

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)

CHRISTMAS OPENING HOURS

Please note that the COTA NT offices are closed to the public from Friday 16th December at 12pm. We open again at 9am on Monday 16th January.

CHRISTMAS GIFTS

Pick up your Christmas gift vouchers from COTA NT's offices if you haven't already received one. Each voucher entitles you to a free session of Laughter Yoga, Yoga, Pilates or Zumba Gold in the 2017 Program.



KEEPING UP WITH COTA

4 great ways to find out what's happening at COTA NT:

1. Join our emailing list – send your name, phone number and email address details to events@cotant.org.au
2. Visit our website for news and information <http://www.cotant.org.au/>
3. Visit our Facebook page, <https://www.facebook.com/COTANorthernTerritory/>
4. Come to see us – COTA NT Offices are open Mondays to Fridays 9am – 3pm (except public holidays and Christmas close).

In this month's issue:

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Nearly all of COTA's programs and activities are open to all seniors upholding the World Health Organisation's principles of 'age-friendly' communities¹.



Join our mailing list and find out about offers such as free tickets to the Opera!

¹ [www.who.int/ageing/publications/Global age friendly cities Guide English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

PROGRAMS FOR 2017

COTA NT offers its program of activities to all seniors in the community, with the exception of 'Members Only' events. Members receive advance notification of activities, however, especially when the number of registrations available is limited.

A few things to look forward to next year in our program of activities including:

- Starting in February: Pilates (Monday mornings), Computer Training, Laughter Yoga (monthly), Musical Jam (Tuesday mornings), Yoga (Wednesday mornings), Zumba Gold (Wednesday evenings, Friday mornings)
- March – Love Your Body Workshops (Exercise and Nutrition) 4 week Program (details will be emailed)
- April – Wellness Week



Need an email address? Fran will help you set up an account and walk you through the basics – phone for a one-to-one class – EMAILS ARE THE #1 WAY WE COMMUNICATE WITH OUR MEMBERS



June – SENIORS EXPO 2017 SAVE THE DATE!
Friday 2 June, 10am – 2pm Museum and Art Gallery of the Northern Territory. Registration forms and sponsorship opportunities will be sent out via the usual channels (email and social media)

- August – SENIORS MONTH 2017
- December – COTA NT Volunteers Lunch
- December – COTA NT Members Only Christmas High Tea

SUPPORTING COTA IN THE TERRITORY

You can support COTA's work in the Territory in a number of ways:

- Join as a member
(\$40 for an individual per year, \$52 for a couple per year)
- Give a donation (monetary gift, volunteer time)
- Facilitate information, social or fitness workshops or programs
- Tell other seniors about our events, programs and facilities
- Sponsor an event or program (Talk to Stephanie, events@cotant.org.au 8941 1004)



ONECOTA is available to non-members for \$7.50 at Spillett House

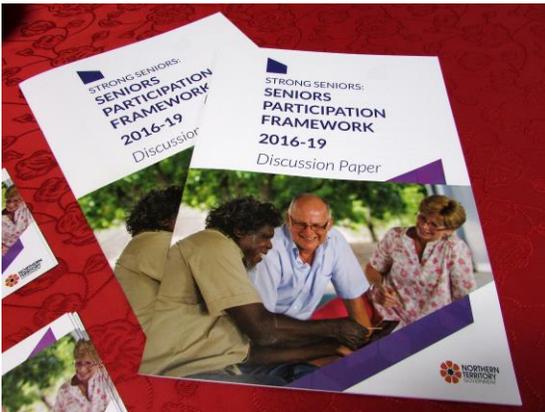
The Federal and NT Government part-funds COTA NT staffing and operational costs, but with more resources, we can do even more to promote, improve and protect the circumstances and wellbeing of older people in the Northern Territory.

NEW ASSISTANT MINISTER FOR TERRITORY FAMILIES



COTA NT staff and Board members met with the new Assistant Minister for Territory Families, Ngaree Ah Kit MLA (Member for Karama) in October this year. Assistant Minister Ah Kit was deputising for Minister for Territory Families, Dale Wakefield MLA, who was unable to attend. During the meeting, Chair of COTA NT, Jan Jewell and CEO Graeme Bevis outlined COTA's aims for 2017 and re-iterated a number of seniors' issues brought to the attention of the previous Territory Government.

