

On *The* **MOVE**

Summer 2009-10

**Meet our
new CEO,
Julie Black**



**Getting the
good oil on
supplements**

**Splashing out on
life along the road
to arthritis recovery**

Mission Statement

To provide the best quality of life for people with arthritis and other musculo-skeletal conditions.

Vision Statement

To be recognised by the community of South Australia as the leading organisation for the improvement and dissemination of information on arthritis, and the support and advocacy of people with arthritis and other musculo-skeletal conditions.

Aims

- to provide funds for research programs in order to find a cure and better treatments.
- to give practical advice and support to people with arthritis and other musculo-skeletal conditions and their carers.
- to organise education programs for people affected by arthritis and other musculo-skeletal conditions, their families and carers, health professionals and awareness in the wider community.

The Arthritis Foundation of South Australia Inc., incorporating Osteoporosis SA

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On The Cover

This edition features two powerful stories about people who have got on with their lives despite the debilitating effects of rheumatoid arthritis. Both came to the Arthritis Foundation for help. They then became volunteers, and are now valued members of our staff. Read the stories about Jenny Bennett and David Jones on Pages 6 and 7

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VALUED DONATIONS

The Arthritis Foundation of South Australia values your donations to help it provide services and support to the many thousands of South Australians who suffer musculo-skeletal conditions. Donations can be accepted using the donation envelope or by telephone on 8379 5711 or Country Freecall 1800 011 041. Alternatively, secure on-line donations can be made on www.arthritissa.org.au

Challenges of supporting one in four

I am delighted to have been appointed the new Chief Executive Officer for the Arthritis Foundation.



Fund-raising to support research into arthritis and associated conditions will continue to be a priority

I am delighted to have been appointed the new Chief Executive Officer of the Arthritis Foundation.

Time has passed very quickly since I joined the organisation at the beginning of October.

My background is in nursing having trained at the Adelaide Children's Hospital. My career has also included working in areas of education, community health and midwifery.

I have more than 16 years of experience in the not-for-profit sector, and previously held positions as Chief Executive Officer of Asthma SA and Executive Director of the Royal District Nursing Society Foundation.

A highlight of my career was being a Graduate of the SA Governor's Leadership Foundation, and a finalist last year in the Telstra Business Woman of the Year Awards for the community and government sector.

I have been familiarising myself with staff and volunteers at the Arthritis Foundation and it is clear to me that it was well steered by my predecessor, Gillian Leech. Indeed, I feel very fortunate to step into a role that was performed so well for many years.

With one in four South Australians suffering from arthritis, we face a big challenge to:

- increase public awareness of the benefits of good self-management principles to assist people with the condition;



- raise funds for resources and education; and
- support research.

My priorities over the coming months will be to work with the Board, staff and volunteers to implement our strategic plans, particularly relating to community awareness of the resources and support we can offer people.

Membership growth is another important area. I am especially interested in looking at ways to increase benefits to people who choose to become a member of the Arthritis Foundation.



South Australians with arthritis



ABOVE: *Julie Black*

On The Move magazine is a very useful tool to provide our members with cutting edge information on arthritis. To ensure the publication continues to present timely and relevant material, I invite members to contact the Foundation with suggestions about content.

In this edition, we profile two key complementary therapies - glucosamine and fish oil. This information has been provided by Arthritis Australia. Please take the time to visit www.arthritisaustralia.com.au to review other fact sheets that are available.

This edition of On The Move also highlights some important South

Australian research on the prevalence of the condition among adults in this State. The Arthritis Foundation funded this research project.

We also present a summary of the many achievements of the Arthritis Foundation that were outlined by President, David Motteram, at the recent Annual General Meeting.

Finally, I would like to wish you a very Merry Christmas, and I look forward to working with you all in the coming year.

Julie Black
Chief Executive Officer

Members are invited to contact the Arthritis Foundation with suggestions about content for On The Move magazine ,

Increasing our commitment to education

At the Arthritis Foundation of South Australia annual general meeting on 27 October, Chairman David Motteram reported on another busy year for the organisation that works to support South Australians with arthritis or associated conditions and their families.

