

Arthritis

AUSTRALIAN CAPITAL TERRITORY

**Incorporating
Osteoporosis
ACT**

NEWSLETTER September 2008

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*Something can be done ...
and we're
doing it !*

Arthritis ACT Board 2007-08

Mr Bill Wood (President & Alt.
Director Arthritis
Australia)
Ms Anna Hackett (Vice Presi-
dent)
Ms Kristine Riethmiller
(Secretary & Director
Arthritis Australia)
Mrs Elizabeth Maher (Treasurer)
Ms Julie Cochran
Ms Helen Cody (Director Os-
teoporosis Australia)
Dr David Graham
Ms Anne Messenger
Ms Helen Tyrell

President's message

Our president, Bill Wood, has announced that Tony Holland has been appointed the new chief executive of the organisation, replacing Elizabeth Scrivener, who has retired.

He said that the Board, in making the appointment, was particularly impressed by Tony's enthusiasm and his interest in working with volunteers in the community sector. Tony has long experience in regional government in New South Wales and in management of private school activities in New South Wales and Tasmania. He has strong credentials in financial management. Tony looks forward to continuing to work with voluntary groups. He begins work in the office on the 8th September and aims to meet as many members as possible very soon after that.

Bill Wood also expressed his, and the Board's, appreciation of the outstanding service Elizabeth has given to the organisation during her five years in the position. She has left the organisation in a strong financial position and with an increased range of programs. She had a great vision for the organisation and was able to implement it successfully. She has earned the gratitude of all members by her untiring efforts on their behalf. Elizabeth leaves in the knowledge that she has been much valued by all members.

Rare fractures

There have been recent media reports of an unusual type of fracture of the thigh bone (femur) occurring rarely in patients on Fosamax (bisphosphonate, alendronate).

These fractures are unusual as they occur sideways across the bone. The incidence of this type of fracture is very rare, with only 40 cases noted worldwide. Bone specialists are monitoring information about this new type of fracture and any possible relationship it may have to Fosamax treatment.

Patients prescribed this medication already have osteoporosis and therefore have bone that is weaker than normal bone and at greater risk of fracturing. Past and recent studies show a large overall protection from common fractures when taking bisphosphonates, with the risk of fracture being reduced between 25% and 70% (depending on the location of the fracture).

Osteoporosis Australia says that the benefits of treating osteoporosis with medicines like Fosamax far outweigh the minimal risk of sustaining this type of unusual fracture.

Osteoporosis Australia

Education News

Warm Water Exercise

Over 4,500 attendances were recorded across the three pools at TCH, Black Mountain School and Simply Wellness in Belconnen in 2007-2008. Thank you to all the volunteers who have contributed to the success of this worthwhile program.

A special thanks to WWX Supervisor Coordinator Shirley Syme for her tireless and generous efforts to see that the WWX sessions are run as smoothly and safely as possible.

Twenty-one attendees completed CPR training in June and several pool sessions completed the ongoing pool rescue practices. Four new supervisors were trained but additional supervisors are needed for SW and BMS pools. If you are interested in becoming a supervisor, please contact Shirley through the office.

The revised Supervisor's Handbooks were finally completed and distributed.

The Monday session at BMS was suspended for the school term ending 26 September due to low attendance. If there is sufficient interest in the Monday session and that time slot is still available to us, we will attempt to resume the session in the new term. Contact Shirley through the office.

Self Management Course

We will be offering a 'Living a Healthy Life with Long Term Conditions' course commencing in October. See the related notice in this newsletter.

Community Talks

Due to family commitments and travel, Carol MacKay is stepping down as the Community Talks coordinator at the end of October. Our sincere thanks are extended to Carol for her able management of the Community Talks program.

Our community education program continues to be very popular and our presenters have been talking to a wide range of community groups promoting arthritis and osteoporosis awareness. Sixteen talks have been presented so far this year and another twelve are booked.

Community Talks are a beneficial program that reaches many members of the community each year and now we are in need of a new program coordinator. If you have an interest in spreading the word about arthritis and osteoporosis and would like to take on the challenge of coordinating presentations and presenters, please contact us for more information.

Healthy Bones Week

Canberra's Big Healthy Bones Morning Tea launch was held on 5 August at Narrabundah Primary School. The aim of the morning tea was to raise awareness of the importance of building strong and healthy bones as a means of preventing osteoporosis. In conjunction with Dairy Australia, we have been participating in Healthy Bones Week for all of the 14 years it has been running.

