

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.

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jointNTed

Arthritis & Osteoporosis NT

October—November 2024

What a Pain!

Pain self-management info session Recently we successfully ran this course as a single short-day session and now plan to run it every third Friday of the month from 9.30 am to 1:00 pm at our office or other locations. Turn to page 2 for further information.

The urgent need for better care for arthritis and musculoskeletal conditions

On 21st August **Parliament House, Canberra** together with **Arthritis Australia**, hosted an interactive **Parliamentary Summit**.



Arthritis affiliate representatives from all the states and territories attended, as well as consumers, business leaders, clinicians, researchers, parliamentarians and policy makers. Almost 100 people were present including AONT Board member Ruth Garden as the NT representative.

The Summit highlighted the urgent need for action to transform healthcare for the 7+ million Australians living with arthritis and other musculoskeletal conditions. Presentations provided in-depth insights into the importance of investing in these conditions to help individuals while also producing significant savings for the health system.

Musculoskeletal conditions, including arthritis and back pain, are a leading cause of chronic pain and early retirement due to ill health. The cost to the health system is almost \$15 billion dollars a year, and thousands is spent in out-of-pocket healthcare expenses. But there is evidence that Australia is not getting the best return on its

investment. *Continued on page 2*



The Summit took place during a week of Parliamentary sittings, and NT Federal Representative, Luke Gosling OAM, MP took time out between meetings to meet Ruth and talk about the role of Arthritis & Osteoporosis NT (pictured at

Continued from previous page:

The need for better care for arthritis and musculoskeletal conditions

Arthritis Australia is calling for:

- Funding and delivering of cost-effective, coordinated care for arthritis and other musculoskeletal conditions, with equitable access for rural, regional and priority populations;
- More affordable access to allied healthcare;
- Support for consumer education and for health system navigation;
- Supporting the multidisciplinary workforce (medical, allied health etc) to provide better care, including addressing workforce shortages;
- Funding more arthritis and musculoskeletal research, commensurate with the disease burden and economic impact.

Annual General Meeting

When: Saturday 23rd November

Time: 2:00pm

Where: AONT office, Rapid Creek Business Village

All members are encouraged to attend the AGM and perhaps consider joining the Board. There are no formal requirements for board membership, only that you are a member of the organisation. At the AGM all Board positions become vacant and elections are held, including 10 non-executive positions. This is an opportunity for new people to step forward. **New faces are very welcome!**

A formal Notice of the AGM will sent out to all members closer to the date. In the meantime the Special Purpose Financial Report prepared by our auditor is available for inspection. Please contact the office to make arrangements if you wish to see our Financial and Annual Reports ahead of the AGM.



What a Pain! - two separate sessions

When: (1) Friday 18th October in Palmerston - venue to be confirmed

(2) Friday 15th November at our office in Rapid Creek

Time: 9:30 am to 1:00pm, including a morning tea break.

Where: AONT office, Rapid Creek Business Village

Gain more control over your life by learning how to self-manage your pain!

This interactive workshop is led by experienced facilitators, who guide participants in learning tried and true strategies for pain management.

MEMBERS FREE! - non-members: \$5 donation, towards materials & refreshments -

**Please pass the enclosed flyer on to a friend, as
these sessions are open to the public**

Community Engagement

Palmerston Seniors Day — 14th August

For the first time, AONT held an information stand at this annual event, offering a wide range of helpful materials on both arthritis and bone health. Hosted by the Palmerston City Council, and held at the Palmerston Recreation Centre, this was an opportunity for guests to visit a range of information stands, and enjoy the entertainment and presentations.

We had 46 visitors to our stand, some of whom requested follow up information. The morning tea and two course lunch were very popular too.



Ms Jones with Mr Skeleton and volunteer Ruth Garden

Government House Open Days

The last weekend in August was an opportunity for the public to visit Government House as part of their annual Open Days. Along side several other community organisations, we provided an interactive information stall. Other stall holders included: Carers NT, Down Syndrome Association, Multicultural Council, Helping People Achieve (HPA) and St John Ambulance. Scouts and Girl Guides provided refreshment stands.

Among those visiting our stand were quite a few interstate visitors, delighted to be in town at the right time! Thanks go to our Patrons His Honour Professor Heggie and Ms Jones for this opportunity.



AONT Seniors Month Open Day — 30th August

We were very pleased to welcome allied health professionals who generously gave their time to deliver presentations to their interested audiences.

Physiotherapist Dorianne Sherry from Physio Evolution explained how the GLA:D exercise programme assists people with osteoarthritis of the knee.

Exercise physiologist Hillary Grubb from Vitality Health & Rehab spoke about balance, falls prevention and functional strength, particularly to reduce the possibility of fractures for people with osteoporosis.

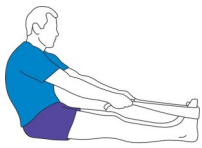
Following the success of these sessions we are looking at running more of this type of presentation.



