

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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jointNTed

Arthritis & Osteoporosis NT

June—July 2023

Arthritis Australia news

Arthritis Australia actively campaigns for measures that will improve the lives of people suffering from arthritis.

Welcoming recent proposals by the Pharmaceutical Benefits Advisory Committee to decrease the cost of medicines and improve accessibility for people with arthritis, Arthritis Australia CEO Jonathan Smithers says:

“People with arthritis face very high out of pocket costs to manage their condition ... when you are living with pain and disability from arthritis, it can be hard to make those extra trips to the doctor or pharmacy.”

The proposed measures will allow a 60-day supply of some arthritis medicines to be dispensed, *for those whose condition is stable if their doctor agrees it is appropriate*, with consumers potentially saving \$180 a year, and needing to attend fewer medical appointments for prescriptions.

Seniors Expo

Early visitors to our stand included our Co-Patrons His Honour Professor the Honourable Hugh Heggie PSM Administrator of the NT and his partner Ms Ruth Jones. As Patron of COTA NT, His Honour officially opened the Expo, before the many hundreds streamed into the exhibition area. Turn to page 3 for more on our display.



Membership Survey

Thank you very much to all the members who completed and posted back our Membership Survey.

This has provided useful feedback on what we are doing and suggestions for additional activities for our members — see below for a request for more feedback from you on what you would like in the way of information sessions which a number of you requested in the replies to the survey.

We also appreciated the members' compliments. These will be very helpful for our yearly report to the NT Health Department who requested that we do the survey.

Membership fees

One of the questions asked in the survey was whether or not you would be prepared to pay more for membership. The current fee structure is

- * Individual membership - \$20 pa concession (\$40 full fee)
- * Family membership - \$32 pa concession (\$60 full fee)

This has not been changed since July 2009 and, as we are all aware, costs have risen considerably since then!

The Board is looking at an increase to take effect from July 2024.

The suggested new structure is :

- * Individual membership - \$25 pa concession (\$50 full fee)
- * Family membership - \$40 pa concession (\$75 full fee)

We would appreciate your comments.

Ring the office on 8948 5232 to let us know what you think.

Information sessions

Through the survey, quite a few members have requested more information sessions/workshops.

We would like more feedback from you about what sorts of sessions you would like.

A few of our suggestions are:

- * Sessions about arthritis, in its different forms, and osteoporosis, including ideas on how to manage living with them.
- * Sessions on exercise and its importance in improving life with arthritis and osteoporosis.
- * Pain management for people living with chronic pain.

We have been running pain management workshops for many years, and last year introduced an information workshop on becoming more active.

Ring us on 8948 5232 to give us your feedback and ideas for what you would find helpful.

Out and About: Community Engagement

Palmerston and Litchfield Seniors Association Inc

Hilary Fowler and Ruth Garden were invited to join this Seniors group at one of their Cazalys morning teas. Hilary addressed the large group, providing information on the various arthritis conditions, osteoporosis and the role of AONT in providing support and information.

If you are interested in joining the Palmerston and Litchfield Seniors group please contact them by phone 0409 195 257 or email enquiries@plsa.com.au



COTA's Seniors Expo



Well over one hundred people stopped at our stand for a chat and / or to collect materials. We had lots of information to share on both joint and bone health, as well as the role of our organisation in the community.

This event is a wonderful opportunity to reconnect with old friends and engage with many, many people, some of whom had not known of our existence until then!



Darwin High School Health Expo



Every year the school opens its doors to community organisations as a means of encouraging senior students to become aware of the many and varied services available including health information, social support and recreation opportunities.

The focus of our stall was the skeletal system, with an emphasis on building strong bones in the teenage years. The students were challenged to label parts of Mr Skeleton and participate in a quiz.



Exercises for your Knees

From UK-based Versus Arthritis

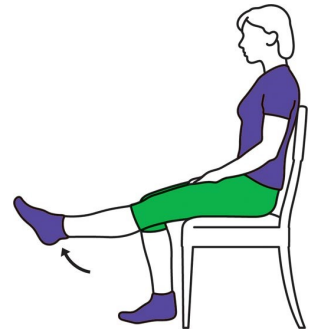
<https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/exercises-for-healthy-joints/exercises-for-the-knees/>

These exercises are helpful for problems and pain affecting the knees. Remember to drink water while you're exercising and make sure you have plenty of space around you to avoid injury. It's good idea to start slowly and build up gradually if you're new to exercise.

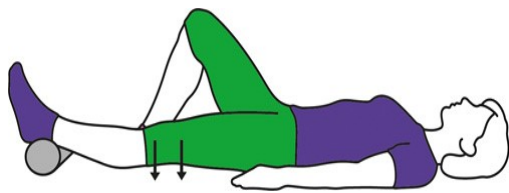
Get advice and support from a healthcare professional or fitness instructor if you have any concerns about starting a new exercise plan.

