

# NEWSLETTER JUNE 2007

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## From the CEO

Welcome to our second edition of the Newsletter for 2007.

As always, the Foundation is working in so many different areas to assist our members and the community.

Our Board has been spending time reviewing its activities and is working with an outside consultant, Wendy Whittem Tranz, (who is giving her time voluntarily to us again this year) to develop a further three year Strategic Plan.

Our staff and various community education volunteers met to evaluate the past year, and plan activities for the coming year. These activities include our Healthy Bones Week schools program, osteoporosis education, our community talks, possibilities for future projects, our warm water exercise program and the expansion of our self management programs to possibly include a Pain Management course. I am continually amazed at the wealth of experience, talent and dedication of so many of our volunteer members and so thankful for the wonderful staff we have.

We are delighted that Rowena Waterford, a final year student in the Community Education program at the University of Canberra is undertaking her final year project with us. Rowena will be endeavouring to make contact with parents and young ones with JIA and try to identify the type of support they require.

Monte has just completed a preliminary survey of workplaces to ascertain their interest in running a workplace education program for their staff. We are hopeful of having the funding to launch the project in the near future.

Our 30<sup>th</sup> Birthday celebrations primary focus will be a Morning Tea to be held at the Embassy Motel, Deakin from 10am on Wednesday 4 July. We would love to see as many of our past and present members as possible come along and help us celebrate.

We will be launching our first History of the Foundation at the morning tea. Mary Lindsay has spent a considerable time researching our archival material and has just completed the first draft of the History. Anyone with any anecdotes about the Foundation, or information they think might be suitable for inclusion should contact Mary through the office.

Just a reminder about the Fyshwick Market Stall on 2 June: I would love to hear from anyone who could spare a couple of hours to help on the stall on the day. We also need lots of goodies to sell. Just drop your donations into the office by the Thursday before.

I look forward to seeing many of you on 4 July,

Warm regards,

Elizabeth Scrivener  
**Chief Executive Officer**

### Arthritis ACT Board 2006-07

Mr Bill Wood (President)  
Mrs Julie Cochran  
(Vice President & alternate  
Director, Arthritis Aust.)  
Mr Norman Braidwood  
(Secretary)  
Mrs Elizabeth Maher  
(Treasurer)  
Mrs Helen Cody  
(Arthritis Aust. Director)  
Ms Anna Hackett  
Mr David Long  
Mrs Kristine Riethmiller  
Mr Ivor Stewart

## Education Report

Over the past few months the staff and our community educators have been very busy delivering programs across the ACT and the region. The following summary of some of our activities might give you an understanding of what we are doing.

\* Our warm water exercise sessions continue to expand with 17 sessions weekly in three Canberra locations

\* We have delivered a range of self Management courses, including CDSM, Arthritis and Osteoporosis courses in different areas of Canberra.

\* A variety of on-going support is provided through our general Arthritis support group, our RA & Sjogren's interest group, the Osteoporosis interest group which is held periodically, and our Young Adults group.

\* Information support for those with Fibromyalgia is provided, and people referred to the telephone support service associated with ACT ME/CFS Society where needed. In the same way we support those with Lupus and link people with the Lupus Association of NSW.

\* We have delivered our Community Talks program to around 35 groups including workplace and community groups.

\* Our Walking group has been suspended for the winter months.

\* Healthy Bones Week: last year had over 17,500 ACT school children participating. The event was launched at Canberra Girls Grammar School with a cow milking demonstration and various games and activities. Annette Ellis MP launched the event and Wendy Gray spoke about the importance of eating enough calcium to build strong bones.

\* Planning for this year's HBW

event is well underway.

\* We held a Small Joint Replacement Seminar earlier this year, along with our Management of Inflammatory Arthritis seminar in Arthritis Week.

\* Ten arthritis and osteoporosis seminars aimed at veterans were presented in the ACT and surrounding regional NSW in association with Arthritis NSW.

Monte Scharrow

**Education & Support coordinator**

## Focus Issue

— The impact of close personal relationships on young and middle-aged adults coping with arthritis

Sian Cole, a Doctoral student in Psychology at Deakin University is researching some of the psychological factors that impact on young and middle-aged adult's abilities to cope with arthritis. This research study is one of the few to investigate how these age groups deal with their condition. The study will yield important finding about how young and middle-aged people deal with arthritis and who they turn to for support.. To participate in this research, you must be aged between **18 – 55 years** and have a diagnosis of **inflammatory arthritis** and other related illness such as Lupus, Fibromyalgia and Psoriatic Arthritis. If you agree to participate, you will be required to complete an anonymous online survey.

The online questionnaire will take you about 40 minutes to complete and it can be accessed at [www.deakin.edu.au/psychology/research/arthritis/index.html](http://www.deakin.edu.au/psychology/research/arthritis/index.html) A summary of the major findings of the study will be published in Arthritis Foundation newsletters after the completion of the study in December 2008.

