

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

Inside:

P 2

- Shoulder exercises

P 3

- Community engagement

P 4

- Juvenile Arthritis
- Recipe

P 5

- Obituary
- Support group
- Membership

P 6

- What we do
- Arthritis Australia websites

jointed

Arthritis & Osteoporosis NT

August - September 2024

Our own Senior's Month event

Arthritis & Osteoporosis NT Open Day Friday 30th August



Meet our volunteers and check out our many resources on bone and joint health and meet Mr Skeleton on his home ground!

When: 9:00am to 4:00pm — call in at any time to see what we've got to help you and have a chat

Where: Our office at Shop 18 Rapid Creek Business Village, 48 Trower Rd, Millner

PLUS

Two special information sessions with allied health professionals

10:30 — 11:30 am with Dorianne from Physio Evolution:

Osteoarthritis of the knee: introduction to self-management

1:00 — 2:00 pm with Emma from Vitality Health & Rehab:

Balance, falls prevention and functional strength

For more information ring us on 8948 5232



Pain self-management info session

Suitable for anyone with chronic pain whatever the cause

When: Friday 20 September, 9:30 am to 1:00pm

Where: At our office in Rapid Creek Business Village

Bookings essential - call 8948 5232 to secure a place

Gold coin donation - towards materials and refreshments

Shoulder exercises

Start slowly, with just a few movements, and gradually build up.



Shoulder circle - to mobilise

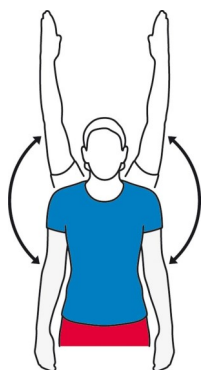
Start with this as a warm-up exercise. Lean forward with one hand resting on a chair or table. Let your other arm hang down and try to swing it gently in a small circle, first one way then the other. Repeat this motion about five times. Repeat with the other arm. and try to do this about two or three times a day.

Arm lifts (standing) - to stretch and strengthen

Place your hands behind your head so your elbows are pointing to the sides and pressed back as far as you can. Hold for five seconds.

Then place your hands behind your back, again keeping your elbows pointing out and pressed back as far as you can.

Hold for five seconds. Do each movement five times.



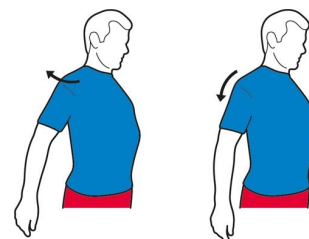
Arm stretch (standing) - to stretch and strengthen

Stand with your arms relaxed at your sides. Raise your arms as far as is comfortable with your palms facing each other. Hold for 5-10 seconds. Lower and repeat five times.

You can do this exercise by raising your arms either in front of you or to the sides. Doing some of each will stretch more muscles.

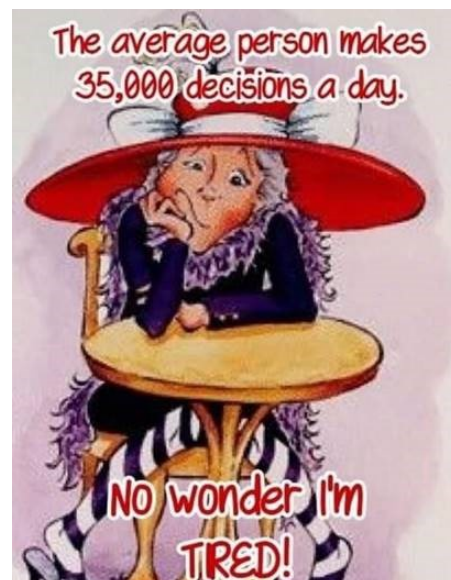
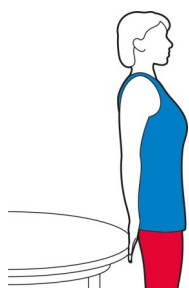
Shoulder stretch - to stretch and strengthen

Squeeze your shoulder blades back and together and hold for five seconds. Pull your shoulder blades downward and hold for five seconds. Relax and repeat 10 times.



Backwards table press - to strengthen

Standing upright with your back to the table and your palms against its edge, gently push your shoulder blades back and your hands against it. You are not trying to move the table, just to meet its resistance. This exercise should help strengthen the muscles around your



Adapted from <https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/>

**I look forward to growing old
and wise and audacious.
Glenda Jackson**

Out and about: community engagement

COTA Seniors Expo

Once again we had an information stand at this annual event on Saturday 29th June at Marrara Netball Stadium. This was an opportunity to showcase some of our materials, raise community awareness of our organisation and the services provided.

We engaged with many, many people, some of whom had not known of our existence until then! More than 140 people stopped at our stand for a chat and / or to collect materials.



A little nap before work...



Sally Goetz of Emerse, Water Cycling was very pleased to meet Mr Skeleton



Above: Ruth Garden and Lyn Skipper with our Joint Patrons Ms Ruth Jones and Professor Hugh Heggie Administrator of the NT

Right: Volunteers and Board members Ruth Quinn, Ruth Garden and Lyn Skipper at our stall



Coming up!