Nicki Shaw, a dietician with Australian Institute of Sport addressed the children with this year's theme, "Lifting the lid on lunch." A milking demonstration with Nutmeg the cow and milk separating and butter churning demonstrations were supplied by Marvellous Milk Display. Kellysports led the children in a number of games and activities.

Over 17,000 students participated and milk and fruit were provided to schools all over Canberra for the morning tea. Canberra Milk & Capitol Chilled Foods and Belconnen Fresh Food Markets were again generous sponsors of this event. The launch was covered by WIN Television on the evening of Tuesday 5 August.

Roz Lawrence organised all the schools, the donation of the fruit and milk, and the morning tea events. A hearty thank you for a job well done, Roz!

National Science Festival

Our participation in the Australian Science Festival, held at the National Convention Centre from 20 to 23 August, was very successful. The National Science Festival is an annual event attracting over 300,000 visitors from around Australia.

This year our display featured Marvellous Milk Display's Nutmeg the cow with a hands-on milking demonstration and also butter churning and milk separation demonstrations. Our guess-the-number-of-lollies-in-the-jar competition was a great drawcard

Education news continued

for the school groups. Children were able to enter the guessing competition after answering questions about bones and calcium. There were two main prizes on offer this year – a visit from 'Nutmeg the Cow' to their school and a giant lolly jar. We also had a number of smaller prizes donated by local businesses. We had over 700 entries in the competition.

Katrina Muir did much of the planning and preparation for our display. Thank you Katrina.

National Trainer Workshop

I attended a two-day training workshop in Sydney to become certified as a trainer for the Delivery of Health Care Information on Musculoskeletal Conditions. This is a nationally

certified course aimed at providing the basic skills to deliver appropriate and relevant information in the community. This will allow us to deliver training workshops for anyone interested in speaking to the public on arthritis and osteoporosis.

Workplace Project

Progress on the workplace project has been held up due to staffing issues and other commitments. The project is aimed at health education and prevention of arthritis and osteoporosis in the workplace.

The first phase will focus on health promotion messages like healthy nutrition, physical activity and management of chronic pain. The second phase aims to educate employers about the cost benefits associated with a healthier workforce and to provide assistance

to employers in reducing the impact of arthritis, increasing productivity and extending quality worklife.

New Falls Prevention Project

We were recently successful in obtaining an ACT Health Promotion Grant to undertake a falls prevention project. The grant will be used to expand our existing services to include strategies on falls prevention. The project is in its initial stages and we will report further as the project develops.

Monte Scharbow
Educator & Support
Coordinator

Youth Support News

Footloose Camp

The next Footloose camp will be held from 29 September to 4 October 2008 at MYUNA BAY Lake Macquarie, NSW. The contact person is Nadine at Arthritis NSW—phone 9683 1622 or 1800011041.

The theme of the camp is "Go for Gold". The camp will run its own Olympic Games, which will not be solely focused on physical strength.

If you are aged between 8-18 years of age and attending

school, please consider this camp and if financial assistance is required, please contact Roz in the Canberra office 6288 4244.

JIA Activities and Support

If any person with JIA (Juvenile Idiopathic Arthritis), or their family would like to contact Roz on 6 2 8 8 4 2 4 4 or email Roz.lawrence@arthritisact.org.au, I would very much appreciate the contact. We have received a small grant with which I can run some

social outings. You can meet other young people and have some fun.

Please register your interest with your contact details and I will tell you where and when the events are on. I'm also very happy to take suggestions.

Roz Lawrence
Youth Support Coordinator

Farewell to our photographer

Over the years I have written several thank-yous to Henry Cook as he has retired from the many positions he has held with us. Since Henry retired from the Arthritis ACT Board a few years ago he has remained a valuable member of our volunteers in the capacity of honorary photographer.

At almost every function we have had, be it Healthy Bones Week, a Volunteers' Morning tea, a fundraising Wine Tasting or Card Lunch, Henry has been present to record our visual history. When we were compiling material for our 30th Anniversary last year, Henry's record of events was invaluable to our

research, especially as he had been involved with us for about two thirds of that time.

Henry has now decided to call it a day and it is with great sincerity that we thank him for his willingness and skill in supporting us in so many ways.