While arthritis affects people of all ages, the burden of the condition is expected to increase in our ageing society. Consequently, the challenges of education, community awareness and fund-raising for research will grow.

David said with the move to bigger and more accessible premises at Marleston, the Foundation was well-placed to expand its education and support programs. He said the Foundation's growth and operations were underpinned by fund-raising.

"The generosity of people making bequests to the Foundation, totalling \$945,000 in 2008-09, contributed

greatly to our position with our total revenue increasing by 5.5 per cent.

"This has allowed us to increase our commitment to education by 17.6 per cent.

"Like all fund-raising organisations, the Foundation has not been immune to the global financial situation. However, the Finance and Audit Committee has carefully managed our investments to minimise capital loss.

"At the end of the financial year, our investments were valued at \$960,000. We are satisfied that our funds have been well managed over the year under review.

"The Arthritis Foundation is debt free with a solid investment portfolio. However, we must continue working hard to raise funds to support the many South Australians who rely on our education and awareness programs."



David Motteram

Colette manages severe arthritis while advancing her career and our interests

At the 2009 Annual General Meeting of the Arthritis Foundation, Board Members Denis Wall and Ian Ramsay - whose terms had expired - were re-elected.

Rebecca Quinn, the consumer representative on the Board, declined to re-nominate as she has been transferred to Sydney in her employment.

Rebecca's position on the Board has been taken by Collete Smith.

Colette is a passionate South Australian, having been born and raised in the Adelaide Hills region.

Her career with Telstra spans 14 years starting in 1995.

Currently, she is Area General Manager with accountability for growing Adelaide consumer revenues and market shares for mobile telephone, Internet and landline services.

The Arthritis Foundation is pleased to have a person of such experience joining our Board.

While Colette has achieved major career milestones, she has also managed severe arthritis, having been diagnosed at the age of 17.

She is passionate about helping others realise their own potential, in particular young people who have arthritis.



Colette Smith

Growing impact of arthritis in population

Most recent data on the prevalence of arthritis among South Australian adults shows that the condition is affecting growing numbers of people.

A report in 2000 by Access Economics put the national prevalence of arthritis at 16.5 per cent of the population.

However, in 2008 the prevalence of arthritis among South Australians aged 18 years and over was 26.2 per cent of the population - and this figure has generally been increasing since 1993.

The data is collected using the Health Omnibus Survey, which is a face-to-face survey conducted every year by Harrison Health Research and the Population Research and Outcome Studies Unit of SA Health. The survey provides important information about the percentage of people with arthritis and osteoporosis in the community.

Arthritis is an umbrella term for more than 100 painful and debilitating musculo-skeletal conditions. The most prevalent types are osteoarthritis, rheumatoid arthritis and gout.

Arthritis Foundation Medical Director, Dr Simon Burnet, said: "The need for arthritis research and Government recognition of the health and economic impact of the condition has never been greater.

'Arthritis and associated conditions are often linked with older people,' Dr Burnet said. "However, it is an urban myth that it is a disease of elderly.



Simon Burnet

"Arthritis has no respect for age, sex, country of origin, or profession. It is particularly disturbing that many children continue to be diagnosed with rheumatoid conditions that require complex and intensive treatments."

Other health issues, such as diabetes, high blood pressure, and being overweight, are often associated with arthritis, and they need to be treated as part of the overall management of each patient.

‘ It has no respect for age, sex, country of origin or profession. It is particularly disturbing that many children continue to be diagnosed with rheumatoid conditions that require complex and intensive treatments ,

Dr Burnet said people were no longer prepared to suffer in silence with arthritis as many of their parents and grandparents did in the past.

"Through its education and promotional activities, including the Moving Towards Wellness self-management program, the Foundation has helped increasing numbers of people to understand that there are things they can do to support medical intervention in the management of their arthritis," he said.

The self-management course teaches people with chronic conditions, such as arthritis, how to get the most out of life.

For more information, call the Arthritis Foundation on 8379 5711 or the country free call number 1800 011 041 or go to www.arthritissa.org.au for free advice and support.

