### EVENTS & HAPPENINGS

#### Take Charge of Life Courses
All courses cost: $30 - Arthritis SA members FREE

#### 2014 Take Charge of Pain Courses
2 x 2.5hr interactive workshops that will provide you with the strategies to deal with pain. Learn more about the causes and treatments for pain; medications, complementary therapies, and what to do when medication doesn’t work.

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#### 2014 Take Charge of Arthritis Courses
2 x 2.5hr interactive workshops that will cover osteoarthritis OR inflammatory arthritis. Learn about causes and treatments for your arthritis, including medications, current research, joint surgery and lifestyle issues.

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#### Consumer Seminars
Arthritis and complementary therapies
Presenter: Stuart Main ND
Complementary therapies – what works for arthritis and what doesn’t, and how can you tell the difference? What are the risks and where can you go for accurate information?

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#### Osteoarthritis update
Presenter: Dr Richard Kwiatek FRACP
Current updates for Fibromyalgia – presented by an expert Rheumatologist

#### Fibromyalgia update
Presenter: Dr Simon Burnet FRACP
Osteoarthritis is the most common type of arthritis. Learn new strategies to manage pain and increase mobility. Discover more about joint replacement and its effect on your quality of life.

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### Support Groups

#### LSS – Lupus, Sjogren, Scleroderma Support Group
Tuesday 5th August - 7.30pm
Thursday 18th September - 10.30am
Tuesday 21st October - 7.00pm
Thursday 4th December - 10.30am

JIA (Juvenile Idiopathic Arthritis) Network
5.6.2014 Games Day ay Cooinda Neighbourhood Centre, 245 Sturt Rd, Sturt 5047 – Parents Connect 22.11.2014 Adventure Day (to be confirmed)

Details of events will be emailed/posted prior to the day.

#### Fibromyalgia Support Group
Meet bi-monthly on the second Tuesday of the month.

#### Western Osteoporosis Support Group
Meet bi-monthly on the last Friday of each month.

#### Marion Branch Arthritis Support Group
Meet bi-monthly on the second Tuesday of each month.

For all support groups contact Arthritis SA for calendar date information on (08) 8379 5711 or visit the website www.arthritissa.org.au

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**Vision Statement**
“To improve the quality of life of people with arthritis and related conditions.”

**Mission Statement**
“To be recognised as the leading provider in SA that empowers people with arthritis and related conditions. To achieve the best quality of life through advocacy, education, self-management and the support of research.”

**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 musculoskeletal conditions and their carers.
- to organise education programs for people affected by arthritis and other musculoskeletal conditions, their families and carers, health professionals and awareness in the wider community.

**Valued Donations**
Arthritis SA values your donations to help provide services and support to the many thousands of South Australians who suffer from musculoskeletal conditions. Donations can be made by telephone on (08) 8379 5711 or Country freecall 1800 011 041. Alternatively, secure online donations can be made at www.arthritissa.org.au

Arthritis Foundation of South Australia Inc.
Incorporating Osteoporosis SA
118 Richmond Road, Marleston SA 5033
Phone: (08) 8379 5711
Website: www.arthritissa.org.au
ABN: 53 784 654 861

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**Disclaimer**
Views expressed by contributors to On The Move, and advertisements appearing in the publication, are not necessarily endorsed by the Arthritis Foundation of South Australia.
The board of Arthritis South Australia plays a vital role in ensuring good corporate governance of Arthritis SA. In accordance with this is a commitment to ensure that any money donated to the organisation is spent wisely. At a recent review of our three year strategic plan, it was a pleasure to report that we are addressing all areas in the plan effectively.

This financial year we have doubled our commitment to research and have provided $100,000 to the National Research program and a further $100,000 to Adelaide University to support Dr. Elizabeth Hoon as a research fellow. In addition, we have supported other research projects including a joint grant with the Australian Rheumatology Association (SA Branch) to foster new research for a young rheumatologist and other smaller research projects.

Already, we are seeing great benefits in this investment such as a total review of our health services and education programs now all being fully evaluated and evidence based. We now see tangible benefits and evidence that the work of Arthritis SA is making a difference in the community.

