

Arthritis. Could you handle it?

Those of you who have been an Arthritis New Zealand member for over a year, will remember last year's Annual Appeal TV Campaign which included celebrities wearing orange gloves trying to do everyday tasks

We have decided to continue with this theme for this year's Annual Appeal which will be held from 21st September to the 28th, with the National Street Collection Day on Friday 24 September.

For those new members who are yet to see this advert, the aim is to illustrate just how difficult it can be to use everyday objects when you have arthritis in your hands.

- Research – funding research projects in New Zealand which focus on the cause and treatment of arthritis.

We continue to fight against the common misconception that arthritis is an 'old person' disease as well trying to establish arthritis as one of the main health priorities in New Zealand.

It currently costs Arthritis New Zealand over \$5 million a year to provide essential services to arthritis sufferers. Of this, only 12% comes from the Government.

So it is vital that this year's Annual Appeal is a huge success.

How can you get involved?

There are many ways you can get involved in this appeal:

- **Volunteer** for the street collection day – Friday 24 September. Come and be orange for the day! Its loads of fun and you will be contributing to our aim of raising \$500,000. Simply call 0800 663 463 to get signed up.
- **Donate** by giving to our friendly street collectors on Friday 24 September – they will be easily identifiable by their eye-catching orange bibs and gerberas or by donating online at www.arthritis.org.nz or calling 0900 333 20
- If you can't spare the time to collect on our behalf, how about selling a Gerbera box to your family and friends? Each box raises \$50!

With 1 in 6 people in New Zealand diagnosed with at least one type of arthritis, most families will have a member who suffers from this incurable and extremely painful disease. Please think of them and donate this September. We thank everyone who volunteers and donates in advance, we couldn't do what we do without you!

**ARTHRITIS
APPEAL**
21 Sept - 28 Sept 2010

Donate online.
www.arthritis.org.nz
Donate \$20.
Call 0900 333 20



Imagine.

Living every day with chronic immobility and pain. For 1000's of New Zealanders, this is their reality.

**Arthritis.
Could you handle it?**

ARTHRITIS
NEW ZEALAND
ENABLING A BETTER QUALITY OF LIFE

TV presenter Jeanette Thomas, breakfast host Jeremy Corbett and kiwi superstar Drew Neemia, all try to do everyday tasks such as opening their wallet and dialing on a cell phone while wearing the thick and unwieldy gloves...not an easy feat! Geraldine Brophy, (who could forget her from Dancing with the Stars?) is the final screen shot asking people to donate.

Arthritis New Zealand exists to enable a better quality of life for those New Zealanders who suffer from arthritis and their whanau.

We do this by offering the following services:

- Clinics and self-management courses - Arthritis Educators work directly with clients, assisting them to begin managing their arthritis and achieving a better quality of life.
- Information and education - including condition-specific seminars and education talks, informative brochures, this quarterly magazine, local newsletters, a website and seminars.
- Advocacy and Lobbying - representing the interests of those affected by arthritis to local and national decision makers.



Sandra Kirby,
Arthritis New Zealand Chief Executive

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CONTRIBUTE TO THE JUICE

**We look forward to your
contribution**

**Closing date for the next issue
is 22 October 2010**

Supported by:



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Arthritis New Zealand.

FROM THE

Chief Executive's Desk

Kia ora tatou

September is a special month for us – not only is it Spring but it is also our Appeal time. There are two targets for our Appeal. One is very definitely a financial one – we need the money the Appeal generates. The second is equally important – this is our opportunity to raise the community awareness of arthritis.

According to the Charities Commission there are more than 24,000 charities in New Zealand. It certainly makes me think about how hard it is to ensure that people see and recognise us. We have some natural advantages – one is our branding. Orange, it is said, is associated with joy, movement and excitement; it makes your heart beat faster and is beneficial to the immune and digestive systems. People who like orange are warm, optimistic and inspiring.

Arthritis New Zealand was ahead of its time in the use of orange but the symbolism is as relevant now as it was when we adopted orange. Have you noticed other groups and businesses now becoming orange?

Arthritis, we tell people can strike anyone at any age. Every family is likely to have a person in their midst with arthritis. We need to capitalise on the everyday nature of the conditions to ensure that people see us as relevant and necessary. One of the challenges that go hand in hand with being common, is that we are so normal that we can be overlooked. I hope that you don't find you are overlooked as you are out and about in your orange.

You will see the news of the Laings – the lucky winners of our Million Dollar Surprise Lottery. They, like every lottery winner before them, were amazed at their good fortune and excited to be the winners.

We knew when we started this lottery that it was a gamble in many senses of the word. Our need for increased income meant we couldn't do the same thing and expect to meet our income needs. However our database of lottery ticket buyers is not yet large enough for us to rely only on mail order sales so for the time being we have to rely on street sales. We have heard the responses that selling expensive tickets on the streets is too hard so our next lottery will have a ticket price of \$10 and a range of prizes based on your feedback.