Great volunteer effort for Osteoporosis Badge Day



Osteoporosis Badge Day on 16 October raised in excess of \$8,000, which will be directed towards research.

Despite being a very cold and windy day, 119 volunteers turned out in the central business district of Adelaide, in the suburbs and country areas.

Collectively, they contributed 224 hours of volunteer time, which was a magnificent effort on a miserable day.

Joan Lynch, Osteoporosis SA Coordinator, said as well as raising much-needed funds for research, the badge day helps to raise public awareness of osteoporosis.

LEFT: Joan Lynch

Meanwhile, Osteoporosis SA's new headquarters in the Arthritis SA Centre at Marleston has attracted new members to the Bones On The Move exercise classes, and an Easy Moves program has also started at Highgate.

A double-sided information sheet entitled Have You Broken a Bone? has been produced with input from medical and allied health professionals.

The sheet is presented to people presenting with fractures.

The Osteoporosis SA telephone number 8379 5345 is provided for people wishing to make further inquiries.

Inspiring stories of how people get

Being diagnosed with a chronic disease is a realisation that life will never be the same again. Many people in this situation sink to the depths of emotional despair as they confront pain and the personal challenge of realigning their hopes and plans.

Some emerge from this very personal journey with stories of amazing resolve and resilience - stories that can inspire and motivate others.

The Arthritis Foundation - a not-for-profit organisation of staff and volunteers dedicated to supporting and advocating for people with debilitating musculo-skeletal conditions - is a gold mine of these stories.

In this edition, we present two of them.

Jenny Bennett was diagnosed with rheumatoid arthritis in 1992. She was a single mother with three young boys. With swollen joints, pain and fatigue, she had gone to her GP believing she may be suffering the effects of stress, but a blood test confirmed the cause.

"I was referred to a rheumatologist and prescribed medication that had me petrified about possible side-effects, such as hair loss, liver damage and higher levels of fatigue," Jenny recalled.

"I refused to take the medication for a while, until my rheumatologist squared me up and said unless I complied I would become a virtual cripple. It was an anguishing time of my life and I recall thinking there must be an organisation that could help people in my situation."

Jenny finally found out about the Arthritis Foundation and a single telephone call changed her life in ways she could not have imagined.

"I rang the Foundation and the lady who answered seemed to have a total understanding of my feelings," she said. "That lady was former Olympian, Di Burge, who at that time was the Foundation's Education Services Coordinator.

I rang the Foundation and the lady who answered seemed to have a total understanding of my feelings ... that lady was Di Burge,

I discovered it was normal for people diagnosed with rheumatoid arthritis to feel fatigued, depressed and angry,

"Di suggested I enter one of the Foundation's self-management courses run specifically for people with chronic conditions such as arthritis. I had to wait until my youngest son started kindergarten before I had the spare time to participate in the course, but the outcome was just amazing.

"The course made me realise that I could take control my life, rather than rheumatoid arthritis having control of me. I discovered it was normal for people diagnosed with rheumatoid arthritis to feel fatigued, depressed and angry.

"The course empowered me to get on with my life. It gave me the skills to balance exercise and rest and to deal with the emotional effects of the condition."

Having gained so much from her experience with the Foundation and the self-management course, Jenny decided to join the organisation as a volunteer in 1997. She trained as a leader of the self-management program and became a telephone advisor.

In 2000, when Di Burge retired, Jenny was offered a part-time position as Education Services Coordinator.

"It was a dream come true," she said. "I was to be paid for my passion to help others with arthritis."



David Jones and Jenny Bennett at work for the Arthritis Foundation.

In 2005, Jenny was appointed the Arthritis Foundation's Education Services Manager, and more recently to the role of Deputy Chief Executive Officer.

From despairing about her future as a young mother in pain, the telephone call to the Foundation set Jenny on a new path paved with optimism as she progressed from volunteer to an important career role with the Arthritis Foundation.

"It has allowed me to work with some remarkable people who are dedicated to others," she said. "We have developed some excellent education programs and support mechanisms, and watched incredible new developments in the medical treatment of rheumatoid arthritis.

