

joinNTed **rthritis & Osteoporosis NT**

December 2019

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Annual General Meeting

This was held in our office on Saturday 2nd November.

Current Board positions are now:

President:	Joan Crombie
Vice President:	Carol Francis
Secretary:	Hilary Fowler
Treasurer & Public Officer:	Ruth Garden
Ordinary members:	Margaret Murray, Anne Coutts and Charles Atherton

Returning President Joan Crombie welcomed both new Board Member Anne Coutts, and former Board Member Charles Atherton.

Anne Coutts is a sufferer from arthritis and joined AONT in 2014. She is the convenor of the Palmerston Support Group, having recently taken over when Sylvia Bugg retired from the position. Anne enjoys the friendship of the members who are very supportive of her. We are very appreciative of her willingness to become a Board Member.

Charles Atherton is a long time member of AONT and has variously been Treasurer, President and Public Officer as well as an ordinary Board Member before taking a break. Over the years he has always been willing and able to carry out a variety of extra tasks for us, particularly appreciated as a general handyman.

Unfilled positions:

There are seven further positions available as Ordinary Board members. All enquiries and expressions of interest most welcome! No previous experience necessary.

Christmas—New Year office closure



The office will close at 2:00pm Thursday 12th December and reopen on Monday 20th January.

During this time there will be checking of our post office box, emails and phone messages.

Member's story – taking control and getting better sleep!

It's only in my later years that I've felt the need to actually do specific exercises as I've always been active - swimming, dancing, sailing and cycling as much as I've been able to. For over 45 years (I'm 74 now) my health has been seriously impaired with a chronic condition. (Major surgery twice, the first in 1985). I exercise at home, with weights and a mat and aim for 25 minutes x 5 days a week. Start on a Sunday, continue Monday/Tuesday, rest Wednesday, then Thursday/Friday, rest Saturday. I've found that if I keep a record of the time it helps me to keep going, so I record them daily on the calendar in the kitchen, and at the end of the week I give myself a star if I've done at least 25 min x 5 days. Silly really, childish even, but being a visual person it works for me – there's no family here to egg me on so I have to egg myself on! I always do them before breakfast, once I have it, that's it, it doesn't happen!

Most importantly, the major incentive is that I have a programme that was devised over time through my GP in conjunction with 'Bodyfit' and I feel secure knowing that I'm doing the **right** exercises for my medical conditions which now include osteoporosis (on cortisone for years in the 70's). Annually I have three sessions with a personal trainer. My GP sends my current medical info to them so that they can adjust my programme and show me suitable exercises. ***I learnt years ago to be proactive and took control of my own health and have files galore!***

It's imperative to start again if you stop because you're unwell. Initially I start with just 10 minutes the first few days, then up it a few more and a few more until it's once again built up to 25. And I've also started to realise that ***as I'm ageing it's improving my mental health and I sleep better.*** I'll keep on exercising. (And don't think I always feel like doing them 'cause I don't)!

Carolyn Marriott Member of AONT for over 20 years)

Hand Care for People with Arthritis



Community noticeboard

Nightcliff Lions Club

Nightcliff Lions are looking to develop partnerships with other Darwin Community Groups such as [Arthritis & Osteoporosis NT](#) who they can support through Service. The Lions' motto is "*We Serve!*" The Lions welcome anyone who can contribute to their cause. For more information please contact them by email: NightcliffLions@gmail.com or check out their web site: darwinnightcliff.nt.lions.org.au

Tennis for Seniors—it's true!!

Come and play organised social tennis at Top End Multi Sports centre, Corner of Bagot and Old McMillans Roads on Wednesdays @ 7pm. Just come along!

You may contact Tennis for Seniors by email: Membership.tsnt@gmail.com or check out their web site www.tennisseniors.org.au/nt

Creative crafts

Sessions are held on Wednesday mornings from 9:00 to 11:30 during school terms. Hosted by the Baptist Church in Casuarina, 44 Dripstone Rd, and held in the Church hall, this group welcomes all new faces.

- Come and see what the other ladies are working on: knitting, crochet, scrap booking, cardmaking, hand sewing, machine sewing etc.
- bring along any unfinished projects
- \$4 weekly "subs" to contribute to morning tea and venue.

Just turn up, or contact Andrea on 0437 480 077.

The hall can be accessed from Dripstone Road near St John Ambulance or Rowling Street, Nakara.

Last session for 2019 will be on 11 December, reconvening on 29 January.



Volunteering:

the backbone of AONT!

Volunteering can provide that extra challenge or interest you've been looking for. It's an opportunity to share experiences and talents, develop new skills and meet great people whilst making a real difference to other peoples' lives.

Training is available for anyone interested in volunteer roles with AONT. Learn how to:

- Be part of the newsletter production team
- Develop brochures, flyers & special event posters
- Assist at information stands at community events
- Become a guest speaker for other community groups
- Facilitate pain management courses
- Assist with fundraising
- Become a Board member

Much of our achievements relies on the hard work of a few volunteers.