Helen Cody

Living a healthy life with long-term conditions

Does your arthritis:

- ⇒ Prevent you from living life as you would like?
- ⇒ Cause you stress and anxiety?
- ⇒ Impact your relationships?

Why not consider enrolling in the "Living a Healthy Life With Long Term Conditions" course. The course offers practical and well tested ways of coping with these problems and many other problems we experience due to our arthritis. It not only provides information but helps you develop your abilities and confidence in managing your arthritis.

Dates: Wednesdays, October 15, 22, 29, November 5, 12, 19

Time: 12 noon – 2:30pm

Venue: Grant Cameron Community Centre, Ground Floor Conference Room

For more information and to register for the course, please phone Arthritis ACT on 6288 4244

Are you a people person?

Would you like an opportunity to learn new skills and help others?

We are looking for volunteers to support our Community Talks program. We need individuals who would like to speak to community groups using our 'Arthritis', 'Osteoporosis' and 'Exercise: Move It or Lose It' presentations. You do not have to be a polished public speaker or have a thorough understanding of arthritis or osteoporosis. Training and staff support are provided.

We are also looking for a volunteer to coordinate the Community Talks program. This involves liaising with requesting organisations and scheduling bookings and speakers.

Contact Arthritis ACT for more information. 6288 4244



ARTHRITIS ACT

31st Annual General Meeting

12:00 pm Wednesday 29 October 2007

Grant Cameron Community Centre
27 Mulley Street, Holder

The Board of Arthritis Foundation of Arthritis ACT Inc, manages the affairs of the Foundation and consists of the President, Vice-President, Secretary, Treasurer and not more than ten other members.

Nominations for election to the Board must be made in writing (forms are available from the office) and received by the Secretary not less than seven days before the date of the AGM.

Please consider whether you are able to make a contribution to the running of Arthritis ACT through its Board and come along to the AGM to support your Foundation.

For catering purposes please RSVP by 27 October.

Wine and Cheese Tasting

A Wine and Cheese evening has been arranged for
Friday 7th November from 6pm to 8pm .

It will be held at the YMCA Sailing Club, Alexandrina Drive Yarralumla. The venue provides a sweeping view over Lake Burley Griffin.

Mr John Fitzgerald, the former President of the Canberra Wine Society, will be choosing a range of red and white wines for tasting.

Tickets will be \$20 per head and will be on sale at the Arthritis ACT office .

Please come along, support the Foundation and enjoy a relaxed evening in convivial surroundings. Why not get a group together and enjoy an entertaining night out!



Bookings 6288 4244 by Monday 3rd November

News from the office.....

Combined Charities Christmas Card Shop

Civic — 7th October to 18th December. Venue TBA.

Tuggeranong — 20th October to 20th December. Outside 'The Good Guys' shop.

Volunteers are needed this year to assist in both Civic and Tuggeranong.

Civic: Tuesday 2nd December.

Tuggeranong: Tuesday 28th October Wednesday 19th November, Tuesday 9th December.

Times are between 9.30am - 4pm and for gift wrapping on Monday afternoon on 22nd December.

Please call the office on 6288 4244 if you can spare a couple of hours on any of these dates.

Please Support our Annual Raffle

You will have received some raffle tickets with your Newsletter.

For those who are new members, we hold a major raffle each year to raise much needed funds for your Foundation. This raffle is drawn at our Christmas Lunch on Wednesday 10th December 2008.

If you do not wish to purchase tickets, please contact us so we can remove you from the list.

Tickets \$1 each.

1st Prize: Giant Hamper

Ticket butts to be returned by Friday 5th December 2008 to Arthritis ACT, PO Box 4017, Weston Creek ACT 2611.

Fyshwick Market Stall

Our next Fishwick Market Stall will be held on **Sunday 19th October.**

We need –

- * Donations of goods to sell – everything except clothing and electrical items. The items need to be clean and in good condition. Baked goods accepted. Please list ingredients
- * People to volunteer for a couple of hours on the day. Contact the office.
- * Items may be dropped off in Curtin, contact Maureen on 6281 1967 to arrange.

Please contact Eunice on 62927861 for more information.