"I can reflect on an amazing journey and honestly do not know where I would be today without the Arthritis Foundation."

on with life despite their arthritis



s Foundation of SA

Looking back on road to recovery

Jenny's influence was central to the second part of this story.

For a number of years, David Jones worked long and irregular hours in the food industry. He was on a good wage, and the future looked very bright.

However, in 2003 he was beset with fatigue and growing pain in his knees, hips and wrists.

"I did the blokey thing and put up with it as best I could, but when it got to the stage of crying with pain at night my wife told me it was time to see a doctor," David said.

"My GP suspected it was rheumatoid arthritis, and this was confirmed by a blood test.

"It led to enormous confusion and concern for me. I did not know anything about rheumatoid arthritis,

and thought it was a condition that could only affect older people.

"At that time, I was only 37. I had used up all of my sick days at work and I eventually lost my job because I could not do the work required. My wage plummeted, I lost my home, had to sell my car, and I had two little kids I could not pick up because of the pain."

Confronted with the enormity of this life-changing experience, David fell into depression and suffered anxiety attacks.

"I can't remember how I heard about the Arthritis Foundation, but one day I just decided to walk in the door. The first two people I saw were Jenny Bennett and Education Services Coordinator, Vivienne Tomlinson."

There are so many people who can make a positive difference of the lives of others with arthritis. I know because it happened to me,

There is a date and time that will stick in David's memory forever. At 1.00pm on May 11, 2004 he started a six-week Moving Towards Wellness self-management course at Modbury.

"By the end of week four, I felt I could accept the fact that I had a chronic condition and that I could find ways to live with it," he said. "My road to recovery had begun. I made friends through the course and quickly realised that I wanted to share the things I had discovered, so I undertook a Moving Towards Wellness leaders' training course.

"This led me into volunteering with the Foundation, and I was keen to learn more about the organisation and to assist in any way I could. I trained in public speaking to help share my message in the community, and I studied for community service qualifications at TAFE.

"I had regained purpose in life and had confidence in the future. I was prescribed medication that worked and I could carry out volunteer duties without pain or discomfort, apart from fatigue setting in at the end of the day."

Last year, having just led a Moving Towards Wellness course at Modbury, David was offered a part-time position as Education Support Officer.

"I could not believe my luck, and now I'm working four days a week with the Foundation learning all the time and doing things I love. My passion is community service and it would not have been possible without the Arthritis Foundation.

"If there is a take home message from my story, it is that people needing support or information should pick up the phone and call the Foundation. There are many people who can make a positive difference in the lives of others. I know because it happened to me!"

Defining benefits of glucosamine and

People living with arthritis often rely on various medications to help them cope with the condition.

Medications include prescription and over-the-counter medicines and complementary products, such as herbal treatments, vitamins, minerals and nutritional supplements.

Fish oil and glucosamine are two widely used supplements among people who suffer from musculo-skeletal pain.

There is substantial clinical trials data showing that fish oil, which is rich in omega 3 polyunsaturated fatty acid, is a useful component of therapy for arthritis.

Professor Les Cleland, Director of Rheumatology at the Royal Adelaide Hospital, said fish oil possessed pharmacological actions that mimicked those of the analgesic type anti-inflammatory drugs, which are often referred to as non-steroidal anti-inflammatory drugs, or NSAIDs. However, fish is not as quick acting as NSAIDs.

He said some people might need to take fish oil for several months to achieve pain-relieving benefits. Scientific studies also show cardiovascular benefits from a daily dose of fish oil.

Professor Cleland said some studies had indicated glucosamine could protect against cartilage damage in osteoarthritis, but questions remain about the methodology of the research.

Similarly, glucosamine is widely promoted for pain relief. Professor Cleland said some studies supported this assertion, while others did not.

Arthritis Australia has produced information sheets on supplements to help people make informed choices about the management of their conditions. Following is a summary of information that can be found in more detail by going to the website www.arthritisaustralia.com.au



Glucosamine is considered a relatively safe option for people with osteoarthritis to try

Fish Oil

Our bodies cannot produce omega 3 fats, so they must be consumed in the diet.

