

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

- Meet a member

P 3

- Becoming more active
- Ongoing impact of COVID-19

P 4

- Getting stronger
- Support Group

P 5

- Out and About: Community Engagement

P 6

- Recipe

P 7

- Older Persons' Abuse

P 8

- What we do
- Membership

jointed

Arthritis & Osteoporosis NT

June - July 2024

New resources from Arthritis Australia Rheumatoid Arthritis booklet



A consumer care guide endorsed by the Australian Rheumatology Association, this booklet was designed with input from people with Rheumatoid Arthritis (RA), and includes the things they wished they knew when they were first diagnosed.

There is information on “The basics”, “What to expect”, “Living with RA”, and “What you can do” including “Am I getting quality care?”

Copies are available from the AONT office. It can also be accessed online through the Arthritis Australia website

www.arthritisaustralia.com.au

Website: movingwitharthritis.org.au



This website is designed to help people living with arthritis to start moving more.

No matter how old you are, what type of arthritis you have, or where you live, the aim of this website is to help you to become more informed, more active and to live better with arthritis.

Benefits of regular movement include improved mobility and posture, less stiffness, and reduced pain.

Coming soon:
Saturday 29th June -
COTA's Seniors Expo
Wednesday 14th August -
Palmerston Seniors Day

More details on page 5.



Meet a member... Maggie's story

A busy and energetic senior, Maggie kindly agreed to share the story of some of her activities. Having walked past our office many times, she decided to find out more about us and give her support by becoming a member. Here is what she told us:

These days, swimming is my main sport. I have always kept an interest in maintaining fitness - no matter what environment I have been in. This includes the years I spent teaching in remote Aboriginal communities, where I also encouraged the students to keep active and make use of their natural talents.

Before coming to Darwin I played squash competitively and was a regular user of the gym. In Darwin I met Mike, my husband, and together we enjoyed the bush and the wide open spaces. We played squash and Mike was very supportive of my ongoing physical activities. Together we encouraged our three children to be active in sport; one a swimmer, one a gymnast and our baby chose horse riding! This kept us busy travelling to various locations for partaking in their "chosen sport". Now Mike and I travel both nationally and internationally to keep up our sporting participation - great fun. We enjoy keeping up our activities, both for the physical benefits and the social aspects - its good for our mental wellbeing. Remember to "Use it or lose it"- just keep moving!

Q & A with Maggie:

AONT: You've said swimming is your main sport. Did you participate in the recent Masters Swimming National Championships held in Darwin?

Maggie: Definitely, and it was a wonderful experience. In between my events I helped with officiating.

AONT: I'm sure you've been seen at the Athletics stadium.

Maggie: I've always been interested in Athletics, including coaching kids throughout my teaching career. I still enjoy training and competing at the Athletics stadium, especially the throws events.

AONT: Have you had any injuries or mishaps which kept you out of action for a while?

Maggie: Some time back I had a crook shoulder which took a while to resolve. It stopped me from both swimming and the athletics throwing events! In recent years I had a gardening mishap and injured a shin badly, requiring a few days hospitalisation. That kept me out of the water too, which was disappointing.

AONT: What's the key to getting back on track?

Maggie: I like to be fit. I enjoy the training, the competition and all the socialising that goes with it.

AONT: It's pretty obvious that you like to keep fit. Do you have a regular weekly schedule?

Maggie: Absolutely. Every week I regularly swim three times, go to the gym twice, and with Mike do any dog walking required by the family. And where possible, I fit in some athletics training or competition.

AONT: I understand you participated in an annual one hour freestyle swim recently even though freestyle is not your preferred stroke. So how did you go?

Maggie: A slow 1500m swim, but done for another year!

Continued next page

AONT: Any major goals?

Maggie: Athletics at Alice Springs Masters this year and World Masters Swimming in Singapore next year.

AONT: Do you have arthritis and / or osteoporosis?

Maggie: Other than some aches, and no persistent pain, every joint still works fine. I have treatment for my osteoporosis.

AONT: Would you mind telling us your age?

Maggie: I'm 86 years old.

Many thanks to Maggie for volunteering to be our first "Meet a member" feature. Members are welcome to contact us to share their story.

Becoming more active



"Taking the first step"

is NOT an exercise class!

It is an information session where we encourage those with arthritis and/or other chronic conditions to learn how to make physical activity a part of everyday life.

Thanks go to Arthritis Tasmania for sharing this resource, having developed the program with project funding from Healthy Tasmania.

