

## CHRISTMAS CLOSE

COTA NT will be closing its offices at Spillett House to the public from Monday 21<sup>st</sup> December and will re-open on Monday 18<sup>th</sup> January.

COTA NT offices will open in 2016: Mondays to Fridays, 9am – 3pm except public holidays.

Urgent enquiries can be directed to the CEO 8941 1004 or via [ceo@cotant.org.au](mailto:ceo@cotant.org.au).

## COTA NT WELCOMES A NEW CHAIR

Following her election at the AGM in September, COTA NT is delighted to welcome Dr Vino Sathianathan as its new Chair. Dr Sathianathan will lead the COTA NT board for a two-year term and will continue her representation of COTA NT at COTA Australia.

## Aims for 2016

As we move into 2016, COTA NT is working towards:

- Advocating for and creating an age-friendly Territory
- Securing adequate operational funding
- Giving seniors a voice in the development of local & Territory government seniors' policies and frameworks
- Providing events and programs that continue to help seniors with very different needs contribute to, engage with and enjoy their community

We look forward to more voices joining ours to help create a stronger, more inclusive Territory.

## Seniors EXPO 2016

Following the success of SENIORS EXPO in August's NT Seniors' Month, I am pleased to announce that we will be responding to 100% positive feedback and organising another SENIORS EXPO event on Friday 3 June 2016. This event will be part of a June Seniors Festival fortnight - to avoid conflict with the Darwin Arts Festival and a busy August calendar. Please note: COTA NT will also be supporting Seniors Month 2016 in August.

## Save the Date for the COTA NT Christmas Reception

Please join Board members, staff and volunteers at our Christmas reception on Friday 18<sup>th</sup> December between 12.30 and 2.30pm. Enjoy drinks, nibbles and music as we celebrate the year that was.

*Graeme Bevis, COTA NT CEO*

## EXPO & FESTIVAL PARTICIPATION

COTA NT would like to hear from any Territory-based seniors' groups who want to showcase their 'age friendly' activities at SENIORS EXPO (3 June) or during Seniors Festival fortnight.

## SPONSORS SOUGHT

Sponsors and support is being sought for SENIORS EXPO and the 2016 SENIORS FESTIVAL. All enquiries should be directed to COTA NT via Stephanie Kendall, Events Manager 8941 1004 or [events@cotant.org.au](mailto:events@cotant.org.au)



*The first ever Seniors EXPO proved to be a big hit with everyone asking COTA NT to "do it again."*

## SENIORS EXPO – FRIDAY 3 JUNE 2016

SENIORS EXPO 2016 will be one of the main events within a Seniors Festival fortnight during June (1<sup>ST</sup> – 15<sup>th</sup>). This 2016 SENIORS FESTIVAL has the theme 'age friendly in practice' and will enable seniors to discover for themselves what local groups, agencies and service providers are doing that helps to create an age-friendly community. The 2016 SENIORS FESTIVAL will include EXPO, multicultural, fitness, social and educational workshops and activities.

### Events and Activities 2015 - 2016

An annual report is now available on request from Events Manager, Stephanie Kendall which reviews COTA's 2015 program. Planning is currently underway for 2016 including Seniors EXPO, Seniors Festival Fortnight (June) and Seniors Month (August).

**This month's activities can be viewed online at:**

<http://www.cotant.org.au/programs-events/>

### COTA NT Online

Stephanie is also co-ordinating publication of a new look COTA NT website, which will include a more user-friendly design and navigation.

### Tales of Tracy

This project is still underway, with a completion date anticipated late 2015.

### PICAC NT

COTA NT's Partners in Culturally Appropriate Care (PICAC) program has been extended for two years, until June 2017. PICAC Manager Lina Paselli is in the process of putting together a two-year work plan and is excited to announce new additional activities to the program, including:

### Cultural Awareness Sessions

A series of cultural awareness sessions will be conducted, targeted first to Management in aged care facilities before sessions are scheduled with aged care workers. These sessions aim to facilitate

## VOLUNTEERS

COTA NT has an active volunteer program with many interesting and diverse roles available to volunteers.