Omega 3 fats are most abundant in oily fish, such as salmon, tuna and sardines. While certain nuts and seed oils contain omega-3 fats, the latter differ from the (longer-chain length) omega-3 fatty acids found in fish.

While humans can convert omega-3 fats from vegetable sources to the anti-inflammatory type of omega-3 fats found in fish and fish oils, this conversion is not efficient and vegetable sources of omega-3 fat are a poor substitute for anti-inflammatory doses of fish oil.

Research undertaken over more than two decades has shown consistently that omega 3 fats are helpful in relieving joint pain and stiffness for people with rheumatoid arthritis.

Similar benefits are likely in other forms of inflammatory arthritis, such as ankylosing spondylitis and psoriatic arthritis. There is also evidence that fish oil can help control symptoms of lupus.

Long-term intake of fish oil has been shown in multiple studies to reduce reliance on NSAIDs by patients with rheumatoid arthritis. Considering the common mechanism of analgesic action of fish oil and the NSAIDs, this effect is likely in other forms of arthritis.

The medicinal use of fish oil should reduce risk for the serious side effects associated with NSAIDs, which include heart attacks and bleeding from the stomach, which can be fatal.

There are many brands of fish oil supplements in liquid form or capsules available at pharmacies, health food stores and the Preventive Care Centre at the Royal Adelaide Hospital.

The Arthritis Foundation is also looking to sell a range of products.

Check the label to see the amount of omega 3 contained in each capsule. Bottled fish oil is generally the most convenient and least expensive way to take omega 3.

Research studies indicate that the dose needed to reduce inflammation reliably is 2.7 grams or more of omega 3 daily. This equates to 10 to 15 ml of bottled fish oil, or five to seven ml of concentrated bottled fish oil per day.

Bottled fish oil can be floated on orange juice, without stirring, before being quickly swallowed, immediately before or during a meal. With or without a chaser of the orange juice, this method allows the medicinal dose of fish oil to be taken without experiencing any direct or delayed adverse taste.

Fish oil is prepared from the bodies of various ocean scale fish. Patients with shellfish allergy do not usually react adversely to fish oil.



fish oil



Many people mix fish oil with orange juice

Glucosamine

Glucosamine is a sugar naturally produced by the body, and it is one of the building blocks of cartilage.

Cartilage covers and protects the ends of bones, allowing them to move smoothly against each other.

Glucosamine supplements are made from crab, lobster or shrimp shells or are extracted from corn. They are available as capsules or powder, and may come in combination with chondroitin sulphate, a natural substance that is believed to help draw water and nutrients into the cartilage.

It is believed that glucosamine, with or without chondroitin, may be useful for people with osteoarthritis to relieve pain and prevent or slow the breakdown of cartilage.

While the extent of effects of glucosamine and chondroitin remain uncertain, they are considered relatively safe treatment options for people with osteoarthritis to try.

It is recommended that persons with allergy to shellfish avoid glucosamine and chondroitin products from marine sources. Glucosamine extracted from corn is available and some chondroitin products are prepared from the cartilage of cattle or pigs.



Volunteers Coordinator, Judi Wakeling, and Donations and Gifts Liaison Officer, Margaret Nowlan, with the cheque from the Grote Business Precinct and Rotary Club of Adelaide West

Glenn Miller concerts raise \$4,000

The Arthritis Foundation was a major beneficiary of funds raised by the Glenn Miller and Friends Radio Show concerts recently presented at the Adelaide Town Hall by the Grote Business Precinct and the Rotary Club of Adelaide West.

Performed in the style of a 1940s BBC radio show by the Adelaide Art Orchestra and the Adelaide Radio Singers, the concerts raised \$4,000 for each of the recipient charities - the Arthritis Foundation, Cora Barclay Centre and Save The Children.

Conductor, Timothy Sexton, created the program and the master of ceremonies was multicultural radio 5EBI 103.1 FM announcer, David Sabine, who cut a dashing figure in midnight blue velvet tuxedo and bow tie.

It was a musical trip down memory lane for the appreciative audiences with wonderful comments from concert-goers.

