

# seniorsvoice

## NORTHERN TERRITORY

### KEEPING NT SENIORS INFORMED

Published by



The peak body  
for NT Seniors  
since 1969



# TALKING POINT

*The biggest seniors' event in the NT featured over 100 exhibitors & performers*

SEE WHAT MADE DARWIN EXPO 2024 SO GOOD INSIDE



**FIND OUT WHAT'S ON IN SENIORS MONTH (AUGUST 2024) P13-15**

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

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**TIPS FOR OLDER DRIVERS P22**

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**GREENFIELDS**  
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# Expo of talking points



Sue Shearer, CEO, COTA NT

**Thousands of you already know that COTA NT's 9th Seniors Expo in Darwin – held on 29th June – was a huge success and we received overwhelmingly positive feedback. Thank you for taking the time to shake our hands and fill in those feedback forms. It means a great deal.**

Thank you if you came along on the day – if you didn't, you can have a look at what you missed on pages 9-11. Over 100 exhibitors and performers were at Expo with oodles of information, advice, freebies and competitions. We still haven't stopped talking about the day yet in the COTA NT office. We have drawn the winners of our own raffles and draws and will be announcing them on our social media page and in our Members' newsletter shortly.

We are very grateful for

the support of the Northern Territory Government Community Benefit Fund for Major Events that enabled us to present such professional-looking booths (set up by the wonderful team at The Exhibitionist led by Yolanda and Andrew).

We thank all our Exhibitors from service providers, government agencies, not-for-profits, seniors' groups and business for making time to talk – and let's face it, it's not only good for the soul but it saves soooooo much time meeting people-in-the-know in-person.

Before I move onto other news, I'd just like to acknowledge the hard work of those behind the scenes, COTA NT's volunteer board, event volunteers and the COTA NT staff. Yes, whilst the event gets bigger and better every year, it's still the team's effort and energy that makes it happen.

## Seniors Month – August

So in saying that, we have turned our energies towards August and our plans for the month are outlined in the Seniors Month calendar overview on pages 14-15 along with the events and activities being run across the Territory by other event organisers. The range of activities is fantastic and I congratulate all those who have put together such a terrific program.

The calendar is available in print and [online 24/7 via our website \(www.cotant.org.au/territory-seniors-calendar\)](http://www.cotant.org.au/territory-seniors-calendar). We recommend checking for event updates as tight print production deadlines sometimes meant all information was not available at the time of going to press.

## COTA NT's Seniors Month

COTA NT events are open to all members of the community and most are free or very low-

cost. This year, we have two Dying to Know Day workshops (back by popular demand), a Health and Wellness Day, a 7th Birthday Luncheon, our regular program of social, and well-being activities and another Expo – this time in Alice Springs. Call our Head Office on **08 8941 1004** if you need help with booking Seniors Month events or need more information about them.

## Alice Springs Expo

This year, we are in a new venue and look forward to welcoming you and our exhibitors. If you want to exhibit and haven't registered yet, then you still have time (until the end of July). Details are on the [COTA NT website](http://www.cotant.org.au).

Have a wonderful Seniors Month – dare to do something different – it's the best time of the year to try.

### Territory Seniors | Info

- Northern Territory Government**  
Switchboard 08 8999 5511
- NT Concession & Recognition Unit**  
1800 777 704 (free call)
- Seniors Card** 1800 441 489
- Help Accessing Aged Care** 08 8941 1004
- Multicultural Support** 08 8941 1004
- Services Australia: Centrelink, Age Pension, Health Cards, Financial Information, Concessions, Loans, Retirement** 132 300
- Medicare** 132 011
- Disability, Sickness, Carers** 132 717
- Elder Abuse Helpline** 1800 353 374
- My Aged Care** 1800 200 422
- Aged Care Complaints Commissioner**  
1800 951 822

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[ntseniorsvoice@cotant.org.au](mailto:ntseniorsvoice@cotant.org.au)
- Post** PO Box 852, Darwin NT 0800
- Seniors Voice Engagement Hub**  
[ntseniorsvoice.org.au](http://ntseniorsvoice.org.au)
- Facebook** [facebook.com/ntseniorsvoice](https://facebook.com/ntseniorsvoice)
- COTA NT Website** [www.cotant.org.au](http://www.cotant.org.au)



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Main cover photo: Rachel, North Australia Media for COTA NT at Darwin Seniors Expo 2024.

Seniors Voice acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands on which we live, learn and work. We pay our respects to their Elders, past, present and emerging.

# [TOP SHOT]

SENIORS VOICE SUPPORTS THE PHOTOGRAPHIC TALENTS OF NORTHERN TERRITORY SENIORS AND ENCOURAGES POSITIVE DEPICTIONS OF AGEING.

The Top Shot in this issue is provided by COTA NT's Club and Associate Member, [Darwin Camera Club](#).



Yellow Water Billabong, Kakadu by Steve Lock  
If you want your photo to be considered for this spot, [contact us](#).  
And thank you to the Darwin Camera Club for inspiring our new feature! [Ed.]



**Selfie with a Senior**

Submit a photo of yourself with a Senior along with a statement of how you have been inspired by them.

Prize \$1000

- Enquiries to Tactile Arts 08 8981 6616
- Applications close Friday 19 July

Sponsors

COTA NT  
TACTILE ARTS  
NORTHERN TERRITORY  
SENIORS CARD

Find out more at:  
[tactilearts.org.au/pages/selfie-with-a-senior](https://tactilearts.org.au/pages/selfie-with-a-senior)

COTA NT and NT Seniors Card sponsored the *Selfie with a Senior* photographic competition. Results on display at the Royal Darwin Show on 25-27 July 2024.

**THE ORDER OF AUSTRALIA**

Find out how to nominate someone for recognition through the Order of Australia.

Visit [www.gg.gov.au](http://www.gg.gov.au)

## Honour someone making the NT a better place

**Do you know someone who goes above and beyond? If so, you can nominate them today for an Order of Australia – the country's highest honour.**

By nominating, you are having a say in who is celebrated, and the types of service and achievement that matter to us. Anyone can nominate and nominations can be submitted at any time. Nominating can be done by colleagues, leaders, peers, neighbours, anyone who wants to recognise someone else's hard work, service and accomplishments.

Find out more from the Australian Honours and Awards Secretariat at [www.gg.gov.au](http://www.gg.gov.au) or call **(02) 6283 3604** for help with a nomination.

See page 12 for details of Seniors of Excellence work honouring seniors in the Northern Territory.

# Croc management plan released



Photo: COTA Seniors Expo 2024

The Northern Territory Government's Saltwater Crocodile Management Program 2024-2034 will allow for the targeted culling of crocodiles in specified areas to ensure the safety of swimmers.

This is one of several measures which will be put in place to manage the Northern Territory's saltwater crocodile population.

View the framework and

program here, [becrowise.nt.gov.au/crocodile-management/crocodile-management-program](https://becrowise.nt.gov.au/crocodile-management/crocodile-management-program)

If your community group wants to find out more about crocodile safety in the NT, you can contact Be Crocwise and book a talk.

Find out more, [becrowise.nt.gov.au/education-and-resources/be-crowise-presentations](https://becrowise.nt.gov.au/education-and-resources/be-crowise-presentations) or call Darwin 08 8999 4432 or Katherine phone: 08 8973 8865.

# Rock art story winner

An examination of Aboriginal rock art in Yanyuwa country in the southeast Gulf of Carpentaria is the winner of the 2024 Chief Minister's Northern Territory History Book Award.



**Jakarda Wuka (Too Many Stories)**

Narratives of Rock Art from Yanyuwa Country in Northern Australia's Gulf of Carpentaria  
li-Yanyuwa li-Wirdiwalangu (Yanyuwa Elders),  
Liam M. Brady, John Bradley and Amanda Kearney

*Jakarda Wuka (Too Many Stories): Narratives of Rock Art from Yanyuwa Country in Northern Australia's Gulf of Carpentaria* by li-Yanyuwa li-Wirdiwalangu (Yanyuwa Elders), Liam M Brady, John Bradley, and Amanda Kearney was announced the winner of the \$1000 prize money at an awards ceremony held in Parliament House, Darwin.

The book is the culmination of collaborative research that reveals ancient rock art as a dynamic social entity connected to ancestral journeys, ceremonies, health, identity, and narratives.

## NT Seniors Recognition Scheme



The NT Seniors Recognition Scheme recognises the valuable contribution senior Territorians make to our community through a \$550 prepaid card issued each financial year.

Territorians aged 65 years and older may be eligible to register for the NT Seniors Recognition Scheme if you are:

- A current NT resident, living in the NT for 183 days of the financial year; and
- An Australian citizen or permanent resident; or
- A temporary visa holder with a valid Medicare card registered in the NT.

To apply for the scheme:

- [ntconcessions.nt.gov.au](https://ntconcessions.nt.gov.au)
- Visit a Territory Families, Housing and Communities service centre
- 1800 777 704



TERRITORY FAMILIES, HOUSING AND COMMUNITIES



## Where can I shop?

The NT Seniors Recognition Card can be used to buy a large range of products including:



groceries



travel



clothing



white goods



power and water



bills



driver licence



postage



car registration



coffee



fuel



veterinary services

Use the card by 30 June each year, any remaining funds on the card will be cleared at the end of the financial year. Funds do not accrue.

The NT Seniors Recognition Scheme card is issued by Heritage Bank Limited ABN 32 087 652 024 AFSL 240984, ACL 240984. Please visit [ntconcessions.nt.gov.au/activate](https://ntconcessions.nt.gov.au/activate) to check the card expiry and the card balance.

# COTA got grill'd

The COTA NT jar at Grill'd Casuarina was the runner up last month, which means the organisation receives a \$100 cheque.

We urge other organisations in the community to apply for a Grill'd jar and be part of their Local Matters campaign.

Apply for a jar here, [grilld.com.au/local-matters](http://grilld.com.au/local-matters)



# New rainbow rights toolkit empowers LGBTI+ communities

COTA South Australia has launched a toolkit which includes information about key human rights themes including overcoming discrimination, housing, health and planning ahead.

COTA NT would love to hear from anyone who feels a toolkit featuring NT initiatives in this area would be useful. You can check out the COTA SA toolkit online at, <https://cotasa.org.au/programs-and-services/rainbow-hub/rainbow-rights-toolkit>

# Extreme heat is no joke for older folk

In South Australia, COTA SA has made a submission regarding the effect of extreme weather on older people to the draft SA Health Climate Change Framework, which is part of the SA Government's plan to develop a climate-resilient health system.