Can you help us?

Membership

renewal

Renewals fall due on 1st July each year and personalised reminder notices are included with this newsletter where appropriate. Thank you to all those who responded to the previous notices.

Details of how to pay fees are included on the notices: in person, over the phone, using the internet or by post.

Membership income really does make a difference and rather than increase fees, which have remained the same for 10 years, the Board would like to increase membership numbers.

Any ideas on how to grow our membership are most welcome!

Ring us on 89485232

Turkey, orange, cranberry and hazelnut salad

Serves: 4 Time: 15 min

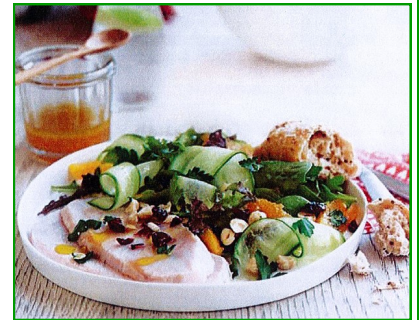
Ingredients:

- 2 teaspoons maple syrup
- 2 tablespoons orange juice
- 1 tablespoon white vinegar
- 1 tablespoon olive oil
- 4 cups mixed salad leaves
- 1 Lebanese cucumber, peeled into ribbons
- 1/2 bunch flat-leaf parsley
- 2 oranges, peeled, segmented
- 1 1/2 tablespoons dried cranberries, chopped
- 1/4 cup hazelnuts, chopped
- 400 g leftover cooked turkey breast, sliced, to serve
- 1 long grainy sourdough baguette, torn, to serve

Instructions:

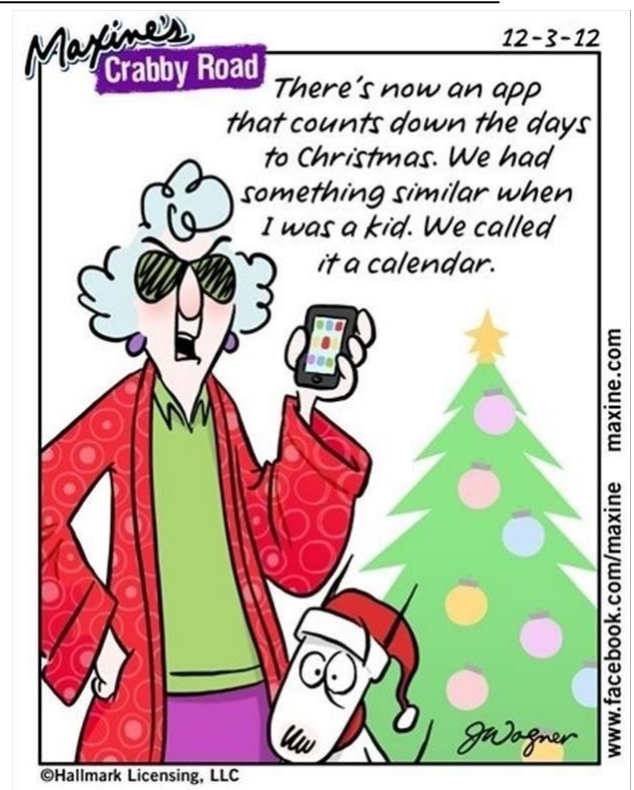
1. Make dressing—combine all liquid ingredients in a small jar, seal jar and shake well to combine.
2. Put the salad leaves, cucumber and parsley in a large salad bowl, drizzle with dressing and toss. Add orange segments, scatter with cranberries and hazelnuts.
3. Serve salad with turkey slices and pieces of sourdough.

Chrissy Freer Australian Healthy Food Jan 2019



A Bush Christmas

The sun burns hotly thro' the gums
As down the road old Rogan comes --
The hatter from the lonely hut
Beside the track to Woollybutt.
He likes to spend his Christmas with us here.
He says a man gets sort of strange
Living alone without a change,
Gets sort of settled in his way;
And so he comes each Christmas day
To share a bite of tucker and a beer.
The dinner's served -- full bite and sup.
"Come on," says Mum, "Now all sit up."
The meal takes on a festive air;
And even father eats his share
And passes up his plate to have some more.
He laughs and says it's Christmas time,
"That's cookin', Mum. The stuffin's prime."
But Rogan pauses once to praise,
Then eats as tho' he'd starved for days.
And pitches turkey bones outside the door.
The sun slants redly thro' the gums
As quietly the evening comes,
And Rogan gets his old grey mare,
That matches well his own grey hair,
And rides away into the setting sun.



"Ah, well," says Dad. "I got to say
I never spent a lazier day.
We ought to get that top fence wired."
"My!" sighs poor Mum. "But I am tired!
An' all that washing up still to be done."