Volunteers Morning Tea

A Special "Thank You" Morning Tea
To acknowledge your contribution
To Arthritis ACT

And to celebrate International Volunteers Day

DATE: Friday 5th December 2008

TIME: 10.30am – 12noon

WHERE: Grant Cameron Community Centre
27 Mulley Street - Holder

RSVP: Arthritis ACT on 6288 4244 or

Email: info@arthritisact.org.au
by Friday 30th November

Medicine mishaps

How to prevent making mistakes with your medicines and what to do if an error occurs

It is very easy for anyone taking medicines to make a mistake, e.g. take the wrong dose, the wrong medicine, the wrong time. Such mishaps are sometimes called 'therapeutic errors'. Many therapeutic errors result in no or minimal toxicity; others may cause significant problems.

How to prevent making mistakes with your medicines

There are a number of simple strategies you can adopt to reduce the chances of making a therapeutic error.

- Always take medicines in a well lit room. Wear your glasses if you need them and follow the dosage directions.
- If you are unsure of the correct dose or how to take your medicines correctly, check with your pharmacist or doctor first.

- Take extra care if the medicine is new or if you have not taken it for a while.
- Establish a routine that works for you when taking your medicines, e.g. take after meals and mark off on the calendar when taken.
- Avoid distractions and interruptions when taking your medicines.
- Make sure you are fully awake if you are taking a medicine in the middle of the night.
- If you are having problems managing your medicines, speak to your pharmacist about a Dosette (or similar) container.
- Do not transfer medicines from their original containers, unless into a Dosette (or similar) container.
- Clean out your medicine cupboard regularly. Take unwanted and expired medi-

cines to your pharmacist for proper disposal.

What to do if you make a mistake with your medicines

If you have a mishap with your medicines, you have several options to choose from.

You can contact your pharmacist or doctor for advice. If they are unavailable or if it is after hours, the Poisons Information Centre is the appropriate agency for you to ring for advice.

The Poisons Information Centre is staffed by experienced pharmacists and has a national telephone contact number, 13 11 26, which people can ring anywhere in Australia.

The service operates 24 hours a day, 7 days a week.

Prepared by Jeff Robinson, Manager, Victorian Poisons Information Centre.

POSITION VACANT

Honorary Photographer

As Henry Cook is retiring from this role we are hoping one of our members might have some photography skills and the time to help us maintain a record of our activities. If you can be tempted by this please contact the Arthritis ACT Office.

CALENDAR OF EVENTS

September

Thursday 11 RA & Sjogren's Interest Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Friday 12 Card Day
Time: 11am – 3.00pm
Venue: Canberra Bowling Club
Hobart Ave, Forrest
Cost: \$20
Bookings: 6286 1009, 6286 2237 by 8 Sept

Saturday 13 Young Adults Group
Time: 12 noon onwards
Venue: Canberra Southern Cross Club
Corinna St Woden

October

Wednesday 1 Fundraising Meeting
Time: 2.00pm
Venue: Arthritis Office
All Welcome

Tuesday 7 Combined Charities Card Shop opens in Civic

Thursday 9 RA & Sjogren's Interest Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Saturday 11 Young Adults Group
Time: 11 am
Venue: Visit to the War Memorial, Campbell

Monday 13 Arthritis Support Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Wednesday 15 October—19 November
“Living a Healthy Life with Long Term Conditions” (6 weeks)
Venue: Grant Cameron Community Centre
Holder
Time: 12 Noon—2.30pm
Bookings: 62884244

Sunday 19 Fyshwick Stall
Time: 8am – 4.00pm
Help and goods required
Contact the Office 62884244

November

Monday 3 Arthritis Support Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Friday 7 Wine Tasting
Time: 5.30pm – 7.30pm
Venue: YMCA Sailing Club, Yarralumla
Cost: \$20

Bookings by Monday 3rd 62884244

Saturday 8 Young Adults Group
Historic Train Trip to Bungendore
Time: to be confirmed contact
Viv 0438 877 711

Thursday 13 RA & Sjogren's Interest Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Wednesday 19 Card Shop Tuggeranong

December

Monday 1 Arthritis Support Group
Time: 10.30am – 12noon
Venue: Hellenic Club, Phillip

Tuesday 2 Card Shop Civic

Tuesday 9 Card Shop Tuggeranong

Wednesday 10 Christmas Lunch
Time: 12 for 12.30pm
Venue: Canberra Southern Cross Club
Corinna St Woden
Cost: TBA

Bookings close Friday 5 December 62884244