

## Our New Patron

We at Council on the Ageing (NT) - COTA NT - are delighted to announce His Honour, the Honourable John Hardy OAM, Administrator of the Northern Territory as our new patron.



*His Honour, the Honourable John Hardy OAM and Mrs Marie Hardy opening the new styled entrance to Spillett House*

We are privileged that His Honour joins us in promoting the well-being of Seniors and awareness of our services to Seniors across the Territory; and that he also recognises the hard work and dedication of our Board, staff and volunteers, as we continue to lobby on behalf of Seniors.

*Graeme Bevis, CEO, COTA NT*

*“For last year’s words belong to last year’s language. And next year’s words await another voice.”*

*- T. S. Eliot*

## In This Issue

- Our New Patron
- Facebook Likes
- Join COTA NT’s Team of Volunteers
- Smart Cooling in the Tropics
- Supporting CaLD Communities
- Welcome to Minister Higgins



## Upcoming Events & Programs

All seniors over the age of 50 welcome to attend any of COTA NT's events and activities.

- Art Classes—Feb/March classes are fully booked (please call to register interest in future classes)
- iPad Training (Limited spaces in March still available)
- Computer Training 1 to 1, Thursdays 9.30am
- Pilates, Mondays 9.00—9.45am (from 16 February)
- Social Bingo, Mondays 10am—1pm
- Over 50s Club, final Friday of the month, 11.30am—3.00pm, First of the year, Friday 27th February

### Donations

To help us meet some of the costs involved in running our events and programs, we request donations from all participants (COTA and non-COTA members).

### Booking for events and activities

Please book for *as soon as possible* to avoid disappointment and to enable us to cater for numbers.

**Bookings can be made by phone on 8941 or by email to Stephanie at [events@cotant.org.au](mailto:events@cotant.org.au). You need to leave: full name, phone number (in case the event is cancelled) and your email address if you have one.**

## Facebook Likes

When you visit COTA NT's Facebook page at <https://www.facebook.com/COTANorthernTerritory> you can invite all your Facebook friends to like us too.

Simply look at the part of the page – usually near the top - with the empty box reading 'Invite your friends to like us on facebook'. From here, you'll see pictures of your friends next to the word INVITE.

Please click on INVITE and help spread the word about COTA NT's program of news, information and events across your networks.



## Join COTA NT's team of volunteers

If you would like give your time, expertise and support to Council on the Ageing NT, then please contact us. We have opportunities for senior volunteers to help with:

- Peer education programs, training delivery and workshops
- Marketing and promotional work (including website management)
- General office work
- Event support and hosting
- Driving the COTA NT 13 seater mini-bus (a LR licence, OCHRE card and police check is required)

COOLmob

# smart cooling in the tropics

Save power and save money when you sign up to this FREE project

## Smart Cooling in the Tropics

Smart Cooling is a great **free** project working with low-income households to help find ways to reduce electricity usage and stay cool. *If you are eligible for the project\**, our partners from the Smart Cooling team will come to your home and provide a free home electricity assessment. They will show you:



- How to understand your energy bill;
- Which appliances are using the most electricity;
- How to save electricity and money through simple changes to your home

As part of this *free* service, Smart Cooling will provide a range of free services including:

- Cleaning of your cooling appliances
- In home displays and monitors for your cooling appliances
- Free community workshops
- Structural modification to your home where necessary

**Call Stephanie on 8941 1004 to find out more**

\*You must have a low income health card, receive Centrelink payments (e.g. the age pension) or fit into certain income brackets.

For more information, see <http://coolmob.org/smart-cooling-tropics/>

This project received funding from the Department of Industry and is being delivered by COOLmob, in partnership with COTA NT, Melaleuca Refugee Centre, Yilli Housing and Carers NT

# Supporting CaLD Communities

At the annual Multicultural Aged Care Network held at the end of last year, CaLD Communities Leaders talked about the main issues and difficulties they face in the distribution of information to their community. Often the only way is door knocking to distribute information in person and on a one-to-one basis. The community work of the CaLD Communities leaders is inspiring. They freely offer their time as interpreters, carers and support people for seniors who have never had the opportunity to learn English and struggle even in their own language to read and write.

To help support the CaLD Community Leaders, Council on the Ageing NT is launching **CaLD Round Table meetings** in 2015:

- Tuesday 24 February 2015, 11.30am, Spillett House
- Tuesday 26 May 2015, 11.30am, Spillett House
- Tuesday 25 August 2015, 11.30am, Spillett House
- Tuesday 24 November 2015, 11.30am, Spillett House

This will help leaders stay connected to the aged care sector and help tackle the language and cultural challenges aged care service providers face in providing person-centred care.

Please contact Lina Paselli, COTA NT for information and material from these initiatives and programs - 8941 1004 or [picac@cotant.org.au](mailto:picac@cotant.org.au)

## Welcome to Minister Higgins

Council of the Ageing NT extends congratulations to the new Minister for Senior Territorians, the Hon. Gary Higgins MLA on his appointment to the Cabinet and looks forward to the first meeting with him to discuss issues regarding Seniors' well-being.



## Contact Us

Please call or email us for more information about our services and events program

**Council on the Ageing (NT) Inc**  
Spillett House  
65 Smith Street  
Darwin

(08) 8941-1004  
[ceo@cotant.org.au](mailto:ceo@cotant.org.au)

Visit us on the web at  
[www.cotant.org.au](http://www.cotant.org.au)

Facebook/  
COTANorthernTerritory

We welcome all donations that support our work

## COTA NT

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

Chair:  
Ken Cohalan OAM

CEO: Graeme Bevis