I wish that it was possible for us to speak less about money – but our day to day reality is that our costs are fixed and our income is uncertain. Our efforts and our ability to be warm, optimistic and inspiring like our orange brand – maybe to make people's hearts beat faster - will make the difference.

Yes we want more awareness of arthritis and its impact – and we need to raise enough income so that we can serve the needs of people with arthritis in New Zealand. I look forward to the Appeal and our other fundraising efforts so we can meet our joint needs.

Nga mihi

**Sandra Kirby
Chief Executive**

NOTE FROM

The President

We are an organisation of two parts. Half of our organisation is set up to deliver services to clients and members – our AEs and the support groups, exercise and hydrotherapy classes. The other half sets out to raise the income to deliver the services. Sometimes we treat these halves as if they exist in isolation but I believe these are intertwined.

We need to raise money to deliver services. Always when we are raising money we are also raising profile and awareness of our services.

For two years now we have been in the situation that our services are costing more than we can raise in income. The Governing Body made a commitment that we could use some of our reserves to tide us over a tough time.

However the news on the economy is not good. Our costs are all related to the way we are currently set up – it is time to review the service model to ensure that we can achieve our goals of assisting more people with arthritis to a better quality of life. We are engaging an external reviewer and they will be looking for the views of members, clients and other people with arthritis as part of the

review process.

The Governing Body role is to ensure the organisation has the capacity and capability to meet the goals of the strategic plan. This is a challenging time to be a health service provider, the need for health services is growing, the cost of delivering services is growing but the funding for these is shrinking.

As a board we are facing this challenge with the confidence of knowing that we have the capacity to change our services to match the times – we've done this before and if necessary we'll do it again.

At the last AGM our member representatives voted to decrease the membership subscription to ensure that cost was no barrier to membership. While we recognise that the decrease in membership fees might



result in less income from membership we hope, and are working towards, increasing the number of members we have. I hope you are able to encourage people you know to join – membership does make us a stronger organisation.

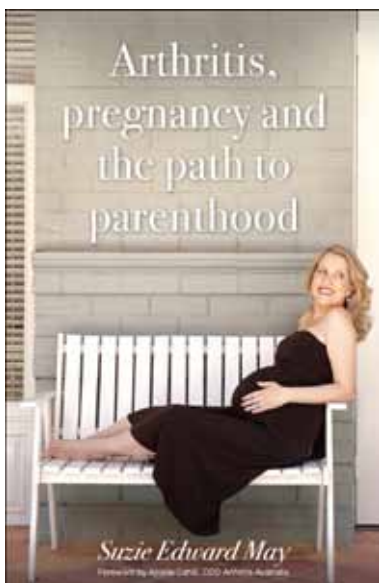
I hope to see many of you at the Christchurch AGM and encourage you to participate in the processes so we get the organisation that best serves the needs of people with arthritis.

A handwritten signature in black ink, which appears to read 'Kathie Smith'. The signature is fluid and cursive.

Kathie Smith
President

“Arthritis, pregnancy and the path to parenthood”

by Suzie Edward May



As the first book of its kind worldwide, *Arthritis, pregnancy and the path to parenthood* it is an inspiring and practical self-help guide that takes women and men with arthritis on the courageous and challenging journey from dreaming of their own baby to flourishing with their new family. It shares my intimate and honest story, as well as the experiences of women and men from around the world, who opened their hearts to me about how they fulfilled their goal of having a family despite arthritis.

After advertising in *Juice* in 2008 for women and men to come forward and be involved in the research for this book, a number of courageous women from New Zealand shared their stories with me. Their experiences are shared with you in this book and I thank them deeply for their time and honesty.

This book came about when my husband and I decided to start our own family. Having lived with rheumatoid arthritis for four years,

I had become reliant on the medications that allowed me to function. When told I needed to come off these drugs in order to safely conceive, I searched for information to guide me through the challenging path ahead of me and found nothing.

I wanted desperately to speak to other women who had been through this process before me – who had successfully come off their medication, safely conceived, managed through pregnancy and given birth to healthy babies. I wanted to know how they coped physically and psychologically. I needed inspiration to stop me from giving up when things felt too hard. When I realised this information did not exist and when I felt well enough to think beyond my own pain, I became determined to ensure other women and men did not feel the loneliness and isolation that I had felt. I wanted to create a resource that would answer questions that I knew could only be answered by those who had been on this journey.

Alongside their concerns and fears, many women, including myself, feel an incredible sense of freedom, determination and strength when stopping or reducing their usual medications. For me, being totally cleansed of all medications made me feel real again. Even though I was in pain, I felt like me. My 'moon face' from taking corticosteroids disappeared and I was able to observe the natural cycles of my illness without them being masked by medication. While I wholeheartedly believe in the medical treatment I take for my arthritis, it was a relief to have a break from them. I knew that my body was rid of all chemicals in preparation for our baby – this was a good feeling.

