

Last chance to buy lottery tickets

The Arthritis New Zealand lottery is still open, so get your tickets now for your chance to win some amazing prizes.

All proceeds will assist us to support the 530,000 New Zealanders affected by arthritis.

The first prize is a Toyota Rav4 Limited, valued at \$49,285.

The second prize is a Vista HotSpring Spa, with steps and cover cradle, valued at \$27,090.

The third prize is your choice of international air travel, valued at \$5,000.

Lottery tickets cost \$10, or you can purchase five tickets for \$40.

There are only 40,000 tickets available across New Zealand so don't miss out - call us on 0800 663 463 or visit www.arthritis.org.nz to buy your tickets today.

Lottery tickets can also be bought as a gift - a Christmas present perhaps?

This is the third lottery in this format that Arthritis New Zealand has held, and we gratefully acknowledge the generosity of our sponsors Toyota, Hot Spring Spa, Capital Travel MTA and Sharp.

The lottery closes on 9th January and winners will be drawn on 16th January.

Please see our website at www.arthritis.org.nz or call us on 0800 663 463 for terms and conditions.

We welcome our new President

The Governing Body, management and staff of Arthritis New Zealand are proud to announce that Alan Henwood has been elected President.

Alan, a Wellington-based lawyer, has had an active involvement with Arthritis New Zealand for nearly 20 years. His roles have included Chair of the Research Committee, Governing Body member, and Vice President.

In 2010 he received the society's Premier Award in recognition of his outstanding contribution.

Our Annual General Meeting, held in November, was an opportunity to farewell our outgoing President



Alan Henwood

Kathie Smith, as well as welcome Alan to the role.

Chief Executive Sandra Kirby said Alan's appointment acknowledges his long-standing association with the

organisation, and the leadership and strategic skills he contributes to our Governing Body.

"Alan has made an outstanding contribution to Arthritis New Zealand," Sandra said.

"In his role as President, the members have ensured that the society will continue to benefit not only from Alan's business skills and expertise, but also from his empathy for people with arthritis and his commitment to ensure the ongoing success of our organisation."

A director of specialist Wellington law firm Stephens Lawyers, Alan has a long association with the health sector. He has also represented a number of charitable and voluntary organisations, and has been the honorary solicitor for the Wellington Night Shelter Trust.

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Editor: Astrid Lee | Phone: (04) 472 5637
Email: Astrid.Lee@arthritis.org.nz

If you would like to contribute to the next issue of The Juice, please submit content by 15th January 2012.

Supported by:



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From the President

In thinking about how to approach my first note as President, I turned to Kathie Smith's note as outgoing President in the September 2011 edition of The Juice. The paragraph that particularly struck a chord was as follows –

"The responsibilities of President can, at times, feel onerous. The ongoing sustainability of the organisation is paramount. Like those in the President's role before me, I have faced challenges. Some of our own making and others, the bigger ones, have been the result of circumstances beyond our control."

Having spent eight years on the Governing Body, these are sentiments I can empathise with. I also take great comfort from the fact that Kathie will remain on the Governing Body as immediate Past-President. My admiration is boundless for what she has done for Arthritis New Zealand and those with arthritis and I only hope that I can carry on her good work.

In the past 12 months we have gone through another major change in the way we deliver services: it was necessary.

These things take time to settle in, and I am conscious that there is much yet to do. It will be a priority in 2012.

It is not our only challenge, however. Economic conditions – one of the circumstances beyond our control – continue to test us and sustainability will also be at the forefront of our minds.

For me, the past 12 months have largely been an opportunity to be just



Alan Henwood

a member, and to experience what that does and does not mean. It was pleasing to observe the profile of the organisation in the community and the support we have, particularly at the time of our annual appeal, but there must be more to being a member and that is something I will wish to address.

I have also continued to represent Arthritis New Zealand on the National Joint Registry Board and to be involved with other research organisations. We administer a reasonably significant research fund but I wonder if we use it to best effect and that is something I also wish to address.

There is much planned for Arthritis New Zealand in 2012: a new osteoarthritis awareness campaign, a camp for children with arthritis run in conjunction with Kids with Arthritis New Zealand and, of course, with more than 530,00 New Zealanders affected by arthritis, our continuing role as a service provider and advocate remains paramount. We know the challenge.

With Christmas nearly upon us, I wish you and your families a happy and safe festive season.

Alan Henwood

A handwritten signature in blue ink that reads 'Alan Henwood'.

President

From the Chief Executive

Kia ora tatou

Dale Evans Rogers, an American singer and long time wife of Roy Rogers, said "Christmas is love in action. Every time we love, every time we give, it's Christmas."

In New Zealand the Christmas season is a great time to reflect.

As we reflect on 2011 as a country we have many things to celebrate – the Rugby World Cup being an obvious example.

We have things that are cause for concern – the ongoing tragedy that is the Christchurch earthquake experience; the deficit.

As an organisation the year has brought us some great times – the *Arthritis It Could Surprise You* campaign is a highlight.

We also have had to experience loss of people and Service Centres we hold dear.

It has been a challenging year and yet throughout this time we have held firm to our mission to improve the quality of life for people living with arthritis.