The Arthritis Foundation is sincerely grateful to benefit from this charity musical program.

Our thanks go to the Grote Business Precinct and the Rotary Club of Adelaide West, along with Sealink, Jane Williams Jewellery, Dreamland, Liquid Hair, Katron Creative, Tangerine Treasures & Tea Room, Bob Jane T-Marts Gouger Street and the Hotel Metropolitan that generously donated raffle prizes.

We hope to help promote more concerts in the future.

Never too late to renew your membership

Thank you to all our members who have renewed their membership.

Membership is from 1 September 2009 to 1 September 2010.

It is never too late to renew membership, and we welcome new members at any time.

We look forward to members visiting our new premises on the corner of South Road and Richmond Road at

Marleston. Enjoy a cup of coffee or tea, look over the many resources of our library, chat with staff and meet our new Chief Executive Officer, Julie Black.

For more information, call 8379 5711, country free call number 1800 011 041 or e-mail info@arthritissa.org.au

Volunteers dedicated to the care of others

Peter and Jill Thompson

Peter and Jill Thompson are the Arthritis Foundation's Volunteer Star of the Month Award recipients for September.

For around two decades, their volunteering roles have covered many aspects of the Foundation's education, fund-raising and community awareness objectives.

Peter has been a Board Member for around nine years, and Chair of the Foundation's Finance Committee for much of that time.

His involvement with the Foundation goes back to the 1980s when, as company secretary for the firm G. & R Wills, he helped to arrange trophies for the Grandmother of the Year Quest.

"From the outset I was impressed with the quality of the staff and the dedication of the volunteers serving the Foundation," he said.

"That appreciation has grown steadily as we have become more and more involved with the organisation."

Peter and Jill support the Kidsflix program as volunteers, they have worked on Badge Days and sold Channel 9 Telethon House and Land



Peter and Jill Thompson ... Life Members and loyal volunteers

Lottery tickets to help raise funds for the Foundation.

On Badge Days each year, Jill is well known and supported on the corner of Pirie Street and Gawler Place, and she has volunteered in the card shop to

also help raise funds for arthritis education and research.

"We enjoy our involvement immensely," Peter said.

In 2006, Peter and Jill were made Life Members of the Arthritis Foundation.

Thelma Beveridge

Thelma Beveridge, our Volunteer Star of the Month Award winner for October, has dedicated herself to the Western Osteoporosis Support Group for the past 15 years.

Diagnosed with osteoporosis in 1993, Thelma sought information on the condition and discovered the support group in her area.

"I've been involved ever since," she said.

Serving as President for the past four years, Thelma said the benefit of involvement was being able to share information and experiences with others in similar situations.

"We have a great deal of personal knowledge about the effects of osteoporosis and it helps others who may be struggling to understand the condition and its impact on their lives.

"As people get older, they can lose confidence and this is especially the case with osteoporosis and the risk of fractures.

"We are a small, but very supportive group and we'd like to see more people involved, especially men diagnosed with osteoporosis."

Thelma particularly thanked Osteoporosis SA Coordinator, Joan Lynch, for her support.

The Western Osteoporosis Support Group meets on the fourth Monday of every second month from 10.00am to noon at the Cowandilla Church of Christ, Brooker Terrace, Hilton.



Thelma Beveridge

Sarah is a young lady on a special mission

The Arthritis Foundation was proud to be part of the recent Children's Week 2009 celebrations.

Children's Week has been celebrated in Australia for the past 30 years. Its history is linked to the Universal Children's Day established by the United Nations in 1954

Carol Spargo, the Arthritis Foundation's Youth Services Coordinator and Children's Week 2009 Chairperson, said: "The focus of the week was on promoting healthy lifestyle activities, highlighting the education, cultural, social and emotional needs of children, and recognising their achievements.

Children's Week from 23 October to 1 November was celebrated across the State with thousands of young people and their families involved in events at kindergartens, schools, childcare centres, libraries, in cultural and youth groups, sporting clubs, and community organisations.

Mrs Elizabeth Scarce, the Governor's wife, is Patron of Children's Week and television personality, Jane Reilly, is State Media Ambassador.

