

**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

*Vice Patron:*  
The Honourable  
Ken Vowles MLA

*Find us at:*  
Shop 18 Rapid Creek  
Business Village,  
48 Trower Rd Millner

*Contact us:*  
(08) 8948 5232  
PO Box 452,  
Nightcliff 0814  
info@aont.org.au  
www.aont.org.au

*We are open:*  
9:30am – 2pm  
Monday to Thursday  
(excluding Public Holidays)

**Staff**  
*Administrative Assistant*  
Deirdre Moldenhauer  
*Accounts*  
Natalie Valastro

**Board**  
*President*  
Joan Crombie  
*Vice President*  
Margaret Murray  
*Secretary*  
Hilary Fowler  
*Treasurer and Public Officer*  
Ruth Garden  
*Board Members*  
Mitzi Ferguson  
Fiona Park  
Mary Willis

## What We Do

### Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Producing our publication, joiNTed, four times a year
- Hosting pain self-management courses for consumers—ring the office, 8948 5232, for more details if you are interested in attending
- Providing information stands at a range of forums throughout the year
- Promoting Arthritis Awareness Week and other special occasions
- Delivering bulk materials to both the private and public hospitals in Darwin as well as to a range of health service providers
- Community presentations
- Making applications for various small grants to assist with special projects

## Support Groups

Our support groups are opportunities for members with common interests and experiences 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.

You will meet people who are having or have had similar experiences living with arthritis, osteoporosis or other musculoskeletal conditions.

You will gain support and understanding with only as much information and advice as you wish to take away.

**Arthritis &  
Osteoporosis NT**  
www.aont.org.au

### Palmerston

Meets at the Brennan  
Electorate Office, Palmer-  
ston Shopping Centre  
(opposite Target)

Third Monday of each  
month at 10.00 am

### Darwin

Meets at the Arthritis and  
Osteoporosis office, Shop  
18 Rapid Creek Business  
Village

First Friday of each month  
at 11.00 am

## Notice of AGM 2018

**2 pm Saturday 10th November**

### To be held at our office:

Shop 18 Rapid Creek Business  
Village, 48 Trower Rd Millner

### Order of business

1. Consideration of accounts and reports of the Board
2. Election of new Board members
3. Any other business requiring consideration by members

Copies of the audited Financial  
Statement for 2017-18 are now  
available for inspection by mem-  
bers at the office.

Please contact the office by  
Thursday 1st November for:

- nomination forms for election to the Board;
- further items of business.

**Phone:** 8948 5232

**Email:** info@aont.org.au



### Special points of interest:

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Proudly sponsored by  
**Northern Territory  
Government**

**joiNTed**  
**Arthritis & Osteoporosis NT**

**September 2018**

## From the Treasurer to our members

While the Arthritis Founda-  
tion is a Not for Profit  
organisation we still need to  
work to a budget, to ensure  
long term viability. Early  
this year we had a major  
expense in having to  
replace our IT Server.  
Thank you to those  
generous members who  
responded to our plea in the  
March newsletter.  
Unfortunately we have not  
recouped the cost and  
would welcome further  
donations. Remember, all



donations of \$2 or more are  
tax deductible.

### How can you help build a stronger Foundation?

1. Your experiences, skills  
and contacts developed  
over the years will most  
likely be highly relevant  
to our needs.
2. Invite friends, neighbors,  
family members to:
  - join the Foundation as a  
gesture of support
  - share their ideas, skills  
or experiences with us
3. Come to our AGM in  
November to learn more  
about what we do  
throughout the year.
4. Ask your local club/  
group to have one of our  
charity collection jugs.

### Membership renewals

Thank you to those who  
have already renewed your  
membership to June 2019.  
(Reminder notices have  
been included for those who  
have not yet renewed).  
Membership income is  
greatly appreciated in help-  
ing AONT make ends meet,  
and a special thanks to  
those members who added a  
donation to their renewal  
payment. Your support  
helps us provide vital infor-  
mation and support to many  
people.