New Zealanders gained an international reputation for our generous hosting at the Rugby World Cup and we as an organisation exist because of the generosity of thousands of New Zealanders.

I am privileged to talk with some of our most generous supporters.

A recent telephone call to a donor made my day.

I called to thank her for a large gift and she said "I get a great deal of



Sandra Kirby

pleasure from being able to give to you. Keep up the good work".

She certainly showed love in action.

At the AGM held in November we welcomed Alan Henwood as our new President.

I, along with others at the meeting, acknowledged the time and expertise given so freely by Kathie Smith our outgoing President.

The organisation is fortunate to have the depth of talents displayed by the Governing Body members who freely give their skills on an ongoing basis.

To them, to our staff, our volunteers, our members and our supporters I wish you all a safe and enjoyable Christmas.

I hope that you experience love in action this year and every year.

Nga mihi o te Kirihimete me te Tau Hou

Sandra Kirby

A handwritten signature in black ink that reads "Sandra Kirby". The signature is fluid and cursive, written in a professional style.

Chief Executive

Did you know?

CCS Disability Action has launched a standalone mobility parking website. Visit www.mobilityparking.org.nz for an easy-to-use website with all the information you need to find out about mobility parking applications.

Need a new computer screen?

The Arthritis New Zealand national office in Wellington has six 17-inch spare flat-screen computer monitors. Although they are second-hand, they are in good condition. If you would be interested in obtaining one, make a donation to us before the end of January and we will select six donors at random to receive a monitor. See the donation slip on page 11. The successful donors must collect or pay for postage.

Bid on a pig!

We have 16 gorgeous orange piggy banks that have each been signed by a high profile New Zealander. We're going to be auctioning them off soon to raise money. Keep an eye on our website at www.arthritis.org.nz or call us on 0800 663 463 for more information about when the piggy banks will be auctioned.

New sponsor

Plumbquick, a leading Auckland and Wellington rapid response plumbing company, has teamed up with Arthritis New Zealand as our latest sponsor. Grant Syminton, Plumbquick Director and owner, said "Being a plumber is a rewarding job and as long as people rely on plumbing to get their water and to get rid of their waste, there will always be a need for a good plumber. However, due to the demands of the profession, many plumbers have to give up the plumbing trade at a relatively early age due to excessive pain and many are arthritis sufferers."

See page 7 for tips and deals.

Wrapping up: Appeal Week 2011

As of the end of October we had raised \$390,600 in the 2011 annual Arthritis New Zealand Appeal Week - a figure up on last year's total.

In a difficult period, with so many natural disasters around the world in need of donations, Arthritis New Zealand's supporters continue to shine in their support of our organisation.

We'd like to thank everyone who assisted in making our Appeal a success.

First and foremost, to those who dug deep to donate to us. Your generosity is the key to our success.

To our army of volunteers, whether you took part in the street appeal, sold a box of gerberas, helped out in the office or anything in between, we

thank you. You inspire us all.

Arthritis New Zealand receives minimal government contributions, so we rely on our Appeal Week for a significant proportion of our funds each year.

Without your support we would not be able to help the more than 530,000 New Zealanders living with arthritis.



From top left: Derek, Lynne and Juliet at Merivale Mall in Christchurch; posters designed by the children at the Kids First Childcare Centre in Takinini, Auckland; Harbourview Rest Home residents participated in the Oamaru Joint Walk; Kay in Wanganui; baskets ready to go at National Office; Sarah, Carol and Clare in Hamilton; Patricia and Alice in Oamaru; making cupcakes at Iona Home in Oamaru to raise money by selling them to staff and family.

Kids With Arthritis

The regional organisations specifically for young people with arthritis have merged and been named Kids With Arthritis New Zealand.

Kids With Arthritis was started in 1996 with more than 100 families from Northland, Auckland, Waikato, the Bay of Plenty, Taranaki, Hawkes Bay, Manawatu, Wellington, Nelson, Christchurch, and Dunedin.

The Juvenile Idiopathic Arthritis support group was started in 2006, and recently had 28 families from Christchurch, Rangiora, South Canterbury, Nelson, and the West Coast.



Both groups had strong links and support from Arthritis New Zealand.

The merger has a number of benefits. Foremost, the combined advocacy of both groups will lead to being recognised as a credible national organisation.

As one large group, this is invaluable, and may attract a wider range of sponsors.

“We are delighted that these two excellent support groups have joined forces,” said Arthritis New Zealand Chief Executive Sandra Kirby.

“There is huge potential to create greater public awareness that

arthritis is not just an older person’s condition; it affects people of all ages,” she said.

“We at Arthritis New Zealand look forward to collaborating with Kids With Arthritis to do what we can to spread this message.”



Arthritis can affect people of all ages.

A national committee has been set up and meet every two months via teleconference. There will also be regional groups, which have a less formal structure and meet as required.

If you would like to find out more about Kids With Arthritis, please contact Arthritis New Zealand on 0800 663 463.

Your feedback: September survey

We received a lot of feedback in the survey that we included in the September edition of The Juice. Thanks to everyone who responded.

