From the CEO

Dear Seniors Card members,

What a fabulous month we had for Seniors Month in August here in the Territory, we had over 100 events listed in our printed calendar and even more online.

COTA NT took a road trip from Darwin to Alice Springs and back meeting many seniors along the way.

There are so many opportunities for Territory seniors to be involved in activities and events, providing feedback, volunteering and participating. The COTA NT and NT Seniors Card facebook pages are the perfect place to get up to date information on what’s happening for seniors in Darwin and throughout the Territory.

We are recruiting more business partners every week to the Seniors Card program and these are all listed on our online discount directory, if you haven’t checked it out yet, have a look now, https://ntseniorscard.org.au/discounts-directory/ you can search for businesses by region or category.

Casuarina Shopping Centre are now holding seniors shopping days every Wednesday! Visit the website or the information desk in the Centre to find out what stores have discounts.

Kind regards,
Sue Shearer,
CEO COTA NT
Wednesday is Seniors Day at Casuarina Square. You can enjoy a range of discounts and special offers at your favourite restaurants, hairdressers, beauty, fashion and BCC Cinemas by simply presenting your seniors card at participating stores! So if you’re a senior; shop, dine and enjoy your day with us every Wednesday at Casuarina Square...


Check out our October newsletter for information on how you can win a $100 Casuarina Square gift card.

Seniors Month 2019

Seniors Month in the Territory just keeps getting bigger, better and brighter!

This year with funding from the Northern Territory Government’s Community Benefit Fund we took to the streets with a trip in the COTA NT bus from Darwin to Alice Springs and back. We stopped in at Katherine and Tennant Creek along the way to meet with seniors in the regions.

We finished up in Alice Springs with a fantastic Health and Wellness Day at Yeperenye Shopping Centre.

Big thanks to all concerned particularly Nicole from Yeperenye, Fran Kilgariff, COTA NT coordinator and Debbie Pepper, Aged Care Navigator Alice Springs for organising a ripper day at the shopping centre.

Stunning Sturt Desert Peas at the Aileron Roadhouse
Researchers from the Northern Institute launched a survey investigating population drivers affecting the Northern Territory in June 2019. The population of senior Territorians are very important to their research and they want you to share your experiences of living in the Territory by participating in the survey.

“The Territory and Me” is a large research project that aims to understand what makes people connected to the Territory, want to move here, stay living here or decide to leave. Population is critical to the Territory’s economic stability, and the creation of more jobs and opportunities, both social and economic. The results of this research will help government to develop policies and initiatives that could help to grow the Territory population.

The survey is linked to the webpage below:
https://theterritoryandme.cdu.edu.au/survey-link

By participating you can choose to go into the draw for a return flight between Darwin/Alice and any other Australian capital as well as two supplementary prizes of $100 retail vouchers. It will only take you a short time to complete, just 10 to 15 minutes. The survey will be closing in November.

Call for Participants: Mental Health and Ageing Study

You are invited to take part in a research project looking at Mental Health and Ageing.

Do you have 15 minutes to contribute to scientific research? Danielle Herreen from the School of Psychology at the University of Adelaide is looking for volunteers to complete a brief survey about Mental Health and Ageing.

The survey will ask you to rate the extent to which you’ve experienced certain feelings and behaviours over the past few weeks, as well as your level of agreement with common statements about what it means to be a man or a woman. The survey should take no more than 15 minutes to complete and you could even win one of three $150 EFTPOS gift cards. Participation in this study is entirely voluntary and you are free to withdraw from the study at any stage prior to submission of the survey.

The information collected in this study may help to improve our understanding of how mental health symptoms differ for men and women across the lifespan, leading to better recognition and diagnosis of mental health problems.

To participate in the study, please go to: Mental Health and Ageing Study

This study has been approved by the University of Adelaide Human Research Ethics Committee (approval number H-2019-109).
NT Seniors Card welcomes new business partners:

- Arnhem Pest Control
- Expo Eyes
- Fantastic Landscaping
- iVenture Card
- Kalidonis Taverna
- Little Green Truck
- McDonalds
- Modern Shade Solutions
- Northern Australia Training
- Santa Fe Restaurant
- Trower Dental
- Pure Hair Extensions
- Smile Bright Teeth Whitening
- Total Holiday Options

For an up to date list of business partners visit our Online Discount Directory

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 2019 Discount Directory

Don’t forget to pick up your 2019 Business Discount Directory 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/

Contact us on 1800 441 489
Spillett House, 65 Smith Street, Darwin
www.ntseniorscard.org.au
https://www.facebook.com/ntseniorscard/

Aged Care Navigators

Aged Care Navigators are here to help you access the aged care system. Our friendly, professional and highly experienced Navigators will help you and your community through; face to face meetings and telephone conversations, assistance to find information on the aged care system, registering on the My Aged Care Website and filling in forms, we can provide group or individual support, and are able to organise information seminars for community groups.

Contact Janet in Darwin
agedcare_darwin@cotant.org.au
Debbie in Alice Springs
agedcare_alicesprings@cotant.org.au
Or call COTA NT on 8941 1004

Janet Brown,
Aged Care Navigator
Darwin;
Sue Shearer,
CEO COTA NT
and Debbie Pepper,
Aged Care Navigator
Alice Springs