

# Grey Goss

## Council Updates:

### Welcome New CEO

The City of Palmerston is pleased to announce Mr Luccio Cercarelli as the new Chief Executive Officer from 20 January 2018.



Luccio is a highly qualified and respected Local Government practitioner with over 14 years senior management experience in the Northern Territory. Most recently he was General Manager at the City of Darwin, where he has often filled the role as Acting Chief Executive Officer.

"I am looking forward to working with an incoming Council and leading a team of committed staff." Luccio said.

A long term Palmerston resident, he added "My family has grown up in Palmerston, where I commenced my local government career some 25 years ago. I now have an opportunity to give back to the community that gave us our start" he added.

## Council Meetings

Council meets (usually twice a month) to consider committee recommendations and other issues and items, which are listed on each meeting agenda in advance.

Members of the public are welcome to attend council meetings to observe the process. To view dates, agendas and minutes go to:

<http://www.palmerston.nt.gov.au/council/meetings/council-meetings>

### 6 and 20 February 2018

THURSDAY 22 FEBRUARY 2018 - CARETAKER MODE

### 6 and 20 March 2018

MONDAY 26 MARCH 2018 - DECLARATION OF THE ELECTION RESULT  
NEW COUNCIL TO DETERMINE THE NATURE AND TIMING OF COUNCIL MEETINGS

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## Australia Day Awards 2018



On Monday 22 January, the winners of our 2018 Australia Day Awards were announced.

### Congratulations to:

**Serena Dalton** – Citizen of the Year

**Jessica Bartlett** – Young Citizen of the Year

**Palmerston Cadet Division St Johns**  
– Community Event of the Year

Serena regularly contributes many volunteer hours both participating in, and actively supporting, community committees and activities in Palmerston.

Jessica has generously contributed many volunteer hours of her time to help make Palmerston and the Territory a better place for wildlife, and our community alike.

St John Ambulance NT Palmerston Cadet Division is a dedicated team of adults, Cadets (aged 11 to 18 years) and Juniors (aged 8 to 11 years). In 2017 Cadet Division spent a combined 1,805 hours serving the Top End community at public events.

### Thank you to all the nominees!

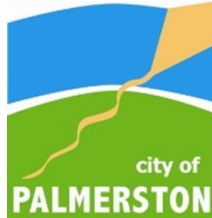
Please consider nominating a person or event for next year.

## February 2018

# Grey Goss

## 2018 City of Palmerston Elections

### Key Dates



**Friday 2 February Nominations open.**

Tuesday 13 February Electoral roll closes.

**Thursday 22 February Nominations close.**

Friday 23 February Declaration of nominations, draw for position on ballot papers.

Monday 26 February Postal vote mail-out commences.

**Monday 5 March Early voting commences.**

Mobile voting commences.

Tuesday 13 March Overseas postal voting despatches cease.

Thursday 15 March All postal voting despatches cease.

Friday 16 March Early voting ceases.

**Saturday 17 March Election day.**

Primary counts of ordinary, postal and early votes commence.

Primary counts of postal, mobile and early votes commence.

Monday 19 March Declaration vote verification checks, commence recheck of all counts.

Thursday 22 March Primary counts of accepted declaration votes, further postal counts.

Friday 23 March Deadline for receipt of postal votes.

Final counts of postal votes commence.

Distribution of preferences.

**Monday 26 March Declaration of the election result.**

## Sister Anne Gardiner AM

gave a very interesting and engaging talk at the 2017 Seniors Forum, part of which was included in the previous Grey Goss. We loved her enthusiasm so much... here are more quotes!

*"Henry Ford once wrote "Anyone who stops learning is old, whether at twenty or eighty." Our eyesight may have dimmed but we are not going to give up, because just maybe there is a challenge we can conquer no matter how the body is health wise. Yes to have an interest in life as we grow older is a blessing. This interest takes us out of ourselves, into the lives of others. Nobody grows old merely by living a number of years. We grow old by deserting our dreams.... What I am saying to you all is to make sure you have an interest in life that takes you outside of yourself for a few hours each day."*

**I want to be like a  
caterpillar.  
Eat a lot.  
Sleep for a while.  
Wake up beautiful.**

# Grey Goss

## Palmerston Seniors Advisory Group (PSAG)

PSAG welcomes four new members, in addition to the twelve existing members, who generously continue to offer their time and attention to consider seniors issues in the community.


Our current members are:

Ann Brown	Marg Lee
Anna Durbridge	Margaret Moore
Anne Coutts	Mary Oliffe
Avril Smith	Neville Driver
Barbara Crane	Pam Smith
Dot Chapman	Sandra Parker
Lillian Mann	Shirley Bowker
Maggie Crane	Trevor Miller

PSAG meets approx. bi-monthly at the Recreation Centre and collectively works on an Action Table of issues across focus areas such as community safety, facilities, city planning and communications.

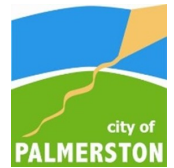
Many of the Action Table issues are raised at Palmerston's Annual Seniors Forum, now held in August to coincide with Seniors Month. PSAG members assist with planning and hosting this event.

PSAG minutes are included in Council Reporting.

If you have issues you'd like to have discussed at meetings you can: contact Tess on  tess.riches@palmerston.nt.gov.au or approach any of our PSAG members.