The two presenters (second from left and far right) and some of the participants

Exercises for the feet and ankles

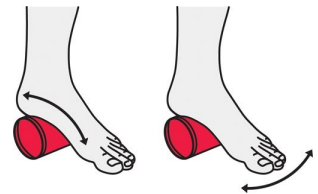
Achilles tendon and plantar fascia stretch



Loop a towel around the ball of your foot and pull your toes towards your body, keeping your knee straight. Hold for 30 seconds. Repeat three times on each foot.

Plantar fascia stretch

Sit down and rest the arch of your foot on a round object, such as a tin of beans. Roll your foot on the tin in all directions for a few minutes. Repeat this exercise twice a day.



Sitting plantar fascia stretch

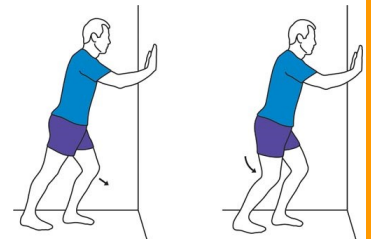


Sit down and cross one foot over your knee. Grab the base of your toes and pull them back towards your body, until you feel a comfortable stretch. Hold for 15-20 seconds. Repeat three times.

Wall push

(a) Facing a wall, put both hands on the wall at shoulder height and place one foot in front of the other. The front foot should be around 30cm (12 inches) from the wall. With the front knee bent and the back knee straight, bend the front knee towards the wall, until the calf in your back leg feels tight. Relax and repeat 10 times.

(b) Repeat (a) but bring the back foot forward a little, so that the back knee is slightly bent. Repeat this 10 times.



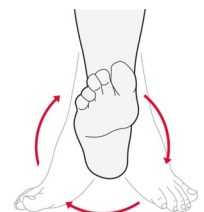
Ankle range of motion



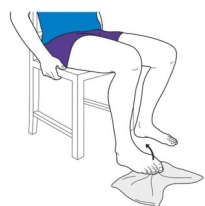
Bend your ankle up towards your body as far as possible, then point your toes away from your body. Repeat this 10 times.

Ankle rotation

Move your ankle around slowly in a circle. Do this 10 times one way, then repeat in the opposite direction.



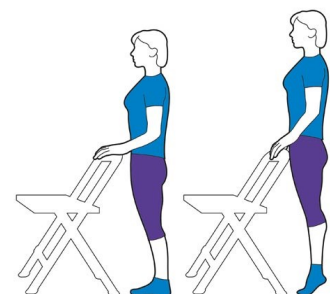
Towel pickup



Sit down with a towel on the floor in front of you. Keeping your heel on the ground, pick up the towel by scrunching it between your toes. Repeat 10 to 20 times. As you improve, add a small weight, such as a tin of beans, to the towel.

Standing heel raise

Using a counter or chair for support, rise up on your tiptoes, with your knees straight. Slowly lower your feet back down. Repeat this 10 times.



Dementia Alliance Darwin:

The Dementia Alliance Darwin is a local not for profit community group, supported by Dementia Australia, composed of individuals passionate about dementia advocacy. The goal of the Alliance is to improve the lives of people living with dementia, their carers and their families by creating an inclusive community:

- providing support for those living with dementia and
- supporting the community in playing their part.
- learn more about the Alliance by emailing dementiaalliancent@gmail.com or calling : **0455 668 527**

If you have concerns about your memory or cognition, or that of a loved one, consult with your GP.

Dementia Australia can help you navigate from getting a diagnosis to living with dementia and connecting you to support services

Ring the free 24/7 National Dementia Helpline to get advice: **1800 100 500**
or visit <https://www.dementia.org.au/>

Active bodies, active minds: a dementia-friendly fitness and socialisation project



Dementia Friendly Activities at COTA NT



Call **08 8941 1004** for information and transport bookings
(Activities are held in Darwin)

- Seated funfit** - biweekly
- Choir singing** - every month
- Line dancing** - every month



- Transport can be provided
- Activities are specially designed
- Class limited to 10-14 participants
- Gold coin per class per person.



www.cotant.org.au/programs/fit-for-life/dementia-friendly-activities

This program is designed for those living with early stage dementia and is supported by the following groups:



SUPERAGEING
SHARON KELLY

Let's Sing!



Stem Cell therapy

The Australian government invests \$7 million for research into stem cell therapy for osteoarthritis

The Australian Government is investing \$34.5 million in stem cell research to develop groundbreaking new treatments. This funding will support six innovative projects, including a **clinical trial to treat knee osteoarthritis**.

With one in five Australians over 45 affected by osteoarthritis, this research offers hope for delaying disease progression and reducing the need for knee replacements.

Minister Butler stated, “Stem cell therapies could provide innovative treatments for many chronic and inherited diseases we can’t yet treat effectively. Such therapies could also revolutionise how we test and develop new medications.”