Questions? Contact Sian Cole on –04438 058 026 or [sian.cole@deakin.edu.au](mailto:sian.cole@deakin.edu.au)  
Deakin University Human Research Ethics Committee –project no: EC 393-2006

## Tai Chi for Arthritis Workshop

by Dr Paul Lam

**Registrations close 2 weeks prior.**

Cancellations and late registrations subject to a \$20 administrative fee.

For further information or to register contact:

Anna or Alison

6 Fisher Place, Narwee NSW 2209

Phone: 02-9533 6511

Fax: 02-9534 4311

Email:

[service@taichiproductions.com](mailto:service@taichiproductions.com)

Website:

[www.taichiproductions.com](http://www.taichiproductions.com)

**21<sup>st</sup> and 22<sup>nd</sup> July 2007** - Centenary Hall Newington College 200 Stanmore Road Stanmore.

### About Tai Chi for Arthritis

Dr Paul Lam is a practicing physician and tai Chi master for 30years. In conjunction with his tai chi associates and a team of medical experts, Dr Paul Lam has especially designed the tai chi for arthritis program. Scientific studies have shown this program significantly relieves pain and improves physical function.

### Tai Chi for Arthritis – Instructors / Leaders Workshop

Cost \$290 or 4270 if paid before 21<sup>st</sup> June

Time 9am – 5pm each day

Fee includes Tai Chi for Arthritis Instructional DVD, morning and afternoon tea resource book and certificate

### Tai Chi for Arthritis – Update and & Part II Workshops

Cost of Workshop: Update & Part II \$290 or \$270 if paid before 21<sup>st</sup> June or Update or Part II \$150 or \$130 per day if paid before 21<sup>st</sup> June

Time: 9.00am – 5.00pm each day

Fee includes Tai Chi for Arthritis Part 2 DVD, morning & afternoon tea, resource book and certificate.

### Men's Only Exercise Group

YMCA of Canberra & Woden Seniors has combined forces to provide a Men's only exercise group on Mondays from 8.00 - 9.00am with Tony Harber. This serious exercise class is designed for older men of low fitness to gain strength (using hand weights) and aerobic capacity.

Cost: \$6.50/person/class

Wear comfortable clothing and bring a water bottle. For more information contact the YMCA on 6230 6224 or Woden Seniors on 6282 2573.

It's safe, fun and effective!

### New Pryme Movers Exercise options

The YMCA has designed a number of new Tai Chi and other exercise classes operating on both the north and south side of Canberra.

Information in the Arthritis ACT office, or by contacting the YMCA on 6230 6224 or Woden Seniors on 6282 2573 or on website: [www.canberraymca.org.au](http://www.canberraymca.org.au).

## Can't use a trigger nozzle on your hose?

You can apply for an exemption Approval. 1 Obtain a Medical Clearance, 2 Write a letter to apply for an Exemption Approval Address letter to: Water Conservation Office

GPO Box 366 Canberra Act 2601

Email [waterconsveration@actew.com.au](mailto:waterconsveration@actew.com.au) Website: [www.actew.com.au](http://www.actew.com.au)

They will send you a laminated exemption sign that must be displayed so it is visible to any inspector or to those who might choose to report you to the authorities. The fine is @200 if no Exemption Sign is displayed.

30th ANNIVERSARY



Dear Friend,  
 We would be delighted if you could join us to celebrate our 30th Anniversary on 4th July, 2007  
 Venue: Embassy Motel  
 Time: 10.30am  
 Cost: \$15  
 RSVP: Arthritis ACT Office on 6288 4244  
 Or arthritisact@bigblue.net.au  
 by Monday 25th June, 2007



**Austrian Concert**

at  
*Austrian-Australian Club*  
 HEARD STREET MANSION  
 For information of Members and Guests  
 1.30pm  
**Sunday 24<sup>th</sup> June 2007**  
 Lucky Door Prize  
 Delicious afternoon tea will be available at a small cost  
 Monster Hamper to be raffled at end of concert  
 Admission \$10  
 Bookings can be made through the Arthritis Office on 6288 4244

**Entertainment Books**

Just a reminder that we have the ever popular Entertainment Book for sale. This year's book is better than ever, but still only \$50. A good gift for a birthday, or other special occasion.



**Bulb Drive**

Thank you to all who supported this fundraiser.  
 We made \$450.

**A Stranger in South America**

I've always wanted to go to South America and last year I decided to turn my dreams into reality. So on a sparkling spring morning last October I found myself in Buenos Aires ready for an adventure of a lifetime. The tour I signed up for covered five countries – Argentina, Chile, Brazil, Peru and Bolivia plus a day in Uruguay. Before undertaking it, I had enrolled in some elementary lessons in Spanish to help me with basic communication which proved to be quite useful. With very few exceptions I found the people to be friendly, even the officials at the numerous border crossings we traversed. English is quite well understood particularly in the larger cities.