In particular, we are now expanding our Take Charge of Pain program interstate and growing our Pharmacy Aware program so that more people with arthritis can be supported.

Increasing awareness about arthritis is an important role we play and I would like to acknowledge Channel 9 Telethon for its support in producing a new community service announcement, The Faces of Arthritis, which frequently airs on Channel 9.

With one in four South Australians suffering from arthritis our work is never ending and the need to secure income remains a challenge. I would therefore like to personally ask that you consider making a tax deductible donation today to support our ongoing important work.
This 2013/2014 Annual General Meeting (AGM) will be held on Tuesday 28 October 2014 at 6PM at Arthritis House.

Three of our board members come up for re-election and all have nominated for their roles. As the next On the Move member magazine will not be distributed prior to the AGM, we are providing you with their details now.

Should any other nomination be received prior to the closing time of 5PM on 7 October at 2014, an election will be held and all members will receive further details.

**Fabrizio Porcaro** was first elected to the Board of Arthritis SA in 2005. He has a Bachelor of Law (with Honours) and a Bachelor of Commerce (majoring in Accounting). Fabrizio specialises in corporate and business law with an emphasis on tax effective structures and tax planning, stamp duty, fundraising, banking and finance and partnership law.

**Alison Adare** is a practising solicitor, currently operating as a consultant to commercial law firm McDonald Steed McGrath, and has been in continuous legal practice for 28 years. She joined the Board of Arthritis SA in 2013. Since 1990, Alison has sat on a number of not for profit and government boards including those of Memorial Hospital, Royal District Nursing Service, Physiotherapists Board and Starlight Foundation.

Alison undertook, and graduated from the AICD Company Directors’ Course in 2000 and is currently a member of the Premier’s Council for Women, an advisory board to the Premier of South Australia and Minister for the Status of Women which takes an active role in influencing the policy agenda for South Australian women.

**Ian Terry** was elected to the Board in 2013 and is the Treasurer of Arthritis SA. Ian has a long association with the not-for-profit sector having served as Chief Executive Officer, Phoenix Society Inc. from 1991 until recently retiring from the role to set up his own consultancy. Prior to this position, Ian held the positions of Chief Financial Officer with Phoenix, Financial Controller with Scholle Industries and State Accountant with Braemar Appliances.

Ian comes to Arthritis SA with a wealth of experience and knowledge in general management, business development and finance and has held numerous board positions with National Disability Services, Workability International (Oceania Region), ACROD SA and Workability International.

**Dr Elizabeth Hoon** (right) considers herself a lucky woman: not only is she a mother of two teenage children and a successful researcher, but she can make a real difference to the lives of people with arthritis.

In her research role at Adelaide University, Dr Hoon is using her skills to analyse educational programs being delivered by Arthritis SA. The intention is to help Arthritis South Australia improve services offered to the one in four people in the state who suffer with arthritis.

Dr Hoon believes that many people make assumptions about their own health without thinking about the facts. Research is a real opportunity to undertake evidence based research to use this information to drive health programs. A key element of her research is analysing why people with arthritis don’t access available services.

Arthritis SA CEO Julie Black believes the appointment of Dr Hoon was a real step forward in supporting the ongoing improvement of Arthritis SA’s services, as well as being an excellent collaborative venture with Adelaide University. In particular, a great deal of research money supports finding a cure for arthritis which is something we all want.

In addition to the excellent work being undertaken by Dr Hoon, Arthritis SA and Adelaide University are pleased to welcome Janine Ghielen (left) who is on a four month internship placement in Adelaide and will be researching support and resources with families of children who suffer with juvenile idiopathic arthritis. Janine has completed a bachelor's degree and is studying her Masters in Biomedical Sciences at Redhead University in the Netherlands.

Meanwhile, Arthritis SA wants to ensure all services and programs being offered are being delivered where and when people want them. There is already evidence that the quality of life of those undertaking our Take Charge of Pain programs has improved - and this is only the beginning of even more exciting things to come.

Research really does make a difference to people with arthritis and for this reason Arthritis SA has doubled its commitment to research this year.