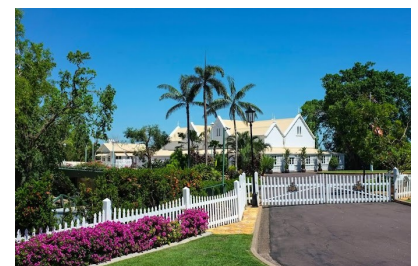
Government House Open Days

Friday 30th August, 3:00 pm to 6:00 pm

Saturday 31st August, 10:00 am to 2:00 pm

Open Days at Government House are an opportunity for the public to enjoy the State Rooms and Gardens at their leisure.

Our Patrons have kindly invited AONT to have an interactive stall at these events. We will be there on both days, providing information on our services, resources and self-management programs. Other community organisations will also be represented.



Juvenile Idiopathic Arthritis

Many people incorrectly assume that arthritis is a disease only of older adults. As well as relatively young adults being diagnosed with Rheumatoid Arthritis, children may also develop arthritis, known as Juvenile Idiopathic arthritis (JIA).

An estimated 6 -10 thousand children in Australia, up to 16 years old, are affected with JIA.

Symptoms of JIA vary, but typically include the following:

- Joint stiffness, especially first thing in the morning
- Swelling and redness in the affected joint or joints which may be warmer than usual
- Pain that may vary from day to day or even from one time of day to another
- Blurry vision or painful red eyes (uveitis) which may lead to blindness.

Diagnosis takes on average about 10 months, with many health professionals knowing very little about the disease. The average age at onset is 6 years and the condition either improves with age or continues into adulthood.

An Australian Juvenile Arthritis Registry of sufferers was launched in 2023 to help establish better care for these children.

Source: Inaugural Annual Report 2024 Australian Juvenile Arthritis Registry. Thanks to the Juvenile Arthritis Foundation of Australia

Charred broccoli, lemon & walnut pasta

Serves 2 - 3

Ingredients:

- 1 head broccoli, cut into small florets and stalk cut into small pieces
- 3 tsp olive oil
- 150g penne or fusilli
- 2 garlic cloves, crushed
- 1 tbsp. roughly chopped walnuts
- pinch of chilli flakes
- ½ lemon, zested and juiced



Method:

Step 1: Heat the grill to high. Spread broccoli on a baking tray and drizzle over 1 tsp of the oil. Season, and toss together. Grill for 8-10 mins, tossing around halfway through, until crispy and charred

Step 2: Cook the pasta in salted water following pack instructions. Drain, reserving a cup of the cooking water.

Step 3: In a frying pan, heat the remaining 2 tsp oil over medium heat, and fry the garlic, walnuts and chilli for 3-4 mins until golden.

Step 4: Tip in the pasta, broccoli, lemon zest and juice, reserving a little of the zest. Add a splash of the reserved cooking water and toss everything together to coat the pasta. Serve in warmed bowls with the remaining lemon zest scattered over.

Source: <https://www.bbcgoodfood.com/recipes>

Obituary: Charles Atherton

We were saddened to learn of the death of a former AONT President, Charles Atherton. His family informed us in June that Charles had passed away after a long illness.

Charles joined the Board in 2006 as Treasurer, having been “volunteered” by his wife Janet who assisted in the office at that time, aware that we were on the search for a Treasurer! Prior to his involvement with AONT, Charles had extensive committee experience with other organisations, including Civil Defence, the NT Canine Association, the Darwin Computer Club and the Royal Darwin Show Society.

Other than a break in 2016 - 2018, Charles served on the Board until early 2021 when he relocated to be closer to family. He served variously as Treasurer, President, Public Officer, and as an ordinary Board member. But there was nothing ordinary about Charles. He guided us through some difficult times, including finding alternative premises from where we were in Coconut Grove. He was also a very competent and obliging handyman. Often at short notice, he always answered our calls for help.

We acknowledge Charles’ many years’ contribution and extend our condolences to his family and friends.



Charles and Natalie (our bookkeeper) at AONT’s 35th anniversary function in May 2016 at NT Parliament House

Palmerston Support Group

AONT members are welcome to join this group at any of their monthly meetings. They are informal catch ups over a cuppa, and often with a guest speaker organised by Convenor Lyn Skipper:

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



Membership renewals

It’s that time of the year again, annual membership fell due on 1st July.

Thank you to those members who have already renewed. For those who haven’t, you will find a personalised renewal notice included with this newsletter.

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

We look forward to hearing from you.



**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

Shop 18 Rapid Creek
Business Village,
48 Trower Rd Millner
www.aont.org.au
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
(excluding Public Holidays)

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
Sami Azam

What We Do

Our work includes:

- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting pain self-management courses and “Taking the First Step”. 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 supplies of 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



Arthritis Australia – online assistance

Check out these interactive websites to help you manage your condition.

Moving with Arthritis — get going with exercise

<https://movingwitharthritis.org.au/>

My Joint Pain — for people with osteoarthritis

<https://www.myjointpain.org.au/>

My Back Pain — find out how to relieve your pain

<https://mybackpain.org.au/>

MyRA — for people with rheumatoid arthritis

<https://myra.org.au/>

MyPsA — for people with psoriatic arthritis

<https://www.mypsoriaticarthritis.org.au>

MyAS — for people with axial spondyloarthritis including ankylosing spondylitis

<https://myas.org.au/>

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