Sarah Hammond, one of the Arthritis Foundation's youngest and most active advocates, was selected for special acknowledgement as part of the recent Children's Week 2009 celebrations.

Sarah, 15, received a Special Children's Week Award at Government House in recognition of her courage, strength and perseverance in living with juvenile arthritis.

She was diagnosed with juvenile arthritis at the age of 18 months, and has overcome great challenges to lead a relatively normal life. Apart from coping with the challenges of school work when her health is sometimes compromised, Sarah has devoted countless hours to community awareness of arthritis and to fund-raising efforts.



Carol Spargo



Sarah Hammond



Carol said Sarah had raised public awareness of arthritis through public speaking, and she showed great perseverance in getting fit to participate in the 2009 City to Bay Fun Run, raising \$1,000 for the Arthritis Foundation.

"Sarah is a worthy recipient of the Special Children's Week Award for her indomitable spirit and enduring concern and action in support of others."



A bequest can make such a big difference

You can ensure that vital research continues in the fight against arthritis by making a bequest to the Arthritis Foundation.

A significant proportion of public donations received by the Arthritis Foundation are in the form of bequests.

Making a bequest may be as simple as adding a codicil to your will, but seek the advice of your solicitor.

To receive a bequest brochure or suggested wording for your bequest to the Arthritis Foundation, please call Margaret Nowlan, Donations and Gift Liaison Officer, on 8379 5711 or country freecall on 1800 011 041.

Don't let arthritis stop you from enjoying golf

There has been a very positive response to special Come & Try Golf packages offered to Arthritis Foundation members.

The packages were announced in the Spring edition of On The Move offering a 90-minute introduction to the game by accredited golf coach, Jon White.



The thicker grips compared with normal clubs

Jon has developed a simple, repeatable golf swing that does not place stress on the body, and he has introduced to Australia the Max-Impact TWIN golf clubs with grips that are much larger than conventional clubs.

With clubs that are easier for those with arthritis to hold, the Come & Try Golf packages allow people to practice at home to improve their swing and fitness and become more involved in the game.

"I've had some great feedback from people who participated in the course after reading about it in the last edition of On The Move," Jon said.

"One man said it was wonderful to be able to play golf again without having any stress on his body. He is now playing regularly.

"A lady decided to have some lessons despite her arthritis. She purchased a large handle club and was amazed at the simplicity of the swing. She plans to play golf and it has opened up a new dimension on life for her."



Jon White preparing to swing the club

Jon said the emphasis of his coaching was to encourage people to practice using the special swing to build fitness and confidence to play the game.

Packages for a maximum of six people per group cost \$44 each. They are presented at 27 Bagot Avenue, Mile End or at the Tap Inn at Kent Town.

A dollar for each club grip sold goes to the Arthritis Foundation.

For more information, go to the website www.easyswing.com.au or to make a booking telephone Jon White on 0405 354 276.



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Max-Impact TWIN golf clubs



Moving Towards Wellness 2010

You attend 2.5hrs one day a week for six weeks

ARTHRITIS FOUNDATION -118 Richmond Road Marleston

Day Courses at the Arthritis Foundation are held from 1.00 pm - 3.30 pm

Tuesday 23 February - Tuesday 30 March 2010

Thursday 20 May - Thursday 24 June 2010

Tuesday 10 August - Tuesday 14 September 2010

Thursday 21 October - Thursday 25 November 2010

ARTHRITIS FOUNDATION

Weekend courses at the Arthritis Foundation are held from 10.00 am - 12.30 pm. Saturday morning courses run on demand.