Before my first pregnancy, my body had consistently reinforced the notion that I could not trust it... Once you have learnt not to rely on your body, it is not until you regain some sense of reliance on it that you can fully appreciate its amazing gift... My positive experience of pregnancy and the uncomplicated birth of our healthy 8 pound 4 ounce son helped me regain a level of trust in my body.

The result of my determination is *Arthritis, pregnancy and the path to parenthood*, a book that:

- answers many questions surrounding pre-conception, pregnancy and post-birth issues;
- helps the reader understand the potential challenges in starting and raising a family alongside the management of their illness;
- shares coping strategies to help the reader through these challenges;
- assists the reader in feeling less alone on their path to parenthood; and
- encourages the reader to achieve their goals despite their health and the challenges it brings to their life.

Not only is this book an important read for anyone with arthritis who is contemplating having a family, but it is a moving and educational read for those supporting a loved one on this courageous path, such as family, friends and colleagues.

Copies of this book are available via www.suzieedwardmay.com, the merchandise page of www.arthritis.org.nz or by contacting the author directly at suzie@suzieedwardmay.com.

No need to panic

Dear Editor

I wish to share with other Arthritis New Zealand members, the experience we had with my mother's Bupa alarm.



My mother, who lives with us, had occasion this week to activate her Bupa alarm. I feel stupid as I hadn't until then realised the critical difference between a Bupa alarm and others...duh!

My sincere thanks must be passed on to the Bupa staff. For them I suspect it was business as usual, for my husband and I it was simply amazing. The startling fact that I learnt, was that they continued to chat to her for more

than 30 minutes till I got home.

I'm not sure if the Bupa Care services person called Shelley was the 30 minute conversationalist, but she was the one who alerted me and then called back that evening to see if everything was alright.

I was of course a supporter before, but now I'm a walking advocate. My mother has told all her friends how the time passed cause she knew she wasn't alone.

Please convey my thanks to the appropriate staff.

If you would like more information on Bupa Care Services email Bupa at info@bupa.co.nz, or call free any time 0800 60 80 99.

Valuable Feedback

Thank you to the Rheumatology Associates who notified us that in the last issue of 'Juice' the article titled 'Getting Active Aids Fibromyalgia' on page 12 should have read as follows: "Fibromyalgia is a chronic pain condition" rather than a chronic form of arthritis.

Is there something you would like to see more of in the next issue of the 'Juice'? Or perhaps you have something you would like to us to include in the future?

If you do have topics you would like to

suggest please contact:

The Editor
Juice Magazine
PO Box 10020
The Terrace
Wellington

email megan.hubbard@arthritis.org.nz
or phone 04 472 5640

PS: Don't forget you can become our friend on Facebook and follow us on Twitter!

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An Arthritis-Friendly Diet

Sourced from the Arthritis Today website

www.arthritistoday.org

Preparing a healthy, nutritious meal for your arthritis diet is important for good health, but cooking can be daunting when your knees are aching or your fingers are stiff. No one would blame you if you're tempted to order take-aways, but if you do that too often, health goes down and weight goes up. Instead, try these shortcuts to diets that help make rheumatoid arthritis cooking easier:

- **Batch cook.** Prepare two chicken breasts at a time and refrigerate the leftovers to use in salads or sandwiches the next day.
- **Consider convenience.** Try frozen, pre-cut vegetables and fruits.
- **Stock the crock.** Place meat or poultry, pre-sliced vegetables, spices and liquid in a crock pot, turn it on and hours later, enjoy a hot, cooked meal – and only one pot to wash.
- **Nuke it.** Microwaving can heat frozen vegetables or leftovers quickly, without adding fats or depleting nutrients. Using a microwave oven on the countertop eliminates stretching or stooping to cook.

- **Grip with ease.** Use kitchen or cooking utensils with padded handles or grips.
- **Belly up to the bar.** Instead of standing at your counter or stovetop, pull up a high barstool and sit down to chop, mix or stir.



Recipe Competition

Do you have an arthritis-friendly recipe or handy hint you would like to share?

Send them to us and not only will they be put up on the website for other arthritis sufferers to try, but you will also be in to win one of two Simple Phones.

The Simple Phone is designed with one goal in mind, to be so simple anyone can use it.

This is especially important for people who have elderly parents who can't use modern smaller mobile phones, or anyone who cares for people with disabilities. The phone gives people a sense of security and independence that everyone deserves to enjoy.

The Simple Phone features large keys (10mm x 10mm) and an easy to read screen, with adjustable contrast levels, as well as loud adjustable ringtones.

The phone also features an SOS button that can be programmed to call up to 4 numbers in case of an emergency.

So get into that kitchen and cook up a storm!

Send your mouth-watering recipes, along with why they are arthritis-friendly plus your contact details to :

megan.hubbard@arthritis.org.nz or post to Arthritis New Zealand, PO Box 10020, The Terrace Wellington.