Straight-leg raise (sitting)

Sit back in your chair, with a straight back. Straighten and raise one of your legs. Hold for a slow count to 10, then slowly lower your leg. Repeat 10 times with each leg.



Muscle stretch

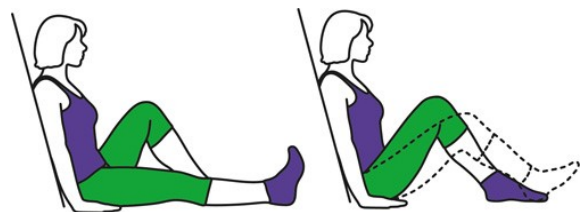


Lie down on your back with a rolled-up towel under the ankle of your leg. Bend the other leg at the knee. Use the muscles of your straight leg to push the back of your knee firmly towards the bed or the floor. Hold for a slow count of five. Repeat at least five times

with each leg. This exercise helps to prevent your knee from becoming permanently bent. Try to do this at least once a day when lying down.

Leg stretch

Sit on the floor with your legs stretched out straight in front of you. Slowly bend one knee up towards your chest, sliding your foot along the floor, until you feel a stretch. Hold for five seconds. Straighten your leg as far as you can and hold this position for five seconds. Repeat 10 times with each leg.



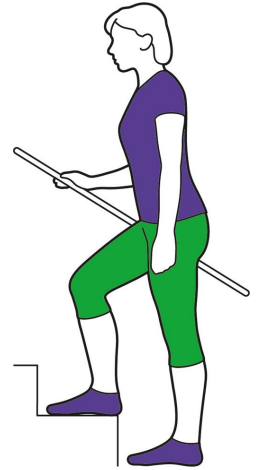
Straight-leg raise (lying)

You can do this on the floor or lying in bed. Bend one leg at the knee. Hold your other leg straight and lift your foot just off the floor or bed. Hold for a slow count of five, then lower. Repeat five times with each leg every morning and evening.

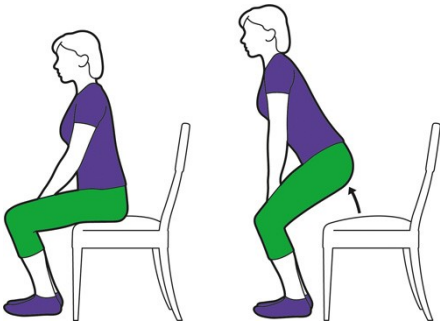


Step ups

Step onto the bottom step of stairs with your right foot. Bring up your left foot, then step down with your right foot, followed by your left foot. Hold on to the bannister if necessary. Repeat with each leg until you can't do any more. Rest for one minute and then repeat this another two times. As you improve, use a higher step, or take two at a time.



Sit/stands

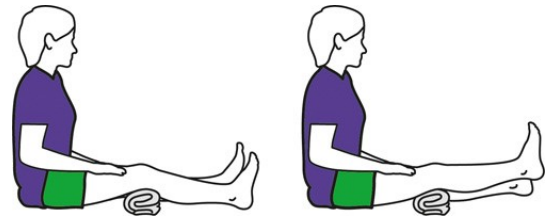


Sit on a chair. Without using your hands for support, stand up and then sit back down. Make sure each movement is slow and controlled.

Repeat until you can't do any more. Rest for one minute then repeat another two times. If the chair is too low, start with rising from a cushion on the seat and remove when you don't need it anymore.

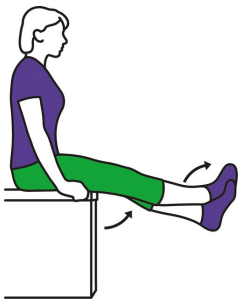
Quads exercise with roll

Sit on the floor, sofa or bed, with your legs stretched straight out in front of you. Put a rolled-up towel under one knee. Push down on the towel as if straightening your knee. Pull your toes and foot towards you, so that you feel your calf muscles stretch, and so that your heel lifts off the floor. Hold for 5 seconds, then relax for 5 seconds. Do this 10 times, then repeat the exercise with the other leg.



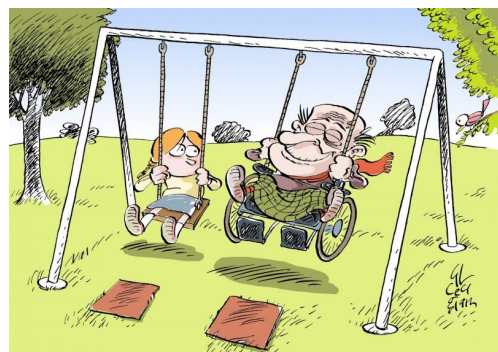
Leg cross

Sit on the edge of a table, seat or bed and cross your ankles. Push your front leg backwards and back leg forwards against each other until your thigh muscles become tense. Hold this for as long as you can, then relax. Rest for one minute and then repeat another two times. Switch legs and repeat.