We will endeavour to address as many suggestions as possible in this and future editions of The Juice.

To start, we have changed the font that The Juice is written in, to make it easier to read. We have also made some other style changes to ‘modernise’ the look of The Juice, as our readers suggested.

For those who requested more local information, please remember that

this can be difficult in a quarterly publication. Many of our events are planned less than three months in advance, which is why some regions have separate inserts that require less preparation time. As often as we can, we will provide these inserts.

For the most current information on what’s on, please visit www.arthritis.org.nz. We do appreciate that not everybody has Internet access, so alternatively please call us on 0800 663 463 (toll free).

Only 12 per cent of our income is from the government. The rest we fundraise, so when we share our

fundraising success stories with you, it’s because we’re proud of our effort and hope you will be too. Without fundraising, we wouldn’t be able to exist to help the 530,000 New Zealanders who live with arthritis.

Finally, please be assured that The Juice is produced as cost effectively as possible. This includes the paper it’s printed on and the manner of postage.

Once again, thanks to all who took part. Your compliments and constructive feedback were gratefully received and we hope our members continue to enjoy reading The Juice.

Arthritis advocacy for one and all

Our recent service review indicated that our stakeholders want Arthritis New Zealand to be a leading voice for people with arthritis. Accordingly, we have made advocacy one of our organisational priorities.

The term advocacy comes from the Latin *advocare*: *to call to one's aid*, and advocacy can take many forms.

Systemic advocacy aims to change systems, policies or laws; individual advocacy involves speaking or acting for oneself or others regarding a particular issue; and group advocacy involves a group or whanau identifying an issue or concern affecting them.

Effective advocacy can involve a host of activities. These may include researching issues, writing letters,

organising meetings, lobbying decision makers, assisting individuals navigate systems to access entitlements, utilising media opportunities, holding a protest, and organising delegations to visit MPs.

Our advocacy programme will focus on both local and national arthritis issues and explore a number of advocacy options but our first step is to identify some priorities for our planning.

We are surveying our members, clients and volunteers to find out your advocacy priorities and also identify people interested in participating in local and national campaigns.

This survey has been sent out electronically to all members, clients and volunteers for who we have email addresses.

However, as we know, not everyone has access to a computer or the Internet, so the survey is also being distributed in the form of a paper questionnaire.

If you are interested and have not



seen a copy please call us on 0800 663 463 and ask for either the Internet link or a copy to be sent to you.

This survey is being conducted until the end of December to allow as many people as possible to participate.

If you would like more information or could be interested in becoming an active advocate for Arthritis New Zealand please call our 0800 number and leave your name and contact details. We will be delighted to hear from you.

We will report back the questionnaire findings in the next edition of *The Juice*.

Our next awareness campaign is...

We are pleased to announce that in our next awareness campaign will be about osteoarthritis.

Why osteoarthritis?

Osteoarthritis is the most common form of arthritis to affect New Zealanders. It affects one in six people over the age of 15. Osteoarthritis is sometimes referred to as 'wear and tear' of the joints.

Sports injuries, as well as particular occupations, such as farming, can increase the risk of developing

osteoarthritis.

There is no cure, but there are many ways to control the symptoms of osteoarthritis.

We want to spread the word about osteoarthritis, what it really means and how it can be controlled.

This campaign will have a similar look and feel as our ankylosing spondylitis campaign that we ran this year.

Look out for our commercials commencing in the New Year.

"Look No Hooks"



Imagine a comfortable bra without fiddly hooks
...a bra that stretches so it's easy to get on and off, step through or over-head. No hooks and no wires, just an easy fitting comfortable bra. Available to you for \$49.90.

Call 0800 170 015
for your free brochure

Fastener Free Bra

New sponsor: Plumbing tips and deals from Plumbquick

In the next few issues of The Juice, Plumbquick will be sharing some practical advice and also tailoring some special products and services to suit different types of arthritis. The first of these is aimed at hand mobility and healthy water.

Plumbquick can make life easier around the house for people with arthritis and those with limited hand mobility by supplying and installing a range of products.

In the kitchen, laundry and bathrooms Plumbquick can simply replace the tap tops you have for tops with extended levers (if your existing tapware is compatible for conversion). This is the most economic option.

To find out more, call 0508 475864 (Auckland) or 0800 275864 (Wellington). For those outside of these coverage areas, call Plumbquick to buy the deals without the installation cost and you can get your own local plumber to do the installations. Remember to mention Arthritis New Zealand to receive your discount. *Terms and conditions apply, see www.plumbquick.co.nz.

PLUMBQUICK



Deal 1: Get rid of those hard two-handled taps and faucets



Methven Calais lever replacement tap tops \$16.00 each incl gst plus installation. Generally there are 4 or 6 in a house (2 kitchen, 2 laundry, 2 basin) which would cost \$193.00 or \$230.00 incl gst* respectively.

Alternatively, Plumbquick can offer you a great tapware deal, supplied and installed for only \$299.00 incl gst*. For this promotion we are using the NZ made Methven Echo e9114 sink mixer & e9111 basin mixer - all pressure mixers (pictured, left).

Deal 2: Are you drinking healthy water?