Thank you to Simple Phones for giving us two phones for this competition. If you would like to find out more about the phone, please visit simplephone.co.nz or email them at: sales@simplephone.co.nz



Scooting Around...

By Anna Mitchell, Canterbury Arthritis Advocates

Some readers may be thinking about purchasing a mobility scooter to get around on especially if they no longer feel confident driving and mobility problems make it difficult to use buses or walk long distances.

Mobility scooters come in various sizes to suit the individual from light fold down models which can be transported by car to easily manoeuvrable three-wheelers to the more substantial four-wheelers which are more stable on uneven or pot-holed footpaths and suitable for longer distances.

They are very easy to drive even if you have never driven a car before and don't take long to get used to. Most retailers will give lessons to make sure you get accustomed to the controls quickly. The larger models can reach a speed equal to a jogger but of course your speed will depend on your confidence, pedestrian traffic and the state of the footpath.

One of the best things about using a scooter is how much cheaper they are to run when compared to a car. No WOF, registration or petrol, just plug into a power point overnight and you're ready to go again! A six monthly service is recommended to check tyres, batteries etc. which can often be carried out in your own home for a very reasonable price. My scooter gets a good polish to boot! The most expensive item is replacing the batteries which will cost around \$500 a pair but they should last for around five years – depending on how much you use it and how good you are at remembering to charge it up each night.

A new scooter will cost between three and seven thousand dollars depending on the model but most suppliers offer finance. A good second hand one will cost a great deal less and these are widely advertised on TradeMe, disability websites and in local newspapers. In some parts of the country car dealers will trade your car for a scooter. You may also apply for an individual lottery grant to cover the cost if you cannot afford to purchase one. Forms are available from disability centres, some doctors or can be downloaded from the lotto website at www.lottery.govt.nz

I hope this may be of help. Happy scooting!

** Arthritis New Zealand wishes to congratulate Anna Mitchell who has just been appointed to the PHARMAC Consumer Advisory Committee.*



Special discount for Arthritis New Zealand members with Allied Medical

For wheelchairs, power chairs, children's and adult's rehabilitation products and general aids to daily living - think Allied Medical! Their comprehensive product range offers many complementary products – all of the highest standards and specifically selected to meet the needs of New Zealanders. And by being an Arthritis New Zealand member, you are entitled to a 5% discount when you order online!

It's easy to claim your discount, all you need to do when ordering at www.alliedmedicalasap.co.nz is use the word 'orange' when you are confirming your order. So check out their vast product range today.



Research On Arthritis

The causes of most forms of arthritis are unknown. Much of the research today is focused on trying to understand the condition and why some people are affected.

The causes of most forms of arthritis are unknown. Much of the research today is focused on trying to understand the condition and why some people are affected. By understanding what causes arthritis, researchers hope to find better methods of diagnosis, treatment and even prevention for some of the conditions.

Arthritis New Zealand supports such research in New Zealand and research grant applications are called for annually. They are carefully considered by our Research Grants Committee and include independent assessment from international sources.

During 2009 Arthritis New Zealand had reviewed its research grant criteria and identified our own priorities for research funding as well considering researcher-initiated research.

We are pleased to announce that five grants were awarded, totalling more than \$300,000, and approved by the Governing Body at their last meeting.

Funding was awarded to the following grants:

Associate Professor L Stamp, Department of Medicine, University of Otago Research

Research Focus – Folate supplementation in RA patients receiving methotrexate (MTX) – are we impairing the efficacy of MTX?

This research aims to test the balance between optimal MTX and folic acid supplementation.

Dr C McKinney, Department of Biochemistry, University of Otago

Research Focus – Identification of immune-system genes associated with progression of hyperuricaemia (when urate concentrations exceed normal levels) to gout

This extension to earlier gene research aims to identify genes that might explain why some but not all people with high uric acid levels develop gout.

Dr P Hessian, Department of Physiology, University of Otago

Research Focus – Investigation of the molecular pathways that link smoking and rheumatoid inflammation

While the link between smoking rheumatoid arthritis (RA) has been well documented, this research seeks to explain how smoking impacts on RA.

Dr M Hayman, Immunology Lab, Canterbury Health Laboratories

Research Focus – Determination of the clinical usefulness of LAMP-2 antibodies in the diagnosis of ANCA associated vasculitis

Vasculitis, although rare, is a potentially fatal disease that has strong links with arthritis. This research seeks to explore whether the LAMP-2 antibodies will help with diagnosis of this form of vasculitis.

Drs McGlashan and Sahikh, University of Auckland


Research Focus – AGE receptors and connexins: potential targets to slow the progression of osteoarthritis

Age-related osteoarthritis (OA) is a significant and growing problem. This study seeks to examine the link between Advanced Glycating end-products (AGE), inflammation and cartilage breakdown, with the aim of being able to eventually slow the progression of OA.

