INSIDE
Frustration-free Packaging
Arthritis and Diabetes Health Advocacy Services
Photo Gallery
News from the Alice
New Volunteers
Christmas Cheer!
Vollies Corner
..... and more

ADO Diane Clark and Vice President Gail Keddie with the collapsible brochure display stand which we will be able to use for public displays and information stalls.
This stand was funded by a grant from the City of Palmerston council.

SEASONS GREETINGS TO ALL

Office closes: December 13
Re-opens: January 14
As we approach the end of 2012 the Board is very happy with everything that we have accomplished this year. To a large extent this has been due to the hard work and dedication of our Administration and Development Officer, Diane Clark. She has been a fount of innovative ideas, as a result of which we have been able to get information about arthritis, osteoporosis and our organisation to a much wider public than previously.

During the year Diane investigated the best ways of advertising our events and as a result, this year, our Seniors Month activities and our Volunteer Recruitment Drive have been very successful. We will be able to use this useful information in the future and build on the contacts made.

As mentioned in the last Newsletter, we are very sorry that Diane is leaving us, but we are extremely grateful for all that she has done during the last 12 months. She has promised to continue as a volunteer in 2013, but in the meantime will have a well-earned rest.

We would like to welcome Trialee Coonan, Diane’s replacement as Administration and Development Officer, who came to us as a result of the Volunteer Recruitment Drive. Her mother, Lorraine, one of our new volunteers working in the office every Tuesday, told us that Trialee was looking for work. She and Diane have been working together for several weeks so that Trialee can get her head around the many facets of the work, and again we are very grateful to Diane for being prepared to do this.

We would also like to welcome the Board three new members who came to us as a result of the Volunteer Recruitment Drive. Mary Fathers is a Chemist, Casuarina, has also joined the Board. She is definitely not retired and looking for things to do, but is willing to share her expertise with us.

Once again heartiest thanks to all our volunteers who have done so much for us this year, so willingly and cheerfully giving your time. And thank you very much to all our new volunteers who have shown that they are keen to do whatever we ask. I would like to give a special thanks to Don who is doing the cleaning for us each week, and came in specially after the morning tea to vacuum the floor. Knowing that the office is always clean makes a big difference to all of us who work here.

Happy Christmas and best wishes for the New Year to everyone from the Board.

Hilary Fowler, Secretary

From the Board

QUILT RAFFLE
To the delight of everyone present, Darwin Patchworkers & Quilters 2012 Quilt Raffle, drawn on 5 November, was won by Judy Anictomatis, the immediate past president of the club.

Second prize was won by Carole Garland, a quilter from Newcastle NSW, who purchased her ticket whilst attending the Folk Festival in Alice Springs.

DP&Q is thrilled that our quilts will bring pleasure both locally and interstate. Thanks to everyone who sold and bought tickets.

A donation of $3000 will be made to AONT.
Everyone deserves frustration-free packaging

Super-tight jar lids and fiddly food and drink packages drive many people, not just those with arthritis, around the twist. Screw tops that need too much muscle, ring pulls on cans, water bottle caps and mini-milk containers, sugar and jam are among the worst offenders.

The frustration is also a health hazard, with tens of thousands of Australians a year believed to suffer cuts, strains and bruises from trying to prise open or stab stubborn containers with knives or scissors. But relief is at hand with the development of a test, hailed as a world first, to predict the percentage of the population easily able to open and use products and packaging. It will guide designers and manufacturers. The scientific measurement score was developed by Arthritis Australia, Nestlé and America’s Georgia Tech Research Institute.

This is because over the last few decades packaging has got hard to open. Tamper-proof technology and shrinking product sizes had made packaging harder to wrestle with. Tins, bottles and packets that were both consumer friendly and safe were vital as the population aged.

Nestlé has redesigned its Nescafe Gold Blend coffee jar and is reviewing popular products such as lollies, ice cream, cereals, milks and baking ranges. Nestlé Australia is committed to redesigning the packaging of some of its other products to make them easier to open for people affected by arthritis.

Ms Jacky Nordsvan, is the Packaging Specialist at Nestlé Australia who is leading this project. “We really wanted to understand what it’s like for people with arthritis” she said.

Wendy Favorito, 41, has lived with arthritis since childhood and is now the Consumer Representative and Director of Arthritis Australia. Wendy, who has injured her jaw and stabbed her hand while trying to open packaging, welcomed the move.

“I’ve used my mouth to open bottles, knives or scissors to prise off lids or open packets. Most people take things like unscrewing a lid off a jar for granted, but for me it can be very painful and at times impossible. Everyone, not just those with arthritis, deserves frustration-free packaging,” says Wendy Favorito.