C.J. Dennis 1931

Making the most of your eyesight

Did you know that from the age of 40 our eyes change rapidly? And by the age of 65, we will need three times more light to see than we did at 20?

As we grow older, our eyes take longer to adjust to sudden changes in light and dark. They are more sensitive to glare and are less able to judge distance and depth. This, in turn, can affect your ability to see the edges of steps, stairs, footpaths and kerbs.



Your eyes not only allow you to see obstacles and judge steps, they also play an important role in helping you to keep your balance. Gradual changes in eyesight, which we may not actually notice, can increase a person's risk of having a fall.

Bifocal, trifocal or multifocal glasses can also increase a person's chance of falling, as the changes in the lens can make it more difficult to judge distances and see objects on the ground. Other eye conditions, such as macular degeneration or glaucoma, can also impair a person's vision.

So, what can you do to maximise your eyesight and reduce the risk of fall?

Have your eyesight and glasses checked by an optometrist at least once every two years and yearly by a doctor.

If you notice changes in your eyesight, make an appointment with your doctor or optometrist. Early detection of eye problems can stop them from becoming worse.

Keep your glasses clean and always wear the correct glasses – reading glasses for reading and distance glasses for driving or walking around.

Take extra care on steps if you wear bifocals, trifocals or multifocals, which can make it more difficult to judge where to put your feet. Allow yourself time to get used to new glasses, particularly if your prescription has changed.

Wear sun glasses and a hat outside to reduce glare. Ensure you have, and wear, prescription sunglasses if required.

Be aware of sudden changes in light. If you go from light to dark, or the other way around, take a few moments to stop and give your eyes time to adjust before moving on.

Ensure you have adequate lighting in and around the home. Check that there is good lighting near internal and external stairs and along paths and driveways.

Arthritis conditions that can affect your eyesight

Sjogren's syndrome, an autoimmune condition, can cause dryness, irritation, a gritty feeling or painful burning of the eyes. Around half the people who have Sjogren's syndrome also have some form of arthritis, such as lupus or rheumatoid arthritis. Early diagnosis and treatment, such as eye drops to lubricate the eye, is extremely important for controlling symptoms and minimising the impact on vision.

Uveitis, meaning inflammation of the eye, can involve one or both eyes. Symptoms, which can come on quite suddenly may include red eye, watery eye, eye pain, light sensitivity, blurry vision, or a small or distorted pupil. There are different types of uveitis, which can affect different parts of the eye. The most common pattern of uveitis is inflammation of the iris (also known as iritis), the iris being the coloured part of the eye.

People with inflammatory forms of arthritis, such as rheumatoid arthritis, ankylosing spondylitis or psoriatic arthritis, may experience short periods of eye inflammation that can result in red, sore eyes or blurry vision. Children with certain forms of juvenile arthritis may also be affected by episodes of uveitis.

Early diagnosis and treatment is vital to manage symptoms and prevent longer-term eyesight complications. Seek the advice of your GP or rheumatologist, who may refer you to an ophthalmologist or other eye specialist for further consultation and treatment.

Reference: Jaksetic, A., 2017. Make the most of your eyesight. Arthritis Matters, (Winter 2014), pp.16-17.

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

Trading as
**Arthritis &
Osteoporosis NT**
ABN 67 099 326 608

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

Vice Patron:

The Honourable
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We are open:

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(excluding Public Holidays)

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Joan Crombie

Vice President

Carol Francis

Secretary

Hilary Fowler

Treasurer and Public Officer
Ruth Garden

Ordinary Board Members

Margaret Murray
Anne Coutts
Charles Atherton

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing our publication, *joinT*, four times a year
- Hosting pain self-management courses. Call the office on 8948 5232 for details of the next available course
- Providing information stands at a range of forums throughout the year
- Delivering bulk materials to both the private and public hospitals in Darwin and Palmerston as well as to a range of health service providers
- Community presentations
- Making applications for various small grants to assist with special projects
- Liaising with Arthritis Australia and Osteoporosis Australia



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:

- at the Brennan Electorate Office, Palmerston Shopping Centre (opposite Target)
- on the third Monday of each month at 10.00 am

The group celebrated their 23rd birthday at their October meeting. Everyone enjoyed a cuppa and celebratory cake, then did some relaxing exercises. While numbers have fallen as members have become frailer, the group enjoys the positive support and friendship offered. While the group meets in Palmerston, they would warmly welcome any Darwin based members. Perhaps make a day of it, and check out Gateway or even Coolalinga Central! Convenor Anne Coutts often arranges guest speakers on a range of health or community concerns. Members offer support to each other in between meetings, keeping in touch and visiting those not well enough to attend meetings.

Christmas break: no meetings Dec and Jan, next meeting 17 February 2020.

**When the power of love
overcomes the love of power
the world will know peace.**

Jimi Hendrix



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