



# SENIORS CARD *News*

## FOR MEMBERS AND COMMUNITY

# December 2023

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*From our family to your family,  
COTA NT wishes you a very Merry Christmas  
and a safe, prosperous and healthy 2024*

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## Message from Sue Shearer

It has been a very busy year for COTA NT and NT Seniors Card.

NT Seniors Card has been to three Seniors Expos (in Darwin, Katherine and Alice Springs), completed a dozen outreaches at local shopping centres, collaborated and coordinated with other community and social service providers, presented at seniors groups, visited retirement villages, attended MLA's events, attended the Royal Darwin Show, met countless NT Business Partners whose discounts underpin the program.

Watch a few pictures of the year in review [here](#) or via the [NT Seniors Card Facebook page](#).

From our family to yours we wish you a safe and happy Christmas, please be kind to others and look out for your elderly neighbors who may not have family, a friendly chat, and a Merry Christmas goes a long way.

Best wishes and stay safe.

Sue Shearer  
Chief Executive  
Officer, COTA NT



**NT Seniors Card is closed from Friday 22 December and re-opens on Monday 8 January 2024.**

## Thank you

This year's Members' survey had the highest participation yet. The results will now be analyzed and reporting released in January 2024.

So, a **big thank you** to those Members who participated. We will take the results and endeavour to grow the program in the directions you have requested.

### **Winners on next page!**

NT Seniors Card is always aiming to improve on the number of discounts, offers and promotions for its Members from Business Partners. Next year, we aim to secure even more Business Partners.

**Read e-News, check in with Facebook or our website to find out what's new!**



## Support Local

**This Christmas, support a local NT store with a door for all your stocking fillers and more!**

With the Christmas countdown on (it's only 10 days away), here's a quick reminder of which Business Partners can help make yours a Merry Christmas with a few savings. We have Business Partners offering Seniors Card Members discounts on:

- Gourmet foods and butchers produce
- Homeware and gifts
- Computers and phones
- Sports clothing and equipment
- Garden plants, pots and supplies
- Books and art supplies
- Beauty, hair and spa sessions
- Destination and tourist experiences.

Go to the [Discount Finder](#) to search for the gift you're looking for. Below are just a few of the hundreds available.

### Darwin

- [Aboriginal Bush Traders](#)
- [Paraphernalia](#)
- [Parap Fine Foods](#)

### Alice Springs

- [A Home Like Alice](#)
- [Novita Gifts](#)
- [Outback Ballooning](#)
- [Swank Shoes Alice Springs](#)

### Palmerston

- [Palmerston Quality Meats](#)

- [Toyworld Palmerston](#)

### Katherine

[Fe's Fashion and Decor](#)

[Rod and Rifle Tackle](#)

[World Katherine](#)



## Survey Winners

**First prize winner:** Elizabeth Milligan

*Who receives \$100 gift voucher to spend with a NT Business Partner of their choice.*

**Second prize winners:** Michael Stanley and Sheryl Sephton.

*Who each receive \$50 gift voucher to spend with a NT Business Partner of their choice.*

## No Christmess stress

Here are 8 tips for anyone who finds the festive season challenging...

### 1. Reduce financial stress

Talk to your family about only buying children presents, agreeing to a gift budget or doing Secret Santa, where each family member draws the name of a relative and buys just one gift for them.

### 2. Connect with community

Almost 1 in 3 Australians feel lonely, according to research by the Ending Loneliness Together initiative. The festive season can be an especially lonely time for many people.

If you're feeling isolated — or want to ease the loneliness of others — you might find a Christmas event near you on the [Territory Seniors Calendar](#) or other [NT community calendars](#).

If that's not your thing, you could volunteer with a local charity, aged care facility or hospital, or simply strike up a conversation with a neighbour. Even small connections can make a big difference.

### 3. Stay off social media

If the festive season is stressing you out or you are alone, looking at others' curated happy snaps on social media may make you feel worse.

### 4. Cope with family conflict

For some families, Christmas can be more tense than watching a sitting in Parliament. But there are things you can do to side step arguments:

- Avoid topics that family members usually argue about.
- Keep family gatherings a manageable size — for example, catch up with one group of relatives on Christmas Eve and another on



*Don't let Christmas stir you up!*

Christmas Day.

- Plan activities, such as backyard cricket (unless your family argue about cricket).

### 5. Don't drink too much

Reducing your stress with alcoholic beverages can make you feel worse and it's certainly not good for your health.

### 6. Talk it out

If there's someone in your family or circle of friends who causes you stress, try to work it out together.

[ReachOut Australia](#) offers these tips:

- Let the person know they upset you in a non-confrontational way, since they might not be aware they're doing it.
- Choose a time when you both feel calm.
- Research more tips for difficult conversations.

### 7. Pack your medications

Travelling for the festive season? Don't forget your medications and maybe take an extra script with just in case.







## Socks in stockings for age care residents

**COTA NT and sewing group, Our Common Threads has gifted beautiful and practical Christmas gifts - non-slip, dot socks and handmade rugs - to residents in local residential age care facilities.**

“We know that some aged care residents may not be able to spend the day with family or friends and may not have gifts to unwrap. We hope with these gifts, residents will know that someone, other than their dedicated carers, is thinking of them at Christmas time,” said Sue Shearer of COTA NT. “We know that Christmas can trigger feelings of social isolation, loneliness and stress, so we also urge Territorians to gifts small acts of kindness to each other this Christmas.”



Sue Shearer with Magdalena McIntosh at Terrace Gardens in Palmerston. Maddy, born in 1934, was delighted with her socks and a handmade quilt.

## Safe travels

**Are you travelling over the Christmas and holiday period?**

Travel safe when flying and wear masks.



NT Seniors Card has N95 masks FREE to give away. Drop in and get some before you fly.

Stock is limited, so **call 8941 1004** before you come to 65 Smith St, Darwin to collect.

## Naughty and nice!

We would like to say a special thank you to our Volunteer, Mike who has been busy helping us with our Business Partners' survey.

He even asked the Grinch...

Photo at: [Estelle's Florist](#)



## Find Discounts Online

The 24/7 way to check which NT businesses offer discounts to Seniors Card holders is on the Seniors Card website at

[ntseniorscard.org.au/discounts-directory](https://ntseniorscard.org.au/discounts-directory)



### NT Seniors Card

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