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The MOBI-EASE has two facing pads designed to slide easily with a "seat grip" strip and connecting cord

Make it a Gerbera Day

And when we say gerbera we mean the flower... not to be confused with a gerbil which is a cute little rodent!

The gerbera is Arthritis New Zealand's official icon which symbolises hope, empowerment, support and happiness.

We have gerbera boxes available for your office's reception, sports club or even to sell amongst your family and friends.

Each box holds 25 gerberas and we suggest you sell the gerbera for \$2 each so you raise \$50 per box. Start a competition with your friends to see who can sell the most boxes!

Money from these boxes will be put towards providing support and services to the thousands of New Zealanders who suffer from arthritis.

If you would like to get involved (and we really hope you do) please call 0800 663 463.



Christmas Lottery is coming to town...

Enter Arthritis New Zealand's Christmas Lottery and Christmas might come early for you and your family

Arthritis New Zealand will be running another lottery in 2010 with a draw just prior to Christmas. So for some lucky person, Santa will come a few days early or alternatively they may not have to shop for gifts for the family!

Tickets will be \$10 each and there will be a range of prizes (being finalised as Juice went to print) so watch our website.

Prizes will include motor vehicles, boat and trailer, travel with smaller prizes for early bird and multi ticket buyers.

Our lottery programme is an important part of our fundraising options and we value the support and interest New Zealanders have in this.

We are delighted to have the support of Strategic Sourcing Consultancy Ltd as a partner in our lottery programme.

Strategic Sourcing assists companies and organisations to win new business by providing negotiation, strategic contract management and supply chain expertise.

They will use their project management skills and networks to enhance our business capabilities and negotiations. They are a very welcome addition to our sponsor partners.

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Join Us

Arthritis New Zealand Membership Form

I would like to: (please tick)

Become a member

Renew my membership

2010/11 Subscriptions: (please tick)

Individual \$20.00

Household \$30.00

Mr/Mrs/Miss/Ms

Address:

Phone:

Ethnicity:

Date of birth:

If buying a household membership, how many are in your household?

Do you have arthritis?

If yes, what type do you have?

**Membership
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PO Box 10-020
Wellington, 6143**

Stem Cell Therapies - hope or hype?

Cultured stem cells are to be used for the first time in the UK to treat the common joint condition of osteoarthritis, throwing a potential lifeline to millions of sufferers in the future.

Sourced from Arthritis Research UK

A new clinical trial funded by medical research charity Arthritis Research UK aims to test the effectiveness of stem cells derived from bone marrow (also known as mesenchymal stem cells) at repairing worn cartilage in osteoarthritis of the knee.

The stem cells will be tested against cultured cartilage cells (chondrocytes) which are currently used to repair small areas of cartilage damage, but not osteoarthritis. These cells are extracted from patients, grown in the lab and re-implanted back into the patient.

A combination of both types of cells will also be trialled with the aim of repairing damage to the joint, stopping osteoarthritis getting worse and delaying or even avoiding the need for knee replacement surgery.

Up to 70 people with established knee osteoarthritis will take part in the year-long trial, scheduled to start by the end of 2010, to be run at the Robert Jones and Agnes Hunt Orthopaedic Hospital in Oswestry, Shropshire, as part of a five-year £500,000 research programme.

The hospital has been at the forefront of using a surgical technique originally pioneered in Sweden called autologous chondrocyte implantation (ACI) using engineered cartilage cells taken from patients with cartilage problems - usually caused by sports injuries - for many years. They have also been using stem cells from bone marrow to repair fractured bone for the past four years.

But now a team led by scientist Sally Roberts, Professor of Orthopaedic Research and James Richardson, Professor of Orthopaedic Surgery, whose academic base is at Keele University, are optimistic that the procedure of cartilage regeneration produces sufficient amounts of robust new cartilage cells for the technique to be extended to patients with osteoarthritis.

Stem cell transplantation surgery involves two operations and a period of six month's convalescence and rehabilitation. In the first operation, a patient's own cartilage or bone marrow stem cells are removed via keyhole surgery, and grown in the laboratory for three weeks. They are then re-implanted back into the area of damaged or worn cartilage where over several months they form new cartilage.

The Oswestry team will follow up the patients for a year, and will measure success by looking at the quality of the cartilage, and the patient's ability to perform everyday activities.

Professor Richardson said the study offered a real chance to help osteoarthritis patients, for whom there is currently little effective treatment, apart from joint replacement. "It's great that Arthritis Research UK is funding this work in Oswestry to take things further. We are the first laboratory in the UK producing mesenchymal stem cells and chondrocytes for treating patients, so we are unique in being able to test the effectiveness of both types of cell therapy," he added.

However, Professor Roberts warned that stem cell therapies, although promising, were not the answer to all health problems. "Stem cells are portrayed as 'wonder cells' that can do anything, but they can't give you the joints of a 15 year old," she said. "At the moment they are not the 'magic bullet' and they don't solve the underlying problem of osteoarthritis, which still needs to be addressed. They have been hyped up. They certainly have huge potential - we just need to learn how to harness it properly."