You can read the submission online, [cotasa.org.au/about-us/latest-news/submission-to-the-draft-sa-health-climate-change-framework](http://cotasa.org.au/about-us/latest-news/submission-to-the-draft-sa-health-climate-change-framework)

# Get festive in Darwin

Running from 8 – 25 August, the Darwin Festival features world premieres, national sell-out shows, iconic Australian musicians and award winning comedians.

For full program information, visit [www.darwinfestival.org.au](http://www.darwinfestival.org.au)



# COTA submission addresses gendered ageism

COTA Australia has completed its submission on menopause and perimenopause which has been acknowledged by the Senate Community Affairs References Committee.

The submission highlighted the disturbing and costly issues of ageism and gender inequity in workplaces, particularly affecting women experiencing menopause and perimenopause.

This gendered ageism hinders many older women from fully participating in the economy, further disadvantaging them in

accessing equal opportunities in paid work.

Recognising menopause as a natural transition for more than half the population is vital for fostering supportive work environments.

Suggestions made to government included:

- Building employer and organisation awareness of menopause and its effects on individual health and wellbeing.
- Focusing on education and training for managers and supervisors.
- Adopting flexible workplace policies for older workers including



reference menopause and perimenopause in leave categories accompanied by superannuation provision and environmental adjustments.

- Provision of support for female employees.
- Providing cost-effective

access to menopausal medications, treatments and counselling.

- Funding menopause specialist clinics in public health

Read the full submission via the COTA Australia website [here](#), or request a copy from COTA NT 08 8941 1004.

# Class act on show to thousands at NT's premium Expo

A class act was delivered by Murrupurtiyanuwu School Primary School in the *Respect Starts Here* artwork competition held by COTA NT and Relationships Australia NT to mark World Elder Abuse Awareness Day (15 June).

Children aged between 8 and 10 created artworks celebrating their grandies and what they thought was the best place, and the best way, to live. Their art was displayed at the recent COTA NT Seniors Expo, where the class's artworks were inspected by the organisation's patron, His Honour Professor the Honourable Hugh Heggie PSM, Administrator of the Northern Territory and other Expo guests including the Minister for Education, the Hon Mark Monaghan.

Many of the artworks featured activities enjoyed across the generations.



From top to bottom:

*Cooking chicken stew for my grandma* by Tiago, aged 8

*I went to the beach to fish and saw a rainbow* by Kirsten aged 10

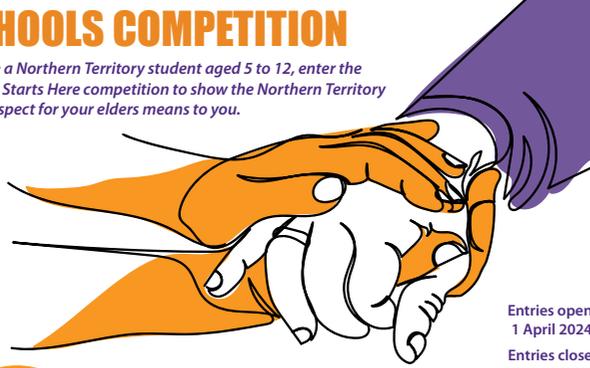
*I caught a crab to share with the elders* by Josephine, aged 8.



**RESPECT STARTS HERE**  
Stopping elder abuse before it starts

**SCHOOLS COMPETITION**

If you're a Northern Territory student aged 5 to 12, enter the Respect Starts Here competition to show the Northern Territory what respect for your elders means to you.



Do you love to draw?  
Can you help us create a better place to live?  
Submit a drawing on RESPECTING ELDERS for your chance to win.

Entries open  
1 April 2024  
Entries close  
31 May 2024



**JUNE 15**  
**WORLD ELDER ABUSE AWARENESS DAY**

**YOUR ART**  
on public display and published for over 246 000 Territorians

Head to [www.cotant.org.au/respect-starts-here](http://www.cotant.org.au/respect-starts-here) for more information

There's no excuse for elder abuse




If you feel someone is taking advantage of you or someone you know, call ELDERHelp on 1800 353 374 for support and advice. Your call is free.



## GET READY FOR THE 2024 TERRITORY ELECTION

### CHECK

Check your enrolment details are correct at [aec.gov.au](http://aec.gov.au)

### PLAN

Plan where you will vote. Find your closest voting centre or apply for a postal vote at [ntec.nt.gov.au](http://ntec.nt.gov.au)

### VOTE

Voting starts Monday 12 August to Saturday 24 August (election day).

### NEED HELP?

Contact the NT Electoral Commission

 **1800 698 683**

 **[ntec@nt.gov.au](mailto:ntec@nt.gov.au)**

### ASSISTED VOTING SERVICES

Most voting centres have disability access. The type of disability access available at a voting centre is listed on the NT Electoral Commission website.

If you need help at a voting centre staff can help you.

Staff can:

-  explain how to fill complete a ballot paper
-  complete the ballot paper on your instructions
-  place the ballot paper in the ballot box.

If you have mobility issues and cannot enter a voting centre, staff can assist you to vote outside the



[ntec.nt.gov.au](http://ntec.nt.gov.au)

# COTA NT enlists new Tradie for its Maintenance Scheme in HPA



The team from HPA with Stephanie Ransome, General Manager of HPA Operations and Sue Shearer, CEO COTA NT. Photo by Kim Farrar for COTA NT

**COTA NT is thrilled to support the work of HPA's Breaking Ground team, enlisting them as one of their preferred trades delivering home maintenance services to its Members.**

COTA NT has offered a Home Maintenance Service to its financial Members since 2021.\* This service was set up by COTA NT Board Volunteer, Steve Thomas and was designed to help older COTA members engage qualified, safe, reliable and trustworthy tradespeople to undertake work on their premises and to

get the job done at a fair price.

Not only does the scheme provide Members with peace of mind and improved safety in their homes, it helps to support local trades, economy and jobs.

COTA NT is delighted to welcome the Breaking Ground team at HPA (Helping People Achieve) to the service. HPA is now one of COTA NT's preferred tradies for gardening, irrigation and general home maintenance works. COTA NT's preferred trades typically offer a preferential rate to COTA NT Members either on the hourly rate or for fixed fee discount.

To use the Home Maintenance Service (HMS), people must be a current financial member of COTA NT (membership for individuals including access to the HMS costs \$54+gst per annum and for joint applicants, \$66+gst).

**All maintenance requests are handled by COTA NT in the first instance.** Members can make service requests via phone, email or the website. When suitable Tradies are assigned to a job they contact their clients (COTA Members) with a time and day for service. Urgent jobs such as a busted water pipe will be fast-tracked by the Home Maintenance

Scheme Coordinator. Currently serving in this position is COTA NT Board Member, David Wilson (pictured below).



Anyone wishing to become a COTA NT Member is encouraged to apply. For more information, call COTA NT on **08 8941 1004** during office hours, Mon-Fri 9am to 3pm.

\* Terms and conditions, plus service restrictions apply.

# Expo was the talk of the town

Stephanie Kendall, COTA NT Staff

**THE one-stop on Saturday 29 June for those interested in the services, supports and activities available for NT seniors was the COTA NT Seniors Expo for 2024.**

Alongside all-time favourites, live musical groups and performance and demonstration activities, were more than 100 exhibitors from the Northern Territory and beyond.

The Expo was the largest yet, but the atmosphere remains one of celebration, conversation and connection. In keeping with the original intent of the event.

A selection of photographs from the day is published in our *Seniors Voice* pages, but more are published on our website, visit [www.cotant.org.au/photos](http://www.cotant.org.au/photos) to view them.

Many of our exhibitors have already expressed

their interest in returning to Expo next year – but formal registrations for next year’s Expo will open in 2025. **SAVE THE DATE:** At this stage, our 10th Darwin Expo is planned for Saturday 28 June.

The COTA NT staff hope to see you before then, either at our offices or through our community events and activities, held not only in August, but all year round.

We will be presenting a short video about our work in October at our Annual General Meeting, which will feature footage from Expo. All are welcome to attend, especially those interested in becoming COTA Members.

**Darwin Expo 2025: Saturday 28 June\***

*\*may be subject to change*

Photography: North Australia Media  
Videography: James Farrar Keane  
Venue: Netball NT  
Set up: The Exhibitionist



## Have your say

If you attended Expo and want to send us your feedback, you can use the QR code to the right to take part in our online survey.



1. Use your smartphone to scan the QR code
2. Open the link option (this takes you to the Google survey form)
3. Enter your responses on the Google Survey at <https://forms.gle/G4Sd6dCaq672F8EKA>

Alternatively, you can come into see us at Head Office on 65 Smith Street in Darwin during working hours, Mondays to Fridays 9am to 3pm, to fill in a printed copy.





# DARWIN SENIORS EXPO

COTA NT's Darwin Seniors Expo 2024 was sponsored by a Northern Territory Government's Major Community Events Grant from the Community Benefit Fund, Netball NT and Territory FM 104.1.



# Dying to Know Day

**Dying to Know Day on the 8th August is an annual campaign that empowers all adult Australians to be strong self-advocates for their own personal planning when it comes to their future.**

During August, adults at all stages of life are encouraged to improve their knowledge around choices for their end-of-life and to start their personal planning and consider questions such as:

## Your documents

- Have you written a will? Have you nominated your power of attorney?
- Who will be your enduring guardian? Have you written your advance personal plan?

- Have you heard of an emotional will?
- Have you registered your organ and tissue donation wishes and told your family?
- Have you recorded your passwords for all your online accounts?
- Where do you keep your important documents? Who has access to them?

## Your family and friends

- Have you discussed your end of life plans with family and friends?
- Who will receive special family items?
- Who will become the guardian of your children and/ or pets?
- What do you hope for the people around you while

you're dying? Would you prefer to die at home?

- Do you know what you want to say to family and friends?
- What would you like to be said to you in your final days/ moments?
- Have you told your loved ones what medical interventions you want and do not want?

## Your send off

- What type of funeral do you want? Where do you want to be buried?
- What do you want written on your headstone? Who would you like to perform the eulogy? Would you like to write your own obituary?
- Do you want to donate to a charity in lieu of flowers or in lieu of anything else?



- The executor has rights to the body, so let them know what you want.

- Have you considered 'Do It Yourself Funerals?'

**These questions and these conversations are part of COTA NT's popular *Dying to Know* workshops. There are 2 more being held in August. BOOK EARLY.**

# Much to celebrate

**The 11th annual Seniors of Excellence NT Awards will be presented this year at the Italian Club, Marrara, Sunday 18th August.**

Last year the Awards Presentation acknowledged and celebrated its 165th Senior of Excellence since the event began in 2014.

The President and Founder of the Awards, Mr Michael Foley OAM, said, "This was a remarkable milestone in the short history of our event." He went on to say that it reflected the amazing voluntary contributions that NT citizens had made to the community of the NT during their lifetimes.

