

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

**Joint Patrons**  
His Honour

Professor the Honourable  
Hugh Heggie AO PSM  
Administrator of the NT  
and Ms Ruth Jones

**Vice Patron**

The Honourable Vicki  
O'Halloran AM CVO

**Find us at**

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Business Village,  
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facebook.com/  
arthritis.osteoporosis.nt

**Contact us**

Freecall: 1800 011 041  
(08) 8948 5232  
PO Box 452,  
Nightcliff 0814  
info@aont.org.au

**We are open**

9:30am – 2:00pm  
Monday to Thursday

**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**

Lyn Skipper

Helgi Stone

Frieda Evans

## What we do

### Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting self-management information sessions:
  - ♦ “What a Pain!”,
  - ♦ “Taking the first step”, and
  - ♦ “Understanding & managing arthritis & osteoporosis”
- Providing information stands at a range of forums throughout the year
- Presentations to community groups
- Keeping in touch with other community health organisations and the services they provide
- Delivering bulk materials on request to a range of health services
- Producing this newsletter six times a year
- Liaising with Arthritis Australia, interstate arthritis affiliates and Healthy Bones Australia
- Making applications for various small grants to assist with special projects.

## COTA Business Partner Awards

On behalf of AONT, Board member Frieda Evans accepts a Certificate of Recognition from Minister Charls, for 20 years' participation as a Business Partner in the Seniors Card scheme, where AONT offers a generous discount on membership.



Arthritis & Osteoporosis NT is

Proudly sponsored by  
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Arthritis &  
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# joinTed

The Arthritis Foundation of the Northern Territory Inc

**December 2025/January 2026**

## Annual General Meeting 2025

The Annual General Meeting was held on 29<sup>th</sup> November 2025. Thank you to the members who attended. Reports were presented and elections held. The President's report begins on page 2.

The Board elected for 2025/2026 is:

President:	Ruth Quinn
Vice-President:	Amin Islam
Treasurer:	Ruth Garden, also reappointed as Public Officer
Secretary:	Hilary Fowler
Ordinary members:	Lyn Skipper, Frieda Evans, Helgi Stone

Earlier this year we were pleased to welcome new members Helgi Stone and Frieda Evans. The Board can have up to 10 ordinary members and new members are always welcome. We meet at 3.30 pm on the third Wednesday of each month. Contact the office for more information, either directly on 8948 5232 or use the Freecall number 1800 011 041.



## Christmas and New Year Greetings



Wherever you may be, whether home in the Northern Territory, elsewhere in Australia or even abroad, the staff and volunteers wish all members, their families and friends happiness and wellbeing.

### Closing dates

Our office is now closed for the Christmas and New Year period. We will re-open on Monday 12<sup>th</sup> January 2026.



## President's Report to the 2025 AGM

As I complete my third year as President I would like to thank all the Board Members and other volunteers for their support for myself and for the organisation.

It would be impossible to run our organisation without the committed and very willing volunteers who go out of their way to assist us in all our activities. We also could not manage once again without our two part-time staff members, Deirdre Moldenhauer, our administrative assistant, and Natalie Valastro, our bookkeeper, who together keep the organisation ticking over on a daily basis. I would also like to specifically thank our Secretary, Hilary Fowler and our Treasurer/Public Officer, Ruth Garden for their tireless efforts keeping the organisation viable, and to Vice-President Amin Islam for chairing meetings in my absence due to recent health issues.

Other very strong supporters of AONT are our Patrons: His Honour Professor the Honourable Hugh Heggie AO PSM and Ms Ruth Jones. In August last year, at the invitation of our patrons, we had an information stand at their two consecutive Open Days along with other organisations for whom they are Patrons – an opportunity to showcase our materials and reach out to the public. In August of this year we participated in an evening reception at Government House, “Healthy Bones”, where among other speakers, Ms Jones spoke of her life-long passion for bone health.

Our usual activities have continued this year including being open to anyone who wants to drop in and get information about arthritis and osteoporosis, providing presentations to community groups; running stalls at various community events; publishing our newsletter every two months; and running self-management information sessions. A decision was made last year to offer these information sessions on a monthly basis, rotating through three different options. As well as the long-standing pain management session “What a Pain!” and “Taking the First step” a new module has been developed “Understanding and Managing Arthritis and Osteoporosis”. We have run a total of 10 Sessions in the 2024-2025 year.

Early this year we were successful in applying for a Minor Community Benefit Fund grant to fund a “Community outreach; information and support” project. It was a two part project: purchase of a new laptop and data projector to facilitate some presentations, and a brief trip to Alice Springs to deliver the three information sessions mentioned above. The Alice Springs trip was a collaboration with Healthy Living NT, who at the time were running a program called Strong.AS, and had invited us to contribute to the program as guest speakers. The Alice Springs participants were very appreciative of our presentations.