This Aqua Dynamics water filter is a purezone granulated active carbon filter model GAC(102ini) complete with faucet. The filter contains carbon which removes bad taste and odour from your water and is rated as 1 micron nominal which will effectively remove cysts such as giardia and Cryptosporidium - so the health benefits can be great! Water filters supplied and installed \$299.00 incl gst*.



Outward Bound offers something for everyone

Outward Bound is New Zealand's leading organisation for fostering personal and social development through outdoor challenge and adventure.

Outward Bound offers Arthritis New Zealand a number of scholarships each year for people with arthritis to attend an Outward Bound course. We recently received this feedback:

I could not believe my luck, receiving an Arthritis Scholarship to Outward Bound. For 35 years I dreamed of this challenge but there were always 'if onlys' or 'buts' in the way. An enquiry and sudden acceptance meant, for once in my life, I could not hesitate. Now I cannot believe the many blessings I have received. My life has been turned around. I believe I can look forward to the 'aged' years of my life with joy, not dread. I can do better as daughter, wife, mum,

nana and citizen. I did wonder at a 67-year-old doing this course - it only makes sense when young. I wonder no more. I cannot thank you enough for my scholarship. Yes, I will have to work at it (nothing ever was easy in life). I have new 'tools' to use and I know I am an OK person. I am very aware I am richly blessed and I am able to share my blessings.

From Judy.

2012 courses include:

- No Limits (18 - 30 yrs, 31 Jan – 7 Feb; 15 – 22 Apr) is a low impact, inclusive experience for people who require a less intense course. Sailing, tramping, kayaking and high ropes are included.
- Aspire (27+ yrs, 13 – 20 Feb and TBC Aug) is for people who find running or carrying a tramping pack difficult. Sailing, rock climbing, kayaking and high ropes are

included.

- Activate (18+ yrs, TBC November) is a 6 day course for people who have a physical disability. Sailing, open-top kayaking, canoeing, high ropes course with belay support and camping are included.

To find out more about these courses visit www.outwardbound.co.nz.



Don't underestimate a good night's sleep

Sleep loss has serious health consequences. It is linked to heart disease, diabetes and obesity.

Conditions like arthritis can also worsen with sleep loss.

Researchers at the University of Pittsburgh recently studied the link between sleep quality and functional disability in people with rheumatoid arthritis.

The average age of participants was 58 and 76 per cent were female. Each had been diagnosed with RA for at least two years.

Findings showed that poor sleep quality has an association with increased functional disability among patients with RA, and the relationship may be explained by pain severity and fatigue.

Sixty-one per cent of patients were poor sleepers and 33 per cent reported sleep disturbances caused by pain at least three times a week.

The average adult needs eight hours sleep, but research has indicated 30 per cent of Maori and almost 23 per cent of non-Maori receive less than this.

Here are a few tips that might help you get a better night's sleep.

- Avoid stimulants like caffeine after 4pm.
- Don't clock watch. If you can't help it, take the clock out of the room.
- Drink warm milk. This will encourage melatonin secretion. Melatonin is the sleep hormone.
- Practice relaxation exercises.
- Read a book. Don't read from a backlit device at night (such as an iPad).
- Turn off your television and

computer. Their light suppresses melatonin production and television can actually stimulate the mind rather than relaxing it.

- Make sure you have a comfortable, supportive pillow.
- Wear socks to keep your feet warm.

More about melatonin

Melatonin is the hormone secreted by the brain at night, to make us to go sleep.

It was once believed that only humans and animals made melatonin. However this is not the case.

Melatonin has been found in plants including bananas, grapes, walnuts and tart cherries.

Similar to sweet cherries (which are not as rich in melatonin), tart cherries are the richest food source of melatonin.

They also have powerful anti-inflammatory properties, which can assist with pain relief for sore joints.

Tart cherries are available in

There is evidence to suggest that disrupted sleep may lower the pain threshold.

If you consistently experience poor sleep, speak to your GP or pharmacist, or contact us on 0800 663 463 to speak to an Arthritis Educator.

capsule form, as well as in fruit juice concentrate.

They have also been found to aid better sleep.

Cereal, rice, olive oil, St John's Wort and Feverfew also contain melatonin.



The importance of your cartilage

Cartilage is a fibrous tissue that prevents support and cushioning for the joints, by preventing bone on bone contact.

Even though cartilage is tough, it is highly susceptible to inflammation and takes a long time to repair if damaged.

Damage can be caused by osteoarthritis, but, inversely, can also lead to osteoarthritis.

When cartilage is damaged, whether by disease or trauma, the white

blood cells in the cartilage increase the production of inflammatory chemicals.

This is the first stage of healing so enable new tissue to grow.

However, when the body cannot heal itself, this leads to permanent inflammation.

The antioxidants found in grape seeds, turmeric, oily fish, glucosamine and acai berries are highly recommended for maintaining healthy cartilage.

Equipment funding opportunities

Due to the disabling effects of some forms of arthritis, you may find that you need some equipment to help you perform day to day tasks – whether it be a walker or wheelchair to assist you moving safely from room to room, a chair in the shower or a perching stool in the kitchen to make food preparation easier.