"Throughout their working lives," he said, "NT people

have worked so hard with community fund-raising organisations, who in turn have collectively contributed millions of dollars assisting those in much need of financial support for medical treatment, accommodation, food and clothing, education....the list is long."

Mr Foley went on to say that the community can be justly proud of the efforts and commitments so willingly given by today's NT Seniors and that it was reassuring to see young Territorians picking up on the wonderful examples of community service made by their parents and others.

"We have much to be proud of and thankful for," said Mr Foley.

## Seniors Of Excellence NT 2024 Awards Presentation

This is an invitation for all Senior Northern Territorians to be our guests at the

## 2024 Awards Presentation

conducted at the Italian Club  
131 Abala Rd - Marrara NT  
on Sunday 18<sup>th</sup> August 2024  
commencing at 2pm

Afternoon tea will follow

Interstate visitors also welcome  
Enquiries phone: 0438 279 244 or  
email: [seniorsofexcellence@gmail.com](mailto:seniorsofexcellence@gmail.com)

# Seniors Month August 2024

A round up of events being held during this year's Seniors Month is provided on the next page, but you may wish to pick up a printed copy of the calendar from one of the locations listed below. Distribution began on 22 July – and a big thank you goes to COTA NT volunteer and staff distributors who work so hard every year to get these calendars out to you.



[ONLINE CALENDAR](#) | [UPDATES](#)

## Darwin

### Coconut Grove

- Juninga Centre, 1/113 Dick Ward Dr, Coconut Grove

### Casuarina

- Casuarina Public Library, 17 Bradshaw Terrace
- Casuarina Shopping Square, 247 Trower Rd
- Casuarina Village, 54 Bradshaw Terrace
- Electorate Office Casuarina, Shop 3, Casuarina Shopping Village, 54 Bradshaw Terrace
- Luke Gosling Office, 3/266 Trower Road
- Red Cross, Level 1/13 Scaturchio St
- Territory Families, Cascom Building, 17 Scaturchio St

### Coolalinga

- Coolalinga Shopping Centre, 425 Stuart Hwy
- Ms Kezia Purick Electorate, 450 McMillans Road
- Electoral Office Goyder Shop 4, Shopping Centre

### Darwin City

- City of Darwin, Harry Chan Avenue
- Coles, Mitchell Street
- Spillett House, 65 Smith St
- Darwin Public Library, Harry Chan Ave
- Government House, 29 Esplanade
- Marlarndiri McCarthy, 38B Mitchell Street
- Woolworths, Cavenagh St & Whitfield St

### Fannie Bay

- Darwin Bowls Club, 8 Conacher St
- Darwin Trailer Boat Club, 8 Atkins Dr
- IGA Supermarket, 15 Fannie Bay Pl
- Pearl Retirement Village, 11 Waratah Crescent

### Karama

- Electorate Office Karama, Shop 27, Shopping Plaza
- Karama Public Library, Karama Shopping Centre

## Leanyer

- Electorate Office Wanguri, Shop 9B, Hibiscus Shoppingtown

## Marrara

- Coles Northlakes, McMillans Rd
- Electorate Office Sanderson, Shop 4, Northlakes Shopping Centre, 1 Links Road

## Millner

- Electorate Office Johnston, Millner Village Plaza
- Jape Homemaker Village

## Nightcliff

- Electorate Office Nightcliff, Shop 5, Pavonia Way
- Nightcliff Community Centre, 18 Bauhinia St
- Nightcliff Post Office, 44 Progress Dr
- Public Library, 10-12 Pavonia Place
- Nightcliff Sportsclub, 11 Camphor St
- Woolworths, 159 Dick Ward Dr

## Parap

- Electorate Office Fannie Bay, Shop 5 / 36 Parap Place, Parap Shopping Village
- Parap Fine Food, 40 Parap Rd

## Stuart Park

- Electorate Office Fong Lim, Unit 3 & 4, 65 Stuart Highway

## Tiwi

- Regis Tiwi Gardens Retirement Village, 11 Cresswell St

## Palmerston

- Cazaly's, 10 Temple Terr
- City of Palmerston, Chung Wah & University Ave
- Coles Palmerston Shopping Centre
- Electorate Office Blain, Shop T15A, Palm City Oasis Shopping Centre
- Electorate Office Brennan, Shop 2, Palmerston Shopping Centre
- Electorate Office Drysdale, Shop A3, Palm Plaza, 17 University Ave
- Palmerston City Library, Goyder Square, The Boulevard
- Terrace Gardens Aged Care Facility, 1 Kettle St, Farrar



- Territory Families, Palmerston Community Care Centre, Corner Temple Terr & Roystonea Ave

## Yarrowonga

- Gateway Shopping Centre, 1 Roystonea Avenue, Yarrowonga

## Darwin Rural

### Coomalie

- Batchelor General Store, 22 Tarkarri Rd, Batchelor
- BIITE Library (Batchelor Institute of Indigenous Tertiary Education), Cnr Awilla Rd and, Nurndina St
- Coomalie Community Government Council, 141 Cameron Road, Batchelor
- Coomalie Shire Council, 22 Cameron Road, Batchelor
- Adelaide River Post Office Store

### Berry Springs

- Electorate Office Daly, Shop 5, 10 Doris Road, Berry Springs Shopping Village

### Fred's Pass

- Litchfield Council, 7 Bees Creek Road, Freds Pass

### Howard Springs

- Electorate Office Nelson, Shop 5, Howard Springs Shopping Centre, Whitewood Road

### Humpty Doo

- Taminmin Community Library, Challoner Circuit

## Alice Springs

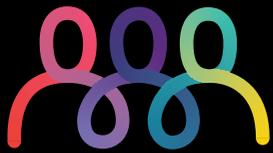
- Alice Springs Public Library, Corner of Leichardt and Gregory Terraces
- COTA NT, Over 50+ Community Centre, 11 Wills Terr
- Electorate Office Araluen, Shop 1, Helm House, Bath St
- Electorate Office Braitling, Tenancy G4 Centrepont Building, Cnr Gregory & Hartley Streets
- Electorate Office Namatjira, Shop 6, Anangu House, 44 Bath St
- Electorate Office Stuart, Unit 2/51 Todd Mall
- Territory Families, Ground floor, Mwerre House, 60 Hartley St

## Katherine

- Electorate Office Arnhem, Shop 1, 27 Katherine Terrace
- Electorate Office Katherine, Shop 2A, 56 Katherine Terrace
- Katherine Public Library Level 1, Randazzo Centre, Katherine Terrace
- Katherine Town Council, Civic Centre, Lot 1865 Stuart Highway
- Territory Families, 5 First St

## Tennant Creek

- Electorate Office Barkly
  - Tennant Creek Public Library, 41 Peko Rd
  - Territory Families, 172 Paterson St
- \*may be subject to change*



# NORTHERN TERRITORY SENIORS MONTH

www.cotant.org.au

www.nt.gov.au/community/seniors



## DARWIN

### Holistic Approach to Ageing Throughout August

Organiser: Inner Balance Health  
Contact: 08 8948 3954

### Cool Seniors – WETS and Grey Medallion

Thursdays 1, 8, 15, 22 & 29 Aug, 10am-12pm  
Organiser: Royal Life Saving NT  
Contact: infantsnt@rlssa.org.au  
08 8981 5036

### Scottish Country Dancing

Thursdays 1, 8, 15, 22, 29 Aug, 6pm-7pm  
Organiser: Arafura Scottish Country Dancers  
Contact: Mara Dobrini 0438 842 138

### Back to the Future: Film Screening with Grandkids

1 Aug, 7pm-9pm  
Organiser: The Darwin Film Society  
Contact: manager@deckchaircinema.com  
www.deckchaircinema.com

### Fitness for All Ages!

3 Aug, 1pm-4pm  
Organiser: Rich Life Health and Fitness,  
Contact: Emma Langlois 0402 506 238,  
richlife.rv@gmail.com

### SLAFA Seniors 2024

3 Aug, 6.30pm-10.30pm  
Organiser: Sri Lankan Australian Friendship Association  
Contact: n\_godavitharana@yahoo.co.uk  
www.slafa.org.au

### Seniors Come and Try Table Tennis

Tuesdays 6, 13, 20, 27 Aug, 9am-11am  
Thursdays 8, 15, 22, 29 Aug, 9am-11am  
Organiser: Darwin Table Tennis Association Inc  
Contact: christine.marshall@y7mail.com  
www.tabletennisnt.com.au

### English Country Dancing

Tuesday 6, 13, 20, 27 Aug, 4pm-6pm  
Contact: Anna Harris 08 8981 6400

### Come and Try Argentine Tango

6 Aug, 7pm-9.30pm  
Organiser: Northern Tango Incorporated, cocchristine6@gmail.com

### Come & Try Lawn Bowls

Thursdays 8, 15, 22, 29 Aug, 10am-12pm  
Organiser: Darwin Bowls & Social Club  
Contact: Mark Hall 0427 067 217,  
Colleen Orr 0427 009 227

### Seniors Art and Craft Workshops

Fridays 9, 16, 23, 30 Aug, 10am-12pm  
Organiser: Nightshade Art  
Contact: www.nightshade-art.square.site/events

### Litchfield National Park Trip

11 Aug, Organiser: NT Timor Chinese Association Inc.  
Contact: tieng.sing65@hotmail.com

### Repair Your Household Items

13, 20 & 27 Aug, 9am-12pm  
Organiser: Darwins Men's Shed  
Contact: 0401 115 031

### Introduction To Trove

Tuesdays 13 & 20 Aug 10.30am-12pm  
Organiser: The Genealogical Society of the Northern Territory Inc.  
Contact: ionejolly@hotmail.com  
committee@gsnt.org.au

### Irish Family History: an Overview with Lone Jolly

14 Aug, 10am-11am  
Organiser: The Genealogical Society of the Northern Territory Inc.  
Contact: ionejolly@hotmail.com  
committee@gsnt.org.au

### Nightcliff Middle School Seniors Morning Tea

14 Aug, 10.30am-12pm  
Organiser: Booking link on invitation.  
Contact: Nightcliff Electoral Office

### What a Pain!

16 Aug, 9.30am-1pm  
Organiser: AONT  
Contact: 08 8948 5232, 1800 011 041

### Age is Just A Number

17 Aug, 5.30pm-8pm  
Organiser: Multicultural Council of the Northern Territory Inc.  
Contact: Call 08 8945 9122,  
9am to 5pm Monday to Friday or  
email events@mcnt.org.au

