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# SENIORS CARD

## NT Seniors Card e-Newsletter: Issue 6, June-July 2020

# From the CEO



Dear Seniors Card members,

We are pleased to be returning to normal here in the Territory and we have a very busy few months ahead of us at COTA NT. Planning for Seniors Month in August is well underway and the printed calendars will be distributed throughout the Territory in the coming weeks, you can also visit our [online calendar](#) to see what's on for seniors all year round.

I want to give a special shout out to Enterprise Car Hire. Enterprise have very generously given COTA NT the keys to a hire car for three months. This enables us to reach and provide assistance to more seniors without staff having to rely on their personal vehicles.

We are pleased to advise that we will be printing the 2020 Discount Directory in late July for release in August during Seniors Month, keep your eye out for copies at your local electoral office, library, COTA NT offices or Territory Families shopfronts. In the meantime please visit our [facebook page](#) and our [online directory](#) for information on Territory businesses offering discount.

Please visit our [NT Seniors Card](#) and [COTA NT](#) Facebook pages for the most up to date information.

Kind regards  
Sue Shearer  
CEO COTA NT

## What's On

### Territory Seniors Calendar

Our online [Territory wide calendar of events](#) for seniors is jam packed with activities in every region. Visit the calendar and check out all of the events in August for Seniors Month.

### Online Exercise Classes

Sharon Kelly, our fabulous seated aerobics and pilates instructor at Spillett House has developed some great online classes specifically designed for over 50s. Please read Sharon's advice before using the presentations and also let her know how you're going. You can subscribe to [Sharon's Results YouTube](#) channel directly or visit the [COTA NT - online exercise classes for seniors](#) page.

### COTA NT, Spillett House, Darwin

We are still trading normal office hours at COTA NT Monday to Friday 9am to 3pm, however, to minimise the risks to our staff and community, we prefer that seniors contact us by phone or [email](#) at this stage. Please call 8941 1004 for assistance.

Please note, entry restrictions and physical distancing measures are still in place. To minimise risk to our staff and community, please do not visit Spillett House in person, if you are unwell with cough or fever (or other respiratory systems), or if you have not isolated yourself for at least 14 days following overseas travel.

## Coronavirus Resources and Information

COTA Australia have a dedicated [COVID 19 \(coronavirus\) information](#) website with comprehensive resources, links and factsheets for seniors.

You can also get information specific for senior Territorians from the [COTA NT website](#) including links to the Northern Territory Department of Health information, Federal Department of Health websites, information on social services, scams and shopping support.

Visit NT Government [Coronavirus](#) for information and information specific for [seniors](#). If you have any concerns or require specific information, please contact the hotlines listed or COTA NT on 8941 1004.

**1800 020 080 - Coronavirus National advice hotline for information, 24 hours, 7 days.**

## COVID19 Centrelink payments

If you are on an eligible pension (see below) or are the holder of a federal concession card (**Pensioner Concession Card, Commonwealth Seniors Health Card, Veteran Gold Card**) you may be eligible for Economic Support payments. The second \$750 payment is due for payment this month. If you have not received this payment and you believe you are eligible you should contact Centrelink on 132 300 or check the [Information for Older Australians](#) website.

Eligible Pension types for *Economic Support Payment* include the Age Pension, Disability Support Pension, Carer Payment, Carer Allowance, Parenting Payment, Wife Pension, Widow B Pension, Bereavement Allowance and a number of other pensions.

You'll also get the payment if you receive one of the following Department of Veterans' Affairs payments: Veteran Service Pension, Veteran Income Support Supplement, Veteran Compensation payments, including lump sum payments and War Widow(er) Pension.

**BreastScreenNT**  
Cancer Screening Services

## FREE mammograms

Early detection **saves** lives

FREE mammograms for women aged 50-74 years | **Call 13 20 50**

BREASTSCREEN NT is currently open for breast screening to the women of Central Australia.

All women aged 50 to 74 years are encouraged to access this free service every two years.

Women in Alice Springs can make an appointment by visiting the office located at Eurilpa House, Ground Floor, 25 Todd Mall or by calling 132 050



**17% LIFETIME DISCOUNT\***  
ON LIFE INSURANCE FOR  
**SENIORS CARD MEMBERS**

\*T&C'S APPLY. CONSIDER THE PDS. AFSL 247302



## Victims of Crime NT: Support for Seniors

Victims of Crime NT are re-commencing face to face Home Security Assessments and can now visit your place. Our Home Security Assessments are a good way to have some qualified eyes look at your home and your security habits.

We'll provide tips and recommendations for ways in which you might improve the safety and security of your home. The assessment follows the CPTED (Crime Prevention Through Environmental Design) model and is an opportunity to look at some things you may not have considered before.

This is a free service provided by Victims of Crime NT and is available to any home within the NT, whether you own your own home, or are renting.



**Victims of Crime NT**  
supporting victims of crime

For assessments in Alice Springs and Tennant Creek, please contact our Alice Springs office on 8952 4466, and for Darwin, Palmerston or Katherine, please contact our Darwin office on 8941 0995.

### Enterprise rent-a-car

**A big thank you to Enterprise rent-a-car for their very generous support of COTA NT and Territory seniors.**

Enterprise Car Hire have provided COTA NT with free use of one of their fleet hire cars for three months. The car will be used by our staff to deliver information and support services to Territory Seniors.



Phone Enterprise rent-a-car on (08) 8268 1025 or visit [www.enterpriserentacar.com.au](http://www.enterpriserentacar.com.au) for bookings.

### NT Seniors Card welcomes new Business Partners

(links are to Facebook pages or websites)

[Adult Short Course \(Darwin Languages Centre\)](#)

[Australian Banking Association](#)

[Asthma Foundation](#)

[Custom Screens & Security Products](#)

[Interval Weight Loss](#)

[Online Trophy Shop](#)

[The Detailing Co.](#)

[Vision Direct](#)

[Willed Pty Ltd](#)

It is easy to join the NT Seniors Card program as a business partner, simply fill in the [online registration](#) form or call our office on 1800 441 489.

The 2020 NT Seniors Card Directory will be printed in late July for release in August during Seniros Month. Keep your eye out for the new directory at one of our [distribution points](#) in August.

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

Contact us on 1800 441 489

Spillett House, 65 Smith Street, Darwin

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

<https://www.facebook.com/ntsensorscard/>