Pictured: Janine Ghielen (left) and Elizabeth Hoon

**Thank you Rotary**

Arthritis SA CEO Julie Black received a generous donation from the Rotary Club of Adelaide to Arthritis SA
Live well, work well and feel well with a program for work

People with arthritis are affected at work regardless of their job – from those who work in offices or manufacturing plants, to people who work outdoors or in retail. Arthritis symptoms, such as pain and fatigue, can make it difficult to perform any job. Anxiety and frustration are common emotions. Pain, fatigue, stiffness and limited joint movement are the common symptoms of arthritis and can interfere with everyday activities and they can have an impact on peoples work. It is important for people with arthritis to identify if there are any circumstances that may be impacting on their arthritis and make changes if possible to prevent the situation aggravating their condition.

Some steps you can take include:

- Assess your work environment
- Plan ahead and pace yourself
- Maintain a good posture
- Be careful when moving or lifting
- Pick appropriate footwear
- Take care of yourself
- Use ergonomic aids

Many of us spend our workdays sitting down in an office. It sounds easy, but working on a computer, handling correspondence, and doing other paperwork can be difficult if your hands hurt or you can’t sit comfortably in a chair. Look into these ideas for streamlining paperwork and making desks easier:

- Large scissors with well-padded handles can make cutting easier.
- A rubber grip that fits around the barrel of a pen or pencil makes it easier to hold and less likely to slip.
- Rubber fingers (they look like a thimble made of rubber) can help you turn pages or thumb through a sheaf of papers without fumbling. Or you can twist a rubber band around the end of your finger for the same effect.
- Seam rippers are a nice substitute if you have trouble handling scissors.
- Tape dispensers with some weight and rubberized bottoms make it easier to pull off a piece of tape using just one hand, because they won’t move. If you have Internet access and your employer doesn’t object to you handling some office tasks with online business transactions, you can cut down on the time you spend standing in long lines (putting strain on your joints) by doing the following:
  - Bank by computer or through the mail. Find out if your bank offers these services. (Most do.)
  - Buy books, vitamins, gifts — even houses and cars online. The days of pounding the pavement to do your shopping are gone!

Arthritis SA knows that the benefit of reducing risk factors, particularly obesity and alcohol consumption, impacts on injury indirectly and the financial and human cost of inaction is clear. The appropriate targeting of resources to nurture wellness is therefore critical. Arthritis SA also knows that although there is no cure for arthritis, or osteoporosis, but steps can be taken to reduce their onset, reduce severity and improve function. Empowering employees to be fully active and increase participation in the workplace is a win-win for the organization and the individual.

Arthritis SA has successfully piloted and is now rolling out a workplace program known as Live Well, Work Well, Feel Well.

The program aims to:

- Educate employees and employees about the pain associated with musculoskeletal conditions including arthritis and osteoporosis.
- Ensure sufferers are managing their pain optimally with evidence based treatments and self care strategies.
- Inspire and empower staff with chronic conditions to take charge of their pain and increase mobility and improve traction with the workplace and community.
- Encourage and motivate workers to identify their personal goals in self-managing their chronic condition.
- Identify and reduce modifiable risk factors that contribute to wellbeing for this group. These include weight, exercise, nutrition, smoking, alcohol, stress and sleep management.
- Target employees at risk of developing musculoskeletal conditions before their onset.

The program has two stages, the first being generic, providing an overview on arthritis and osteoporosis education including information on goal setting and self-management strategies.

The second stage is more customised to include three one-on-one sessions with a Health Coach to guide the person to work through the Live Well, Work Well, Feel Well program.

The program provides participants with support to gain knowledge, skills and confidence to make positive changes in their life that may help reduce pain and improve health and wellbeing.

By working with a health coach, staff members can identify areas in their workplace that may help them better manage pain or identify preventative strategies to stop the pain before it starts.

The Live Well, Work Well, Feel Well program is a support package that will help staff identify factors that are impacting on their life and also uncover lifestyle and work factors that contribute to wellbeing.