### NT Seniors of Excellence Awards

18 Aug, 2pm  
Organiser: Seniors of Excellence NT  
Contact: Michael Foley OAM  
0438 279 244

### Seniors Golf Day

20 Aug, 8am-2pm  
Organiser: Golf NT Inc.  
Contact: brodie.morcom@golf.org.au  
www.facebook.com/GolfAustraliaNT

### Ultimate Feel-Good Sing-Along

21 Aug, 10am-12pm  
Organiser: Pilgrim Presbytery of Northern Australia  
Contact: 0468 670 493



Contact: 08 8941 1004

Book: cotant.eventbrite.com

### Tai Chi with Tom

Thursdays 1, 8, 15, 22 & 29 Aug, 9.15am-11.30am

### Strong and Functional

Tuesdays 6, 13, 20 & 27 Aug, 9am-9.45am

### Dying to Know Day

6 Aug, 10am-2pm

### Musical Jam

Tuesdays 6, 13, 20 & 27 Aug, 10.15am-12.15pm

### Seated Aerobics – Face to Face and via Zoom

Wednesdays 7, 14, 21 & 28 Aug, 9.30am-10.15am

### Our Common Threads – Social Sewing Group

Wednesdays 7, 14, 21 & 28, 11am-2pm

### Pilates – Face to Face and via Zoom

Mondays 12, 19 & 26 Aug, 9.30am-10.15am

### Personal Safety Workshop

16 Aug, 10am-2pm

### Scams Awareness Week & Afternoon Tea

29 Aug, 1.30pm-3.30pm

### DHS Seniors' Morning of Entertainment

23 Aug, 10am-12pm  
Organiser: Darwin High School  
Contact: 08 8999 1222  
www.compasstix.com/e/xcam0qjx60

### Morning in the Gardens – Painting

26 Aug, 10.30am-12.30pm  
Organiser: Relationships Australia Northern Territory Inc.  
Contact: deepikag@ra-nt.org.au

### Night at the Band Hall

27 Aug, 6.30pm-9pm  
Organiser: Darwin City Brass Band Inc  
Contact: darwincitybrassband@gmail.com  
www.trybooking.com/CSXRO

### Senior Australian of the Year Morning Tea

28 Aug, 10am  
Organiser: Australia Day Council NT  
Contact: director@adcnt.org.au  
office@adcnt.org.au 08 8989 5290

### Using Archives For Family History Research With Lone Jolly

28 Aug, 10am-11am  
Organiser: The Genealogical Society of the Northern Territory Inc.  
Contact: ionejolly@hotmail.com  
committee@gsnt.org.au

### Meet Mr Skeleton on His Home Ground

30 Aug, 9am-4pm  
Organiser: Arthritis & Osteoporosis NT  
Contact: 0431 179 047

### Chantilly & Lace High Tea

31 Aug, 2pm-5.30pm, Organiser: Darwin Casuarina Lions Club District 201C2  
Contact: Delma Swan: casnt.lions.eventplanning@gmail.com



Book: codseniors.eventbrite.com

Enquiries only: 08 8930 0409

**Community Support & Advice Group**  
6 Aug, 10am-11.30am

**Cyan Sue Lee Weaving Workshop**  
7 & 28 Aug, 10am-12pm

**Native Bees with Barry Conde**  
7 Aug, 7.30pm-8.30pm

**Movie Screening – Rachel's Farm**  
8 Aug, 10am-12pm

**Darwin Men's Shed Tours**  
9 Aug, 9.30am-10.30am & 12pm-1pm

**Sunrise Yoga**  
Monday 12, 19 & 26 Aug, 6.30am-7.15am

**Chair Yoga**  
13 Aug, 10.30am-11.15am & 23 Aug, 10am-10.45am

**WWII Reflections Walk**  
14 Aug, 9am-11am

**First Nations Canvas Painting**  
21 Aug, 10am-12pm

**Family History Workshop**  
22 Aug, 1pm-3pm

**Chinese Heritage Walk**  
27 Aug, 9am-10.30am

**Fun Bus Adventures with Grandparents**  
29 Aug, 9.30am-11.30am

**How Apps Can Help You**  
29 Aug, 1pm-3pm

**Movie Screening – Ladies in Black**  
30 Aug, 10am-12pm

## OTHER EVENTS

Check the online calendar for details of these events:

### Heart and Sole – Walking Football

Organiser: Football Federation Northern Territory Incorporate  
Contact: competitions@footballnt.com.au

### Come & Try Remote Control Sailing

Organiser: The Darwin Sailing Club  
Contact: srtmanager@dwnsail.com.au

### Empowering Our Seniors: Our Community's Dedication to Senior Well-Being

Organiser: Australian Vietnamese Family Association  
Contact: info.avfa@gmail.com

### Shuyookh Dinner

Organiser: UMNT  
Contact: razi@umnt.org.au

# AUGUST 2024

See the latest updates on the online calendar at  
[www.cotant.org.au/territory-seniors-calendar](http://www.cotant.org.au/territory-seniors-calendar)

Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.



We recommend booking early to avoid disappointment and checking for event updates with the organiser before you leave home!

## PALMERSTON & RURAL

### Library Buddies

#### Intergenerational Fun

Tuesdays (23 July – 10 Sept),  
10.30am-12.30pm

Organiser: Litchfield Council Contact:  
joanne.scott@litchfield.nt.gov.au

### Tom's Tai Chi

Wednesdays 11.30am-12.30pm,  
Fridays 10.30am-11.30am

Organiser: COTA NT  
Contact: 08 8941 1004

### Health and Wellness Day

8 Aug, 10am-2pm

Organiser: COTA NT Coomalie Branch  
Contact: Jan Jewel 0408 760 257

### Palmerston Seniors Day

14 Aug, 10am-3pm

Organiser: Palmerston City Council  
Contact: 08 8935 9926,  
palmerston@palmerston.nt.gov.au

### Goodness of Golf

15 Aug, 8am-4pm

Organiser: Coomalie Community  
Government Council Contact:  
andrew.roberts@coomalie.nt.gov.au  
www.coomalie.nt.gov.au/  
seniors-month-24

### Digital Literacy Drop In

16 Aug, 10.30am-12.30pm

Organiser: nbn™ and Litchfield Council  
Contact: Hailey 0459 370 413

### Berry Springs Birthday Luncheon

20 Aug, 11.30am-2pm

Organiser: COTA NT Berry Springs  
Branch Contact: Denise Goodfellow  
0438 650 835 or email  
goodfellow@bigpond.com.au

### Picnic & Paint with a Pony

22 Aug, 10am-1.30pm

Organiser: Riding for the Disabled  
Association Top End Inc  
Contact: president@rdatopend.org.au  
0439 444 057, email  
admin@rdatopend.org.au to book.

### Scams Awareness Week

#### & Morning Tea

29 Aug, 10am-12pm

Organiser: nbn™ and COTA NT  
Contact: Hailey 0459 370 413,  
Lorna 08 8941 1004

### Personal Safety Workshop

30 Aug, 10am

Organiser: Victims of Crime NT  
and COTA NT Contact: Call Jodie  
08 8941 0995, 08 8941 1004 or  
book via cotant.eventbrite.com

### Wagait Beach Seniors Luncheon

Organiser: Wagait Shire Council  
Contact: 08 8978 5185

## ALICE SPRINGS

### Fit 4 Life

Tuesdays & Thursdays 6pm-6.45pm,  
Fridays 5.30pm-6.15pm,  
Saturdays 10.15am-11am

Organiser: Get Physical  
Contact: Maria Lennartz 0439 887 235

### Track Walking

Fridays, 7.30am-8.30am

Organiser: U3A  
Contact: Pat Black 0419 836 845

### Pickleball

Tuesdays & Fridays 6pm-8pm,  
Sundays 9am-11am

Organiser: Pickleball Alice Springs  
Contact: Norelle 0431 931 819

### Beaut Ukes

Mondays, 2pm-3pm

Organiser: U3A  
Contact: Celia Otley 0402 176 711

### Yoga for Seniors

Tuesdays, 2.30pm-4pm

Organiser: U3A  
Contact: Pat Beattie 0408 527 172

### Water Exercises

Wednesdays, 9am-10am

Organiser: U3A  
Contact: Jo Black 0417 820 750

### Thank You for the Music Workshops

Wednesdays 7, 14, 21, 28 Aug,  
10am-12pm

Organiser: I Am Nation  
Contact: Cindy 0458 851 494

### Text Analysis

Wednesdays, 10.30am-12pm

Organiser: U3A  
Contact: Pat Beattie 0408 527 172

### Seniors Lunch Psychedelic 60s

7 Aug, 12pm-2pm

Organiser: Braitling Electorate Officer  
Contact: 08 8951 5463

### Come Fly With Me

Wednesdays 7, 14, 21, 28 Aug, 1pm-3pm

Organiser: Central Australian  
Aviation Museum Inc.  
Contact: caaminc@gmail.com

### Cards and Games

Wednesdays, 2pm-5pm

Organiser: U3A  
Contact: Pat Winter 0419 836 845

### Dying to Know Day Workshop

8 Aug, 10am-12pm

Organiser: COTA NT  
Contact: 0423 828 558 or 08 8941 1004,  
www.cotant.eventbrite.com

### Alice Springs Seniors Expo

13 Aug, 10am-2pm

Organiser: COTA NT  
Contact: 0423 828 558 or 08 8941 1004,  
www.cotant.org.au/alice-springs-  
seniors-expo-2024

### Redesigning Miss Pink by DD 2024

14 Aug, 10.30am-12pm

Organiser: Probus Club of Stuart  
Alice Springs Inc

Contact: Val Hoey 0484 792 324

### Fly Me to the Moon: Movie Event

14 Aug, 1.30pm-3.45pm

Organiser: Relationships Australia  
Northern Territory Inc.

Contact: Call Relationships Australia  
08 8950 4100 or book via Eventbrite.

### Lawn Bowls

Thursdays 15, 22, 29 Aug, 10.30am-12pm

Organiser: Alice Springs Lawn Bowls  
Contact: Yvonne Driscoll 0419 263 254

### Mayoral Morning Tea and Still Got Talent

20 Aug, 9am-12pm

Organiser: Alice Springs Town Council  
Contact: 08 8950 0500

### Falls Prevention Workshop & Morning Tea

22 Aug, 10am-11am

Organiser: Get Physical  
Contact: Maria Lennartz 0439 887 235

### High Tea Bingo

31 Aug, 3pm-4.30pm

Organiser: Alice Springs Public Library  
Contact: 08 8950 0555 or book  
via Eventbrite.