While in some cases you may be able to purchase these items from your local home healthcare retailer or pharmacy, there are also some options for getting equipment funded through a number of avenues.

Ministry of Health

Comparative to other developed countries including the USA and Australia, we are fortunate in New Zealand to have a very well funded disability equipment service.

You may be eligible for Ministry of Health funding for specialised equipment if:

- You have a disability that will last over six months and has resulted in a reduction of your independent function to the extent that ongoing support is required, and



- You are not an ACC claimant (for that disability).

Equipment can only be provided if an Occupational Therapist or Physiotherapist has identified that equipment is essential for you to:

- Get around more safely in your home, or
- Remain in, or return to, your home, or
- Communicate effectively, or,
- Study full-time or do vocational training, or,
- Work full-time, or,
- Work as a volunteer,
- Be the main carer of a dependent person.

To find out more about this funding option, have a talk to your GP or your Arthritis New Zealand Educator and they can refer you to the Community Occupational Therapist at your local hospital.

There is also an excellent publication available, called *Needs Assessment and Support Services for Older People - What you need to know* (pictured). This can be downloaded from the Ministry of Health's website at www.moh.govt.nz.

New Zealand Lotteries Commission

Through proceeds from Lotto, the Lotteries Commission has a special fund allocated for individuals with disabilities.

They will fund the purchase of vehicles, vehicle modifications, scooters and other mobility equipment that will provide outdoor mobility.

The Lotteries Commission have specific funding criteria and to find



out if you are eligible visit www.communitymatters.govt.nz/. Click on Funding and grants, then Lottery-grants, then Lottery individuals with disabilities.

Community organisations

Community groups such as Rotary and Lions Clubs are often willing to assist in the purchase of specialised equipment that falls outside of what the Ministry of Health will fund.

They are worth approaching if there is a specific product that is required by someone in their local community. These organisations can easily be contacted through your local Citizens Advice Bureau.

So, all in all, there are a number of options available to you. We recommend that you do your research around funding before you purchase any sizeable equipment items as very few organisations will reimburse you for any equipment that you have already purchased.

It is also a good idea to have a talk to equipment suppliers directly as they are also likely to be able to help advise you about funding options for specific equipment items.

Beautiful shoes blues

Shoes are a popular and symbolic part of fashion. For many women, shoes are an expression of self-confidence and an opportunity to incorporate beauty into their everyday lives. For many women this all changes when they are diagnosed with rheumatoid arthritis or osteoarthritis.

A European study across three countries investigated women's experiences associated with therapeutic footwear for rheumatoid arthritis (RA).

The study was undertaken to gain an insight into individual's feelings about the process of receiving such footwear, from the point of referral to its provision, and how these experiences relate to individual's subsequent choice to wear it or not.

In the results, all of the women identified feeling strong emotions of shame, sadness and anger because of their shoes. It is perceived to be

In New Zealand...

- An article published in the *New Zealand Medical Journal* revealed that 90 per cent of people with rheumatoid arthritis have feet problems, and 85 per cent of participants in a local study had foot lesions which gave them a moderate to high level of disability.

Despite this, more than three-quarters had not seen podiatrist for review, or had a formal foot assessment.

"There is ample evidence that foot pain, either alone or as a comorbidity, contributes significantly to disability," said Professor Keith Rome, from AUT University in Auckland.

"Despite the high prevalence of foot disease in RA, this problem is often

the final marker of the effects of RA on their changed lives and self-perception. These feelings result in major restriction of important activities, especially social activities.

Interestingly, the results showed that in Spain and the Netherlands, where a patient-focused approach was used, the footwear was accepted to a greater degree and there was less wastage resulting from the prescribed shoes not being worn.

Women from the UK were more likely to passively accept being provided with the footwear and then not wear it.

The range of therapeutic shoes is now much wider than it used to be, but there remains an overtone that sensible shoes are very boring and not at all self-esteem enhancing.

And of course, the manner which the need for therapeutic shoes is introduced and being client-centred does change the outcomes.

trivialised or underappreciated."

"It has been argued that better integration of podiatric services into rheumatology services would be beneficial."

At a foot and ankle symposium held in New Zealand, discussions were held about the idea of an integrated approach to managing foot problems for people with RA in the future, with a podiatrist being the key practitioner.

- A New Zealand study on footwear choices for people with gout showed that as little as 56 per cent make good footwear choices by wearing walking shoes, sneakers or oxfords.

The gout patients who wore inappropriate shoes reported higher

If you, or someone you know is in this situation, just remember that women around the world experience this. You are not alone.



Adapting footwear can be daunting and disheartening for many women.

foot-related impairment and disability.

Alarmingly, 42 per cent of participants reported often wearing improper footwear such as sandals, jandals, slippers and moccasins.

Characteristics of poor footwear included improper cushioning, lack of support, as well as inadequate stability and motion control.

Further to this, more than half of all participants wore shoes that were 12 months or older and showed excessive wear patterns.

Some of the factors identified by participants that influenced footwear choice included comfort (98%), fit (90%), support (79%), and cost (60%).