Melbourne-based company Magellan Stem Cells will receive \$7 million to conduct large phase three clinical trials with hundreds of Australians, that will test a promising technology that uses donor stem cells to treat and potentially halt the damage caused by knee joint osteoarthritis.

One in five Australians over 45 suffer with osteoarthritis. No current therapies delay the progression of osteoarthritis, and an increasing number of patients undergo total knee replacement surgery.

Other projects include: trialling restoring function after a spinal cord injury by transplanting stem cells, with a team from Griffith University receiving \$6.8 million in research funding; brain research institute The Florey receiving nearly \$5 million to progress their work to find an effective treatment for Motor Neuron Disease.

A total of six projects will share in \$34.5 million from the Medical Research Future Fund’s (MRFF) Stem Cell Therapies Research Grant Opportunity.

Extract from Arthritis Australia Newsletter September 2024

Palmerston Support Group

Palmerston Support Group continues to meet on the fourth Monday of the month at 10:00 am at the Brennan Electoral Office (opposite Target) . ***Next year’s venue to be confirmed***

The group has an activity or a guest speaker for most meetings to suit the interest of the members. Guest speaker for the 28th October will be from COTA, the subject being “Dying to know”.

The November meeting will be the last for this year, with the group reconvening in January

Visitors are welcome. Contact the convenor Lyn Skipper on 0437 121 565 for more information.

*Our body cells renew themselves when we sleep;
if only our wallets would do the same. P. K. Shaw*



Some say life begins at 40, others say 50...
Nonsense!
Life begins when you decide to quit
worrying about what everyone else thinks.

Paprika Chicken With Crispy Chickpeas and Tomatoes

<https://www.goodhousekeeping.com/food-recipes/>

Ingredients

- 12 oz (340g) cherry or grape tomatoes
- 8 cloves garlic, smashed, in their skins
- 1 x 15-oz can (425g) chickpeas, rinsed
- 3 tablespoons olive oil, divided
- Salt and pepper
- 4 x 6-oz (170g) boneless, skinless chicken breasts
- 2 teaspoons paprika



Directions

1. Heat oven to 425°F (220°C). On a baking tray, toss tomatoes, garlic and chickpeas with 2 tablespoons of the oil and $\frac{1}{4}$ teaspoon each salt and pepper. Roast 10 minutes.
2. Meanwhile, heat remaining tablespoon oil in large skillet on medium. Season chicken with paprika and $\frac{1}{2}$ teaspoon each salt and pepper and cook until golden brown on one side, 5 to 6 minutes. Flip and cook 1 minute more. Transfer to baking tray with tomatoes and chickpeas and roast another 6 minutes until cooked through. Discard garlic skins before serving.

Stay Hydrated *Extract from Arthritis Australia Newsletter May 2024*

We often forget to stay hydrated, especially in a warmer climate. Staying hydrated is beneficial for people living with arthritis and musculoskeletal conditions.

- **Cartilage Support:** Hydration supports the elasticity of cartilage, and can help by reducing the friction between bones.
- **Pain Management:** Well-hydrated tissues can better withstand stress, potentially alleviating pain associated with arthritis.
- **Flushing toxins:** Hydration aids in flushing out toxins, which can help fight inflammation.

Remember, it's not just about the quantity but also the consistency, that is, a steady intake throughout the day, right from when your feet first hit the floor in the morning!

This is your reminder to drink plenty of water!

What is a weed?

A plant whose virtues have
not been discovered.

Ralph Waldo Emerson

Did you know?

Poincianas are classified as weeds. They come from Madagascar and their seed pods are spread by birds into the bush. But Darwin wouldn't be the same without them!



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

Co-Patrons

His Honour
Professor the Honourable
Hugh Heggie PSM
Administrator of the NT
and Ms Ruth Jones

Vice Patron

The Honourable Vicki
O'Halloran AM CVO

Find us at

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Business Village,
48 Trower Rd Millner

www.aont.org.au

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

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We are open

9:30am – 2:00pm
Monday to Thursday
(excluding Public Holidays)

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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:

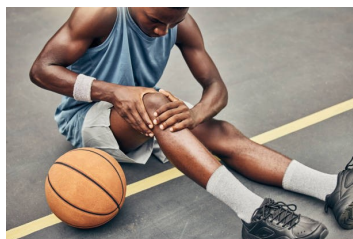
- Responding to walk in and telephone enquiries
- Providing personalised information packs in response to enquiries
- Hosting information/education sessions: “Taking the first step” to becoming more active, and “What a Pain!” for chronic pain self-management
- Providing information stands at a range 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

Sports Injuries and Joint Health

Did you know that young sports players who injure themselves may be at an increased risk of developing arthritis later in life?



We have produced a flyer aimed at young people to warn them about this and what to do to minimize the risks of injuries. It is also available through our website www.aont.org.au.

If you know a young person to whom this might apply, refer them to our website or contact the office to get a copy.

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