## KATHERINE

### Stay Active, Stay Healthy:

#### Victoria Daly Community

#### Wellness for Elders

#### Throughout August

Organiser: Victoria Daly Regional  
Council Contact: 0436 486 845

### Walk the Line Movie and Morning Tea

1 Aug, 9.30am-1.30pm

Organiser: Jo Hersey MLA  
Contact: Mrs Jo Hersey's Office  
08 8973 8461 or email  
electorate.katherine@nt.gov.au

### Sip & Paint Tea Party

2 Aug, 9am-11am

Organiser: Katherine Town Council  
Events Coordinator  
Contact: 08 8972 5500

### Luncheon at Edith Falls

7 Aug, 9am-3.30pm

Organiser: Katherine Senior  
Citizens Association  
Contact: Gill Haggar 0488 269 632,  
Yvonne Gitsham 0414 839 043

### Katherine Cinema 3 FREE Seniors Movie

7 Aug, 12pm-2pm

Organiser: Katherine Cinema 3  
Contact: info@katherinecinema3.com,  
facebook.com/KatherineCinema3

### Footsteps of Pioneers

14 Aug, 10am-2pm

Organiser: Katherine Senior  
Citizens Association  
Contact: Gill Haggar 0488 269 632,  
Yvonne Gitsham 0414 839 043

### Celebrating and Honouring our Elders

16 & 23 Aug, 10am-1pm

Organiser: Jawoyn Association  
Aboriginal Corporation Contact:  
banatjarl.manager@jawoyn.org.au

### Seniors Olympics

21 Aug, 9am-12pm

Organiser: Katherine Rotary Club  
in partnership with Katherine  
Senior Citizens Association  
Contact: Sandra Mortimer 0429 105 756  
www.rotarykatherine.org

### Nitmiluk Gorge Tour

28 Aug, 9.30am-3.30pm

Organiser: Katherine Senior  
Citizens Association  
Contact: Gill Haggar 0488 269 632,  
Yvonne Gitsham 0414 839 043

## TENNANT CREEK & OTHER REGIONS

### Personal Safety Workshops

21 & 22 Aug

Organiser: Victims of Crime NT  
Contact: 08 8941 0995

Organiser: Tennant Creek Senior  
Citizens & Pensioners Association  
Contact: Sylvia Kendall 0417 834 649,  
Bonnie Thompson 0401 117 300

### Propagating Vines

1 Aug,  
10am-12pm

### Resin Crafting

6 Aug,  
10am-12pm

### Safety for Seniors

7 Aug,  
10am-12pm

### Cardmaking

9 Aug,  
10am-12pm

### Scrapbooking

10 Aug,  
10am-12pm

### Computer Fun

10 Aug,  
1pm-3pm

### Jewellery

Making  
13 Aug,  
10am-12pm

### Essential Oils

14 Aug,  
10am-12pm

### Gift Box

Crafting  
16 Aug,  
10am-12pm

### Advance Care

Planning  
20 Aug,  
10am-12pm

### Movie Morning

21 Aug,  
10am-12pm

### Neighbourhood

Watch  
22 Aug,  
10am-12pm

### Candlemaking

23 Aug,  
10am-12pm

### Arts & Crafts

Show and Tell  
30 Aug,  
10am-12pm

# Taking on the triffids

Denise Lawungkurr Goodfellow PhD, Chair of COTA Berry Springs Seniors



Taking on gamba grass by applying vinegar. Photo: Denise Lawungkurr Goodfellow

**A botanical terror is marching across the Top End. This 'triffid of the plant world' named after the monstrous plants in John Wyndham's, *Day of the Triffids*, is gamba grass (*Andropogon gayanus*) and it is endangering people, property and our tropical woodlands.**

The dangerous wildfires it carries are the most obvious threat. Gamba can burn six times hotter than the fires once typical of the Top End (Kurucz, 2019). And the risk is increasing as temperatures rise and gamba continues to spread, from 4727 sq. km in 2021 to 5003 sq. km in 2023 (Weed Management Plan, 2024). Most properties assessed for the Gamba Grass Annual Report (2023, p. 27) are at risk.

**Control** For many, prevention is a struggle. So, in 2013 when we moved to Darwin River, I began experimenting with ways of controlling gamba rather than pulling it up (Its well-developed root system hangs on to the earth like grim death) or using glyphosate. Then I remembered my

mother used vinegar to kill weeds.

First, I flattened some big gamba clumps. That way if a wildfire came through the surrounding trees were less likely to die. Then I covered the base of each weed with Coles Home Brand Vinegar. It worked like magic – 4 to 5 metre-high clumps of gamba grass died, and quickly. In the Wet Season, I just “water” sprouting gamba with vinegar using a watering-can. The word has spread, and now, according to Vivienne Sobek of Adelaide River, “hundreds” in the rural area are ‘vinegarising’ gamba. Vinegar is effective and safe, and secondly, because it is so easy to obtain and use; we buy a few bottles with each weekly shop.

References:

Kurucz, K. (2019). *Fire frequency at gamba grass sites in Northern Australia. ENVT 4408 GIS, Automation and Programming*, [here](#)

Northern Territory Government (2023). *Gamba Grass Annual Report*. [here](#)

Northern Territory Government (2024). *Weed Management Plan for Gamba Grass 2020 – 2030 (2024 Revision)*, Department of Environment, Parks and Water Security, Darwin. [here](#)

**COTA**  
For senior Territorians  
Berry Springs, Northern Territory

**Birthday Luncheon**  
AUGUST 20TH 2024 | 11.30AM

**NORTHERN TERRITORY SENIORS MONTH**

**COTA**  
For senior Territorians  
Coomalie, Northern Territory

**Health & Wellness Day**  
Seniors Month 2024

Activities and workshops to help you get the most out of every day  
Includes light lunch

- Guest speakers from the Cancer Council and Super Ageing provide tips and advice on skincare, exercise, self-care, diet and health
- 10 minute light exercise program and brain health activities
- Free skincare goodies

**DATE / TIME**  
Thursday 8 August  
10am to 2pm (\$5 per person)

**VENUE**  
Litchfield Outback Resort, Batchelor

**BOOKINGS REQUIRED**

**BUS PICK UP AVAILABLE**  
from Adelaide River only  
For bookings or information call Jan on 0408 760 257  
Open to all members of the community

NORTHERN TERRITORY SENIORS MONTH  
NORTHERN TERRITORY GOVERNMENT  
Cancer Council NT  
SUPER AGING

More events for seniors living in the Darwin Rural area can be found on the Seniors Month calendar – [online](#) and available in print locally at the Batchelor General Store, BIITE Library, Coomalie Community Government Council, Coomalie Shire Council, Adelaide River Post Office Store, Electoral Office Daly Berry Springs, Litchfield Council, Electorate Office Nelson Howard Springs and Taminmin Community Library, Humpty Doo.

## Gamba Grass

More information about Gamba Grass, its impact and management is published on the NT GOV website [here](#)

- Impact
- Legal requirements
- Identification
- Report problem gamba
- Prevent and control
- Where to get help
- Plans and strategies



For help identifying gamba grass, visit the [NTG website](#). Photo: NTG

# Katherine talents showcased craft skills

G Hagger, Secretary,  
Katherine Senior Citizens

**We are now half way through the year and Katherine Seniors have had varied activities.**

Monthly meetings continue under leadership of President Mrs Margaret Price. Meetings are held at the Community Hall 14 Bernhard Street in agreement with St Vincent DePaul who manages the area.

## Monthly meetings and weekly activities

Monthly meetings are held on the first Wednesday of the month, with Guest Speakers and the organisation holds activities/games and outings in the non-meeting weeks. Outings have included a bus trip to farming areas followed by lunch at Katherine Club,

a morning tea hosted by Members Shirley Ashworth and Graham Hunter and other meetings at Katherine Country Club and the local coffee club. We appreciate all of the support given to our club.

## Katherine Show

Again this year we are supported our local Katherine Show. A variety of goods made by our Friday craft group were entered as *display only* into the needlework and craft section. We also constructed a very attractive scarecrow complete with a red wig and painted boots and entered card and craft items.

## Fundraising

Fundraising continues with meat tray raffles sponsored by Katherine Country Club. This helps us maintain our bus which is used for outings.



The organisation is busy every week with meetings, guest speakers, morning tea, social activities and games sessions.

Thanks to Megan and Ali for their support as our driver and assistant.

## Guest speakers

Guest speakers have included our Mayor, Lis Clark, our local member Mrs Jo Hersey MLA who keep us informed on local matters and assist us. We appreciate their support.

Representatives from several organisations from Darwin have also made time available to us as guest speakers and we appreciate their input into our club program.

## Seniors Month 2024

Seniors Month is almost on us and a varied program is being organised with support from Jo Hersey, Mayor and Councillors and Rotary Club. Please see the Seniors Month Calendar and as some outings require bookings, please call the advised event contact to advise your attendance.

For further information call, G. Hagger, Secretary and Publicity Officer on **0488 269 632** or **8972 2201**.

# Red Centre hotting up for Seniors Month

**There are 19 different activities listed in the Seniors Month Calendar with many running over multiple dates.**

August is proving to be a good time to venture out in search of adventures.

**Keeping fit and active** – If you want to move more or simply try a new activity, there is Pickleball (a bat and ball game which is especially kind to older players), Track Walking with the U3A – suitable for every ability and along local paths and tracks. You may discover some hidden gems along the way! There are gentle exercises including Yoga

sessions and Water Exercises, with a little more competition to be found with lawn bowls. But why not give them a try and see what you like best.

There are a few notable one-off events in the calendar too. Don't miss:

**Seniors Lunch: Psychedelic 60s on 7 August.** Go dressed in your best hippie chick or flower child gear!

**Dying to Know Workshop 8 August.** Back by popular demand and timed to mark *Dying to Know Day*.

**Alice Springs Seniors Expo 13 August.** The one-stop info shop! This year at the DoubleTree by Hilton.

**Mayoral Morning Tea and Still Got Talent 20 August** Locals shine and dine!

**Social fun and games** There is also fun with bingo and high tea at the library, museum displays and Devonshire teas, cards and game sessions, free movie event with raffle and free refreshments and seminars on falls prevention and botanical garden redesign.

**NEW THIS YEAR** Group singing for seniors and juniors of all ages in the Thank You for the Music Workshops. Uplifting and social, these sessions are running over four Wednesdays and culminate in a small community performance.



# Hang up on NASC impersonation scammers

**Criminals are calling people and pretending to be from the Australian Government's National Anti-Scam Centre. They tell you that your phone number is being used in a scam in China and offer to help you 'clear your record'.**

These scammers work hard to get your trust, then try to steal your money and personal information. **Hang up on unexpected callers who say they're investigating a scam.**

This scam can be hard to spot because scammers can make a call look like it's from a legitimate number. However, the National Anti-Scam Centre will never ask you for money, financial or personal information, or threaten you.