The health coach guides a staff member in setting goals, using action planning tools, to increase their confidence and readiness to make changes. These are typically in such areas as: physical activity, healthy eating, relaxation, smoking and alcohol, sleep, support network, and workplace issues.

The first session usually takes about 30 minutes and most follow up sessions can be done over the phone in 10-15 minutes.

The real benefit of working with a health coach is that staff members can work through ambivalence and take action. The mindset that people apply to achieving their health goals will empower them to be more productive in all areas of their life.

Tips for managing work with arthritis

A common myth of arthritis is that it is a disease of the elderly. In fact, arthritis is one of the leading causes of disability in Australia with a cost to the health and welfare systems estimated at more than $5.6 billion annually.

As the population ages, it is estimated that the number of people in Australia suffering with arthritis will reach seven million by 2050.

Good health is good business and that is why Arthritis South Australia has been working hard in developing a workplace program to support the one in four South Australians who suffer from arthritis.

Australian companies have been slow to adopt workplace wellness programs compared with other countries where medical costs are the direct responsibility of the employer. Studies are encouraging in regard to employers, private health insurers and governments sharing common goals to reduce the burden of ill health in the workplace.

The starting point for an organisation must be to embed wellness into its corporate culture, and consolidate wellness service offerings to identify what works and low cost options to motivate employees to improve their own health status.

The Australian Institute of Health and Welfare Risk Factors and Participation in Work Report of 2010 found that 96 per cent of working aged Austrians had at least one chronic disease risk factor and 72 per cent or working age Australians had multiple risk factors.

The cost due to absenteeism from arthritis was 24 per cent and was only exceeded by depression that accounted for 29 per cent.

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Danielle Dunlevey is not only a mother of two beautiful children aged 14 and 12½ years, she also holds the role of Manager of National Sales and Lighting Solutions with SA Power Networks. Danielle started her career as an electrician which was very much a man’s domain. She worked hard to prove herself in this role and now heads a team of nine people in the state’s largest electricity network.

Danielle was first diagnosed with arthritis at the age of 21 years and has lived a very productive life despite needing ongoing regular treatment and at times, surgery to help relieve the pain of her arthritis. Danielle became involved with Arthritis South Australia three years ago as part of the Arthritis SA Young Ambassadors committee and is now part of the Business Strategy committee for the organisation. She also participated in the pilot program of Live Well, Feel Well workplace program contact Andrew Ormandy at Arthritis SA on 8379 5711.

Danielle says she was keen to have a better understanding of the options available to not only understand management of her arthritis but to look at self-management strategies that might help improve her quality of life. She believes that the program came at the right time for her as she was recovering from shoulder surgery. The program’s health coach was able to work with her to undertake some great self-management strategies. After completing the program, Danielle felt that it had been extremely worthwhile and was grateful to SA Power Networks for the opportunity to be part of the program.

For more information on the Live Well, Feel Well workplace program contact Andrew Ormandy at Arthritis SA on 8379 5711.
SUPPORT GROUP CONFERENCE DAY A GREAT SUCCESS FOR EVERYONE

More than 50 people attended a highly successful seminar on Scleroderma held at Arthritis SA at the end of May.

The participants heard about trends, treatments and research associated with Scleroderma. It comprises a set of disorders with similar symptoms that affect the connective tissue in the body. Scleroderma is also thought to be an autoimmune disorder, meaning that the body attacks its own cells and damages them. Arthritis SA has a very active Lupus, Scleroderma and Sjogens Disease (LSS) support group whose members worked with the staff of Arthritis SA for many months to put together the day for people with Scleroderma.

The Millazzo Room at Arthritis SA, used for the seminar, had never looked so good with amazing yellow decorations, including the scleroderma symbol, sunflowers, plus goods for sale and a raffle. The room overflowed with a capacity audience who listened with great interest from the exceptional speakers.

Days like this are extremely important as participants learn that they are not alone and meet and chat with other people about the condition while also learning so much from the speakers. Well done to all.

THREE ARTHRITIS SA TICKET BUYERS WIN!

