

Modbury Meanderer

****Evacuation Rules****

Leave the building immediately if instructed to by TTP staff or a leader. Do not go home until you have given name to one of the leaders. Leave by your nearest door & head to one of the points:
1 In carpark out from Millers
2 In carpark out from movie theatres



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RESEARCH STUDIES

Study 1—evaluation of lifestyle influences on brain plasticity and memory function

Uni of Adelaide and Robinson Research Institute is looking for healthy men and women between 60 and 75 to do 2 sessions (approx. 2.5 hours) at 77 King William St Adelaide. These sessions will be about 3 months apart. They will assess how your brain responds to commonly applied form of repetitive transcranial magnetic stimulation (rTMS) known as theta burst stimulation. Plus they will ask you to perform some memory tests on a computer. Both techniques are safe and painless and routinely used in research. You will be reimbursed for your time and travel (\$15 per hour). Additionally between testing you will be asked to undertake some additional lifestyle training. This will involve increasing the amount of walking you do, undertaking some computer based “brain training” at home, or increasing activities such as meeting with friends. You will be provided with access to a smart phone application to help with these activities.

If you are interested or would like more information please contact:

Ms Nicollette Thornton 8313 1300 or email:

nicollette.thornton@student.adelaide.edu.au

Study 2—Empowering people to look after their oral health”

Are you over 60 and do you still have your own teeth? Leap SA is looking for people who fit the above criteria to take part in an exciting new research initiative. You can register your expression of interest in one of 3 ways. Either · Ring Jenny Bennett on 0408654713 · Email teamleapsa@outlook.com. Send your information to Leap SA, PO Box 180, St Agnes, 5097. When expressing your interest in the project we will need the following information. · Name · Phone number · Email address and/or postal address. Jenny will be at TTP on Friday 19th June to talk about it.

TRADE Corner

MIKES MOWING

Excellent gardening service. Free Quotes. Pensioner Discount.
 Phone 0403 172 913

Thanks to everyone who donated to the Cancer Council Big Morning Tea \$45 was raised. Thanks also to the Mall Walking members who came to the Company Craft and Coffee Club Big Morning Tea which raised over \$700 on the day and with the \$45 makes \$745 to Cancer Council. Many thanks. Renata’

Thanks also for the donations to Flying Doctor. With extra added by committee \$400 will be sent to them

Social Round up

Botanic Gardens Tour

A lovely day, an enthusiastic and knowledgeable tour guide made for a wonderful "plants in wartime" tour.

Wallaroo Tour

Tuesday 23rd June, all day

Tour includes morning tea, lunch and the museum.

Cost \$69 per person. Names and money collected from June 9th

Xmas in July

Thursday 9th July

Walkers Arms Buffet from 12pm. \$15 per head

Names and money will be taken from 26th June

Mystery tour

Friday 10th July . \$47 BYO lunch

Almond Blossom Festival

Wednesday 29th July . 3 course lunch \$60

Names and money will be taken from 14th July.

Speakers

Tuesday June 16th

Police woman and her dog coming along—obviously it will be the woman speaking!

Friday June 19th - Jenny from Leap SA a quick talk about the dental project.

Birthdays

Jun: Judy (x 3) Purita, Sigrid, Betty, June, Miranda, Jillian, Carol, Sandra, Liz, Janet, Maija, Glenda, John

Jul: Anne, Jeanette, Sandra, Teresa, Wendy, Todd, Janet, Anne, Jessie, Bev, Christine, Marlene, Janette, Sarah, Roger, Tom, Carol, Margaret, Des

Aug: Peter, Rob, Peggy, Joan, Pauline, Janette, Petra, Thea, Joan, Helen, Rexene, Bill, Roland, Ros, Danni

Walking Cards:

10 walks for \$18

20 walks for \$30

Don't forget Carol is still collecting stamps for charity.

If you shred your paper either give it to Carol or take it straight to the pet shop in Modbury Triangle. They need plenty of it for the bottom of the pet cages.

Coffee roster:

As the group is so big, we can not all get to sit in the one venue. Businesses who support the mallwalkers are:

- **Café Combo**
- **Donut King**
- **Muffin Break**
- **42nd St**
- **Michels**
- **Cocolat**

Your Walking Group have available for members to hire - at very reasonable rates the following items:

BBQ and Gas bottle \$5

Tarpaulins/screens 2 each 6 x 8 ft with poles and pegs \$5 each

Portable folding table opens to 6' x 2'6" (folds to 3' x 2'6") \$5

Also your Walking Group has obtained free membership to Rays Outdoors. Our members will be entitled to a discount of up to 10% on most purchases.

An individual card is not needed. To benefit members simply need to quote our Membership No as ID - D48388.

Champs Sports—upstairs near Kmart is giving walkers a discount if you mention you are a mall walker.

Mitchells Adventure (located 2nd level near Coles) is offering TTPWG members up to 10% discount. All they need to do is say they are from the walking group.

Enquiries to John Jarrad

Tony Aldous is a JP if anyone is looking to have documents signed. He just needs a couple of days notice.

Are noisy joints a sign of arthritis?