## How the scam works

- Someone calls you saying they're from the National Anti-Scam Centre.
- The phone call looks like it comes from a legitimate phone number belonging to a trusted organisation, like the government or police.
- They say they're investigating a phone number registered in your name that's being used in a scam in China.
- These criminals may tell you they work with the Chinese Anti-Scam Centre or Chinese police, and say they will help you 'clear your record'.
- They ask you questions to 'confirm you're not involved' in the scam.

- They may spend a lot of time building your trust.
- These criminals will try to threaten you to steal your money, financial and personal information.

## Stay protected

**STOP** – Don't give money or personal or financial information. Don't click on any links if you're unsure. Say no, hang up, delete.

**CHECK** – Scammers pretend to be from organisations you know and trust – like myGov, your bank, the police or government. You can check the call, message, or email is real by calling the official phone number of the organisation using contact details you find yourself.

**REPORT** – The more we talk, the less power they have. Report scams to [Scamwatch](https://www.scamwatch.gov.au). By speaking up, you protect others and stop scams before they happen. Better safe than scammed.

- If you've been affected
- If you have lost money, contact your bank or financial institution immediately.
- If you've had personal information stolen or need support to recover from a scam, contact **IDCARE on 1800 595 160**.
- Help others by reporting scams to Scamwatch.
- Tell your friends and family: you can share your experience, get support and help to protect others from scams.

## Just say when

Your time, your place, your convenience.

First home, second home, refinance or lending for investment properties, Bendigo mobile lenders are experts at home lending.

**Bendigo Bank – the better big bank.**

Contact your local lender today, or search **Bendigo Bank home loans**.

**Amanda Penhall**  
Mobile Relationship Manager  
Nightcliff Branch  
0457 042 077  
amanda.penhall@bendigoadelaide.com.au

**Stacey Cumming**  
Mobile Relationship Manager  
Coolalinga Branch  
0477 440 519  
stacey.cumming@bendigoadelaide.com.au

**Alice Springs** 08 8952 7517  
**Katherine** 08 8972 1784



**Bendigo Bank**

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**independence  
matters**

Australian  
Independent Retirees

## AIR NT

AIR NT promotes the independent lifestyle of Territorians aged 50 +

We aim to assist fully or part self-funded retirees (and those planning their retirement) to enjoy the benefits of living in the Territory while ensuring our unique needs are met.

We convene meetings with presentations on topics of interest to members and guests either in or approaching retirement.

Meetings are on 2<sup>nd</sup> Monday of the month 5.30-7pm at Tracy Village Sports Club, Tambling Terrace Lyons and via Zoom.

Contact us at [www.airnt.org](http://www.airnt.org)  
[info@airnt.org](mailto:info@airnt.org)

0422 022 408

# New Discount Directory launches at Royal Darwin Show

The Royal Darwin Show is being held once again at the Darwin Showgrounds, Tate Place in Winnellie over 25, 26 and 27 July.

At the show this year, COTA NT will be showcasing its activities with a focus on its NT Seniors Card program, Aged Care Navigator service and its community events.

You will be able to talk to staff and pick up your copy of the newly-minted *NT Seniors Card Business Discount Directory 2024-25*. This directory lists the nearly 500 NT and interstate businesses which offer a discount on products and

services to holders of Seniors Cards.

Anyone aged over the age of 60 and living permanently in the Northern Territory is eligible for a Seniors Card. They are free and last a lifetime. They cannot be transferred and lost/stolen cards can be replaced. You will NEVER be asked to pay for a NT Seniors Card.

At the show, you can apply for a card, update your existing membership records and find out where the savings are. For all enquiries including details of other distribution points phone, **1800 441 489** (free call) during Mon-Fri, 9am to 3pm.



# Cost of living relief rolls out again

Source: [www.energy.gov.au/energy-bill-relief-fund](http://www.energy.gov.au/energy-bill-relief-fund)

**The Australian Government is providing \$3.5 billion to extend and expand the Energy Bill Relief Fund and provide electricity bill rebates to all Australian households and eligible small business electricity customers in 2024-25.**

This builds on the \$1.5 billion available for energy rebates provided by the Commonwealth in 2023-24 under the existing fund. This rebate is different to the electricity concession

available as part of the NT Concessions Scheme.

All Australian households will receive a \$300 rebate and eligible small businesses \$325 from the Australian Government, to be paid in quarterly instalments on your electricity bill throughout 2024-25. The Territory government administers rebates and deliver payments through retailers.

In most cases, your electricity provider will automatically apply the bill relief to your electricity account and you will not be required to take any action. Contact the Energy Bill Relief team by calling **1800 296 900**.

# 4 steps to beating bots

Source: [www.servicesaustralia.gov.au/financial-information-service](http://www.servicesaustralia.gov.au/financial-information-service)

**Services Australia Financial Information Services (FIS) can help you make informed decisions about your finances and refer you to other services.**

They can help you understand budgets, payments, benefits, superannuation, income tax, loans, credit, types of investment, lump sum options and more.

Here's how to get through to a Financial Information Officer *without the long wait*.

## Step 1. Ring 132 300

The robot will ask you for your client reference number (CRN) and your pin.

## Step 2. PRESS #

The robot will ask you if you are ringing because you received a letter and ask what is the letter's reference number.

## Step 3. PRESS #

Then the robot will ask you for a short sentence saying what you are calling for.

## Step 4. This is when you say the 3 magic words, "FINANCIAL INFORMATION SERVICE"

You will be put in a queue to speak to a real person and it doesn't take long.

**Also good to know** You can have someone with you when you speak to a FIS Officer. You can have an authorised representative to speak on your behalf. Ref QC 23581

# Real life: letters, Qs and NT chats

## Blessings and inspiration

**The beautiful little story about 'Ishy and Angelique', in your April-June issue, reminded me of two friends who passed in 2022 and '23.**

'Ishy' was toward the end of your bigger Page 4 yarn headed, 'Visits help improve seniors' lives, for which readers have Anglicare to thank.

I especially related to the quote by Angelique about the joy Ishy brought her during their visits. I'm not sure if the writer was talking about the same thing I experienced when visiting an old mate – I'll call him Simpson – in his final months, in Perth's Sir Charles Gairdner Hospital, just over a year ago. But her quote hit home.

At 81, Simpson was battling an incurable disease he'd had for 18-months and soon after seeing him for the first time in two years, I realised something that filled me with joy – he was happy, upbeat and downright

cheerful. Here he was facing the end of the line. But there was narry a negative word being spoken by him.

During a stroll down one of SCG's cavernous corridors, I reminded him of the walks he used to take around his inner city suburban flat. In the next instant, he skipped once, as if in acknowledgment. As he grinned at me, my 184cm mate took two more steps then skipped again, just to prove that not only did he remember, he was still up to a hike!

Another Darwin friend, who was 92 before she went in 2022, stunned me when she began discussing coffins and their dimensions with an assembled group of family and friends. Her matter-of-fact attitude to what she was facing was something I'd never encountered.

In both cases, I thought, 'I hope I have your courage and dignity when I'm on my death bed.' Putting it much better, though, was Angelique, who I paraphrase: 'These people are a blessing and an inspiration'.

*Rob, Fannie Bay*

## Long service leave for aged care workers

**YOU were the bearer of good tidings in your last issue, with the news that the NT Government has introduced the 'Portable Long Service Leave Bill'.**

The 10,000 mostly casual employees who will benefit from this progressive legislation include workers in respite, day care, disability support and health and

wellbeing services. Aged care workers were not named, but they must be in the mix. Here's hoping it is rolled out properly.

*Rob Blackmore, Knuckeys Lagoon*

## Work quality on the ground is murky

**Thanks for your story on 'Happiness on TV', which was educational and replete with advice and things to be wary of when choosing a service provider.**

To quote from the article: 'However, reality often paints a different picture (of what is advertised) especially in the NT.' Unfortunately, that is all too true, particularly in disability support/aged care.

Work quality at the ground level is where grey areas turn murky. Most support workers (SWs) genuinely care about their jobs and more importantly, the people they are assigned to help/clean for. But what I call 'little lazinesses' (LLs) 'selective oversights' (SOs) and SWs who are too proud to ask questions, are way too prevalent across the board – and not just in the NT.

These include *simple* things best summed up in cases where the attending staffer doesn't do anything they're not asked to do. The result is neglect.

(With apologies to the many dedicated SWs out there who are worth their weight in gold and never have to be asked to do this or that because they use the eyes in their head).

*Name & address withheld*

*Please note: This Letter was abridged due to space, but simple things not done related to household hygiene and every day chore-management. [Ed.]*

## What to do when someone dies

**My Father has died. My mother does not know what to do & neither do I.**

*Phone enquiry to COTA NT Aged Care Navigator.*

Our Aged Care Navigator advised the caller and her Mother to consult the guidance provided by the NT Government and the Supreme Court of the Northern Territory.

**What to Do When Someone Dies** – [nt.gov.au/law/bdm/what-to-do-if-someone-dies](https://nt.gov.au/law/bdm/what-to-do-if-someone-dies)

This page has detailed information on what should happen after someone dies.

- In the first few days after someone dies, you must:
- ensure a medical certificate from a doctor or coroner is submitted to a Births, Deaths and Marriages office
- secure the deceased's property and assets
- arrange the funeral and burial or cremation
- collect a death registration statement from either a Births, Deaths and Marriages office, funeral director or remote health centre and submit it to the Births, Deaths and Marriages office.

**Wills & Probate Information from the Supreme Court**

[supremecourt.nt.gov.au/about/registry/wills-and-probate](https://supremecourt.nt.gov.au/about/registry/wills-and-probate)

## Have your say

Send your letters, questions or comments to the Ed.



By post

NT Seniors Voice  
GPO Box 852  
Darwin NT 0800

By email

[ntseniorsvoice@org.au](mailto:ntseniorsvoice@org.au)

# Accessing the right support information

Cecilia Chiolero, PICAC NT, COTA NT

**Finding the right resources and support systems can be tricky, especially with so much information online. While the internet puts vast amounts of information at our fingertips, it can be overwhelming to sift through everything. That's why it's so important to find reliable sources.**

Using *credible sources* is key.

## Tips for finding the right information

**1. Credibility and Reliability:** Stick to sources you can trust, like government agencies, recognised non-profits or established aged care organisations. Check who wrote the information and their track record.

**2. Up-to-Date Information:** Make sure the information is current and regularly updated to include the latest research, guidelines, and best practices.

**3. Relevance and Specificity:** Choose resources that match your needs;

don't try to make general information fit your specific situation.

**4. When in Doubt, Call the Source:** If you're not sure about the information, contact the source directly to get clear answers.