### A few ideas to increase income:

1. Building our member-  
ship.
2. Consider running  
traditional fundraisers,  
e.g. BBQ's, cake stalls  
etc. with manpower  
assistance from other  
community groups.
3. Have a special fund  
raiser event at our office  
on a market day
4. Encouraging donations  
from the broader com-  
munity by:
  - making ourselves better  
known to both business-  
es and community  
groups
  - having more charity  
collection jugs in the  
community



### Reduce expenses:

It is not feasible to reduce  
some expenses, e.g.  
employee wages.  
Employee hours for the  
week barely amount to one  
equivalent full time position  
and our volunteers put in  
more hours than our paid  
staff. Our two employees  
are necessary to the  
organisation for their skills  
and qualifications.

We are converting  
brochures to small flyers to  
reduce printing costs.

We would like to obtain  
sponsorship for newsletter  
production and postage.

### How to make a donation:

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

- Ring 8948 5232 to make  
a donation with your  
credit card
- Debit your donation to:  
AONT BSB 065 901  
Acc. No: 00918225  
Please give your name.
- Donate online at our  
website:

**www.aont.org.au**



facebook.com/arthritis.osteoporosis.nt





## Thank you Peg

Peg first came to us as an office volunteer in the late 1990's. It was not long before she began compiling newsletters, continuing to do so up until this year's June edition of *joinTed*. As well as the regular member newsletters (and assisting with Support Group newsletters in 2008) Peg developed many of our window displays, brochures, flyers, and posters. Our website and Facebook page have also benefitted from Peg's artistic input.

She has shown an enormous amount of patience, ingenuity and imagination which has meant that we have been delighted with our products and have no hesitation in presenting them to our members and the public.

Not one to shy away from hard work, Peg helped at numerous fundraising events over the years, and assisted more recently in the presentation of our pain management courses

We greatly appreciate Peg's long term commitment in her various roles and we really miss her in the office and at Board Meetings since her relocation interstate.

**Thank you Peg for being such a multi skilled office volunteer, a Board Member, Vice-President and President.**



## Suffering from Chronic Pain?

Chronic pain is very common in sufferers of arthritis and other musculoskeletal diseases, as well as many other conditions.

Unfortunately chronic pain is very difficult to treat but there are ways to **manage** it.

Arthritis and Osteoporosis NT presents a program to empower those with chronic pain with the skills to manage their pain and improve their health and well-being.

## Take Charge of Pain Program

- Two sessions of two and a half hours each, a week apart
- Learn what causes chronic pain
- Learn a variety of strategies to help manage pain
- Discuss ways of coping with pain with other sufferers

Bookings essential—ring 8948 5232 to get dates, times and venue of the next course

Cost: Gold coin donation towards materials and refreshments

## Tell us what you think

As we hope you notice, this is a 'new look' newsletter. We'd love some feedback from you about such things as:

- is it easy to read?
- is it set out clearly?
- do you find the articles interesting?
- what kind of things would you like to see/read about in our newsletters?
- any other comment you would like to make.

Ring the office on 8948 5232 Mon to Thurs 9.30 am to 2 pm to give us your comments and ideas.



Well, the knee replacement surgery went fantastic...  
but, we had no idea what you wanted to replace it with.  
So... we put in a lung.

**"You only live  
once, but if you do  
it right, once is  
enough."  
Mae West**



### Invitation to My Health Record Information sessions

Mon 24 Sept  
10.30 to 11.15 am  
COTA  
8941 1004

Tues 25 Sept  
Conference room  
Mantra Pandanas  
43 Knuckey Street  
Darwin

11 am to 1 pm  
Book: (02) 6151 8617  
by Tues 18 Sept

Sessions to cover:

- Overview of My Health Record
- Changes
- Managing your record, privacy controls
- Opting out



My Health Record

## My Health Record – Quick Facts

**My Health Record** is the name of the national digital health record system. Having a My Health Record means your important health information like allergies, medical conditions and treatments, medicine details and test or scan reports can be digitally available in one place.