If you have ever experienced anger, frustration or injured yourself trying to open packaging, The Australian Packaging Covenant (APC) provides the community and consumers of packaging with a mechanism to bring forward complaints and receive help and advice about consumer packaging.

Call the new Packaging Complaints line on 1300 308 030 during business hours, Eastern Standard time. Companies cannot fix hard to open packaging unless you let them know there is a problem.

From Arthritis ACT

Over the next several newsletters we would like to introduce our new volunteers to members. In this issue we have “Don’s story”. Don identified the fact that we required a cleaner and volunteered to step in and take on this role. Much appreciated Don.

“Hi, I’m Don,

“I arrived in Darwin in 1954 and have been here ever since. I’ve held many interesting positions both in and outside the public service before retiring from Dept Education in 2001.

“I’ve volunteered at the East Point Military Museum (about 3 years) and Healthy Living NT (8 or 9 months). I’m currently motivated to try and give the A and O Foundation a bit of help.

“That’s a thumbnail sketch of me. Cheers and keep up the good work.”

Crack yourself up

Donald Trump went to the doctor and said, “Can you give me something to boost my esteem?” The doctor handed him a huge pair of stick-on ears.

“Will these make me more attractive and powerful?” said Trump.

“No,” said the doctor, “but they’ll stop people laughing at your hair”.

FYI-

DO YOU HAVE A COMPUTER AND ACCESS TO THE INTERNET?

GOOGLE- TWENTY THREE AND A HALF HOURS (WATCH THIS NINE MIN PRESENTATION, VERY WELL DONE AND WORTH A LOOK !!!

Vollies Vollies Vollies Vollies
Corner Corner Corner Corner
3
ADO Report

Hello to all.
My name is Trialee Coonan.
I have taken over from Diane Clarke as AONT’s Administration and Development Officer.
I have spent the past month working with Di, learning the ropes, and being introduced to a network of contacts. Thank you Di for all of your time and effort. I certainly have some big shoes to fill.

MY BACKGROUND-
I was born in Darwin and have lived here for most of my life.
My most recent position was working for the Salvation Army, where I managed community support.
Since joining AONT I have been out and about - the Palmerston GP Superclinic, where we placed our brochure stand, Malak Community Centre for a “Healthy Darwin” presentation and Palmerston Support group meeting, just to name a few.
The AONT held a Christmas morning tea for all of our volunteers, the morning turned out to be a great success. For many of our volunteers this was the first opportunity they had to meet other volunteers and board members.

We have also conducted “Staff training” and orientation days for volunteers, covering a range of topics from office procedures to information stands and general AONT procedures. Follow-up training will also be made available to any new volunteers.

Early in the new year AONT will hold an Occupational Health and Safety talk and training session. Dates and times will be advised. This will be a great opportunity for volunteers, staff, and board members alike to come and learn about safety in the office, as well as evacuation and threat procedures.
The GP Superclinic at Palmerston has recently celebrated their second year of running, they have gone from two doctors on staff to sixteen. As of November 1st opening hours have been extended, opening now from 8 am to 10pm seven days a week.

Conversation Cafe times and venue have changed, we are now meeting at Central Cafe in Rossiter Street at 10.30 am every fourth Monday of the month. We would love to see and meet some new faces, so if you are free come along for a coffee and a chat.

AONT would like to take this opportunity to thank all of our volunteers for the time and effort they have put in this year, and we hope to see you all again next year. Trialee Coonan, ADO

MERRY CHRISTMAS AND A HAPPY AND SAFE NEW YEAR TO YOU ALL!

New volunteers

So many new faces! As well as those mentioned in the board report, we also welcome Anne, Indah, Janine, Lorraine, Maren and Toni to the team. On 14th November most of our volunteers met in the office for morning tea. This was a rare opportunity for all of us to be together, and enjoyed by all. It’s intended that we’ll meet up again long before the next end of year function! Together with staff, and special guest Minister for Health, Mr Dave Tollner, there were 24 people present.
On 7th November an orientation session was held to give newcomers an overview of the organisation and an understanding of how we strive to assist people with arthritis and osteoporosis. Another session was held on 20th November to explain and demonstrate a range of procedures in the office. A repeat of the first orientation session is planned for 3rd December for those who were unable to make it to the first one.

As a long term volunteer (13years) I am delighted to see such a positive response to our recruitment drive. While we have always welcomed prospective volunteers, this is the first time in my experience that we have used commercial advertising in this regard, thanks to an NT Government Community Benefit Fund grant. It has been a pleasure and privilege to assist with the orientation of so many wonderful and willing people.

Ruth Garden, volunteer.
Arthritis and Diabetes

Arthritis and diabetes are common chronic conditions that can often occur together. In Australia, two in five people with diabetes also have arthritis, with osteoarthritis being the most common form. The good news is that many of the lifestyle changes that help in managing diabetes, such as maintaining a healthy weight, keeping physically active and adopting a healthy diet, are also beneficial for arthritis. While arthritis and diabetes are not directly related, they do share some connections.