Professor Richardson added: "The important thing is to run a randomised trial. If successful, we need to find out if it is cost-effective. If a few years can be saved, the benefit to the patient may be not to prevent the need for a joint replacement, but to prevent need for a revision of a joint replacement."

Whatever the outcome of the trial, use of stem cell therapies to treat osteoarthritis is still experimental - and routine clinical use is probably still several years away. Arthritis Research UK is planning to open a new national tissue engineering centre to focus research in this important area within the next 12 months.

Arthritis Research UK is funding the study over five years. As well as running the clinical trial, scientists will seek a better understanding of the biology of repair of ACI by studying biopsies of the repair tissue formed after surgery.

To read updates on the study please visit www.arthritisresearchuk.org

The Gift That Keeps On Giving

Valmai and Ken McKenzie recently celebrated their Golden Wedding Anniversary and instead of giving them presents, the guests were asked to donate to us.

A total of \$190 was raised through the McKenzie's generosity of sharing their day with Arthritis New Zealand.

Mr and Mrs McKenzie know only too well the devastating effect arthritis can have on a family. Ken himself suffers from polymyalgia rheumatica which results in severe stiffness and pain in the muscles.

Polymyalgia rheumatica is a condition that affects people over the age of 50 and more commonly women. The words mean "rheumatic pain in many muscles".

And sadly their grandson Mark, who is only 14 has been diagnosed with Juvenile Idiopathic Arthritis (JIA).

Mrs McKenzie was suprised at someone so young having arthritis: "I had never heard of JIA until Mark was diagnosed. We know a lot

of friends with arthritis and we didn't want any gifts so a donation seemed an appropriate form of recognising our anniversary. "

Thank you so much to the McKenzie family and their generous friends.

Next time you have an important milestone in your life please think about a donation in lieu of gifts, it really is the gift that keeps on giving as donations are put towards services that support arthritis sufferers such as free consultations with our Arthritis Educators.

If you would like to find out more on how to donate to Arthritis New Zealand please visit the 'how you can help' section at www.arthritis.org.nz.

We Need Your Help

You can help us deliver services and support to the thousands of New Zealanders who suffer from arthritis by donating now. Please cut out the donation slip below, fill in and post back to Arthritis New Zealand, every donation counts!

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:
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Thank you! Your donation makes a difference!

Enclosed is my donation of:

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I am paying by: Visa Mastercard Amex Diners
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Card No. _____

Expiry date / Card holder _____

Signature _____

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

Congratulations To Our Lottery Winners

Congratulations to Mr L Laing of Waitara, Taranaki who was the lucky winner of our \$1 Million Surprise Lottery.

Lucky ticket number 69765 was drawn in Wellington on 31st May under Police supervision.

The Early Bird/Refer a Friend draw for the Sharp 40" Television was won by Mrs G Nicholls of Blenheim.

Arthritis New Zealand would like to sincerely thank everyone who supported the Lottery and we also extend a big thanks to our sponsors.



Above and right:

The Laing family get handed the keys to their new Peugeot 4007 Sport 4WD & McLay Boat

Above: The Nicholls family are thrilled with their new Sharp 40" TV

Thank you to Trevor Dennis Photography

2010 Call for Nominations and Call for Remits, Notice of Motions and AGM Notification

Nominations are now being called for Governing Body Members

The 2010 Arthritis New Zealand Annual General Meeting will be held on Saturday 20 November 2010, at the Copthorne Central Hotel, 776 Columbus Street, Christchurch, from 8.30am - 11.00am .

Information packs, including nomination forms, guidelines, and a registration form are available to all current members

by either phoning your local Service Centre on 0800 663 463 or visiting our website www.arthritis.org.nz and click on 'Member Zone'.



Bequests

Leaving us a gift in your Will is an amazing way for your generosity and interest to last beyond your own lifetime

Your gift to Arthritis New Zealand will make a difference to our work, enabling us to plan for tomorrow.

We recommend you get professional advice when drawing up your will and suggest the following wording:

I give to Arthritis New Zealand for the general (or specific) purposes of Arthritis New Zealand the residue of my estate (or the sum of \$.....) and I declare that the receipt of a proper officer of Arthritis New Zealand shall be a full and sufficient discharge to my trustees.

We ensure your money, is used as you have asked, in benefitting people affected by arthritis.

Did you make your will before 2007?

The Wills Act was revised in 2007. Changes included having the language updated, tightening the rules and the requirement that at least two witnesses :

- be together in the will maker's presence at the time the will is signed;
- each state in writing on the will and in the will maker's presence, that the witness was present when the will was signed;
- witness the will in the will maker's presence

Some older wills may not contain the required statement and you may wish to check with your advisor

Our organisation is one of the largest and most respected charities in New Zealand, but with only an 12% government contribution, we rely very much on community donations to provide support, information and services to those people and their families living with arthritis. With your help we can continue the great work we do in the community.