Clinics and seminars

Regular visits are planned right around the country by Arthritis Educators.

Clinics and Seminars will be held in those areas when the Educator visits.

Your regional manager will be able to let you know when these visits are occurring.

- Northern Region - Francesca Holloway (09) 523 8900
- Midland/Central Region - Tui Tararo (04) 472 1727
- Southern Region - Paul Barclay (03) 366 8383

Alternatively, please call 0800 663 463 for more information on what is happening in your area.

Regional Award recipients

Contributions to Arthritis New Zealand by our valuable volunteers were recognised at awards ceremonies around the country.

Northern Region

Outstanding Service Award
Penny Evans (Hamilton)

Community Service Awards
Dot Palmer (Whangarei)
Ulla Caroll (Whangarei)
Chree Barker (Auckland)

Midland/Central Region

No awards were presented during this period.

Southern Region

Outstanding Service Award
Clare Richards (Christchurch)

Community Service Awards
Joyce Findlater (Picton)
George Barker (Nelson)
Lyndsay Bowron (Nelson)
Annetta Hodges (Nelson)
Maureen McCain (Nelson)
Adrienne Crowe (Christchurch)
Wendy Hocking (Christchurch)
Barbara Watson (Christchurch)
Lorraine West (Christchurch)
Rowena Hart (Ashburton)
Carol Angland (Timaru)
Joan Harneiss (Timaru)
Cynthia Scrivener (Timaru)

Congratulations to all award recipients, from the Governing Body, management and staff of Arthritis New Zealand.

Yes, I want to support New Zealanders affected by arthritis!

First name:

Last name:

Mailing address:

.....
.....

Please fill in this donation slip and post back to us:
Freepost 157311
Arthritis New Zealand
PO Box 10020
Wellington 6143

- Yes, I would like to be in the running to receive a free 17-inch flat screen computer monitor. I understand that I will be responsible pick-up/postage.

Enclosed is my donation of:

\$120 \$80 \$50 \$20

or \$

I am paying by:

- Visa
 Mastercard
 Amex
 Diners
 Cheque enclosed (please make out to 'Arthritis New Zealand')

Card number:

Expiry date: /

Card holder:

Signature:

**Did you know that you can also donate
online?**

www.arthritis.org.nz

Thank you for your generosity!

Yes, I would like to become a member of Arthritis New Zealand.

Name:
Address:
.....
.....
Phone:
Email:
Mobile:
Date of birth:
Ethnicity:
Nearest service centre:

Privacy: information only collated for membership purposes.

Individual membership \$20

Or

Household membership \$30

How many people in household?

Do you have arthritis? Yes No

What type of arthritis do you have?

I am paying by:

- Visa
 Mastercard
 Amex
 Diners
 Cheque enclosed (please make out to 'Arthritis New Zealand')

Card number:

Expiry date: /

Card holder:

Signature:

When completed, please detach this form, seal it in an envelope and post to:

Freepost 157311
Arthritis New Zealand
PO Box 10020
Wellington 6143

Did you know that you can also join online?
www.arthritis.org.nz

Super-vegetable alert

Kale is a highly nutritious, often overlooked vegetable. From the same family as broccoli and cabbage, kale is easy to grow and contains large amounts of omega 3. This means it has anti-inflammatory properties, so can be beneficial for people with arthritis.

But kale's positive attributes don't end there. It is a great source of calcium and vitamin K (check with your doctor before including it in your diet if you take Warfarin or other anti-coagulants), and contains high amounts of glucosinolates, which occur when chopped or chewed.

Glucosinolates encourage the liver to produce enzymes that detoxify cancer-causing free radicals.

Kale also contains vitamins B2, B3, B6, B12, folic acid, copper, iron, magnesium, manganese, potassium, zinc. It contains silica for healthy nails, teeth and hair. It's even low in calories. Get stuck in!

End-of-the-week vegetable soup

Serves 4

- Handful of kale, leaves and all, roughly chopped
- 2 onions
- 1 potato
- 100g pumpkin
- 1 small kumara
- 1 carrot
- 2 cloves garlic
- Olive oil
- 1L chicken stock
- Oregano
- Italian parsley
- Pepper, salt



Preheat oven to 200° C. Chop all vegetables (only

1 onion) and apart from kale, place on baking tray with garlic and a drizzle of olive oil. Place in oven for about 20 minutes or until just starting to roast.

Heat 1 tablespoon of oil in a big saucepan, slice and add the remaining onion and sweat it down, add kale until starts to wilt. Tip baking tray of roasted vegetables into the pan and mix well. Add stock and stir. Cover and simmer for 20 minutes. Once all vegetables are softened, add oregano and Italian parsley as desired, and purée using kitchen wand. Add salt and pepper to taste.

Serve with a fresh, crusty loaf.

Recipe courtesy June Lee.

Spreading the arthritis message to young people

Massey University digital media student Lisa Martin and advertising student Tasha Godetz developed Arthritis Challenge as part of a course project.

Arthritis Challenge is a transmedia campaign designed to raise awareness that young people get arthritis and to inform their peers on what the disease is and what it is like for someone living with it.

