

PRESIDENT'S ANNUAL REPORT 2018-2019

We have had another interesting year, learning more about self management and how to be more involved in our treatments. Our financial membership stands at 105. 43 of our members have attended meetings at some stage during the year and have no doubt benefitted from our high quality speakers. Our newsletters do not do justice to the information learned first hand. Some of our members are in the work force, many live out of Melbourne, and for others, travelling is no longer possible for health reasons. It is always good to see four of our country members regularly attending our meetings. Those who do attend meetings appreciate discussing with others as to how they are managing their condition and their experiences with various health professionals. Our library of books, DVD's etc. on the subject of osteoporosis is available to all members who attend meetings.

Our five bi-monthly General meetings continue to be held in a very comfortable and spacious room on the 4th Floor in Ross House, 247 Flinders Lane, Melbourne We are also represented at gatherings/meetings arranged by Ross House Association. Our six bi-monthly committee meetings are still held at Glen Iris in St James' church hall.

Our speakers this year were Rob Anderson, the CEO of Musculoskeletal Australia who spoke of the changes taking place in the organization and his vision for the future, Professor Natalie Sims, Head of the Bone Cell Biology & Disease Unit at St Vincent's Research Institute who gave a very interesting presentation on her research into bone and its structure and Hilda Quiroga from the Office of the Public Advocate who spoke on Advance Care Planning. In October we heard from Brigitte Lalor on Laser Treatment for Pain Relief and Dr Nicolette Hodyl, a researcher and writer for medical publications and websites. Professor Hylton Menz, a podiatrist and researcher at La Trobe University gave a very helpful talk titled "Preventing Falls from the Ground Up".

Our website continues to attract, from which requests for information are followed up. We also have our own Facebook page which is well supported by followers both here and overseas. Our bi-monthly newsletters continue to be sent to all financial members with copies of the Minutes of the previous General Meeting. We also forward to members who have given us their email address, additional information received from various organizations both within and outside Australia in order to keep up-to-date with the latest research and thinking on osteoporosis. Our newsletter only is emailed to 28 people in the health sector who have requested it.

Our Annual Luncheon at the "Angliss" Restaurant in September was once again a highlight of our year's activities.

Endocrinologists, rheumatologists, physiotherapists and exercise physiologists are available to us for advice when certain issues arise and I thank them for their support. I would also like to express appreciation of the Department of Health & Human Services who enable us to take part in the Seniors Week Celebration as an awareness exercise and also for the financial help we receive from them through their Grants program. Our close relationship with Osteoporosis Australia and Musculoskeletal Australia is greatly valued. We also have links with the International Osteoporosis Foundation in Switzerland, the National Osteoporosis Society in America, Osteoporosis Canada and the Royal Osteoporosis Society in the UK from which we receive the latest news regarding research.

In conclusion I would like to thank Bruce Brown, our website manager for keeping our site up-to-date, Bill Logie for looking after our sound system at meetings, office bearers, Beryl Noonan Vice-President, Leonie Cartledge Secretary and Irene Sansom Treasurer and committee members Karen Mills our Facebook page manager, and afternoon tea provider, Andrea Priest our librarian, Jane Keenan our membership officer, Janeene Barry who circulates information and answers enquiries, Odille Douglas who looks after our raffle, Helen Lechte and Bev McLachlan who step up when someone is away. All carry out their duties so efficiently.

As this is my last President's Annual Report I wish to thank all those who have helped me carry on this task for the past 22 years. It has been a great pleasure and privilege to be in this role, but it would not have been so without your support.

Beryl Logie

President 16.4.2019.