

In this issue >>>

From the CEO

Seniors Card Members Survey

COTA NT Seniors EXPO 2019

Osteoporosis Australia: Know Your Bones

COTA NT in Shopping Centres

Seniors Card Discount Directory



SENIORS CARD

20 years in the Territory

NT Seniors Card Newsletter: Issue 1, May 2019

From the CEO

Dear Seniors Card members,

I am so pleased to present to you this first edition of the Northern Territory Seniors Card e-newsletter.

COTA NT commenced management of the NT Seniors Card in February 2018 and one of our goals was to produce a regular e-newsletter for members.

In June last year, we surveyed seniors card members and 73% of those surveyed said they would like to receive information regarding the program via email.

On the 12 April, we launched the NT Seniors Card 2019 Business Discount Directory. In celebration of the 20 year anniversary of Seniors Card in the Territory we held a fabulous launch event at Megafauna Central in Alice Springs. It was a delight to see so many Alice Springs seniors turn out for the launch at this great venue.

We are really proud of the increase in business partnerships for the NT Seniors Card program, in the last year we have added over 100 new businesses to the program. We encourage you to let us know if there are any local businesses that you think could benefit from listing with us.

As well as being available at the COTA NT office at Spillett House in Darwin and the 50 Plus Community Centre in Alice Springs, directories are available at electoral offices, libraries, local councils and Territory Families shopfronts.

On the COTA front, we are very busy this year preparing for a number of events to celebrate the 50th year of COTA in the Territory. COTA NT is now a senior!

We are excited to again host the Seniors Expo in Palmerston, this is our fifth year of Expo and the second time it has been held in Palmerston. Our theme this year is 'growing bolder not just older...' and we encourage all seniors attending to wear gold to celebrate our birthday milestone.

One last thing, I would like to thank the board members and the dedicated staff and volunteers at COTA NT, not only those working for us this year, but also in the past 50 years that have made this organisation a success and over many years have lobbied and advocated for a better Territory for our seniors.

Kind regards,
Sue Shearer, CEO COTA NT



Seniors Card Members' Survey

In June last year, we conducted our first survey of seniors card members via email. There were 1,157 responses to our survey. This survey will be conducted again in June this year so that we can monitor levels of satisfaction with the program, this information also helps us to inform government and advocate on behalf of Territory seniors.

The survey in June 2019 will give us the opportunity to compare against the 2018 survey and other previous surveys, and ask some more questions that are relevant to our membership. All responses are confidential and individual members cannot be identified by their responses.

Thank you to all those who participated in the survey last year and took the opportunity to provide us with valuable information about Territory seniors.



Key Information from the 2018 Survey:

- Participants' ages ranged from 60 years old to 86 years old and the average age was 66.
- 50% used their seniors card at least monthly.
- 26% used their seniors card for free travel on public buses.
- 87% said they would like to receive information on special offers from businesses within the program.
- 850 respondents said they preferred to receive information via email.
- 710 (61%) respondents said they used Facebook.
- 870 (77%) of respondents have lived in the Territory for more than 15 years, and
- 741 (64%) think they will be living in their current community in five years' time.

COTA NT 2019 Seniors Expo

COTA NT's fifth Seniors Expo celebrates the art of conversation, living life to the full, empowering active and healthy ageing, and being bolder not just older!

COTA NT
For active Territorians

2019 Seniors EXPO

Friday 31 May, 10am - 2pm
Palmerston Recreation Centre
11 The Boulevard, Palmerston

Free Entry and Refreshments
Competitions & Giveaways
Live Territory FM Broadcast
Over 70 Stalls
Performances

50 YEARS
golden jubilee
1969-2019

Major and Gold Sponsors

- Palmerston City Council
- La Connected
- Malak Marketplace
- 104i

Seniors Expo Supporters

- Greenfield
- Life Activities Australia NT
- Jacana
- Flight Centre
- Palmerston
- Seniors Centre

2019 marks the organisation's 50th year of service in the Northern Territory, and this year we will be truly golden. We encourage everyone who attends to dress or accessorise in gold and join our bright, beautiful and bold shout out to the wider community.

At Expo this year, we have been supported by nearly 100 different individuals, community groups, organisations, service providers and government to provide you with the opportunity to meet real people, ask your questions about aged care services and supports, health, finance, mobility, respite, retirement and much more, and find out everything you want to know about the services and support available for senior Territorians.

Be there for....a chance to win \$1000 travel voucher from Flight Centre, free finger prick cholesterol tests, free blood glucose level sugar tests, free blood pressure checks, free neurostructural health screening, free minute neck and shoulder massages, free energy ball samples, opportunity to purchase discount books, jewellery and DVDs, displays of aviation history, art, quilting, wood turning, crochet, sewing and knitting, have a free game of table tennis, free 'do not knock' stickers, enter a raffle and pick up free promotional giveaways from many of our stallholders! PLUS, the opportunity to try tai chi, seated aerobics and more!

Osteoporosis Australia: Know Your Bones

*Breaking a bone from a simple fall –
bad luck or osteoporosis?*

Poor bone health is common in Australia with over 165,000 broken bones expected in 2019.