The top three prizes of the 2014 Great Escape Lottery went to Arthritis SA ticket buyers. They were Janice Dalber of Tea Tree Gully, Diane Reade of Minlaton and Luisa Packridge of Cummins. Our first prize winner was overwhelmed when told of the news. She was with her daughter when she took the call and both shared the excitement, with Janice saying repeatedly, “I can’t believe it”.

We will be doing the lottery again next year with new prizes. Our partners this year, Mary Potter, Cara and Autism SA foundations, are currently keen to team with us again.

Pictured above: Vern and Barbara MacDonald (Barbara is a South Australian delegate for Scleroderma Australia and an Arthritis SA Life Member)

Pictured above: Pauline Sim, Jacque Taylor, Julie Mattner and Professor Susanna Proudman

Pictured left: First prize winner Janice with her daughter Fiona and granddaughter Chloe

K idsflix is a national program of Arthritis South Australia. It is a free event for children with a disability, chronic illness or social disadvantage and their families. It begins with an hour of children’s entertainment which is followed by a new release movie with free popcorn and a drink.

The Kidsflix community is one of shared understanding and acceptance as all events recognise the impact disability and illness have on the entire family unit.

In 2014 29 Kidsflix events will be held around regional and metropolitan Australia in six states. Thousands of children and their families attend Kidsflix each year around Australia which provides a much needed positive family experience.

A Kidsflix day is more than just a movie. Kidsflix takes over the whole cinema. On arrival families are greeted by face painters, balloon twisting clowns, fairies with bubbles and fun interactive children’s entertainers like the Amazing Drumming Monkeys. After an hour of fun and games, guests enjoy a new release movie with popcorn and a drink.

So far this year in South Australia, successful Kidsflix events have been held in Renmark, Noarlunga and Elizabeth. Many families who attend Kidsflix write to Arthritis SA to say thank you to the supporters who make the events possible. One family who attended the Elizabeth event spoke to Arthritis SA CEO Julie Black on the day and said, with tears in her eyes, that it was the first time her family of nine were able to go to the movies together, as it was an activity that had been beyond their means.

Show your support today and sponsor a child to attend a Kidsflix event near you. Call 8379 5711 or visit www.arthritisasa.org.au

Pictured above: Pauline Sim, Jacquie Taylor, Julie Mattner and Professor Susanna Proudman

Pictured above: Vern and Barbara MacDonald (Barbara is a south Australian delegate for Scleroderma Australia and an Arthritis SA Life Member)

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ATTENTION ARTHRITIS SUFFERERS

Rose-Hip Vital® with GOPO® imported from Denmark is a powerful anti-oxidant and may help:

- Temporarily relieve the pain of Arthritis, Osteoarthritis and Rheumatism
- Increase joint mobility
- Relieve inflammation and joint swelling
- Improve Osteoarthritis symptoms in the hands
- Improve sleep when affected by joint discomfort
- Improve the symptoms of lower back pain®
- Rose-Hip Vital® is the only product in Australia which tests for the patented Galactolipid GOPO® component

Always use as directed. If symptoms persist consult your healthcare professional.

Available from pharmacies & health food stores

CHC 42526-05/12

The Take 9 Movie Card offer:
- Two movies for free
- 9 movies for only $9 each for you and a friend or family member
- A bag of Menz FruChocs to share (excluding free cards) on your last ‘2 for $9 each’ visit.
- Available all sessions (unless booked out) at Wallis Cinemas
- Valid to end of March 2015

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ROSE-HIP VITAL® WITH GOPO® IMPORTED FROM DENMARK IS A POWERFUL ANTI-OXIDANT AND MAY HELP:

- Temporarily relieve the pain of Arthritis, Osteoarthritis and Rheumatism
- Increase joint mobility
- Relieve inflammation and joint swelling
- Improve Osteoarthritis symptoms in the hands
- Improve sleep when affected by joint discomfort
- Improve the symptoms of lower back pain®
- Rose-Hip Vital® is the only product in Australia which tests for the patented Galactolipid GOPO® component

Always use as directed. If symptoms persist consult your healthcare professional.