Participants receive a booklet, front cover pictured left, which "contains information, tips and practical strategies to help you gain the confidence to start safely on a path to moving more".

For details of the next session, call our office Monday to Thursday 9:30am - 2:00pm on 8948 5232



See over page for an option for people 50 years and over.

The Ongoing Impact of COVID-19



According to Federal Government data as of March 1, 2024, an average of 117 Australians per day were admitted to hospitals with COVID-19, with 37 individuals in intensive care units due to COVID-19 complications. Almost one in four Australians are at higher risk of severe illness from COVID-19.

Despite the risks, many of these people aren't taking necessary precautions.

What can we do to reduce risk of severe illness?

With our dry season / winter here, it's crucial to prepare for a potential surge in COVID-19 hospitalisations. Check if your loved ones have a COVID plan in place, especially if they're at higher risk. If you're at risk, you may be eligible for antiviral medicines if you do contract COVID-19. Check eligibility and plan with your GP.

Getting stronger - use it or lose it!

Information provided by Southern Cross Care

Are you looking for a targeted program to help you get fit, maintain mobility and strength, and get more out of life?

The **Stronger Today** group exercise program, delivered by **Southern Cross Care**, offers all this and more for people aged 50+. The best news is, you can join the program in two locations - at the Charles Darwin University Casuarina campus (CDU Fitness Hub), and the Darwin Community Hub at Pearl Retirement in Fannie Bay.

Cost:

Prices vary depending on different funding options - please talk to the friendly health and wellness team at Southern Cross Care about the option that would best suit you.



Each new client will need an initial assessment of one hour with one of our Exercise Physiologists.

After the assessment, the client is usually booked in for a few one-on-one sessions with a staff member to develop/learn their individualised exercise program.

They can then transition into a group class if they are suitable, or continue with one-on-one treatment.

Stronger Today group classes and one-on-one exercise sessions in the gym run for 55mins

Charles Darwin University: Classes currently on Tuesday & Thursdays at 9:00am. Maximum class size of 6 (Clients **must** be able to mobilise and transfer independently).

Fannie Bay Location: Classes run from 9am- 3pm most week days.

Maximum class size of 6 .

Maximum class size of 3 for **Stronger today lower functioning**.

Call Southern Cross Care on 8946 1803, or email them at darwin.hws@southerncrosscare.com.au



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 -



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

Out and about: community engagement

Darwin High Health Expo held on 31st May

This annual event is an opportunity for students to meet representatives from a range of community organisations and services. Our stand focused on healthy lifestyle choices that promote **good bone and joint health**. Many students collected information and participated in a quiz on the skeletal system.



Presentations

AONT was invited to speak at recent meetings of the following community groups - opportunities to talk about the role of AONT, providing samples of our resources, and engaging with audience members.

Charles Darwin Probus

From Darwin Probus website: *“Probus is Fun and Friendship in Retirement. Clubs are non-profit, non-sectarian and non-fundraising. Objectives of Probus are to stimulate thought, interest and participation in activities at a time of life when it is easy to become complacent and self centred”*. For more detail on clubs in the Darwin and Palmerston areas, check out <https://darwinprobus.org>

National Seniors, Top End Branch

National Seniors Australia is a nationwide organisation of around 70,000 members focused on improving outcomes for seniors in a wide range of issues. The national office actively lobbies the federal government over issues ranging from the ability of pensioners to work without penalty to their pensions, to seeking better house designs for older people. The Top End branch is active in promoting issues of concern to senior Territorians at an NT government level as well as providing social activities for members. Branches are a great way to expand your social circle with social outings, events, guest speakers and more! If you are interested in joining, call their Membership Team on 1300 76 50 50.

Coming soon

Both these events have free entry, and lots on offer to Seniors.

COTA's Seniors Expo

Saturday 29th June, 10:00am to 2:00pm

In Marrara, at the CDU Stadium, Sitzler Netball Centre.

Interactive information stalls, performances, demonstrations and morning tea.

Palmerston Seniors Day,

Wednesday 14th August, 10:00am to 3:00pm

At Palmerston Recreation Centre. A wide range of information stalls as well as activities to try out or simply watch. To attend the Palmerston event, **registration is essential for catering purposes**. For how to register, call Palmerston Council on 8935 9967 or check their website www.palmerston.nt.gov.au

Vegetarian Greek Lasagne - serves 6

This recipe shows you how to modify a recipe to make it vegetarian friendly with less salt and saturated fat, increased fibre and healthy protein content.

Note from AONT: This modified recipe is dairy free. Please ensure you have an adequate calcium intake from other sources to maintain bone density. This is especially important if you are have osteoporosis or have been diagnosed with low bone density (osteopenia).