## Key resources for support

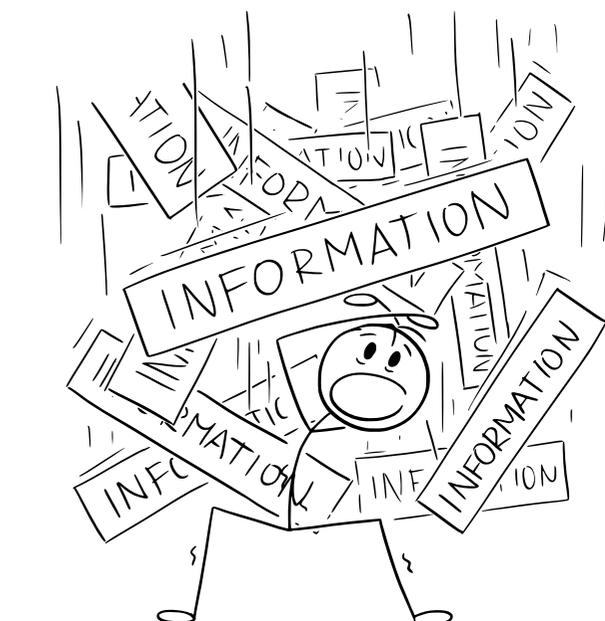
### My Aged Care

One of the top resources for aged care services in Australia is [My Aged Care](http://www.myagedcare.gov.au).

This government platform provides accurate and trustworthy information, regularly updated with the latest policies and practices. Check out the "Resources" section on the [My Aged Care website \(www.myagedcare.gov.au/resources\)](http://www.myagedcare.gov.au/resources) website for guides, tools, and informational materials. The "[Find a Provider](#)" lets you look for specific providers, see available services, and compare options.

### COTA NT info hub

COTA NT also has a great [Information Hub](#) for seniors and their families, covering a wide range of topics from



aged care services to safety and well-being. It's regularly updated, and you can use the search tool to find specific information or get directed to the main websites that provide the support you need.

### Health Direct

For health topics, [Healthdirect](http://www.healthdirect.gov.au) is fantastic. This government-funded service offers trusted health information and advice, both online and over the phone (1800 022 222). It's a reliable way to get accurate health information and guidance on managing various health conditions.

### Calling peak bodies for assistance

Sometimes, the best way to get the information you need is by *talking* to a knowledgeable professional. Many peak bodies have helplines and are happy to help you over the phone. Organisations like COTA NT, My Aged Care, Dementia Australia, Darwin Community Legal Services and the Continence Foundation of Australia can provide the support you need.

Local or national Health and Aged Care department websites also offer reliable information and usually have helplines where you can speak to someone who can guide you to the right resources.

At COTA NT, we're always happy to help direct you to the appropriate organisations.

### Information in multiple languages

Many resources are already available in multiple languages. PICAC NT compiles an up-to-date collection of these resources twice a year, providing information on where to access and download them.

Whether you're a service provider or a community member, we can prepare an information package tailored to your needs.

Accessing the right information can make a huge difference in managing your health, staying connected, and navigating the aged care system.

For more advice, call COTA NT on **08 8941 1004** during office hours, Mon-Fri, 9am to 3pm.



## PICAC NT

Partners in Culturally Appropriate Care



The PICAC program has supported aged care service providers and culturally and linguistically diverse (CaLD) communities in the NT since 1997. It aims to improve partnerships between aged care providers, culturally and linguistically diverse communities and the Commonwealth Department of Health.

Through PICAC, service providers, seniors in CaLD communities and government agencies **ENGAGE** with each other. PICAC's activities and events bring migrant and ethnic seniors together and its advocacy helps ensure the needs of seniors from CaLD backgrounds are being identified and met.

Do you need **SUPPORT** to ensure your services are culturally appropriate to your clients?  
Do you need help to get the aged care you need for yourself, friends or family members?  
PICAC can **HELP**.

Contact the PICAC Manager Cecilia Chiolero for help with:

- Culturally appropriate aged care training for service providers
- Free access to information and resources 'in-language'
- Concerns and issues affecting CaLD seniors
- Support to access translation services
- Community orientated information sessions
- Informative activities in language.

(08) 8941 1004    GPO Box 852, Darwin NT 0801  
picac@cotant.org.au    www.cotant.org.au/picac/contact-picac-nt

# Driving tips for older adults

Source: [www.nia.nih.gov/health/safety/safe-driving-older-adults](http://www.nia.nih.gov/health/safety/safe-driving-older-adults). This article has been adapted from the original to relate to driving in the NT rather than the US.

**Thinking and talking about changes in your driving ability is not always easy as it can mean change is afoot. The tips offered here by the National Institute on Aging are not aiming to teach anyone how to suck eggs, but are more about providing ‘food for thought’.**

As we age, common health conditions and medication side effects may influence our driving skills. These may include stiff joints and muscles, trouble seeing and hearing,

medication side effects, decline in decision-making and memory, slower reaction time and reflexes, some medical conditions such as Parkinson’s or stroke, which make it unsafe to drive.

## Keeping everyone safe

As we all age differently, there is not one age to stop driving. But, if you have dinks on your car and you don’t know how they got there, family and friends are offering to drive you more often, you have more traffic tickets, your car insurance premiums have increased due to driving issues, you feel anxious about driving at night, or other drivers’ behaviour concerns you – you might be seeing the results of your driving skills declining.

## 3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



**Take care of your vision and hearing:**  
Schedule routine eye and ear exams.



**Know your limits:**  
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



**Exercise:**  
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit: [www.nia.nih.gov/health/older-drivers](http://www.nia.nih.gov/health/older-drivers).



## Tips for older adults to drive safely

- **Talk with your doctor.** If you have any concerns about your health and driving, see your doctor and help keep you and others safe.
- **Be physically active.** This will help you keep and even improve your strength and flexibility, which may help your driving abilities.
- **Consider your car.** If possible, drive a car with automatic transmission, power steering, power brakes and large mirrors.
- **Take care of your eyes and ears.** Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.
- **Avoid driving certain times of day.** Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- **Check in with yourself.** Don’t drive if you feel lightheaded or drowsy. Check any warnings on your medications. Try to avoid driving when you are stressed or tired.
- **Don’t crowd.** Leave ample space between your car and the car in front of you and start braking early when you need to stop.
- **Plan your timing.** Avoid heavy traffic or rush-hour driving.
- **Plan your route.** Drive on streets you know and find a way to go that requires few or no right turns. Choose a route that avoids high-speed roads. If you must drive on a fast-moving road, drive in the left-hand lane, where traffic moves slower.
- **When in doubt, don’t go out.** Heavy rain can make it hard for anyone to drive. Try to wait until the weather is better, or use buses, taxis, ridesharing services or other alternatives.
- **Wear seat belts.** Always wear your seat belt and make sure your passengers wear theirs, too.
- **Limit distractions.** Eating, adjusting the radio or chatting can all be distracting.



**For Community**

Everyone is welcome to attend COTA NT’s activities and events, held in-person and over Zoom.

Activities and events are held throughout the year and costs kept as low as possible.

Popular activities include Super Ageing Classes (Pilates, Seated Aerobics, Strong and Functional), Tai Chi, Social Sewing and Musical Groups.

To find out more  
Call COTA NT on **08 8941 1004**  
Sign up for our e-News or visit our online events calendar: [www.cotant.org.au](http://www.cotant.org.au)

COTA NT Members’ discounts apply to health and fitness classes.



Plus major events






# Time Warp choir



Still Belting Out choir members pictured in 2019 with conductor Paolo Fabris and accompanist, Larissa Kaye. Photo: supplied.

**Still Belting Out is an amateur mixed choir for people over 60. Established in August 2014 – nearly ten years ago – the choir creates an opportunity for socialisation and music-making within the senior community of Darwin.**

No audition is required, and anyone can join *Still Belting Out* if they are willing to learn to sing, learn new songs, make music together, and most importantly, if they want to be part of a loving family of friends.

While music can be a source of calmness and a sense of self-achievement, choral music and the choral experience can help people connect and feel alive. That is why the choir

perform for the community and sometimes take part in small projects like the recording of videos such as “Dancing Queen” (2019) and “The Time Warp,” which they are recording at the end of July at the Darwin Railway Club in full Rocky Horror costumes!

The choir currently has about 40 members and practices every Thursday morning from 10am to 11.30am at Charles Darwin University, Casuarina Campus, Building Orange 6, Room 8. Conducted by Paolo Fabris and accompanied by Larissa Kaye on piano, *Still Belting Out* performs every couple of months for the community of Darwin.

If you are interested in joining, contact Academy of the Arts on **08 8946 7186**.

## Limited edition plates commemorate Tracy

From 1 July, Territorians can purchase limited edition ‘NT Remembering Cyclone Tracy 1974 – 2024’ number plates to commemorate the 50th anniversary of Cyclone Tracy with 200 plates released. Plates can be purchased at any of the NT’s Motor Vehicle Registry offices on a first come, first serve basis, for affixing to a registered motor vehicle upon purchase.



**New Classes**  
Charles Darwin  
University, Casuarina



### Get stronger today

Are you recovering from an illness or injury? Have you had a hospital stay? Or are you simply looking for a more active life?

No matter what your goals are, our Stronger Today classes and one-on-one allied health services are the perfect fit to get you fit.

Designed for people aged 50+, our services are tailored to your individual needs.

Call or visit our website to get started.

1800 852 772

[SouthernCrossCare.com.au](http://SouthernCrossCare.com.au)

**PEARL**  
Better for life®

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ARBN 129 895 905, South Australia, liability limited

# Gently does it

Stephanie Kendall, COTA NT Staff

**On my recent travels, I met with a dear friend Wendy, who at 77 years is very much enjoying life. Wendy attributes her energy and good health to staying active and eating well, but she also takes time every day to practise the art of Chinese tapping.**

The Chinese tapping method used by Wendy involves the *gentle* tapping of fingers on certain points of the body. In just 15 minutes of Wendy tapping my face, I felt the familiar tension in my face and jaws exacerbated by habitual bruxism lessening. After 30 minutes, I felt positively serene as well!

It is well-documented that touch is important to humans, that it can reduce anxiety, fear and stress. Pleasant touch such as a hug or handshake leads to brains releasing the feel-good hormone oxytocin. A lack of physical touch – touch starvation – on the other hand can induce stress, anxiety or depression. The resulting hormone, cortisol, can have negative effects on immune and digestive systems.\*

\* Source of the science [www.webmd.com/balance/touch-starvation](http://www.webmd.com/balance/touch-starvation)



Tapping in action  
Photo: Stephanie Kendall

All of this science aside, being gently tapped felt very relaxing and Wendy showed me where I should tap and pat myself (with the lightest of fingers). This bodymap included tapping the top of my head, above and below the eyes, along the eyebrows, hairline, under the cheek bones and nose, across the bridge of the nose and more.