“The campaign is targeted at 15 to 18 year olds, as this is the age where bullying can happen towards someone with arthritis if their peers don’t understand what it is,” Tasha said.

“Currently teens lack the right information about the disease with the common misconception that it is an older person’s disease,” she said.

“We have designed a campaign made up of multiple platforms of media.

“Most current health campaigns have a tone of empathy pulling on the audiences heart strings or use celebrities as an audience attention grabber.

“Our campaign has been designed with a fun and interactive element to allow teens to experience a little of what it is like to have the disease.”

The project comprised two major

elements, a short film and a series of print advertisements, some of which are pictured.

“We sent out a box to schools filled with challenge cards and joint restrictions,” Tasha said.

“We then asked teens to follow the instructions on three challenge cards and video each other doing everyday things with these joint restrictions on.

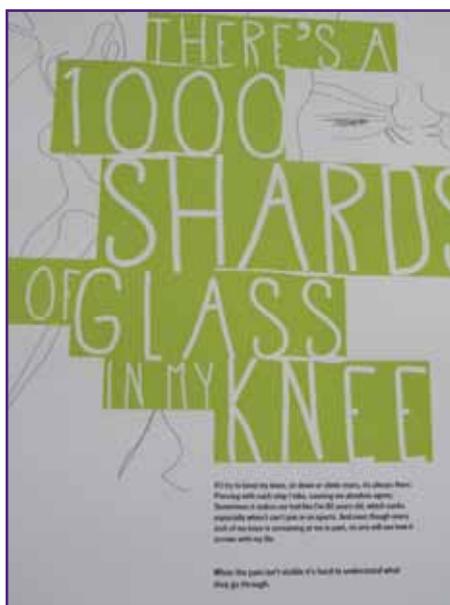
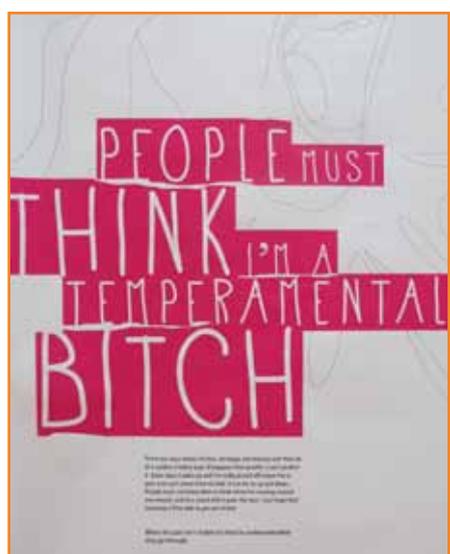
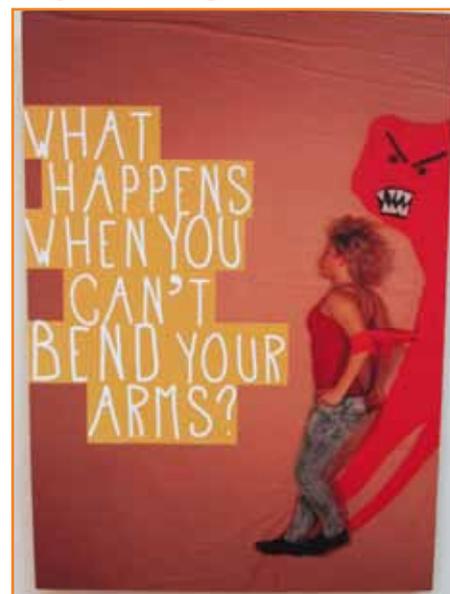
“The aim of these challenges was to interactively show people how difficult simple tasks become when your joints are stiff.

“This will heighten awareness amongst peers and allows them to feel what its like with stiff joints instead of just being told about what it’s like.

“They then uploaded videos of themselves completing the challenge onto here for others to watch and comment on.”

To see the videos or find out more, search Arthritis Challenge on Facebook or YouTube, or follow @arthritischall on Twitter.

“It’s not enough to tell you about it, we need to make you feel something.”



QE Health and arthritis

QE Health's (QE's) musculoskeletal and neurological rehabilitation service has been operating nationally in New Zealand for 70 years.

"QE Health is a world class, intensive rehabilitation centre. We offer unique, clinically effective and cost saving treatment," said General Manager Peter Sharplin.

QE Health aims their programmes at those who feel they have tried everything else and nothing's worked.

"QE Health is the only rheumatological centre in New Zealand that combines clinically proven balneotherapy (geothermal) spa treatments with traditional rehabilitation services," Peter said.

Generally, patients are older New Zealanders with severe arthritis, chronic pain or selected neurological conditions.

Three week intensive rehabilitation programmes are available, including physiotherapy, occupational therapy, psychology, medical specialist, health

spa and orthotics.

"We presented our methodology outcomes data at the American College of Rheumatology Conference, Chicago, in November this year," Peter said.

According to Peter, QE Health is also a a cost-saving treatment.

"Every \$1 spent on QE rehabilitation saves between \$2 to \$10 on other healthcare costs," he said.

"Compare the cost of rest home care, \$40,000 per annum, with the cost of QE rehabilitation, which is \$4,000.