Type 1 diabetes and rheumatoid arthritis

Type 1 diabetes and rheumatoid arthritis are both autoimmune conditions and research shows there may be some genetic association between the two conditions, as well as other autoimmune diseases. People with rheumatoid arthritis also face an increased risk of insulin resistance, which can increase their risk of developing type 2 diabetes.

Type 2 diabetes and osteoarthritis

Age and excess weight are risk factors for both osteoarthritis and type 2 diabetes, and being sedentary or overweight can worsen both conditions. Excess weight puts extra strain on weight-bearing joints and over time they may become worn under the pressure. The pain and limited mobility associated with arthritis may also increase the risk of type 2 diabetes by making people less active, increasing the risk of weight gain.

Diabetes may also cause musculoskeletal changes that lead to arthritis-like symptoms such as joint pain and stiffness.

Treating arthritis

Medications

Arthritis treatment aims to reduce the pain, inflammation and stiffness associated with the disease and to slow or stop the progression of joint damage. Treatment includes medications such as analgesics (pain killers) and non-steroidal anti-inflammatory drugs (NSAIDS) for inflammation. This can sometimes affect diabetes management, as large doses of certain anti-inflammatory medications may affect blood glucose levels in people with diabetes. For this reason, it is important to tell all your doctors about any medications or dietary supplements you may be taking.

Exercise

If you are overweight, losing weight can reduce the risk of developing both osteoarthritis and type 2 diabetes. If you already have osteoarthritis or diabetes, losing weight can improve your symptoms and slow down deterioration. Every kilogram of weight lost takes four kilograms of load off your knees, as well as helping to reduce blood glucose levels.

Regular exercise is one of the most effective treatments for arthritis because it helps to maintain joint mobility and strengthen muscles, taking the load off your joints and making the joints more stable. It is also important in managing type 2 diabetes, as it can lower blood glucose levels and improve the body’s ability to use insulin. There are many activities that can be beneficial for people with arthritis including walking, warm water exercise, strength training and yoga or tai chi.

Diabetes occurs when the pancreas no longer produces the insulin needed by the body.

Type 1 represents 10 to 15 per cent of all cases of diabetes and is not caused by lifestyle factors. While the exact cause of type 1 diabetes is not known, it is thought that some people have a genetic predisposition for this condition and when exposed to a trigger, the immune system then destroys the insulin producing cells in the pancreas. Symptoms can include excessive thirst and urination, unexplained weight loss, weakness and fatigue, irritability.

Type 2 is the most common form of diabetes, representing 85 to 90 per cent of all cases of diabetes. While it usually affects mature adults, more young people and even children, are being diagnosed. Risk factors include family history and being overweight. Often symptoms go unnoticed as the disease develops gradually. Symptoms may include blurred vision, skin infections, slow healing, tingling and numbness in the feet.

From Arthritis & Osteoporosis Matters NSW 2012
Health Advocacy Services

Did you know?
If you have a problem with a healthcare provider, for example, you feel that you have not been treated ade-
quately, or not listened to, there are several organisations who will support you in making a complaint. Any
of the following will give support making a complaint, or give you the necessary information. If they feel
that another advocate will address your problem more adequately, you will be assisted in presenting your
case. Usually an informal attempt will be made to resolve the complaint but if required, formal processes
can be initiated.

Always make your complaint as soon as possible after the problem occurs.

Health and Community Services Complaints
Commission
Anyone who uses a health service, or parents or
guardians, representative, carers, staff working at a
service, or another person can make a complaint
about that service. The HCSCC will discuss your
problem and attempt to resolve it, if necessary
using conciliation procedures. An investigation will
be held if it raises significant issues of public
safety.
Freecall: 1800 004 474 Phone: 08 8999 1969
Email: hcscs@nt.gov.au
Conciliation service (TIS): 131 450
Website: www.hcscc.nt.gov.au

Darwin Community Legal Service
DCLS provides free legal advice and advocacy
services covering: aged and disability advocacy;
credit and debt; family relationships, homelessness;
tenants’ advice; welfare rights; community legal
education; law reform and policy.
Freecall: 1800 812 953 Phone: 08 8982 1111
Email: info@dcls.org.au
Website: www.dcls.org.au

Northern Territory Anti-Discrimination
Commission
If you think you are being treated unfairly because
of: race; sex; age; impairment; medical condition
including mental health problems; sexuality;
political opinion; marital status; religion; friendship
with someone with one of these; or other areas, the
Anti-Discrimination Commission can help you.
Freecall: 1800 813 846 Phone: 08 8999 1444
Email: administrationadc@nt.gov.au
Website: www.adc.nt.gov.au

