



From the CEO

As they say in the movies ‘That’s a wrap’ – can you believe that 2017 is all but over? What a year it has been for us! First of all I would like to thank each and every one of you for your support this year. This year we have grown by 20% - that’s 20% more people coming to us for support, to participate in our land and water based programs, and to gain support through our specialist workforce. We are getting more and more people coming to us now saying ‘my friend said I should come and join with you’. Thank you for being our greatest ambassadors!

In our last newsletter I alluded to some exciting changes that were being flagged for the future. I am pleased to let you all know that in late January we will be moving offices over to the University of Canberra. This is the culmination of about 18 months’ worth of work with the University who recognize the need to be working more closely with us to support the more than 100,000 Canberran’s who are living with various forms of Arthritis.

The move supports the Foundation with a number of issues. We will be located at 170 Haydon Dve on the ground floor. There will be no more issues with lifts that don’t work! This location is opposite the actual campus, on the Calvary side of Haydon Dve (although a couple of kilometers down from Calvary). There is free parking to the door.

Being located with the University of Canberra, who do the majority of education to the allied health workforce in Canberra, raises our profile not only with the general public, but with students and researchers within the University. This is all important in training the future health workforce as well as engaging with researchers more closely who can assist us in making life better for those living with any issues associated with poor musculoskeletal health. We will also be very close to the new rehabilitation hospital, and we do have plans in place to have a greater presence in that space.

You will notice our land based exercise classes will largely be located away from the Office in the future. This is important – we want to be supporting you in your community, not bringing you to a more ‘clinical’ space. Our purpose in providing these classes is to support you to make changes to your life, and it is better that you do this in a setting that is closer to the world in which you live. We will be integrating our monthly morning teas into each exercise setting in the future. Anyone will be welcome to these morning teas – you don’t need to have participated in a class to join us! Whenever we have a morning tea we will always have a ‘mini-office’ set up for those who wish to make payments etc and prefer to do this in person. Again, the idea of this is to be more available to the entire community, and not just from one office which no matter where it is located, will not be suitable for some!

We welcome your support in these changes as we strive to make the Foundation more and more relevant to the entire community, and seek to improve services for all living with musculoskeletal poor health in our community.

Rebecca Davey



Christmas/New Year period pool closures:
Christmas/New Period Pool Closures

Black Mountain School

Last Session - Thursday, 14th December 2017

Reopens - Monday, 5th February 2018

Calvary John James

Last Session - Thursday, 14th December 2017

Reopens - Monday, 5th February 2018

Club MMM!

Last Session Saturday, 23rd December 2017

Reopens - Monday, 8th January 2018

Please ensure you have made a booking for Saturday, 23rd December 2017, Wednesday, 10th and Saturday, 13th January 2018 before the office closes on the 19th December 2017.

Gold Creek Pool

Last Session - Friday, 15th December 2017

Reopens - Wednesday, 7th February 2018

The Canberra Hospital

Last Session - Tuesday, 19th December 2017

Reopens - Tuesday, 16th January 2018

Australia Day – 26th January 2017

The evening sessions at The Canberra Hospital on Friday, 26th January 2018 will not be held.

Arthritis ACT is on the move!

The Arthritis ACT office will be relocating in the week 24-31 January 2018.

**New Address: 170 Haydon Dve
BRUCE ACT 2617**

Phone Number: 1800 011 041

Our new local number will not be known until closer to the date. We will communicate this as soon as we know. If you have any concerns during the move week, please contact the CEO directly on 0416 111 840.

Please note there will be limited access to email and phone services during the moving week.

Once we have settled into our new accommodation we will be hosting a morning tea to welcome you all!

Christmas Afternoon Tea

This Friday, 8 December

2-4pm

We hope to see as many as possible of you there! Drop in anytime between 2 & 4pm!

Contact us

Visit us: Grant Cameron Offices, Level 2A,
27 Mulley Street,
Holder ACT 2611

Office hours: 9am -3pm Monday - Friday

Post: PO Box 4017, Weston Creek ACT 2611

Phone: 1800 011 041

E-mail: Info@arthritissact.org.au

Website: www.arthritisact.org.au



Halting unintended weight gain over the festive period.

With Christmas and the New Year fast approaching, it's a time of celebration with colleagues, families and friends.