Available from pharmacies & health food stores

CHC 42526-05/12

GO TO THE MOVIES MORE OFTEN!

With the Take 9 Movie Card you will receive some amazing savings from Wallis Cinemas. Sponsored by Channel 9 Telethon, Wallis Cinemas and Robern Menz.

For the person who has everything

Having a celebration and would prefer not to receive presents? You can suggest well-wishers give a donation in your name to Arthritis SA.

Those nominated for Birthday and Anniversary Honours receive a congratulatory card and certificate from Arthritis SA, notifying them that a donation, or donations, have been made in their honour. This includes the name of each donor and their address, unless donors request that we keep this confidential. Meanwhile, each gift is receipted to each donor.

Make a Birthday or Anniversary Honour donation on-line
www.arthritis.sa.org.au or call 8379 5711

Birthday & Anniversary Honours

Arthritis
SOUTH AUSTRALIA

Birthday & Anniversary Honours

Arthritis
SOUTH AUSTRALIA

For the person who has everything

Having a celebration and would prefer not to receive presents? You can suggest well-wishers give a donation in your name to Arthritis SA.

Those nominated for Birthday and Anniversary Honours receive a congratulatory card and certificate from Arthritis SA, notifying them that a donation, or donations, have been made in their honour. This includes the name of each donor and their address, unless donors request that we keep this confidential. Meanwhile, each gift is receipted to each donor.

Make a Birthday or Anniversary Honour donation on-line
www.arthritis.sa.org.au or call 8379 5711

GO TO THE MOVIES MORE OFTEN!

With the Take 9 Movie Card you will receive some amazing savings from Wallis Cinemas. Sponsored by Channel 9 Telethon, Wallis Cinemas and Robern Menz.

The Take 9 Movie Card offer:
- Two movies for free
- 9 movies for only $9 each for you and a friend or family member
- A bag of Menz FruChocs to share (excluding free cards) on your last ‘2 for $9 each’ visit.
- Available all sessions (unless booked out) at Wallis Cinemas
- Valid to end of March 2015

- Chance to win a Wallis Gold Pass
- Over $200 savings on normal ticket prices
- Available from early April until sold out
- All this for only $20

- Some restrictions apply:
  - Only one free movie ticket per card per visit
  - Not valid for programs marked ‘no free list’

Order today, so you don’t miss out tomorrow. Contact Arthritis SA on 08 8379 5711.
Dear Member,

With less than one per cent of our income coming from government, we rely on the generosity of people such as you to help support our programs. We also need to look at new ways to raise this essential money.

Because of my strong belief in the work of Arthritis South Australia, I am training hard and raising money as a participant in the Arthritis Joint Effort to Northern India in September this year. This is a 70km trek in the Himalayas that draws attention to arthritis and raises money for research. I am one of nine South Australians conducting an array of fundraising projects that support the trek and aim to raise a combined $50,000 for research.

One of the participants, Tracey, has had rheumatoid arthritis for 25 years. Tracey is marking her journey by participating in the trek because she believes in the wonderful work of Arthritis SA.

There have been times when life has been extremely hard for Tracey and the pain unbearable, but thanks to new developments in research and medications, as well as support from family and friends, she has managed a big or small, will make a difference to our organisation.

Our goal is to improve the quality of life of each and every person with arthritis, but we cannot do it without your help.

Arthritis is a debilitating, long-term condition that so many people suffer with. By showing Arthritis SA your support, you build awareness in the community about the condition, as well as provide real assistance to many in need.

Please support Arthritis SA and help so many people in a LOT of pain by joining me in making your donation today!

Yours sincerely

Julie Black
Chief Executive Officer
Arthritis SA

Your donation will make a difference to

Name: _____________________________________________
Address: ___________________________________________
_____________________________________________________
Phone: ___________________ Email: ____________________

Choose your method of payment:
-

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*CCV ___ / ___ / ___ Donation Amount $_________________
*The CCV is mandatory; this is the last three digits on the back of your card

Donate:
(08) 8379 5711
1800 011 041 country freecall
www.arthritissa.org.au
118 Richmond Road, Marleston SA 5033

Thank you for your kind support