If you would like to talk to us about making a bequest, please contact Dianne Armstrong by phone on 04 472 1450.

SPECTACULAR BRASS & VARIETY CONCERT

Wednesday 29 September 2010

Afternoon concert 2pm Christchurch Town Hall Auditorium

Featuring

Dame Malvina Major

New Zealand's Premiere Diva

M.C. **Rob Cope-Williams** host of farming programme - Rob's Country

50s Up Brass Band

Enjoy an afternoon of music and song. Great daytime entertainment.
Also featuring, **Fendall Hill** - cornetist and Musical Director **Les France** LTCL



TICKETS \$22* each

(*service fee applies)

Book at Town Hall or Ticketek

Phone 03-377 8899 www.ticketek.co.nz

This concert raises money for Arthritis New Zealand

Arthritis And Dance Step Out Together

We have had another special New Zealander join Arthritis New Zealand's Ambassador Programme, New Zealand's best-loved dancer and choreographer - Mary-Jane O'Reilly.

Mary-Jane was diagnosed with rheumatoid arthritis in 1998, a cruel blow for someone who lived for movement. It took many years before Mary-Jane accepted her condition and felt ready to share the news publicly.

Although she has arthritis and is older, this hasn't stopped Mary-Jane from continuing to be part of the dancing world. Mary-Jane has had a career in dance of over 40 years, she is a co-founder of Limbs Dance Company and now Artistic Director of the tempo^o Dance Festival which starts in Auckland on 15 September 2010, a few days before the Arthritis New Zealand Annual Appeal week.

The Festival runs till the end of October with many fabulous dance events and performances featuring over that time.

Mary-Jane looks forward to supporting the charity: "I'm delighted to be one of Arthritis New Zealand's ambassadors.

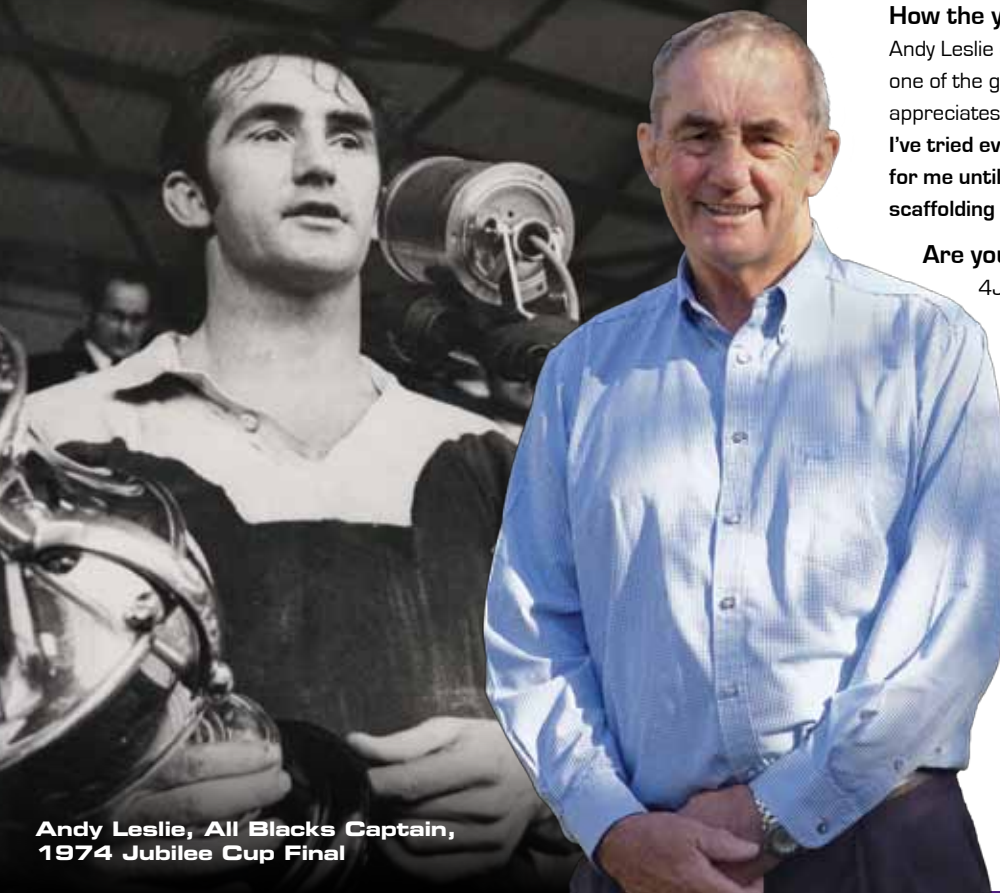
The work they are doing to enable a better quality of life for those with arthritis in New Zealand is crucial."