## Community engagement



### Palmerston Library Info Hub

As a member of the Palmerston Seniors Network, (an advisory body to Palmerston Council) we have been invited to participate in the Palmerston Library Info Hub program providing a short term pop-up info stand in the library foyer on a monthly basis. This is a great opportunity for people to chat to one of our volunteers, learn about our services and take samples of our resources.

## Christmas fruit and nut roll

A delicious treat for you and your grandchildren to enjoy.

### Ingredients

- 140g Malt O Milk biscuits or similar
- 100g glace cherries
- 60g macadamia nuts
- 60g dried cranberries
- 60g red and green gummy bears, chopped
- 35g mini marshmallows
- 100g sweetened condensed milk
- 1/2 tsp vanilla essence
- 1 cup desiccated coconut (for rolling)



### Method

1. Place the biscuits in a food processor and blitz. Add in the macadamia nuts, cranberries and cherries and blitz again until crumbled and combined. Transfer mixture to a large bowl.
2. To the biscuits, add marshmallows and gummy bears. Mix with a spatula until combined.
3. Add in condensed milk and vanilla extract and mix again until mixture comes together.
4. Place half the mixture onto a piece of baking paper and roll into a log.
5. Then roll the log into the desiccated coconut. Repeat with the remaining half of the mixture and then transfer to the fridge to set for at least an hour.
6. Remove from fridge and slice into 1cm rounds while still cold when ready to serve. Store leftover slices in the fridge.

From [www.kidspot.com.au/kitchen/recipes/christmas-fruit-nut-roll-recipe-2/](http://www.kidspot.com.au/kitchen/recipes/christmas-fruit-nut-roll-recipe-2/)

### Magnesium – Heart Health and Anti-Stress

Magnesium is an essential mineral for over 300 processes in the body, from maintaining nerve function to stabilising blood pressure. Unfortunately, magnesium deficiency becomes more common with age.

#### Benefits

- Supports heart health by regulating heartbeat and blood pressure.
- Improves sleep quality and reduces stress.

Magnesium supplements can be a simple yet effective way to address insomnia or energy dips many people experience in later life.

### Omega-3 Fatty Acids – For Heart and Brain Health

Omega-3 fatty acids, found in fish oil or flaxseed oil, have a long list of benefits for overall health, particularly as we age. Brain cells rely on omega-3s for communication, which keeps cognitive function sharp. These healthy fats also help regulate inflammation throughout the body.

#### Benefits

- Reduces the risk of heart disease and improves cholesterol levels.
- Boosts brain function and protects against cognitive decline.

Adding omega-3s to your diet can also help manage joint inflammation and improve mobility, making this an excellent choice for those living with arthritis.

### Zinc – Immune Support

Zinc is an essential trace mineral that plays a crucial role in immune function and wound healing. Its absorption tends to decline with age, increasing the need for supplementation.

#### Benefits

- Speeds up wound healing and supports skin health.
- Strengthens the immune system to ward off colds and infections.

Zinc is especially helpful during cold and flu season and can be taken as part of a multivitamin or as a standalone supplement.

## Do you need supplements?

People over 50 are more likely to need supplementation than younger people. Check with your GP to see if you should change your diet or add supplements.

Note that supplements may interfere with your medications or have side effects, for example Vitamin K can reduce the effects of warfarin.



I look forward to another productive year of hard work, including the major exercise of having a new website constructed – another grant funded project. Continuing collaboration with Arthritis Australia and participating in national projects is also an important part of our work.

New Board Members are always welcome and strongly encouraged. We meet for about an hour on the afternoon of the third Wednesday of every month. A strong, proactive Board is essential to the health of any organisation.

In May this year we welcomed new board members Helgi Stone and Frieda Evans, who have brought fresh insight and energy to the organization. At the time of writing this report we have three ordinary (non-executive) board members and there are still unfilled vacancies. Please contact the office if you are interested to find out more, to meet board members, or to attend a board meeting.

Ruth Quinn, President AONT

## Info sessions in 2026

Friday 20<sup>th</sup> February - “Understanding and managing arthritis and osteoporosis”

Friday 20<sup>th</sup> March - “What A Pain!” self-management of chronic pain

Friday 17<sup>th</sup> April - “Taking the first step, help to get yourself moving”

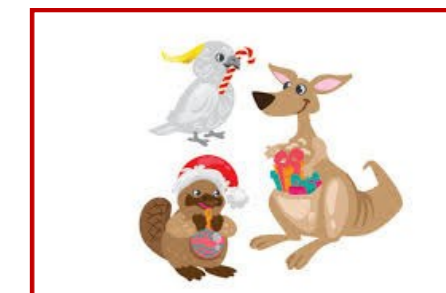
Please contact the office in the new year to confirm times and venue — ring the office on 8948 5232 or email [info@aont.org.au](mailto:info@aont.org.au).