People with risk factors for osteoporosis are encouraged to speak with doctor and may be referred for a bone density test. Greg Lyubomirsky, CEO of Osteoporosis Australia says “a bone density test is a simple scan and the results typically indicate if your bones are in the range of normal, osteopenia (lower bone density) or osteoporosis.”

Greg says it is important to investigate your bone health because your doctor can help manage your bone health if osteoporosis is diagnosed. Risk factors that may impact on the quality of your bone can include poor nutrition, certain diseases and particular medications.

Once a broken bone occurs (from a minor bump or fall) this signals a need for immediate investigation of the patient often leading to a diagnosis of osteoporosis and implementing treatment to reduce further risk of fractures. Greg stresses “once a fracture occurs it is considered a clear signal action is needed. But currently many older Australians are leaving hospital after having a broken bone without any investigation for osteoporosis. This is something we need to change.”

**Osteoporosis Australia website www.osteoporosis.org.au
National Toll Free Information Line: 1800 242 141**



A simple way to check your bone health

In an effort to assist the community Osteoporosis Australia and the Garvan Institute of Medical Research have partnered to bring us Know Your Bones an online bone health self-assessment tool. Over 52,000 Australians have completed the self-assessment which provides a report showing results and risks which can be taken to your doctor.

Greg says “your bone health is an important part of your general health and we encourage people over 50 years to be proactive and visit www.knowyourbones.org.au. There is a lot that can be done to help manage your bone health and the earlier you get started the better.”



COTA NT in local shopping centres

Our friendly COTA NT, Seniors Card and Aged Care Navigator staff are out and about in Darwin, Palmerston and Rural Shopping Centres. We can give you information and advice on activities and support for seniors in the Territory, update your Seniors Card details, and assist with access to My Aged Care.

Come and see us at:

- Casuarina Square (outside Optus store) on 18 June
- Oasis Palmerston on 23 July
- Hibiscus Shopping Centre on 17 September
- Coolalinga Central on 22 October

**For more information go to
<https://www.cotant.org.au/territory-seniors-calendar/>**



*Janet Brown, Aged Care Navigator
at Coolalinga Central*

NT Seniors Card 2019 Discount Directory

On Friday 12 April, we celebrated 20 years of NT Seniors Card with the launch of the 2019 Business Discount Directory in Alice Springs at Megafauna Central with a special morning tea.

Ms Sue Shearer, CEO COTA NT and the Minister for Senior Territorians, The Honourable Dale Wakefield MLA presented the new directory to Over 40 Alice Springs seniors.

The seniors card program commenced in the Territory on 12 April 1999 to commemorate the International Year of the Older Person.

Megafauna Central was the perfect venue and staff at the museum went out of their way to make our event a success, in particular, a big thank you to Nicole Haverfield, Manager of Events, who was most helpful. We would also like to thank Ollie's Cakes, Muffin Break and Alice Springs Nursery for their support of the event.

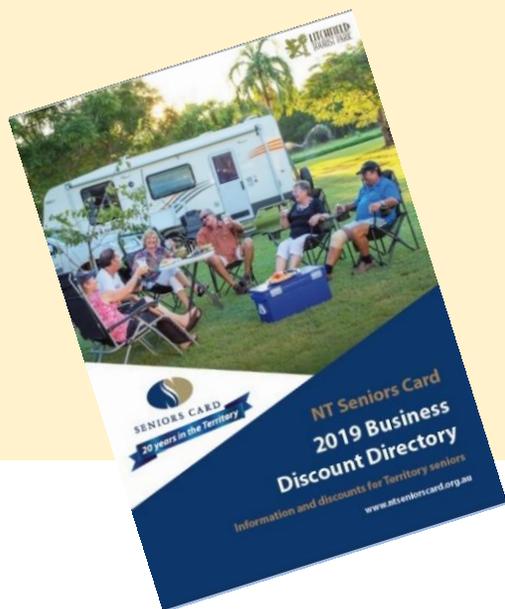


Fran Kilgariff and Sue Shearer at the Launch

2019 Discount Directories are available at COTA NT, Spillett House, Smith Street Darwin and 50 Plus Community Centre in Alice Springs, electoral offices, libraries and local councils and Territory Families shopfronts.

Check our website for locations:

<https://ntseniorscard.org.au/directory-distribution/>



Do you know a business that would benefit from advertising with NT Seniors Card and connecting with a growing market of loyal customers?

We have opportunities available for advertising in the newsletter, on our website, facebook page or in the 2020 Discount Directory.

Contact Tania Roberts Seniors Card Manager on (08) 8941 1004 or email seniorscard@cotant.org.au

NT Seniors Card welcomes new business partners:

- [Swank Shoes in Alice Springs](#)
- [Jamaica Blue at Casuarina Shopping Centre](#)
- [La'Hair Lounge in Alice Springs](#)
- [Alice Springs Language Centre](#)
- [Club Eastside in Alice Springs](#)
- [Berry Springs Tavern](#)
- [Rental Cover](#)
- [Now Renovations](#)
- [Pauls Service Centre in Woolner](#)
- [Parap Tavern](#)
- [Alice Springs Pro Golf Shop](#)

For an up to date list of business partners visit our [Online Discount Directory](#) or [Facebook](#).