"I have learnt that my body, through gentle forms of exercise like slow choreography, yoga and Pilates can still be active. It also tells me when it is time to rest, which is just as important as being active."

Sandra Kirby, Chief Executive of Arthritis New Zealand is thrilled to have Mary-Jane onboard: "By having national talents like Mary-Jane Reilly out in the public eye supporting Arthritis New Zealand's services and leading an active life with arthritis, we hope to get our message out that arthritis can be self-managed."

"By self-managing her condition, Mary-Jane is a great example of how, by keeping active, listening to your body and leading a healthy lifestyle you can help alleviate pain associated with arthritis."

4MOBILITY



Andy Leslie, All Blacks Captain,
1974 Jubilee Cup Final

4JOINTZTM

FREEDOM TO MOVE

How the years speed by. Three decades have passed since Andy Leslie captained Wellington, as well as the All Blacks. He was one of the greats—smart as well as fast. Today, Andy's still fit. He appreciates his mobility and freedom. **"4JOINTZ[®] is really helpful. I've tried everything over the last ten years and nothing worked for me until now. But with this, I was playing golf and climbing scaffolding before I'd finished the first two tubes."**

Are you too keen to recapture that winning freedom?

4JOINTZ[®] is a topical cream that over time works to soothe tired joints and support mobility. It's easy to use and is quickly absorbed into the skin. 4JOINTZ[®] supports the feeling of freedom right through the day—and soothes tired joints right through the night.

Available nationwide through selected stockists. Always read the label and use as directed. If symptoms persist or you have side effects see your healthcare professional.

Proud supporters of



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Each 4JOINTZ[®] pack contains two handy 100g dispensing tubes. To purchase a 4JOINTZ[®] pack at the special introductory price of \$99.50, simply: Visit www.4jointz.co.nz Call 0800 JOINTZ (0800 564 689)

Slip into the SlipOn Swimsuit 3 EASY STEPS



**GREAT
VALUE
\$130**

Do you suffer from Arthritis or Fibromyalgia pain?

Control your pain & get into the water easily with the SlipOn Swimsuit.

- Flattering Design • 4 Way Stretch System
- Enables Independence • Very Comfortable
- Designed for elderly & physically challenged



1

Pull on the panties to the waist



2

Pull on the shoulder straps



3

Close the Velcro side closures

Do you dread the thoughts of putting on that swimsuit and having to pull it off?

When you have Arthritis or Fibromyalgia pain, you don't have the enough energy to even think about it. The patented SlipOn Swimsuit is a one piece design for the elderly & physically challenged to put on in minutes. Made of highest quality, anti-chlorine, 4 way stretch material that gives you a very forgiving fit. Wide shoulder straps, modestly styled with Velcro that is made to hold in water. The cross-over style over the stomach helps to give you a slenderising look. The Slip On Swimsuit has 3 different body lengths to fit different size torso's giving the comfortable fit.

YES, I am interested in the SlipOn Swimsuit.

First Name

Last Name

Mailing Address

.....

.....

Please fill in this coupon and post back to us:
D. Sheetz, EP Village, 65B/30 Ambassador Glade,
Orewa, Rodney, 0931, New Zealand.

Ph (09)427 6595.

Arthritis New Zealand Members SPECIAL

Take advantage of this one time only deal.

MAIL IN THIS COUPON
& RECEIVE **20% DISCOUNT**
& A SIZING CHART.

The RRP is \$130 - 20% discount = \$104 plus postage.

**SPECIAL
\$104**

ARTHRITIS NEW ZEALAND SERVICE CENTRES

Auckland	– City & Manukau	09 523 8900
	– Waitakere & North Shore	09 835 9653
Bay of Plenty		07 571 0088
Canterbury	<i>(incl. Ashburton)</i>	03 366 8383
Far North		09 408 2451
Hawkes Bay		06 871 0980
Lakes District		07 348 5121
Manawatu		06 355 0435
Marlborough		03 577 8773
Nelson Bays		03 546 7689
Whangarei/Kaipara District		09 438 5037

0800 663 463

North Otago	03 434 8289
Otago	03 471 6160
South Canterbury	03 687 7367
Southland	03 218 3639
Tairāwhiti	06 868 1060
Taranaki	06 759 0068
Waikato	<i>(incl. Hamilton)</i> 07 839 1209
Wairarapa	06 370 8318
Wanganui	06 345 2377
Wellington	04 569 1125
West Coast	03 768 7254



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Blackmores joint health range has been developed to help maintain healthy joints and assist in the production of cartilage and bone.

Our advanced formulations have now been improved by using the most scientifically validated form of glucosamine* - glucosamine sulfate sodium complex - in easy-to-swallow vanilla coated tablets. You can find the improved Blackmores range in stores now.



For free advice from our naturopaths call Blackmores freephone **0508 75 74 73** or visit www.blackmoresnz.co.nz

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Always read the label. Use only as directed. If symptoms persist see your health care professional. *Data on file. TAPSP8230