The positive aspects about tapping for me are its gentleness and the knowledge that even if I can't remember my meridians (the pathways of my body's energy), I really cannot not go wrong – and self-tapping is of course completely free!

Wendy said that in any quiet moment – at the desk, watching TV, cloud-watching – I should remember to keep my fingers busy and tap away. She also reported that tapping helped her reduce her neck wrinkles. (I am not seeing the same result yet. The genetics are winning that one.)

If you are interested in finding out more, search the web using keywords 'tapping' and 'self care'. And don't dismiss it out of hand before you try it!

## Tai Chi Medication in motion

Meditation, controlled breathing and slow, low-impact movement.

### EXPERIENCED

Thursdays  
9.15am to 10.15am

### BEGINNERS

Thursdays  
10.30am to 11.30am

Spillett House  
65 Smith Street, Darwin

\$5\* - \$7

COTA  
NORTHERN TERRITORY  
for senior Territorians

For information  
call Tom on  
**0439 844 115**

\*COTA Members Only

## Increasing dairy may reduce falls risk

**Increasing your daily dairy intake may reduce the incidence of falls and fractures according to research by the University of Melbourne and Austin Health.**

It was found that if age care residents increased their daily consumption of dairy foods from two to three-and-a-half serves, it resulted in a 33% reduction in all fractures, a 46% reduction in hip fractures and 11% fewer falls.

Essentially, the message is as we age, our bone density decreases, we also eat less,

our muscle tone reduces and we do less activity. But one way to slow down that muscle and bone loss is to increase our consumption of calcium – and protein-rich foods, such as milk, cheese and yoghurt.

This new research recommends people aged over 50 should aim for three and a half serves of dairy daily. For context, one serve equals a cup (250ml) of milk, ¾ cup (200g) of yoghurt or 2 slices (40g) of hard cheese.

*Before starting a new diet, we recommend talking to your GP or health practitioner to ensure your diet is right for you. This Information should NOT be used as medical advice.*

# New MyMedicare registration system



**MyMedicare is a new voluntary system that formalises the relationship between patients, their general practice, general practitioner (GP) and primary care teams.**

Registering in [MyMedicare](#) tells your practice and GP that you see them as your regular care team and will help them provide the care and support you need.

If you have a valid Medicare card or Department of Veterans' Affairs (DVA) Veteran card and have had two face-to-face consultations with the same practice in the last 24 months, you are eligible to register in MyMedicare. For people living in rural and remote locations, this is reduced to one-face-to-face consultation in the last 24 months.

Anyone who registers in MyMedicare may benefit from:

- longer MBS-funded telephone consultations

Factsheets, information videos and brochures are available on the [Australian's Government MyMedicare website](#) and are available in translation.

If you are interested in ordering these resources, you can contact

Email – [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au)

Phone – 02 6269 1080

Or the Department of Health and Aged Care National Office, by email to [enquiries@health.gov.au](mailto:enquiries@health.gov.au) or phoning freecall 1800 020 103.

- longer bulk-billed telehealth consultations for children under 16 and Commonwealth concession-card holders at the new triple bulk-billing rate
- more regular visits from the GP and better care planning for people living in residential aged care
- connections to more appropriate care in general practice for people with chronic conditions who visit hospital frequently.

To register as a MyMedicare patient, you can:

- complete the registration process in your Medicare Online Account
- ask staff at your practice to start the registration process – you can then complete registration in your Medicare Online Account
- fill out a paper registration form at your practice.

Talk to your healthcare provider about registering in MyMedicare, or for more information, visit the [MyMedicare website](#).

# Single assessment for aged care makes services access easier

The **Single Assessment System** will make it easier for older people to access aged care and adapt services as their needs change.

The Single Assessment System will start from 1 July 2024, using the new Integrated Assessment Tool (IAT). Existing Aged Care Assessment Team (ACAT) and Regional Assessment Service (RAS) organisations will use the IAT to assess older people into in-home aged care programs and residential care.

From late 2024, the ACAT, RAS and Australian National Aged Care Classification workforces will transition into the Single Assessment Workforce to deliver the Single Assessment System. First Nations assessment organisations will be introduced progressively from 1 July 2025 onwards.

A person needs to be assessed before they can access government-funded aged care services. An aged care assessment works out:

- a person's care needs
- the types of care and services a person may be eligible for.

## Why aged care assessment reform is important

The Single Assessment System will simplify and improve the experience of older people by providing a more flexible system. The new system will provide a single assessment pathway

that can quickly adapt to changing needs, without having to change assessment providers. States and Territory governments will continue to have a role in delivering aged care assessments as part of a broader Single Assessment Workforce in the new system.

First Nations assessment organisations will be introduced progressively from 1 July 2025 onwards to provide a culturally safe pathway for First Nations older people to access aged care. Also First Nations assessment organisations will be established to provide a culturally safe pathway for First Nations older people to access aged care.

**Who will be affected?** The Single Assessment System will support about 500,000 older people who seek access to aged care services each year.

- New assessment tool. The tool will collect better information to ensure service recommendations and referrals are tailored to each person's needs.
- First Nations assessments. First Nations assessment organisations will ensure assessments culturally safe, are trauma informed and better connect older First Nations people with appropriate services.



For support, contact COTA NT on **08 8941 1004**.

# Access the right support with the Free HELP App

**HELP App is an easier way to ask for, offer and accept help. It is a way of coordinating the social and practical support that people need when receiving palliative or end-of-life care.**

Supported by La Trobe University, HELP aims to build community capacity to deliver a public health approach to end-of-life care through research, evaluation, education, resources and practice. Its underlying principles are to promote death and grief as natural life processes, cultivate a collaborative culture for community support, support individual and community health planning, reduce fear and stigma associated with illness and death, build resilience in the face of grief and loss. The HELP App has been designed for people who want to help a loved one and give practical and emotional support when it's needed. Help may be taking the kids to school, help with the laundry, coming for a visit, transport to appointments – the App coordinates the right help for you at the right time from the right people. This information and more is available from the Healthy End of Life Program website, [healthyendoflifeprogram.org](http://healthyendoflifeprogram.org).

**Help for you or someone you care about**

**Start coordinating the right support for the people in your life today! It's simple to get started.**

Visit the Apple or Google Play store and search for "Healthy end of life" to download our Free HELP App and let the app guide you through the rest.

*I was overwhelmed with offers of meals but what I really needed was help to get to my appointments. The HELP App allowed me to ask for exactly what I needed, at a time that worked for me.*

– PENNY

**The HELP App**  
HELP comes in all shapes and sizes  
Coordinate social and practical support in the free Healthy End of Life Planning App

**SAFE | SECURE | PROVEN technology**

- An easier way to ask for, offer and accept help
- One central place to plan, share and connect
- Health professional approved

"Let me know if I can help..."

Scan to download the HELP App today

or search for: **Healthy End of Life Planning**

GET IT ON Google Play | Download on the App Store

**Register Network**  
Give your group a name

**Invite People**  
Invite people via their phone numbers

**Add task**  
List some things people can help with

**Granny's network**  
Learn about end of life in the app

This poster is available from the Healthy End of Life Program website, [healthyendoflifeprogram.org/resources/the-help-app-service-poster](http://healthyendoflifeprogram.org/resources/the-help-app-service-poster). It helps to describe the HELP App to clients, patients, families and carers and promotes the importance of social and practical support.

# Seated Yoga for Super Agers

Sharon Kelly,  
Superageing

As a seasoned fitness professional with over 35 years of experience, I've witnessed firsthand the transformative power of exercise, especially for those of us navigating the later stages of life. In my latest program, "Seated Yoga," (incorporated into my Seated Aerobics sessions), I use exercises to help improve balance, strength, and overall well-being. These exercises are not only practical but also highly effective.

## Benefits of Seated Yoga

**1. Enhanced Balance and Stability** One of the primary benefits of seated yoga exercises is their ability to improve balance. As we age, maintaining physical stability becomes crucial to reducing the risk of falls and related injuries. By providing a stable base of support through a chair, these exercises allow you to perform movements with confidence, reducing the fear of falling.

**2. Strengthening Core Muscles** Core strength plays a vital role in maintaining balance. Seated yoga exercises target the core muscles, including the abdominal muscles, back muscles and hip flexors. By performing seated or supported standing positions, you can strengthen these crucial muscles, contributing to better

posture and a stable centre of gravity. This is essential for preventing falls and maintaining overall stability.

**3. Improved Flexibility** Flexibility is another important aspect addressed in seated yoga. Stretching movements, often incorporated in the routines, enhance the flexibility of muscles and joints. This leads to smoother, more coordinated daily movements. Increased flexibility reduces stiffness and improves our range of motion, which is vital for maintaining balance during various activities.

**4. Better Circulation and Cardiovascular Health** This workout also promotes better circulation and cardiovascular health. Gentle movements combined with deep breathing enhance blood flow and oxygen delivery to the muscles, benefiting overall health and vitality. Improved circulation helps reduce muscle fatigue and joint pain, making it easier for us over 50 to stay active and balanced.

**5. Social Engagement and Community Support** The social aspect of participating in exercise classes cannot be overlooked. Group classes provide a supportive community environment where participants can engage with others, share experiences, and motivate each other. This social interaction boosts morale and encourages regular participation, which is key to maintaining the benefits of the exercises.



Bookings online at [superageing.com.au/bookings](http://superageing.com.au/bookings).

Call Sharon  
**0438 890 089**  
for information,  
help setting up  
Zoom and class  
bookings.

The *Seated Yoga Workout* is an excellent way to improve balance, strength, flexibility, and overall well-being. Allowing you to enjoy a more active and independent lifestyle, reducing the risk of falls and enhancing your quality of life.



Seated yoga at Darwin Expo 2024



*With over 28 years experience of helping families in their time of need.*

- ✎ We offer free funeral advice
- ✎ Discuss pre-planning funerals
- ✎ Find out how funerals bonds can improve your centrelink payments
- ✎ Kind and compassionate staff understanding your needs

### *Caring for you and your family in your time of need*

Our services are personalised and tailored for families to celebrate the life of their loved ones. We listen to what each family needs and wants are and ensure we carry out their wishes. We help guide families throughout each stage of the funeral process. We help take the stress away at this difficult time.

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**ALICE SPRINGS**

# SENIORS EXPO



**TUESDAY 13 AUGUST 2024**

**10AM – 2PM**

**DoubleTree by Hilton Hotel Alice Springs,  
82 Barrett Dr, Alice Springs**

*The one-stop info event of 2024*

