2022. All in the name of raising scleroderma awareness (#ShineLikeASunflower).

The **Shine Like A Sunflower** campaign culminates on World Scleroderma Day on 29 June. The date is a memorial to the death of famed Swiss artist Paul Klee whose last years were severely impacted by scleroderma.

This year, Scleroderma Australia aims to raise \$150,000 to fund a scleroderma nurse to assist people with scleroderma living their best lives. Last year, during Covid-19, the **Shine Like a Sunflower** campaign raised \$25,000 for vital research.

The Shine Like a Sunflower campaign has already inspired the Northern Territory to make iconic structures golden this month, including the Palmerston Water Tower and the Frances Drive RSL Light Pole.

Shine Like A Sunflower is a COVID-safe event you can participate in without risking your health or the health of others. Make sure you join Scleroderma Australia in this community-building event by turning your buildings yellow between 21 and 30 June.

What can you do?

It's easy to get involved in the Shine Like A Sunflower campaign. Join the Scleroderma Australia volunteers who are rallying to have as many businesses jump on board this important awareness-raising and community-building event this June as possible.

It's easy to share your vision of the Northern Territory shining bright like a sunflower this June. If you can't turn your building yellow, you can show support with posters in the window. On your social channels, be sure to install the Shine Like a Sunflower Facebook frame, Instagram filter or share a photo of your shining buildings. Whatever you choose to post, spread the word using the hashtags #WSD2022, #SclerodermaAwareness, and #ShineLikeASunflower.

Copy provided by Scleroderma Australia

**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:

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Business Village,
48 Trower Rd Millner

www.aont.org.au
Facebook.com/
arthritis.osteoporosis.nt

Contact us:

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

We are open:

9:30am – 2:00pm
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

Board Members
Amin Islam
Ruth Quinn
Lyn Skipper
Renae Callaway

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 a year
- Hosting pain self-management courses for consumers - ring the office on 8948 5232 for 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 Health Bones Australia.



Support Groups

Our support groups provide opportunities for members to meet informally over a cup of tea or coffee, to chat, exchange news and ideas or anything else you want to do. We hope you feel better when you leave than when you arrived. Guest speakers and/or activities are usually arranged for each meeting. You will gain support and understanding and as much information and advice as you wish to take away.



Palmerston

Meets at the Brennan
Electorate Office,
Palmerston Shopping
Centre (opposite Target)
Third Monday of each
month at 10.00 am

Darwin

If you are at all interested in
the formation of a Darwin
based support group, please
let us know so we can make
it happen!

8948 5232 Mon to Thurs
9:30am to 2:00pm