Wrinkles should merely indicate where smiles have been.

Mark Twain



Barramundi with roast vegies and almond salad

<https://www.jeanhailes.org.au/recipes/barramundi-with-warm-roast-vegie-almond-salad>

- Dairy free, gluten free, heart healthy
- Prep time 10 mins, cook time 30 mins, serves 4

Eating fish, even once a week, is associated with a reduced risk of cardiovascular disease, due to the heart-healthy omega-3 fatty acids found in fish. Two to three times a week is even better.

A diet high in vegetables is also key to good heart health, so a generous serve of a herb, such as the dill in this dish, also helps to increase the daily vegetable intake.



Ingredients

- 2 potatoes
- 2 fennel bulbs
- 5 tablespoon extra virgin olive oil
- 1½ tablespoon red wine vinegar
- Sea salt and pepper
- ½-1 bunch dill
- 2 teaspoon wholegrain mustard
- Small handful of almonds
- 4 barramundi fillets

Method

1. Heat oven to 240°C (220°C fan-forced). Line two oven trays with baking paper. Scrub the potatoes, then cut unpeeled into 1cm chunks. Trim and thickly slice the fennel. Put potato and fennel on lined trays, drizzle with 2 tbsp olive oil and 2 tsp red wine vinegar, season with salt and pepper, toss to coat. Roast for 30 minutes, or until tender.
2. Meanwhile, make the dressing. Pick dill fronds, then finely chop half of the stems. Discard remaining stems. Put chopped dill stems, 2 tbsp extra virgin olive oil, 1 tbsp red wine vinegar and the wholegrain mustard in a large bowl. Season with salt and pepper and whisk until well combined.
3. Roughly slice the almonds. In a medium frypan over medium heat, toss and toast the almonds until golden (2-3 minutes). Remove from pan.
4. Preheat grill to medium-high heat. Line an oven tray with foil, then cover with baking paper. Put barramundi fillets on the lined tray and rub fish all over with 1 tbsp olive oil and season with salt and pepper. Grill, skin-side down, for 3 minutes. Turn and grill for a further 4 minutes or until cooked through. Alternatively, the barramundi can be pan-fried, skin-side down for 3 minutes, then turned over and cooked for a further 4 minutes. If still pink, cover with a lid and cook for a further 1-2 minutes. Cooking time may vary depending on the thickness of the fillets. To test the fish, flake with a fork; if it comes apart easily, it is cooked.
5. Add the potato, fennel, almonds and dill fronds to the dressing, toss to combine. Taste, then season with salt and pepper. Divide the warm salad and fish among plates to serve.

Variation: The warm salad can be the base of a meal with canned fish such as sardines.

Did you know?

Eating dark chocolate may help your arthritis, so enjoy!

Editors' note: Moderation is key, as any unnecessary weight gain would be counter productive, placing extra load on joints.

Cocoa contains a large quantity of plant chemicals or phytochemicals which are antioxidants.

Dark chocolate, with its higher proportion of cocoa than milk chocolate, contains a higher proportion of phytochemicals and therefore can be more beneficial in helping to cope with arthritis.

Other foods which have high levels of anti-inflammatories and may help in coping with arthritis include:

- ◆ Fatty fish such as salmon and tuna which have high levels of omega-3 fatty acids and Vitamin D ***These foods are also recommended for optimum bone health***
- ◆ Nuts
- ◆ Berries
- ◆ Garlic and onion
- ◆ Green tea

<https://www.medicalnewstoday.com/articles/dark-chocolate>

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>



Membership renewals



Thank you to members who have already renewed their annual membership. Your continued support is greatly appreciated, as membership income makes quite a difference to our financial situation. As in previous years, personalised renewal notices will be sent out with the first newsletter of the new financial year, the August - September edition.

Call into the office and meet Mr Skeleton!

Since we've had Mr Skeleton he's been a great source of interest when we've been out in the community at presentations and stalls. He has attended several presentations in Darwin and Palmerston, and even travelled to Katherine earlier this year.

He is full-size and stands in a corner of the office when he's not out and about. He would be very happy to see you when you call in and have a chat!



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

Patron:s
His Honour
Professor the Honourable
Hugh Heggie PSM
Administrator of the NT
and Ms Ruth Jones

Vice Patron:
The Honourable Vicki
O'Halloran AM CVO

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We are open:
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(excluding Public Holidays)

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Amin Islam

Secretary
Hilary Fowler

**Treasurer and Public
Officer**
Ruth Garden

Ordinary Board Members
Lyn Skipper
Sami Azam

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting “Taking the first step” and pain self-management courses. Call the office on 8948 5232, for more details
- 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



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:



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

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