The Community Visitor Program
Any person receiving mental health treatment and
care, eg. people in a ward, people being treated
voluntarily, people who have been sectioned, or
people receiving treatment in the community, can
contact the Community Visitor Program for
assistance with a problem. Family members, carers,
friends and service providers can also initiate
contact.
Freecall: 1800 021 919 Phone: 08 8999 145
Email: CVPPProgramADC@nt.gov.au
Website: www.cvp.nt.gov.au

WORD CHALLENGE

How many words can you make from the letters in
Arthritis?
Each word must have at least 4 letters and contain the
central letter (shaded).
Avoid proper nouns (names) and making plurals by
adding s.
We got 18. Can you do better?

<table>
<thead>
<tr>
<th>A</th>
<th>I</th>
<th>H</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>R</td>
<td>I</td>
</tr>
<tr>
<td>R</td>
<td>S</td>
<td>T</td>
</tr>
</tbody>
</table>
Christmas Cheer

With Christmas just around the corner we look forward to catching up with relatives and friends. Good food, good company and a glass of bubbly or a cool beer are sure to enhance our enjoyment of the festive season. Often it is too easy to have a few drinks too many and we may ask ourselves whether we should be driving.

The following is a guide for a person’s blood alcohol concentration to remain under .05, the amount allowed under NT legislation for fully licensed drivers. Men should drink no more than 2 standard drinks in the first hour, and no more than one standard drink every hour thereafter. Women should drink no more than one standard drink per hour.

There are circumstances where this level of consumption is not safe, for example if people are on certain medications that affect reaction times and alertness. Prescription medications have warning labels attached, but some over the counter medications such as painkillers could also affect driving ability when mixed with alcohol.

The above standard drinks consumption levels are recommended for healthy people of medium weight, so if people are ill, frail or elderly, they may be too high.

The following all contain approximately one standard drink:

- 100 ml of wine (half a glass as served in a restaurant or pub)
- 30 ml of spirits (1 nip of whiskey, vodka, etc)
- 60 ml of fortified wine (brandy, port)
- 285 ml of full strength beer
- 375 ml of mid-strength beer
- 425 ml of light beer

If you indulge in lots of delicious rum balls, Christmas cake or tiramisu, don’t forget that they can have significant alcohol contents as well!

News from the Alice!

We are all coming to the end of another very busy year, and all around are lunches being organised. So Chair Based Exercise group and Warm Water Exercise group got together on Monday 19th November in the Water Tank Cafe for lunch.

This is the 4th year we have held our end of year party here. The cafe is excellent, a part of the Bloomin’ Desert Garden Centre.

They look after us very well - table all set up, decorated, water etc. We pre order our meals and when we arrive at 12 it is all ready to be served to us!

Our new venue for the Chair group in the Baptist church is going extremely well and we will be giving them a donation, (we collect each week, voluntary contribution) at the end of the year. They are so good to us and now we can even leave our equipment there each week.

On behalf of all of us in the Alice we wish everyone a very merry Christmas and a year ahead full of health and happiness.

Cheers! Irene Heaton, Chair/water exercise leader.

What can you do with your left-over Christmas ham?

Cheesy ham Pasta
Onion, garlic, and green bell peppers combined with ham, cheddar cheese pasta sauce and, for a surprise ingredient, nacho cheese sauce. Serve over fettuccine pasta or spaghetti.

Wild Rice Chowder
A chowder recipe can be made on the stovetop or in your slow cooker. With wild rice, onion, garlic, potatoes, carrots, and corn, it can stretch about 2 cups of ham to feed eight people!

Ham and Swiss quiche
Quiches are the perfect use for almost any leftover meat or vegetable.

Ham Filo roll
Filo dough's ultra-thin layers of pastry layered with melted butter, encasing ham, alfredo sauce, onion, baby peas and havarti cheese.

Ham Tortellini Caesar salad
Main dish salads are good year round. One of the best things is that you can vary them and substitute ingredients like ham.

Ham and Asparagus Pie
Pies are a fabulous way to use up any leftover meat. Use a prepared pastry for a quick no-fuss meal.

And finally ….. (of course) ….. ham sandwiches.
Here is our updated library, full of new books thanks to the grant from the Marian & EH Flack Trust.

Most of our new volunteers were recently welcomed with a morning tea, attended by Dave Tollner, Minister for Health.

ADO Trialee presenting Palmerston Shopping Centre Community Wheel’s Margot Cox with a certificate of appreciation for the grant enabling us to purchase another display stand.

Our four models, Hilary Fowler, Natalie Valastro, Maureen Archbold and Morgan Tilbrook at the “blue illusion” fashion parade in September.