Whilst it's important to enjoy this time, it's often a period when people unintentionally gain weight (about 0.5kg¹) due to the change in our normal routines (physical activity and lifestyle behaviours) and availability of highly palatable foods which contain more fat (and/or sugar). These foods may promote weight gain, specifically body fat. Although 0.5kg may not sound like much, the evidence suggests that this weight is often not lost after the holiday period².

What can you do?

1. Prioritise foods associated with good health and healthy body weight in the long term- particularly fruit, vegetables, wholegrain foods and lean meat.
2. Be aware of portions- whilst it may be tempting to pile your plate with foods, remember to stick to appropriate portions as the kilojoules consumed can add up quickly. Interestingly, a larger variety of foods is linked with eating more, as it takes us longer to be satiated by each food³. Try eating a smaller variety.
3. Eat intuitively- listen to your body's hunger and fullness cues to avoid that uncomfortable feeling of over-eating at the end of Christmas. Remember, it takes about 20 minutes for our gut to communicate to our brain that we are full.
4. Alcohol- as alcohol is kilojoule dense, consider trying a soda mixer with a slice of lime and alternating drinks with water. One standard serve of wine (100mL) contains around 300kJ which is similar to that of one slice of bread.
5. Stay active- go for a walk or swim if the weather permits. Try to avoid remaining sedentary for long periods of time.

A few tips for those with Gout over the festive period:

- Limit weight gain- excess weight can increase risk of gout attacks.
- Limit alcohol, especially beer- if you choose to drink alcohol, stick to recommended limit of 1-2 standard drinks/day. Avoid all alcohol during a gout attack.
- Avoid organ meats (liver, kidneys)
- Limit or avoid excess consumption of meat and seafood. This includes chicken, beef, pork, fish, shellfish, anchovies and sardines.
- Limit foods containing yeast and meat extracts (vegemite, Bovril)
- Limit gravy and stock cubes
- Limit sugar-sweetened soft drinks, fruit juice, table sugar and other sweetened beverages and foods.
- Ensure you are well hydrated and drink enough water throughout the day.
- Aim for 5 serves of vegetables per day (1 serve = ½ cup cooked OR 1 cup raw)

¹ Helander EE, Wansink B and Chieh C. (2016). Weight gain over the holidays in three countries. *N Engl J Med*, 375(12), pages 1200-1202. Retrieved from <http://www.nejm.org/doi/pdf/10.1056/NEJMc1602012>

² Yanovski JA, Yanovski SZ, Sovik KN, Nguyen TT, O'Neil PM, Sebring NG. (2000) A prospective study of holiday weight gain. *N Engl J Med*. 342(12), pages 861–867. Retrieved from <http://www.nejm.org/doi/pdf/10.1056/NEJM200003233421206>

³ Brondel L et al. (2009). Variety enhances food intake in humans: Role of sensory-specific satiety. *Physiology & Behaviour*. 97(1), pages 44-51. Doi 10.1016/j.physbeh.2009.01.019



Tai Chi Classes - 2018 Dates

Arthritis ACT offers Tai Chi for Health & Falls Prevention programs.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. It is a low impact exercise that improves strength, flexibility and balance.

Term 1

Date Commencing	Date Ending	Time
Monday 12 th February	Monday 9 th April	1pm -1.45pm 170 Hayden Drive Bruce
Wednesday 21 st February	Wednesday 11 th April	10.00am to 10.45am 170 Hayden Drive Bruce
Thursday 15 th February	Thursday 5 th April	12.30pm to 1.15pm Tuggeranong Sea Scouts Hall

Cost: Members: \$40 per term Non-members: \$80.00 per term. Includes a take-home guide to assist you to practice further at home.

Note: A term usually consists of 8 classes depending on school holidays.

Venue: Lake Tuggeranong Sea Scouts Hall, Mortimer Lewis Drive, Greenway

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041

Travelling Well Over the Holiday Period

Wednesday 6 December 11am-1pm

Our final workshop in our caring for ourselves and others series for 2017. Jan Jolly, our accredited counsellor, will provide a workshop on how to care for ourselves and others particularly during travel (or when having people travel to us). RSVP is essential but welcome up until 10am on Wednesday, 6 December.

