

DROP IN AND SEE US

COTA NT offices are open
Mondays to Fridays, 9am – 3pm
except public holidays.

Enquiries can be directed to the
CEO 8941 1004 or via
ceo@cotant.org.au



[www.facebook.com/
COTANorthernTerritory](http://www.facebook.com/COTANorthernTerritory)

SENIORS EXPO NAMED AS DARWIN COMMUNITY EVENT OF THE YEAR



COTA staff (from left to right, Stephanie Kendall, Lina Paselli and Graeme Bevis) accept the award from Lord Mayor of Darwin, Katrina Fong Lim. Unable to attend was Dean Dempsey Deputy CEO

In this month's issue:

**AUSPOST COMPUTER
TRAINING CLASSROOM
OPEN AT SPILLETT HOUSE**

VOLUNTEER FOR COTA

WHAT'S ON IN FEBRUARY?

**NEWS FROM PARTNERS IN
CULTURALLY APPROPRIATE
CARE (PICAC) NT**

**MULTICULTURAL UPCOMING
EVENTS**

I AM A SEENAGER

Council on the Ageing (NT) staff led by CEO, Graeme Bevis were delighted to receive the Darwin Community Event of the Year Award for SENIORS EXPO 2015 from Lord Mayor of Darwin, Katrina Fong Lim.

SENIORS EXPO held in August 2015 was the first ever event of its kind for seniors in the Territory bringing together members of the public, service providers and numerous community groups in a 'one-stop-shop' event. SENIORS EXPO was attended by approximately 700 people who engaged in face-to-face meetings and conversation with over 40 stallholders, service providers and various community groups. They also enjoyed a free morning tea and sausage sizzle, plus entertainment from seniors' choirs, dance and musical groups and a fashion parade. 'Have-a-go' opportunities proved particularly popular including lawn bowls, the smoothie bike and line dancing.

COTA CEO Graeme Bevis said, "I'd like to express our thanks to the City of Darwin for recognising seniors and COTA's work to serve them and advocate on their behalf. And I'd like to thank our staff and volunteers for all their hard work in making SENIORS EXPO 2015 a great success. We are now looking forward to the second SENIORS EXPO on Friday 3 June 2016, which will once again be held on the museum lawns — but bigger and better."

AUSPOST COMPUTER BEGINNERS' TRAINING CLASSROOM OPEN AT SPILLETT HOUSE

Thanks to grant funding from AUSPOST, we are delighted to open a dedicated computer space for seniors at Spillett House. We will be offering classes for up to four senior students at time which will focus on computing and Internet basics including: cyber safety, turning machines off/on, locating and opening Internet browsers, using search engines, accessing websites and webpages, navigating key seniors' websites such as:



- <http://www.cotant.org.au/>
- <http://www.myagedcare.gov.au/>
- <http://www.humanservices.gov.au/customer/dhs/centrelink>
- http://www.dcm.nt.gov.au/strong_community/seniors
- <http://www.health.nt.gov.au/> and <http://www.transport.nt.gov.au/>



Plus an introduction to email (how to open an account, receive and send emails,) and social media (how to visit Facebook pages such as <https://www.facebook.com/COTANorthernTerritory/> and how to set up and use a Facebook account).

VOLUNTEER FOR COTA

If you are interested in volunteering for COTA, we currently have opportunities in the following areas:

- **Office Support** – You will be required to work 'front-of-house' dealing with enquiries, phone calls and some cleaning and administrative tasks. You may also be asked to offer basic internet assistance.
- **Internet Trainer** – You will be required to spend a few hours each work as a COTA Peer Educator helping seniors work through basic internet competency in our dedicated classroom space.



For both positions, a current OCHRE card will be required. Please email a brief resume to COTA CEO Graeme Bevis at ceo@cotant.org.au if you are interested in either of these roles.

WHAT'S ON IN FEBRUARY?

Mon	Tue	Wed	Thu	Fri	Sat
1 Pilates Social Bingo	2	3 Seniors Participation Framework Forum	4	5 Zumba Gold Beginners Internet Class	6 iPad Training Workshop
8 Pilates Social Bingo	9 Musical Jam	10	11 Independent Seniors Round Table <i>(by invitation)</i>	12 Zumba Gold Beginners Internet Class	13
15 Pilates Social Bingo Multicultural Aged Care Network Meeting	16 Multicultural Aged Care Network Meeting	17	18 Ministerial Advisory Council <i>(by invitation)</i>	19 Zumba Gold Beginners Internet Class	20
22 Pilates Social Bingo	23 Musical Jam	24	25	26 Zumba Gold Beginners Internet Class	27
29 Pilates Social Bingo					

- PILATES Mondays 1, 8, 15, 22 & 29 Feb 10.30am – 11.30am**
 Perfect for all over body conditioning, developing strength and flexibility. Suitable for all levels. Mats for 20. **Venue:** Large Meeting Room **Bookings required?** No **Cost:** \$5 per class
- BINGO – Mondays, 10.30 onwards Venue:** Small lounge **Bookings required?** No **Cost:** \$20 approx
- SENIORS PARTICIPATION FRAMEWORK FORUM Wednesday 3 February 1.30 – 3.30pm**
 Have your say on the discussion paper and draft SENIORS PARTICIPATION FRAMEWORK 2016 – 19,

which aims to provide a whole of government approach to the issues that impact on Senior Territorians. Hosted by COTA NT and the Office of Senior Territorians

For copies of the framework visit, <http://haveyoursay.nt.gov.au/seniors>

Venue: Large Meeting Room **Bookings required?** No. Light refreshments provided

- **ZUMBA GOLD Fridays 5, 12, 19 & 26 February 9.30am – 10.15am** Modified Zumba class with a focus on moving and having fun. Wear comfortable clothes and safe shoes. Suitable for all levels