Original Ingredients	Modifications	Modified Ingredients
Lasagne		
2 tbsp olive oil		2 tbsp olive oil
500g beef mince	Swap for high protein and iron vegetarian alternative (lowers saturated fats too). Add mixed vegetables to bulk the sauce and boost fibre.	2 x 400 g tinned lentils (drained and rinsed) 1 carrot grated 3 large mushrooms diced
1 onion finely diced		1 onion finely diced
3 garlic cloves, crushed		3 garlic cloves, crushed
1 tbsp oregano		1 tbsp oregano
1 tbsp rosemary		1 tbsp rosemary
2 cloves		2 cloves
1 tsp allspice		1 tsp allspice
2 large bay leaves		2 large bay leaves
1 cinnamon stick		1 cinnamon stick
400g tinned crushed tomatoes		400g tinned crushed tomatoes
½ cup beef stock	Swap for passata sauce to lower sodium and be vegetarian friendly	½ cup passata + ½ cup water (if needed)
250 g penne pasta	Swap for a high protein alternative	Vette high protein pasta
¾ cup (80g) grated parmesan cheese	Swap for non-dairy cheese	¾ cup (80g) grated vegan non-dairy cheese
Bechamel Sauce		
¾ cup (185g) butter	Swap for margarine to be non-dairy and lower saturated fat	¾ cup (185g) olive oil margarine
¾ cup (110g) plain flour		¾ cup (110g) plain flour
3 cups (750 ml) milk	Swap for non-dairy option	3 cups soy milk
2 eggs, lightly beaten	Omit	Omit
¾ cup (80g) grated parmesan cheese	Swap for non-dairy based cheese	¾ cup (80g) grated vegan non-dairy cheese
¼ tsp freshly grated nutmeg		¼ tsp freshly grated nutmeg

Method:

1. In a medium-sized pan, bring olive oil to medium high heat and add onions and garlic. Saute for a few minutes until brown and fragrant. Add lentils, tomato paste, oregano, rosemary and cook for a few minutes. Add tinned crushed tomatoes, passata sauce and additional water if needed, along with the bay leaves and cinnamon stick. Simmer on low-medium heat for 30 minutes.
2. Meanwhile, bring a pot of water to boil and cook pasta as per packet instructions.
3. Prepare bechamel sauce by melting margarine in a saucepan on medium heat. Add flour and whisk for 2 minutes. Reduce heat to low and gradually add milk, stirring consistently until smooth and thickened. Add about half of the cheese to the mix and set aside to cool.
4. Preheat the oven to 200^o and prepare a large casserole dish by brushing lightly with olive oil.
5. In the casserole dish, firstly arrange pasta flat in the dish. Cover with lentil sauce, spreading evenly. Top with bechamel sauce. Sprinkle the remainder of the cheese over the top and bake in the oven for 45 minutes or until golden.

Thanks to Andrea Rossides, Dietician, Healthy Living NT

**Trust yourself. You know more
than you think you do.**

Dr Benjamin Spock



Older Persons' Abuse

Survey opportunity - Darwin Community Legal Service

Help create a safer and more aware community for our older residents by completing the survey accompanying this newsletter.

Collecting this information will help the Community Legal Service assess the level of awareness and understanding in the community of Older Person Abuse, potentially as a basis for further community education programs.

This is **a survey for all ages, not just seniors**. Please try to get your adult children and/or grandchildren to invest five to 10 minutes, as well as completing it yourself. There are no right or wrong answers!

Completed surveys may be returned to:

- the AONT office, or
- the Community Legal Service office in Darwin, Winlow House at 75 Woods St, or by post to GPO Box 1380, Darwin 0801.

Or if you prefer, the survey may be completed by phoning the AONT office and we will record your answers and submit them to the Community Legal Service.



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

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](https://facebook.com/arthritis.osteoporosis.nt)

Contact us

(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 “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



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

YOUR MEMBERSHIP MATTERS

Renewals are due from 1st July and notices will be sent out with the next newsletter. If you renew before 30th June the current fees will still apply (\$20 individual concession, \$40 full membership etc)

Membership fees from 1st July will be :

- ◆ Individual membership - \$25 pa concession (\$45 full fee)
 - ◆ Family membership - \$40 pa concession (\$70 full fee)
- This is a fairly modest increase from the previous fees, which had not changed since July 2009 - 15 years ago! We look forward to your continued support.



Proudly sponsored by
**Northern Territory
Government**