**Healthcare providers** like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, like in an accident or emergency.

**As more people** use the My Health Record system, Australia's national health system will become better connected. This will result in faster and more efficient care for you and your family.

If you have a My Health Record, your records will be available to you online after they have been uploaded by a healthcare provider. If you haven't already, talk to your GP and ask them to upload a Shared Health Summary. This is a document that summarises your important health information such as allergies and adverse reactions, medical history, treatments, medications and immunisations.

### More information

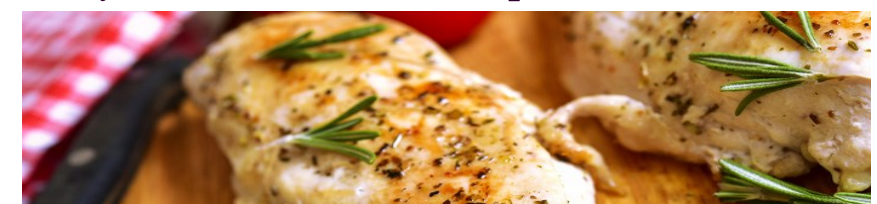
To register for a My Health Record:

- Go to [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)

- Call 1800 723 471

Information provided by Australian Government, Australian Digital Health Agency.

## Friendly for Your Hands — Recipe from Sandra Lee



Try this Sandra Lee recipe for a quick, easy-to-prepare meal. The celebrity chef created an arthritis recipe for the program "I Can with RA in the Kitchen," sponsored by Bristol-Myers Squibb and the Arthritis Foundation UK. It takes only 10 minutes to prepare – a boon when painful joints limit your time in the kitchen.

### Lemon Rosemary Chicken

Time: Prep 10 min, bake 20 mins

- Four 6 oz. boneless, skinless chicken breast halves
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon salt-free lemon-pepper seasoning
- 1 teaspoon salt-free citrus-herb seasoning, Spice Islands® Salt (optional)
- 3 organic lemons, thinly sliced
- Fresh rosemary sprigs
- ¼ cup organic chicken broth
- ½ tsp. crushed garlic

1. Preheat oven to 375 degrees F. Brush both sides of chicken pieces with olive oil and sprinkle with lem-

on-pepper seasoning, citrus-herb seasoning and salt (optional); set aside.

2. In a baking dish, arrange 2 to 3 slices of lemon and a sprig of rosemary for each chicken piece. Place chicken, smooth sides up, on lemon and rosemary. Top each chicken piece with another sprig of rosemary and 2 to 3 slices of lemon.
3. Bake in preheated oven for 20 to 25 minutes or until chicken is no longer pink (165 degrees F). Remove chicken to platter and cover with aluminum foil to keep warm.
4. In a small saucepan, combine half of the rosemary from the baking dish and any browned bits from baking dish. Add chicken broth and garlic. Bring to a boil over medium-high heat; cook until mixture is reduced by half. Using a fine-mesh strainer, strain mixture. Discard solids.
5. Serve mixture with chicken. Garnish with additional lemon slices and rosemary sprigs. Servings: 4



Hand Exercise to Ease Arthritis Pain

There are many home treatments you can use to reduce the pain and disability of arthritis.

One easy and non-invasive way to keep the joints flexible, improve range of motion, and relieve arthritis pain is by doing hand exercises.

Hand exercises can help strengthen the muscles that support the hand joints. This can help you perform hand movements with less discomfort.

Movement can also help to keep ligaments and tendons flexible, which can help improve range of motion and hand function.

Finally, exercise can increase the production of synovial fluid, which can also improve joint function.

Exercise: Make a fist

You can do this easy exercise anywhere and anytime your hand feels stiff.

Start by holding your left hand out with all of your fingers straight.

Then, slowly bend your hand into a fist, placing your thumb on the outside of your hand. Be gentle, don't squeeze your hand. Open your hand back up until your fingers are straight once again.

Do the exercise 10 times with the left hand. Then repeat the whole sequence with the right hand.



