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Happy New Year! From all of us at MSK, we hope you had a relaxing and restful holiday period.

Enjoy reading our first issue of MSK News. It's a bumper one!

Rob Anderson - CEO



Setting achievable goals

We often start a new year with great determination and a fistful of shiny new resolutions. But for many people, the resolve fades quickly! We look at how you can set [realistic and achievable goals](#).



Surviving summer

We're well and truly into summer, so we need to think about ways to stay safe, keep cool but still have fun. To help you, our nurse Anne has [put together some useful tips](#).

Thank you to Freemasons Foundation Victoria

At the end of 2021 MSK were the proud recipients of funding from Freemasons Foundation Victoria in support of the MSK Help Line and consumer webinars. We're very grateful for their support at the end of what was a challenging year! "Congratulations to the 27



recipients of this year's Community Grants program. Freemasons Foundation Victoria recognises the dedication and hard work of staff and volunteers involved in these charities, and we're proud to contribute to a stronger, healthier Victoria by supporting them."

Rodney Lavin, Chairman, Freemasons Foundation Victoria.

COVID tips from the ARA

The Australian Rheumatology Association (ARA) has [developed some practical tips](#) to help people with musculoskeletal conditions manage in the pandemic. They include: how to reduce your risk of getting COVID, how to prepare your household, what to do if you get sick, as well as info about medications, appointments and blood test.



New dream \$250k raffle!

[Get your ticket before 9 February](#) for a chance at scooping a BONUS \$10,000 Ultimate Gift Card for Home voucher. Plus, you go in the draw to win a \$250k prize pack! Don't miss out.



Is it time to change jobs?

Some people find that their condition makes it impossible to continue in their job. This can be upsetting and stressful, but there are lots of resources and organisations to help you through the process of [finding a new job or changing career paths](#).

Have you registered for our free community webinars?

This year we're covering a wide range of topics including osteoporosis, fibromyalgia, shoulder problems, complementary medicines, the impact of musculoskeletal conditions on intimacy and more. So don't wait. [Book now!](#)

Salmon and cream cheese snacks

This [tasty, no-cook snack](#) is loaded with calcium, protein and omega-3 fatty acids. It can be whipped up quickly for an afternoon treat or for when friends pop over unexpectedly.

Thank you and farewell to Melissa!

We want to say a fond farewell to our resident dietitian Melissa Jones, who volunteered her time to create many delicious and healthy recipes for our newsletter. We wish her all the very best in the future. Until we find someone to fill her very big shoes, our staff will be sharing their favourite recipes.



New translated resources!

Thanks to a recent grant from Novartis we're pleased to announce that information on ankylosing spondylitis and psoriatic arthritis are now available in six languages - Arabic, Hindi, Punjabi, Simplified Chinese, Spanish and Vietnamese. [You can access them on our website today.](#)

Conserving our history

We've been digitising a significant portion of our [photographic collection](#), thanks to a grant from the State Government of Victoria and the Public Record Office of Victoria's Local History Grant Program. These photos are a valuable visual record of our history, from the 1960s to the 2000s. We're now working to make the collection available online.



Comfort Feet

Our friends at Comfort Feet have a monthly newsletter packed with info about feet and lower limb health. [Check out their latest issue.](#)

Exciting research opportunity

UniSA is seeking people to complete an online survey about their understanding of physical activity and movement. The study aims to develop new tools to understand knee pain and improve treatments. Adults with or without pain are eligible to participate. The survey takes approximately 30 minutes to complete. [Find out more.](#)

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