Location: Arthritis ACT Activities Room

A light lunch is included

Cost: \$10

Strength and Balance Classes 2018

Registrations for Term 1 now open

Term 1 dates for Strength and Balance

Mondays 10:30 am to 11:30 am	12th February to 9th April	Kaleen	Strength and Balance Weekly 60 minute class
Tuesdays 10:30am to 11:30am	13th February to 10th April	Weston Creek	Strength and Balance Weekly 60 minute class
Thursdays 11:30am to 12:30 pm	8th February to 12th April	Tuggeranong	Strength and Balance Weekly 60 minute class

Term 1 dates for *Balance30*

Mondays 9:30 am to 10:00 am	12th February to 9th April	Kaleen	30 minute balance class building on from our Strength and Balance program
Tuesdays 9:30am to 10:00am	13th February to 10th April	Weston Creek	30 minute balance class building on from our Strength and Balance program

To register:

Please contact Arthritis ACT on info@arthritisact.org.au or phone 62884244

Registrations are essential and payment is required at time of registration

Prices :

New: \$80 (members) \$110 (non-members) Continuing: \$56 (members) \$88.00 (non-members)

Balance 30 : \$40 (members) \$60.00 (non-members)



Mobility Matters™



Mobility Matters will be attending our Christmas Party with a table of small items ready to purchase. If you have any particular requests let us know and we'll ask them to bring the items with them! It's a fantastic chance to pick up those items that can make life easier and maybe share them with your family and friends for Christmas!

Werner is retiring!



Our beautiful Werner is retiring on 23 December (it's a special day for him as it's also his birthday!).

On behalf of all the users of Club MMM in particular, but also Gold Creek and Black Mountain pool users, we thank Werner for all his years of support and dedication to the WWX program. Club MMM won't be quite the same without your cheeky smile and welcoming nature.

Thank you Werner!



Dear Friend of Arthritis ACT

It is once again that time of year that we write to you and ask you to consider in your gift planning giving a gift to your community.

Arthritis ACT is funded to undertake many of the things we do, however as you no doubt understand that funding is not limitless, and it is capped. As we have had a massive growth in people undertaking our classes and utilising our services this year and this has meant instead of saying 'no' we've put on extra staff to provide extra classes and support for our members. We've only been able to do this because of the support you have given us over the years.

This year your support has allowed us to do the following:

- * Increase the number of locations of Tai Chi classes from one to three
- * Increase the number of Tai Chi Classes held from one to four
- * Continue yoga classes
- * Introduce Meditation for Pain Relief sessions
- * Supported research with the University of Canberra to improve the lives of those living with musculoskeletal disability and poor health

Next year we are hoping to be able to offer even more variety to our land based exercise including increased places in our Strength and Balance program, some instructor lead warm water exercise sessions to assist those new to hydrotherapy or those who need more support, and out of hours support for those who have caring or work commitments during office hours. These initiatives will all depend on support from our community to be undertaken as they exceed the funding we receive.

Again, thank you for all you have provided. Your financial gifts, your work as ambassadors in our community through telling those close to you about our services, and your friendship. We couldn't do what we do without you.

If you would like to make a contribution to the services we provide for next year, a payment slip is on the back of this letter.

We wish you a wonderful Christmas and New Year, and look forward to continuing our friendship with you into the new year.

Kind regards

Rebecca Davey

CEO

THANK YOU for helping Arthritis ACT make a difference

Name: _____

Address: _____

Phone: _____

Email: _____

Yes, I have arthritis

Type _____

Here is my gift of: \$20 \$50 \$100 \$250 My choice \$_____

Payment Method: Cheque/Money Order Visa MasterCard

Card Number: ____ / ____ / ____ / ____ Expiry Date ____ / ____ *CCV ____

Cardholder Name: _____ Signature _____

*The CCV is mandatory; this is the last three digits on the back of your card

Thank You! Your gift of \$2.00 or more is tax deductible.

Arthritis ACT will not on-sell your personal details to any other organization and complies with the Privacy Amendment (Private Sector) Act 2000. If you wish your name to be removed from our database, please write to us.

Postal address: Chief Executive Officer, Arthritis ACT, Reply Paid 83135, WESTON CREEK ACT 2611