If you want to volunteer your time to COTA NT, or want to find out more, contact CEO Graeme Bevis on [ceo@cotant.org.au](mailto:ceo@cotant.org.au)



*Thank You to our hard-working and much valued volunteers*

and inspire change and support in the activities and programs for CaLD (culturally and linguistically diverse) seniors.

### SENIORS EXPO Multicultural Zone

Looking ahead, a bigger multicultural area dedicated to the aged care sector will be planned at the second SENIORS EXPO scheduled in June 2016.

### CONSUMER DIRECTED CARE (CDC)

One of the changes to the delivery of CDC sessions will be a closer focus on wellness, re-ablement and restorative care as part of the Commonwealth's Home Support Programme (CHSP).

A standardised assessment process through the My Aged Care portal is being introduced for clients to be able to access services delivered by the CHSP. This is intended by the Commonwealth to promote equity by ensuring that access to aged care services is based on a consistent assessment of need and to offer clients an increased level of control over the services they receive.

If you would like more information regarding CDC or to book a session call Lina on 08 89411004 or email or [picac@cotant.org.au](mailto:picac@cotant.org.au)

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### OVER 1,000 HOURS VOLUNTEERED FOR COTA NT

CEO, Graeme Bevis justly told COTA NT volunteers at a special thank-you lunch that the organisation simply couldn't do the work it does without them on board. He acknowledged the highly-valued contributions they make as drivers, event crew, peer educators, administrators and much more.

## CONTACT US

### Council on the Ageing (NT)

65 Smith Street  
Darwin NT 0800

08 8941 1004

[ceo@cotant.org.au](mailto:ceo@cotant.org.au)

[www.cotant.org.au](http://www.cotant.org.au)

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

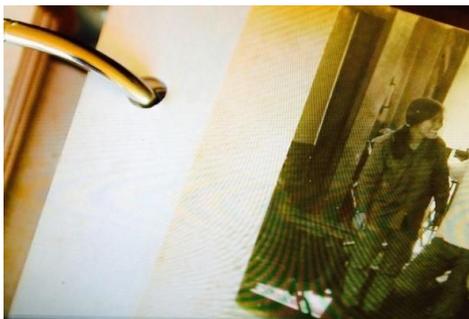
## COTA NT

Patron:

His Honour, the Honourable  
John Hardy OAM Administrator  
of the Northern Territory

Chair: Dr Vino Sathianathan

CEO: Graeme Bevis



*Meng Hoeschte – subject of our newest migration story*

During the last 8 months, over 1,000 of volunteer hours were dedicated to COTA NT from this hard-working team. They have played a pivotal role in many of COTA NT's activities including:

- providing seniors with a voice at the Ministerial Advisory Council for the Northern Territory
- facilitating Round Table initiatives
- providing a full program of events and activities
- supporting the Culturally and Linguistically Diverse (CaLD) community
- providing ongoing training and peer education.

### Thank You to Out-Going Chair

Graeme also acknowledged and gave thanks for the contribution made by outgoing COTA NT Chairman, Ken Cohalan OAM, who has been an energetic and vocal champion for the rights of Territory seniors throughout his two-year term. COTA NT will definitely miss Ken, but happy that Ken will continue campaigning for improvements and change as an 'independent'.

### MULTICULTURAL STORIES OF THE NT

COTA NT is excited to announce that another migration story has been completed thanks to the collaboration with CDU film student, Joshua Florendo.

This piece of migration history is the lovely and heart-felt story of a young Singaporean girl, Meng Hoeschte, who left her family in Singapore to adventure all the way to Australia. Meng has made Darwin her home ever since.

Although the 1974 Cyclone Tracy left scars, as a senior, Meng now happily lives in Howard Springs, ageing gracefully on her beautiful 5 acre property. She enjoys creating glass artwork, opening her home to friends and visitors and finally indulging on the things she didn't have when she was younger; such as full cream milk, cheese and sweet buns!

To view Meng's full migration story, visit [www.cotant.org.au](http://www.cotant.org.au).