"Or consider the cost for patients on ACC, welfare or sickness



QE Health endeavour to help people rediscover their independence.

benefits, \$20,000 per annum, again compared to the \$4,000 cost of QE rehabilitation.

"We see the need for older New Zealanders to remain independent for as long as possible.

"Standard and Poor's warns that our ageing population will increase pension and healthcare costs to 20.9% of GDP by 2050. These costs currently stand at 14.4%.

"Health Workforce New Zealand states that there will be a 100% increase in aged care needs by 2026 but only a 30% increase in resources.

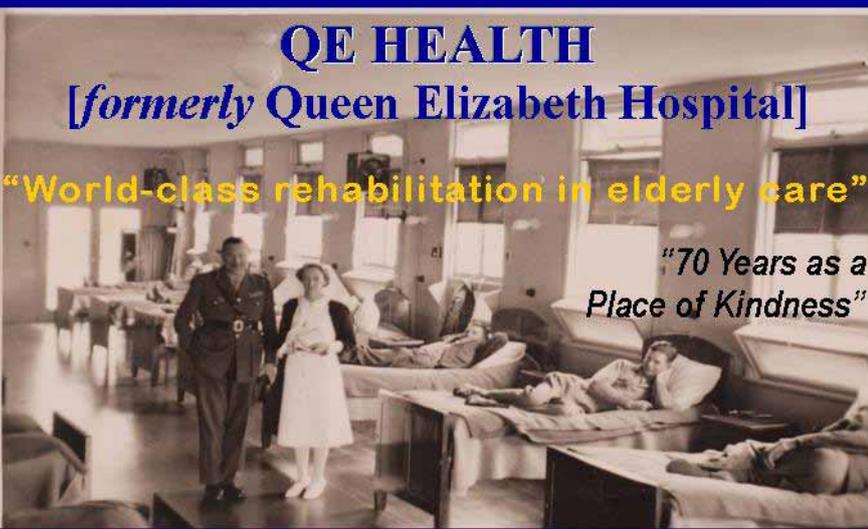
"QE Health's rehabilitation programmes enable people to rediscover their independence."

Content supplied by QE Health.

QE HEALTH
[formerly Queen Elizabeth Hospital]

"World-class rehabilitation in elderly care"

"70 Years as a Place of Kindness"



QE HEALTH
Situated on the shores of Lake Rotorua
1073 Whakaue Street, Rotorua
Telephone: 07 3480189 / 0800 QEHEALTH
Email: Infoline@qehealth.co.nz www.qehealth.co.nz


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Cooks on Wheels 2012

Chef Martin Harrap and his team will ride their motorbikes 5,000 kilometres in 17 days, starting on 4th February, to raise funds for charity, including Arthritis New Zealand.

During the journey, from Cape Reinga to Bluff and back to Auckland, the team will promote raise awareness of Arthritis New Zealand, healthy eating and safe riding.

Martin would like to hear from anybody who'd like to be involved. Visit www.n1chef.pages.qpg.com/cooksonwheels to find out more.

Pain doesn't hold back

Kim Raggett, 36, was diagnosed with rheumatoid arthritis three years ago. A flare-up inspired her to write this poem.

Pain!!

*Pain you keep me awake at night
You plague me in the day.
I fight with you for normality
And yet you persist in your ways.*

*Over time you tear away at my joints,
Leaving them forever changed before
my eyes.
You try to slow me down, limit my life
But I will not let you!*

*This disease that knows no bounds,
It does not care for age, gender or
race.*

*And it befriends you pain,
Like a long lost constant companion.*

*But you will not stop me!
Life has too much joy and happiness.
And I shall find them all
Despite you pain and your wicked
ways.*

"This flare was particularly frustrating as it was prior to my first ever sea kayaking trip. Thankfully the flare subsided and I enjoyed an absolutely amazing day on the water," Kim said.

Follow Kim on Twitter: @Kiwi05.

Out and about



From top: Combined School Choruses perform at Viva la Voice in Hamilton; Suzanne Prentice sings at the 50s Up Brass Band concert in Christchurch; a participant in the Arthritis Marathon in Hamilton; Volunteer Carol selling bears at Kirkaldie & Stain's in Wellington. Arthritis New Zealand was fortunate to be Kirkaldie & Stain's selected Christmas charity for 2011; Jordynne, Carolyn, Pam, Nix, Rebekah, Keryn, Sarah and Alice at a Super Young Arthritics of Wellington support group meeting; Another participant in the Arthritis Marathon; and the Mighty River Harmony performing at Viva la Voice.

Information

Call toll free 0800 663 463

When you call our free 0800 number, you will be put in contact with one of our trained Arthritis Educators, who can give you advice and support on managing your arthritis. You can also find out about your region's support groups, and when an Arthritis Educator will be next visiting your town.

Make a donation

Did you know by calling 0900 333 20 you can make an automatic \$20 donation to support the 530,000 New Zealanders living with arthritis?

Visit www.arthritis.org.nz

Visit our website for the latest news about arthritis, information about different types of arthritis, downloadable brochures, to find out what's on in your area, and more.



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