Venue: Large Meeting Room **Bookings required?** No **Cost:** \$5 per class

- **BEGINNERS INTERNET CLASS Fridays 5, 12, 19 & 26 February 9.30am – 11.30am**

Focus on computing and Internet basics including: cyber safety, turning machines off/on, locating and opening Internet browsers, using search engines, accessing websites and webpages, navigating key seniors' websites **Venue:** Computer Classroom

Bookings required? YES (max of 4 people per class) **Cost:** Optional donation

- **IPAD TRAINING WORKSHOP Saturday 6 February 9.30am – 11.30am** FIND OUT HOW to use that Christmas gift in a friendly, no-rush, relaxed class. One hour 'get up and running' class plus Q&A time for other questions. **Venue:** Large meeting room **Bookings required? YES** **Cost:** \$2

- **MUSICAL JAM Tuesdays 9 & 23 February 10.30am onwards** All musicians and music fans welcome

Venue: Large Meeting Room **Bookings required?** No **Cost:** \$2

NEWS FROM PARTNERS IN CULTURALLY APPROPRIATE CARE (PICAC) NT

Along with the major shift in the aged care sector to a Consumer Directed Care (CDC) model, other structural changes have also been impacting on the work of the PICAC project nationally. We have recently

been brought back under the umbrella of the Department of Health, from Department of Social Services, and have been working with some new guidelines in relation to our future work plan and the key focus areas.

Needless to say that the My Aged Care Gateway will be at the forefront of many of our activities. With so many aspects of culturally and linguistically diverse (CaLD) aged care service delivery being reliant on this

The screenshot shows the My Aged Care Gateway website interface. At the top, there is a purple header with the Australian Government Department of Social Services logo on the left, the myagedcare logo in the center, and a phone icon with the number 1800 200 422 on the right. Below the phone number, it says 'Mon-Fri 8am - 8pm Sat 10am - 2pm'. A search bar with a magnifying glass icon and the text 'Enter search term' is also present. Below the header, there are several navigation tabs: 'What help can I get?', 'Help at home', 'Aged care homes', 'Caring for someone', 'Find a service', 'About us', and 'Login'. The main content area features a large image of two elderly women in a swimming pool, one wearing a blue swim cap and the other a pink one. Below the image is a video player with the title 'Helping your patients' and a 'Full story' button. To the right of the video player is a sidebar with five menu items: 'See what others have done', 'Caring for someone', 'How services are delivered in your home', 'Estimate aged care fees', and 'Other languages'.

entry portal, it is an imperative that CaLD older people and their carers are not disadvantaged by having to utilise the My Aged Care Gateway in order to access essential services.

As part of the delivery of CDC sessions across the NT PICAC will be including an interactive session on how to access the portal, find information regarding aged care and view the list of service providers. A great chance for seniors to see the technology behind My Aged Care and start to get familiar with it.

Have no fear if you are not tech savvy, My Aged Care is also a contact centre. You can call the My Aged Care contact centre on 1800 200 422 between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays. The My Aged Care contact centre is closed on Sundays and national public holidays.

You may also wish to join our beginners' internet class designed to help you go online and read website information. Contact Lina Paselli, Multicultural Affairs Manager on 8941 1004 for more information.

MULTICULTURAL UPCOMING EVENTS

Darwin's Annual Multicultural Aged Care Network Meeting

The Multicultural Council of the Northern Territory (MCNT) is hosting national consultations in Darwin for its peak body, the Federation of Ethnic Communities' Councils of Australia (FECCA), on Monday 15 and February 16 2016.

The MCNT and FECCA are keen to hear the views and perspectives of Darwin's multicultural community, and invite you to share your experiences of government services and programs. This is an opportunity to speak up and be heard, and to play your part in informing FECCA policy development. If you are able to attend one or both of these consultations, please make a space in your diary.

Ageing and Aged Care Consultation

On Monday 15 February 2016 MCNT are scheduling an Ageing and Aged Care Consultation from 10.00 am to 12.00 pm, focused on services for multicultural seniors, with lunch provided. And then after lunch, to complement this consultation, the MCNT and the Council on the Ageing (COTA) NT will be presenting Darwin's Annual Multicultural Aged Care Network Meeting from 1.00 pm to 3.00 pm, focused this year on cultural awareness issues in the aged care industry.

Access & Equity Consultation

On Tuesday 16 February 2016 MCNT are scheduling an Access & Equity Consultation from 9.00 am to 10.30 am, focused on the challenges for migrants and refugees in accessing government services and programs, with morning tea provided. FECCA will submit this feedback in a report to government agencies, and actively lobby for change.

Everyone is invited and there is no cost for these consultations, and interpreters can be arranged if required. Please feel free to forward this notice through your networks and share on social

media. For catering purposes please RSVP to Ron Mitchell at the MCNT on email:
ron.mitchell@mcnt.org.au or MCNT Admin on 89459122 by Monday 8 February 2016.

CaLD Seniors Round Table

The next CaLD Seniors Round Table meeting is scheduled on 23rd of February, from 3pm to 4pm. The vision for the CaLD Seniors Round Table is to highlight the general concerns of CALD seniors, present all issues to the Minister's Advisory Council for Senior Territorians (MACST) and, as required, to all levels of government (Federal/Territory/Local) through the Independent Seniors Round Table (ISRT).

If you are interested in being part of the Round Table or would like to receive a free CDC session, please email Lina at picac@cotant.org.au

I AM A SEENAGER (SENIOR TEENAGER)

Thanks to Jan Jewell for reminding us of the lighter side life

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store.

I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared.

And I don't have acne. Life is good!

Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. SO THERE!!

I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they may be my friends, too.