Do your knees creak? Does your neck crack? Do you get clicking noises in your ankles, wrists or hips? Are you worried these noises may be arthritis, or some other debilitating condition that sometimes accompanies advancing years? There's no denying the joints in our bodies can make a weird and wonderful array of perplexing sounds, says Dr Michael Vagg, a lecturer in medicine at Victoria's Deakin University. But do we need to see someone about those strange snaps, pops or crunches or are noisy joints better ignored?

Harmless pops

The most common noises are what he calls "benign pops or high-pitched snaps". These are thought to occur when the fluid-filled sac within joints gets stretched by a sudden change in joint position. The resulting pressure and volume change, "pulls some dissolved gases out of solution [from the joint fluid] and the gases make bubbles that are unstable and pop. And it's the popping that makes the snapping sound".

This is thought to be the source of the sound produced when you crack your knuckles. And the evidence from long term knuckle crackers is that it's harmless. But you don't have to crack your knuckles to create these sounds. Any movement that causes a sudden change in joint volume will do it. But it has to be rapid; the same movement done more slowly won't produce a crack.

"For example, my ankle sometimes cracks when I run," says Vagg. "It doesn't crack when I walk. The same movement with a bit more weight on the joint, changes the volume more quickly so it happens."

Muscle tightness in the neck can also cause these pops: "As you try to turn your neck, there is resistance, which builds up pressure in the joint and then the joint moves suddenly and creates a pop."

Rubbing and grinding

While pops are probably innocuous, other rubbing or grinding noises, known as "crepitus", can be a sign of damaged cartilage or inflammation. When cartilage deteriorates it creates a rough surface and can even leave parts of bone exposed, Vagg says. The creak and grind of crepitus occurs when the rough surfaces or exposed parts of bone rub against each other. This is osteoarthritis and the noise is most common in the knee and the neck. And it can progress.

Unfortunately, once you become aware of these grinding sounds, there's little you can do to prevent further cartilage deterioration. Osteoarthritis is primarily controlled by your genes, although keeping your weight under control can help reduce symptoms. Confusingly, your degree of cartilage degeneration may not correlate closely with the amount of pain you feel, Vagg says. It seems to depend on how pain signals are amplified or dampened down in the brain but no-one's sure what influences that. Severely painful crepitus is best checked out by a health professional. In rare cases it can be caused by a fracture; the two broken fragments of bone rubbing together is what makes the noise. But if worn cartilage is thought to be the cause, you should try to continue to be as active as possible, Vagg says. This is because cartilage has a poor supply of blood and "relies on movement to milk blood in and out" and so, obtain nutrients. But it would be wise to minimise high-impact activities – sports like basketball, netball or anything involving repetitive jumping – which can aggravate symptoms and possibly speed up the deterioration in cartilage. Some forms of painful crepitus might be helped by physiotherapy to correct muscle weaknesses affecting the stability of joints.

Tendon noises

Tendons rubbing over bones can also cause crepitus. This usually happens only when the tendon is quite inflamed from repetitive movement, so you will probably notice the pain before the noise. It commonly occurs in the Achilles tendon at the back of the ankle – especially in long-distance runners – or in the long tendon in your forearm (often seen in weekend kayakers).

"The sheath of the tendon gets irritated and swells really significantly and you get this real grinding noise. It's because the tendon is not gliding smoothly in the sheath."

If this happens, a short burst of over-the-counter anti-inflammatory tablets or rub-on gels may be helpful. You might also want to try cold packs to help reduce inflammation and speed healing. You are best to 'nurse it along' by reducing activities rather than giving the tendon complete rest, Vagg says.

The bottom line

The bottom line is that noise plus pain is much more likely to be an indication of a problem needing medical input than a noisy joint alone. But if in doubt, ask your doctor or physiotherapist to check it out.

"But if you're an adult hearing just a bit of crepitus or cracking, it is more likely to be just a bit of 'getting old'."

Tea Tree Plaza Walking Group

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Modbury SA 5092

Contact: Walk Leader
Jeanette Richards
Mobile: 0405630039
Email: jr829452@gmail.com
www.mallwalking.net

Tea Tree Plaza Walking Group Inc is a not for profit organization.

Some of the services they provide:

- Walking twice per week
- Social Club
- Day Trips
- Guest Speakers
- Fun & Fitness



Distances—TTPlaza

Ground floor-400 mtrs
Top floor (including all exit areas) 1.5 km
Both top and bottom 1.9 kms
2 laps=3.8 kms
3 laps=5.7 kms
2 bottoms & a top 2.3 kms
3 bottoms @ a top 2.7 km

Gotta Love Kids

When I was six months pregnant with my third child, my three year old came into the room when I was just getting ready to get into the shower.

She said, 'Mummy, you are getting fat!'

I replied, 'Yes, honey, remember Mummy has a baby growing in her tummy.'

'I know,' she replied, but what's growing in your bum?'

A certain little girl, when asked her name, would reply, 'I'm Mr. Sugarbrown's daughter.'

Her mother told her this was wrong, she must say, 'I'm Jane Sugarbrown.'

The Vicar spoke to her in Sunday School, and said, 'Aren't you Mr. Sugarbrown's daughter?'

She replied, 'I thought I was, but mother says I'm not.'

A little girl asked her mother, 'Can I go outside and play with the boys?'

Her mother replied, 'No, you can't play with the boys, they're too rough.'

The little girl thought about it for a few moments and asked, 'If I can find a smooth one, can I play with him?'