The most memorable place on the tour was undoubtedly Machu Pichu in Peru, a ruined Inca city high in the Andes hidden for centuries in the jungle until rediscovered early last century by an American geologist. Imagine a wonderfully preserved city built of stone high up on a mountainside with other towering mountains rising behind, and below a great canyon through which flowed the rushing waters of the Urubamba River. We travelled by train to the site from Cusco the ancient capital of the Incas followed by a perilous journey by bus up the mountainside. When two buses meet one has to reverse because of the narrowness of the road. It paid not to look down while the driver was reversing or panic would ensue. Fortunately our driver was skilful!

Then there were the Iguazu Falls on the border between Argentina and Brazil where the Iguazu River tumbles

down into a canyon from the heights above in not one but numerous waterfalls (over 200) making for a magnificent spectacle. You can go right to the foot of the falls (or through them) on the Argentinean side. I took a boat trip under one of the main falls – quite an experience. Never have I been so wet with my raincoat being totally useless.

Other highlights were a trip by boat and bus between Argentina and Chile through the Andes in Patagonia in the far south of the continent. It was picture postcard country with towering snow capped mountains and deep blue lakes. Then there was Lake Titicaca the great lake that sits on a tableland on the top of the Andes and which is shared by Peru and Bolivia.

Buenos Aires in Argentina is a bustling prosperous city of 8-9 million people with stately buildings, green well kept squares, wide streets and excellent shops and restaurants. It is a shoppers' paradise especially for leather goods. The main shopping street is called Florida which, in Sydney terms, is like the Pitt St. Mall extending from Central Railway to the Quay with shops all the way! It's hard to believe the whole country went bankrupt in the late nineties. One of the highlights of our visit to BA was a tango night in a huge restaurant with over 2 hours of exhibition tango dancing after a first class meal washed down by an excellent red.

Rio de Janeiro in Brazil is another teeming city in magnificent surroundings located between the mountains and the sea. The famous Copacabana Beach with its gleaming white sands is every bit as good as Bondi, complete with bikini babes and a multitude of

soccer games played on the beach. We travelled by rack railway to Corvocado on which is located the famous statue of Christ, and by cable car to Sugarloaf, both of which featured superb views of the city and its surroundings. Of course there was a Samba Night with brightly coloured costumes and hip twirling dancers. Did you know that all the pictures of the famous Rio Carnival are taken in an area only 300 metres long surrounded on both sides by grandstands, seats in which cost a fortune?

As for the other cities, Santiago in Chile is pleasant city with tree lined streets and squares and with the snow-capped Andes as a backdrop. L Paz in Bolivia is something else again – imagine a city of over four million people built on the side of cliff! Lima in Peru, the former capital of Spanish America, is another huge city with a beautiful beachfront area known as Milleflores where the elite live and play, totally removed from the vast sprawling slums to the west. This great contrast between rich and poor is typical of many cities in South America. Lima is interesting city in that it has no drainage whatsoever since it never rains – only the occasional fog and morning drizzle.

Would I recommend South America as a tourist destination? Most definitely I would. While it has its problems in my view it is quite safe particularly if you're with a tour group as I was. It's advisable to purchase a good guidebook as I did which can tell you which areas to avoid in each city. Follow that advice and you'll have no problems.

John Martin

# CALENDAR OF EVENTS

## JUNE

- Saturday 2 Fyshwick Stall**
- Monday 4 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club , Phillip
- Saturday 9 Young Adults Group**  
Time: 12 noon -- 2.00pm  
Venue: Wests Rugby Club  
Contact: Steve 043 1107 543
- Thursday 14 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Sunday 24 Austrian Concert**  
Time: 1.30pm  
Cost: \$10  
Venue: Austrian Club Mawson  
Bookings essential
- Friday 29 Membership renewals due**

## JULY

- Monday 2 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club , Phillip
- Wednesday 4 Birthday Celebrations**  
Time: Morning Tea 10.30am  
Venue: "Roundhouse" Embassy Motel  
Hopetoun Circuit Deakin  
Cost: \$15
- Thursday 12 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Saturday 14 Young Adults Group**  
Movies  
Time: TBA  
Venue: TBA  
Contact: Steve 043 1107 543

## AUGUST

- Monday 6 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club , Phillip
- Tuesday 7 Healthy Bones Week 5-11**
- Thursday 9 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Thursday 9 Osteoporosis Self Management Course (4 Weeks)**  
Time: 10.00am - 12.30pm  
Venue: 27 Mulley St. Holder
- Saturday 11 Young Adults Group**  
Time: 12 noon - 2.00pm  
Venue: Wests Rugby Club  
Contact: Steve 043 1107 543

## SEPTEMBER

- Monday 3 Arthritis Support Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club , Phillip
- Saturday 8 Young Adults Group**  
Time: 12 noon -- 2.00pm  
Venue: Zoo & Aquarium  
Contact: Steve 043 1107 543
- Thursday 13 RA & Sjogren's Interest Group**  
Time: 10.30am – 12noon  
Venue: Hellenic Club, Phillip
- Friday 14 Charity Card Day Lunch**  
Time: 11.00am - 3.00pm  
Venue: Canberra Bowling Club  
Hobart Avenue Forrest  
Cost: \$15 (Bookings close 5th Sept.)  
Contact: 6288 4244 or 6290 0092