SENIORS PARTICIPATION FRAMEWORK 2016-19 UPDATE



COTA NT learnt recently that the Minister and the CEO of Territory Families have agreed to retain the Seniors Participation Framework for the foreseeable future. The Office of Senior Territorians made some minor changes to the document by adding Territory Families to the design and removing the previous Minister's Message.

COTA NT hopes to be part of a working group intended to develop the Framework. We publish an update with regard to this working group proposal when we are advised by The Office of Senior Territorians.

SPILETT HOUSE FOR SENIORS

COTA NT allows Spillett House to be used by other seniors' and community groups in return for a small donation. These donations help with the ongoing maintenance costs associated with an older building. A small meeting room (boardroom) or larger activity room is available during office hours. For more information visit, <http://www.cotant.org.au/programs-events/meeting-rooms-for-hire/>, email events@cotant.org.au or talk to COTA NT staff.

PETITION UPDATE: IMMEDIATE AND URGENT REVIEW OF THE SENIORS CONCESSION SCHEME IN THE NORTHERN TERRITORY

Ms Ah Kit presented Petition No. 3 from 615 petitioners conforming to Standing Orders praying that the Northern Territory Government launch an immediate and urgent review of the Seniors Concession Scheme Petition (Paper 130).

[Draft Daily Minutes - 13Th Assembly, 1 Session - 11/22/2016 - Parliamentary Record No: 2](#)

COTA NT has been advised that the Minister is working on a reply which will be presented on the Legislative Assembly website. We will let you know the Minister's response as soon as it is available. In the meantime, the first meeting of the "Expert Reference Group" commencing the Review is scheduled to meet on Monday 5 December. COTA NT will be a part of this group.



FOOT HEALTH MONTH

Catherine from Darwin Podiatry came in to talk about ageing feet and what we can do to look after them. We discussed bunions, calluses, warts and the effects that chronic conditions may have on foot health. The advice is to protect your feet by checking them regularly - any pain should be investigated - visiting a podiatrist at least once a year and wearing safe, comfortable footwear at all times (even around the house).



Finding out how to put feet first

Podiatrists can help with any foot health issues including clipping hard-to-reach toenails. Free visits to podiatrists can be included in Care Plans for those suffering from chronic diseases. For a care plan and referral, you should arrange to see your GP (possibly for a longer appointment). For foot-related concerns, **contact Darwin Podiatry directly on 8941 9955.**

MONEY MANAGER IN 7 LANGUAGES

ASIC's MoneySmart 'Simple Money Manager' has now been translated into seven languages (Chinese, Italian, Arabic, Vietnamese, Somali, Dari and Sudanese Arabic). The budget planner includes in-language audio to help users to interact with it. For more information see: <http://asic.gov.au/about-asic/media-centre/find-a-media-release/2016-releases/16-340mr-asic-launches-new-budgeting-tool-that-speaks-your-language>

Protect yourself against **Shingles**

A **FREE VACCINE** is now available for people aged 70–79 years old

Shingles can be very painful and lead to serious, long-term complications

Talk to your doctor or nurse about the **FREE Shingles VACCINE**

Vaccinations don't stop at childhood.

www.immunise.health.gov.au

FREE ONLINE DESKS

COTA NT provides free-to-use online desks for seniors at Spillett House every day between 9am and 3pm. You can come in and browse the Internet at no cost. If you prefer, book for a class for help with Internet basics. **For bookings, phone 8941 1004 (M-F, 9am – 3pm).**

SPONSORING DANILA DILBA

COTA NT is sponsoring Danila Dilba Health Services during this Wet Season. Beth Hore, the Renal Nurse leading the group says, “...we really appreciate the air conditioned space and facilities made available to us. It also helps to introduce our seniors to various activities available through COTA.”



THE CULTURAL DETECTIVE®

COTA NT’s Multicultural Affairs Manager, Lina Paselli recently attended the Cultural Detective® training course, which is designed to enhance intercultural effectiveness and productivity, deepen understanding and application of intercultural communication competence and to gain expertise in using the Cultural Detective® method.

The Cultural Detective® process helps each individual understand why colleagues or CaLD clients act the way they do. This necessarily means each individual understand their *own* actions and reactions. This includes learning how “common sense” is really culturally-filtered ‘sense’ – common only to those sharing the same cultural lens, core values and patterns of behaviour.



Participants in The Cultural Detective training in Adelaide