GAWLER HOSPITAL DAY CENTRE

Gawler Health Service, Hutchinson Road, Gawler East

All courses at Gawler are held from 10.00 am - 12.30 pm

Friday 16 April - Friday 21 May 2010

Friday 8 October - Friday 12 November 2010

MODBURY - ADELAIDE NE DIVISION OF GPs

Education Centre, Modbury Public Hospital, Smart Road

All courses at Modbury are held from 1.00 pm - 3.30 pm

Tuesday 23 February - Tuesday 30 March 2010

Tuesday 18 May - Tuesday 22 June 2010

Tuesday 10 August - Tuesday 14 September 2010

Tuesday 26 October - Tuesday 30 November 2010

ALDINGA BEACH

G.P Plus, Pridham Boulevard Aldinga Beach

All courses in Aldinga Beach held from 10.00 am - 12.30 pm

Dates to be advised

PLAYFORD COUNCIL AREA

Date and Location TBA

Courses can be offered in any area where there is a demand.

For more information, please contact David Jones on 8423 0902 or the toll free number 1800 011 141.

COURSE FEES

Member Participant	\$30.00
Member Pensioner	\$22.00
Non-member Participant	\$80.00
Non-member Pensioner	\$55.00
Accompanying Person	\$10.00

MUTUAL COMMUNITY members please ask David to check if you are eligible to have your costs covered for the course in which you are enrolled.

Join a Support Group!

- Fibromyalgia
- Lupus, Scleroderma, Sjogrens
- Myositis
- Pagets
- Osteoporosis
- Sjogrens Murray Bridge
- Wellness Support Groups (Moving Towards Wellness participants) Northern & Western suburbs
- Marion
- Christies Beach
- Copper Triangle
- Clare
- Nuriootpa
- Goolwa
- Mt. Gambier

For more details on Branches & Support Groups, contact our Telephone Advisory Services on 8379 5711 or country toll free on 1800 011 041

Exercise and Tai Chi classes

Are you interested in starting a new exercise class? Registrations for classes are now being taken. Classes are held at Arthritis SA and Osteoporosis SA, 118 Richmond Road Marleston (corner Richmond and South Roads). Also at Highgate.

EASY MOVES

Gentle exercises to help improve muscle strength, flexibility, balance and posture. Monday mornings, 10.30 am - 11.30 am at Marleston. Also at Highgate from 11.00 am to 12 noon.

ACTIVE BONES

Registrations of interest are being taken for early morning classes to improve strength, endurance, and flexibility. Wednesday mornings, 7.00 am - 8.00 am.

BONES ON THE MOVE

Not sure where to start with osteoporosis and exercise? 2 classes available depending on you level of ability. Friday mornings, 10.15 am - 11.15 am, 11.30 am - 12.30 pm

BONES & JOINTS WALKING GROUP

Starting in September. Be active and make new friends. Monday morning 8.30 am to 9.15 am. Led by qualified fitness leader. Moderate pace.

TAI CHI FOR ARTHRITIS

Mondays 1.30 pm to 2.30 pm

Great wine offer for Christmas, but be quick to order

The Arthritis Foundation in association with Temple Bruer is offering special wine deals for Christmas.

Buy one case for \$99, and you can receive a second for just \$50. It will cost \$13.40 per dozen for postage and handling.

On offer is the Temple Bruer 2007 Riesling which has a traditional crisp and fresh finish with a touch of citrus zing, and the 2004 Cabernet Merlot.

Temple Bruer has established a reputation for producing some of the best wines in the Langhorne Creek area from organically grown fruit.

Order forms are available from the Arthritis SA Centre at 118 Richmond Road, Marleston, telephone 8379 5711, e-mail info@arthritissa.org.au or go to the website www.arthritissa.org.au

Payment can be made by credit card or cheques payable to the Arthritis Foundation Wines for Life.



Play golf pain free

Discover the simplicity of the stress free easy golf swing. Easy Swing is 90% less stressful on your arms, back and shoulders compared to a traditional golf swing. Easy Swing simplifies golf mechanics to a level that is unimaginable and virtually eliminates stress on your body.

The simplest mechanics in the history of golf. To play and enjoy golf pain free is only a phone call away.

**For more information contact
Jon White on 0405 354 276
email info@easyswing.com.au
www.easyswing.com.au**

The Board and staff of the Arthritis Foundation of South Australia express sincere best wishes for a happy, safe and Merry Christmas to our volunteers, sponsors and corporate partners.

We could not deliver the quality of support and services without your valued contribution.



Thank you and we look forward to working with you in the New Year.