

INSIDE

**The Autoimmune Resource & Research Centre
Move it in May
Expos - Darwin High and Seniors
..... and more**

Support Groups

Palmerston Support Group

Meet every **third Monday** of the month at **10.30am** in the Brennan Electoral Office meeting room (opposite Target)

Convenor Anne Coutts 0409 852 606

This long-standing group recently celebrated their 21st anniversary.



Darwin Support Group

Meet every **first Friday** of the month at **11 am** in the AONT office, Shop 18 Rapid Creek Business Village

Convenor Margaret Murray 8981 0642

Both groups welcome new members

Contact the convenor or the AONT Office for more information.

Take Charge of Pain

Take Charge of Pain is a short program delivered in 2 x 2½ hour sessions, a week apart.

**Starts Wednesday
August 22nd,
continues 29th**

9.30 am - 12



- * The Pain Cycle
- * Benefits of physical activity
- * Relaxation
- * How to get the best care and support from your health specialist
- * Tips on Pacing, Flare-ups, Sleep,
- * Diet and Stress
- * and much more



**BOOKINGS
ESSENTIAL**

Call 8948 5232

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

Patron:
Her Honour the Honourable
Vicki O'Halloran AM
Administrator of the NT

Vice Patrons:
The Honourable
Ken Vowles MLA
The Honourable Peter Styles

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Fiona Park
Shilpi
Mary Willis

Newsletter Editor
Peg Gellert

Members are invited to contribute articles, news, views, photos and items of interest for inclusion in future editions. Normal editorial prerogatives apply.

The opinions expressed in joinTED are those of the authors and advertisers respectively and do not necessarily reflect the view of AONT.

From the Board

President Introduction:

Hello to all AONT members.

With the relocation of Peg to Queensland a vacancy for President was created.

I would like to thank the board for accepting my offer to step into the role of President. I have been an ordinary board member for about 4 years and I aim to deliver my new responsibilities to the best of my abilities.

We have a great Board, busy volunteers and members working hard each week using their many skills. I have always been impressed as to how efficiently AONT is run which includes meeting all the many statutory requirements. Please share with us your suggestions for new projects, opportunities to source funding or raise funds to cover our activities.

As a Scot, and Scottish trained, I am an Occupational Therapist by profession currently working in the Top End Health Renal Service full time. Your Board is aware this does limit my weekday availability.

I came to Darwin 5 years ago so I could be around while my 3 granddaughters grow up. I was also keen to extend my professional knowledge and my love of travel to new places.

Arthritis has impacted my own family over the years so I have a personal as well as professional interest.

I do hope you enjoy this Newsletter compiled by Peg who continues to support us. Please feel free to send any articles which may be of interest to others which we could consider sharing in subsequent newsletters. Do say hello should you see me around Darwin or at the AONT Office.



Joan Crombie
President

Visit by Chair of Arthritis Australia

Last month representatives from our board, volunteers and staff were fortunate enough to meet with Kristine Riethmiller, Chair of Arthritis Australia Board.

Those of us who met her felt she was very connected to the organisation having experienced RA all her life. There was a feeling that, with her visit, she could advocate for the circumstances under which a small organisation like ours operates and gives us something of a voice.

It is pleasing to know that Arthritis Australia have people there who really care. Those who met with her were very impressed with her sincerity, warmth and support for our work. She made time to visit us while in town on a brief family holiday.

Ways To Help AONT

Leave a bequest

Remembering us in your will can provide AONT with additional future funds with which to continue our work. Your choice of bequest can vary depending on your situation.

We advise you to discuss your wishes with your family and consult a lawyer for the correct procedure.

Make a donation

Your gift of \$2.00 or more is tax deductible (receipt provided).

Name

Address

Suburb Postcode

Phone

Email

Payment methods

Debit to: AONT BSB 065 901
Account 0091 8225

Send a cheque made out to AONT to the postal address on this page.

Credit Card

Name

Card No

Expiry date CCV



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Proudly sponsored by
**Northern Territory
Government**

Out and about, visiting young and old!

The young

Last month we were invited to participate in Darwin High School's Healthy Living Expo. What a wonderful opportunity to talk to teenagers about the importance of building strong bones in their growing years. Hundreds of students from Years 10 to 12 visited our stand. Key elements highlighted to promote good bone health included: weight bearing exercise, a sufficient calcium intake, appropriate sun exposure for Vitamin D production and NOT smoking.

To complement our display, we had a range of single serve dairy portions to give away – thanks to a donation from Woolworths at Casuarina. Thanks to the student allocated to assist our own volunteers Margaret and Maureen, who manned the stand. And thanks to Natalie for packing up to ensure everything was returned to the office in time for our next venture.

