

It's all happening in Palmerston

COUNCIL hosts a number of free events this October.

Celebrate everything great about riding to work on Wednesday, October 18 and stop by council's community breakfast at Goyder Square from 7-9am. There'll be coffee, giveaways and if you're still up for a spin – give the smoothie bike a ride.

The garage sale trail is back, and this year it has expanded to a weekend of sales on Octo-



ber 21 and 22. Council is proud to again be making this campaign happen locally; providing residents with a fun way to declutter, meet people and un-

cover some unique bargains.

Council has joined the trail with our reboot your loot sale on Saturday at the Palmerston Recreation Centre from 8-11am. We encourage the community to join our sale or hold their own at home.

If you're a buyer on the day, some shopping tips to remember: carry spare change and don't forget your reusable shopping bags to carry your goodies home. Parents and

children aged 0-5 years, celebrate Children's Week with us at the Palmerston Recreation Centre on Tuesday, October 24, 9-11am.

Kids can enjoy face painting, a jumping castle, Palmerston Library 'Storytime', music with Blooming Tunes, animal encounters and more, while parents can connect with local services and program providers. Rate payers who paid their rates in full by the first instal-

ment date had the chance to win \$1500 each. The two lucky recipients have been contacted.

Nominations are open for our 2018 Palmerston Australia Day Awards; Citizen of the Year, Young Citizen of the Year and Community Event of the Year. One nomination and a few minutes of your time is all it takes to help recognise someone's great work in the community. Nominations close

Friday, December 8. Council is currently seeking an interim executive officer.

The interim executive officer will lead the staff of council to ensure the organisation continues to respond to the communities' current needs with open and transparent governance.

The next ordinary Council meeting will be held on Tuesday, October 17 at 6.30pm at Council Chambers.

Making a plan to help us manage



COTA NT receives numerous inquiries from Territorians every week – and not just from seniors – on how best to plan for ageing.

Issues such as guardianship, advance personal planning, power of attorney and financial planning are at the forefront of these inquiries.

We were recently contacted by adult children whose parents have been diagnosed with dementia, or who were facing caring for a partner who had become critically ill as they aged.

Making a plan which helps us manage the more difficult aspects of ageing may help dealing with circumstances like these feel less traumatic and slightly easier to cope with.

Often facing our own mortality is something we refuse to do.

But isn't it a better idea to be organised and have some sort of control over our later years?

This can help assist our families in ensuring that our wishes are taken into account too, and lifts the burden of decision-making from family mem-



Planning ahead is always a good plan, says COTA NT

Picture: supplied

bers. You are never too young to plan ahead.

Other concerns shared with us recently focused on Territory seniors' safety at home and keeping up with basic maintenance, both indoors and outdoors – gardening es-

pecially for frailer seniors can be quite hazardous.

We urge seniors, and anyone arranging assistance for them around the home and garden, to get maintenance tasks attended to, but also to ensure they are using suitably

qualified maintenance providers and handymen.

COTA NT provides comprehensive online resources on ageing (COTA's website INFO pages) listing resources around on active ageing, health, accommodation, retirement liv-

ing, financial support, legal services and more topics.

We also host a number of workshops throughout the year and the info powwow, SENIORS EXPO in June.

Upcoming diary dates include: Cyclone Season Infor-

mation Session, Thursday 26 October 10-11am (Spillett House). Financial Planning Information Session coming up in November (date to be confirmed on the Territory Seniors Calendar, COTA Facebook page and via COTA's email).



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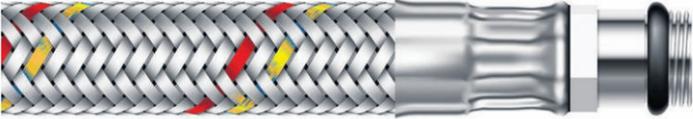


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