## Membership renewals

Thank you to the many loyal members who have renewed their memberships to June 2026, or in some cases to June 2027! Final Renewal Notices are Included for those who need a little extra reminder. During our office closure, emails and phone messages will be checked regularly, so renewals will be processed in a timely manner.

## In this issue:

- Page 4, 5 & 6 Vitamin and mineral supplementation
- Page 6 Is supplementation necessary?
- Page 7 Community engagement  
Christmas Recipe
- Page 8 What we do  
COTA Business Partner Awards



## Top Vitamins and Minerals for People Over 50



Adapted from

<https://www.cota.com.au/top-10-vitamins-for-people-over-50/>

Whether you're looking to support your bones, boost your energy, or improve your brain health, the right vitamins can make a big difference. Below, is a list of supplements which COTA (Council Of the Ageing) have compiled to help people over 50 thrive.

Before starting any new supplement regimen, consult with your healthcare provider to create a personalised plan that works for your unique needs. By doing so, you can enjoy the benefits of optimal nutrition and keep living life to the fullest!

### Vitamins

#### Vitamin B12 – Energy and Brain Booster

After 50, your body becomes less efficient at absorbing vitamin B12, which is vital for brain function, red blood cell formation, nerve function and DNA synthesis.

##### Benefits

- Helps prevent memory issues and cognitive decline.
- Reduces fatigue by supporting energy production.

Vitamin B12 can be particularly beneficial for those following plant-based diets, as this nutrient is primarily found in animal products.

#### Vitamin C – For Immunity and Skin Health

Vitamin C has earned its reputation as an immune-boosting powerhouse. After the age of 50, it's crucial for maintaining healthy skin, healing wounds, and protecting the body from illness.

##### Benefits

- Fights free radicals to slow the signs of ageing.
- Supports the immune system and helps prevent infections.

Daily vitamin C supplements can also enhance your body's ability to absorb iron, another essential nutrient as we age.

#### Vitamin D – The Sunshine Vitamin

Vitamin D is critical for maintaining strong bones and teeth, as it helps the body absorb calcium effectively. It also helps your immune system fight off infections and contributes to overall mood balance. For people over 50, the ability to synthesise vitamin D from sunlight decreases, which can lead to deficiencies.

##### Benefits

- Promotes bone density and reduces the risk of fractures and osteoporosis.
- Supports immune function and muscle health.

In less sunny climates than Darwin, taking a daily vitamin D supplement, especially during the darker months, can help maintain optimal levels.

#### Vitamin K2 – The Bone Protector

Vitamin K2 is a lesser known but essential vitamin that works alongside calcium and vitamin D to support bone and cardiovascular health.

##### Benefits

- Directs calcium to bones, preventing it from being deposited in arteries.
- Reduces the risk of osteoporosis and arterial calcification.

Found in fermented foods and certain animal products, K2 supplementation can fill gaps in your diet and strengthen your bones.

### Minerals and other

#### Calcium – For Stronger Bones

As many are aware, calcium is essential for strong bones. Bone density tends to decline with age, especially for menopausal women.

##### Benefits

- Ensures strong bones and teeth.
- Supports muscle function and prevents muscle cramps.

Calcium combined with vitamin D can significantly lower the risk of fractures and bone loss. Aim to include it in your regimen if you aren't getting enough through food sources like dairy, leafy greens, or fortified products.

#### Coenzyme Q10 (CoQ10) – Cellular Energy Booster

CoQ10 is a powerful antioxidant that is naturally produced in our bodies. But this production diminishes with age. It is responsible for supporting energy production within cells and protecting them from damage.

##### Benefits

- Improves energy levels and reduces fatigue.
- Supports heart health and may lower blood pressure.

People on cholesterol-lowering medications tend to have lower levels, which makes supplementation vital for those seeking to maintain energy.

#### Iron – Combat Fatigue

Iron is particularly important for preventing anaemia, a condition that becomes more common as we age and can lead to exhaustion and weakened immunity.

##### Benefits

- Aids in the production of haemoglobin, which carries oxygen in the bloodstream throughout the body.
- Prevents feelings of fatigue or breathlessness.

If you frequently feel tired despite proper rest, an iron supplement might help restore balance, especially if a deficiency is confirmed by your doctor.

*Continued over page*