The not so young

Once again COTA invited us to be part of their annual Seniors Expo on 1st June. Held indoors at the Palmerston Recreation Centre, the Expo had much to offer through a wide variety of information stands and entertainment. Instead of being in the main area with other health organisations, we were located in an adjoining space shared with just a few "Fitness & Wellbeing" providers outside the community rooms (on way to the morning tea area room). One community room was used for various displays and Come and Try fitness sessions. We have always maintained that optimum arthritis management includes appropriate and regular exercise, so we made sure that exercise and arthritis management information was on hand. Margaret and Ruth spoke to many, many people who stopped at our stand for information or just a chat. Located in a busy thoroughfare we were delighted to give away so many of our arthritis information sheets and booklets, recording requests for those who missed out. We noted requests for presentations to other community groups and spoke with other providers in both fitness and health. All up, a most successful day out.



Our stand at the Seniors Expo



The Autoimmune Resource & Research Centre is dedicated to helping people living with autoimmune illness reach their full life potential despite having chronic illness.

ARRC does this by providing education, support and undertaking innovative research to help solve the mysteries surrounding these illnesses.

Many of these autoimmune illnesses are forms of arthritis and members of AONT who suffer from these illnesses may find additional information and support from this organisation.

“As a non-profit organisation ARRC strives daily to support and educate those living with illness to better understand their disease and help them make life choices that can guide them to live well despite illness. In engaging in innovative research we can also help solve the mysteries that surround autoimmune disease leading to improved diagnosis and treatment options.”

From their website you can download the health information factsheets that are relevant to your needs. Go to www.autoimmune.org.au.

All Factsheets have been prepared by experienced Health Practitioners and Educators and are updated at regular intervals.

Factsheets include:

- General Health Information for all
- Lupus
- Scleroderma
- Sjögren's syndrome
- Raynaud's phenomenon
- Pulmonary Arterial Hypertension (PAH)
- Other Autoimmune Illnesses
 - Fibromyalgia, Polymyalgia rheumatica
- Health Presentations
- Publications

NB #1. The AONT office has a good range of the ARRC brochures available if you are unable to access their website.

NB #2. In ARRC's newsletter "ARRC-hive" there is an excellent article on exercise titled **12 Simple Seated Exercises**. If you would like a copy contact us at AONT and we can email or post a copy of this article to you.

Membership renewals

Thank you to those who have already renewed your membership to June 2019. Membership is paid to 30th June each year and personalised reminder notices will be sent out with the September newsletter.

If you would like to renew your membership before then, please phone the office on 8948 5232 for the amount payable and to check if you actually need to renew.

Renewals may be made in person, over the phone, using the internet or by post:

- ♥ Visit the office between 9:30am and 2:00pm Mondays to Thursdays, with cash, cheque or credit card.
- ♥ Phone us during the above hours. Please have your credit card handy
- ♥ Direct transfer to our account: BSB 065901, Account 00918225. Please enter your full name as the reference
- ♥ Mail a cheque or postal order, preferably with your renewal notice

Membership income is greatly appreciated in helping AONT make ends meet. Your support helps us provide vital information and support to many people.

You may remember our Late News insert in the March newsletter -

MOVE IT IN MAY

Challenge yourself and raise funds to end the pain of arthritis

★WALK ★RUN ★RIDE ★SWIM ★HIKE
★STEP ★MOVE

Finding a challenge that is right for you.



A FEW ODDS AND ENDS

Try <https://www.iofbonehealth.org/recipes> for bone friendly recipes, from International Osteoporosis Foundation, headquarters Switzerland.

We put a short item in the December Newsletter re complaining about inaccessible packaging. I now have a website where the complaints can be made, part of the new Arthritis Aus website. <https://arthritisaustralia.com.au/accessible-design-division/consumer-information/packaging-feedback/>,

Packaging Feedback Form - Arthritis Australia

arthritisaustralia.com

Fill out the form to share your experiences of packaging feedback to assist Arthritis Australia in educating the industry.



New website for Arthritis Australia. This is an updated, easy to access website. As well as a lot of information about AA, you can download or order resources if you prefer rather than contacting our office. All the information sheets can be downloaded; the booklets can be ordered; and you can sign up to receive Arthritis Insights in your email.

Here's an update of the event from Kate White, the Fundraising Coordinator.

And just like that, it's over! Move it in May is all wrapped up and what a time we had!

Over \$54,259 was raised.

We couldn't be prouder of our participants and donors. Without you, this wouldn't have been possible.

And of course, we must also thank our amazing National Partner Medibank Better Health Foundation.

Together, we are changing the future of arthritis!

What do all of these 12 people have in common?

| | |
|----------------------|------------------|
| Sir Lawrence Olivier | Harry Kewell |
| Alexander the Great | Sir Isaac Newton |
| Benjamin Franklin | Jim Belushi |
| Michaelangelo | Karl Marx |
| Charles Dickens | Kim Jong-un |
| Christopher Columbus | Joseph Banks |

They have all suffered from Gout which, of course, is one of the many forms of arthritis.



Enclosed is your copy of the "Aids for Daily Living" catalogue which features products carrying the Arthritis Australia seal of approval.