Living with Osteoporosis: Two Exercises to Strengthen Your Bones

When you have osteoporosis, exercise can be an important component of strengthening your bones as well as reducing your risks for falls through balance exercise. But before you begin any exercise program, it's important to get your doctor's approval first. Your doctor will be able to help point you to what exercises are best for you depending on your condition, your age, and other physical constraints.

Exercises that build healthy bones

While most types of exercise are good for you, some types are especially good for improving bone strength. For example, weight-bearing exercises can build healthy bone. These exercises involve challenging your muscle strength against gravity and putting pressure on your bones. As a result, your bones will signal your body

to produce added tissue to build stronger bones. Exercises such as swimming may be beneficial to your lung and heart health but won't necessarily help you strengthen your bones. Anyone with osteoporosis who is looking to increase their bone strength can benefit from the following two exercises. These exercises are easy to do at home.

1. Foot stomps

The goal for exercise to reduce osteoporosis is to challenge the key areas of your body that osteoporosis most commonly affects, such as your hips. One way to challenge your hip bones is through foot stomps.

- While standing, stomp your foot, imagining you are crushing an imaginary can underneath it.
- Repeat four times on one foot, then repeat the exercise on the other foot.
- Hold on to a railing or

sturdy piece of furniture if you have difficulty maintaining your balance.

2. Bicep curls

You can perform bicep curls with either dumbbells weighing between 1 to 5 pounds or a resistance band. They can be performed seated or standing, depending on what you're most comfortable with.

- Take a dumbbell in each hand. Or step on a resistance band while holding an end in each hand.
- Pull the bands or weights in toward your chest, watching the bicep muscles on the fronts of your upper arms contract.
- Lower your arms to return to your starting position.



**“Although approximately 80% of osteoporosis sufferers are women, as the longevity of the male population increases, the disease will assume increasing importance in men.”**

Why do doctors keep talking about exercise?



Many scientific studies have shown that exercise:

- helps you live longer
- makes your heart healthier
- lowers the risk for some cancers such as breast and colon cancer
- builds strong bones i.e. reduces the risk of osteoporosis
- wards off diabetes
- makes you smarter

What's not to like about exercise?

How does exercise help people with arthritis?

It's important to keep your joints moving and your muscles strong – if you don't use it, you may lose it.

If arthritis is causing pain, you may not want to move. But this can increase stiffness and in the long term your muscles will weaken, making movement even more difficult.

Here are some good reasons why exercise is helpful for people with arthritis, all

**“Wrinkles should merely indicate where smiles have been.”**  
**Mark Twain**

- |   |   |
|---|---|
| 1. Strong muscles protect joints<br>With regular exercise, muscles are strengthened. Together with ligaments and tendons they then act like a brace to protect joints.                            | 3. Enhanced blood flow<br>Increased blood circulation, an effect of exercise, means the joints are better supplied with nutrients and oxygen. This helps the synovial membrane do its job more efficiently. |
| 2. Synovial fluid lubricates the joint.<br>This fluid is produced by the synovial membrane which surrounds the joint. Its job is to allow the bones to move smoothly past each other and physical | 4. Nutrients circulate to the joint<br>With movement, water is squeezed in and out of the cartilage like a sponge. This is essentially an exchange system, ensuring   |

Exercise also has positive mental effects. Often you will feel much better and more self-confident when you've done some exercise, improving the way you cope with a condition.

Exercise for Hips and Knees with Osteoarthritis



GLA:D is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms. Research in Denmark has found that participants show less pain, reduce their use of pain killers and take less sick leave.

GLA:D participants reported high levels of satisfaction with

the program and that they were doing more physical activity 12 months after starting the program.

Rehabilitation Services, Palmerston Regional Hospital, is excited to be the first location to offer the GLA:D program in the NT.

The program is free and consists of two education sessions and 12 supervised exercise sessions, two each week over 6 weeks, which

are all run by a trained physiotherapist.

One participant, Carol, has told us that she highly recommends the program as she found it very worthwhile. The education sessions were excellent. The exercises are very straightforward and easy to do at home. She intends to continue with them into the future.