- ✓ Ann and Mary are often both to be found running the 50 Plus Club at Gray Hall on Tuesday mornings. Drop in, join the group and have a chat.
- ✓ Ann also runs the Indoor Croquet at the Recreation Centre on Wednesday mornings.

## Update from the Finance Team



### Final Rates Instalment Date

Thursday 29 March 2018

*Note: Should you not receive your rate notice prior to this date please contact us on (08) 89359922 or via email at [rates@palmerston.nt.gov.au](mailto:rates@palmerston.nt.gov.au) to confirm postal details or request another copy.*

### Pensioner Concession

*Eligible pensioners are entitled to a concession on rates. The City of Palmerston receives a listing from Pensioners & Carers Concession Service of all rate payers that are eligible for a concession at the time of levying rates.*

*Concessions for eligible pensioners are automatically included on the rate notice.*

*If a pensioner becomes eligible part way through the rating year they must pay the rates in full to Council and then contact*

*Pension and Carers Concession Scheme for reimbursement, on 1800 777 704*

*or*

*Palmerston Community Care Centre on 08 8999 3344.*

For more information visit <https://nt.gov.au/community/seniors/nt-pensioner-and-carer-concession-scheme/introduction>

**February 2018**

# Grey Goss

## Activate 2018



Entering its thirteenth year the ever-popular Activate program is back with some exciting changes.

Activate still offers participants the amazing healthy lifestyle options available to them in Palmerston, but now the program will run for **FREE** over 45 weeks (in 5 x 9-week blocks), instead of the previously offered low-cost 8-week program.

**Registrations opened 15 January with an amazing 108 registrations in the first day and a total of 280 by the end of the first week!**

Registrations online will remain open throughout the year and don't forget it's **FREE** so there's no excuse not to be active and get healthy!

The program brings people together in the community and supports them to achieve good health by making long-term changes to their lifestyle. This is achieved through the provision of education, support and opportunities to be more active and eat a healthy diet.

**The schedule for Block One, which ends 1 April 2018 is on the following page.**

A range of different activities will be offered in Blocks Two, Three and Four, allowing members to try a lot of new activities.

City of Palmerston



## Community Benefit Scheme

Palmerston community groups and not-for-profit organisations:

Do you have plans for an activity or event in Palmerston that will benefit the community?

There are three levels of support that you may apply for, based on the amount of assistance you require.

Eligibility conditions apply, see [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au) for details, or contact Tess on 8935 9929 or [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au)

Applications are accepted at any time, and the new year is a great time to start planning!

## Just a Number...

Dolly Parton, age 71 years  
Kenny Rogers, age 79 years  
Loretta Lynn, age 85 years  
Jack Nicholson, age 80 years  
Susan Sarandon, age 71 years  
Morgan Freeman, age 80 years  
Meryl Streep, age 68 years  
Samuel L Jackson, age 69 years  
Olivia Newton-John, age 69 years  
Tom Sellick, age 72 years  
And the 'baby'...Oprah Winfrey, age 63 years

**PEOPLE MY AGE ARE  
SO MUCH OLDER THAN ME.**

**February 2018**



# Grey Goss

Activate Block One Programme

runs to 1 April 2018

## 1 BLOCK ONE

Monday 29 January until Sunday 1 April

Excluding Public Holidays

No classes Friday 30 March (Good Friday)

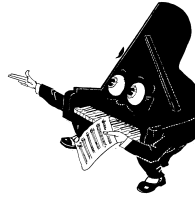
DAY	CLASS	TIME	LOCATION	PROVIDER	BOOKINGS
Monday	Tang Soo Do Karate	6.30-7.30pm	31 Tilston Ave Moulden	The Lifestyle Studio	
Tuesday	Mums & Bubs	9-10am	11 The Boulevard Palmerston Recreation Centre	YMCA	Yes
Tuesday	Grit	5.30-6pm	31 Tilston Ave Moulden Palmerston Swimming & Fitness Centre	YMCA	Yes
	Gym	Gym Opening hours			
Wednesday	Athletica	9-9.45am	Zuccoli Pde Zuccoli	F45 Palmerston	Yes
Thursday	Mums & Bubs	9-10am	11 The Boulevard Palmerston Recreation Centre	YMCA	Yes
Thursday	FitBoxing	6-6.45pm	49 Odegaard St Rosebery Joan Fejo Park	Core Body Fitness Training	
Friday	Metapower	9-9.30am	49 Odegaard St Rosebery Joan Fejo Park	Core Body Fitness Training	
Saturday	Pilates	8.30-9.30am	34 Emery Ave Woodroffe Sacred Heart Primary school	Tammys Fitness Provider	
Sunday	Boxing	8-9am	50 Woodlake Blvd, Durack - Durack Primary School	DJ's Peak Fitness	Yes

**February 2018**

# Grey Goss

## Palmerston Senior Songsters need YOU!

Do you play the piano or keyboards and would like to help brighten the day for seniors? Our energetic group is in need of a keyboard player.



Practice is about one hour per week, on Tuesday evenings from 7pm. (At the Blain electoral office at Oasis shopping Centre, Palmerston.)

You don't need to be a great singer, just enthusiastic will be fine! We have our own portable piano and equipment.

We sing at a different nursing home each week on Wednesday mornings from 10.30am, and at Palliative Care once a month. It's such a pleasure to see the old folks joining in with the songs we sing - it's the old songs they remember and can sing along with.

We also do some extra gigs, like 50Plus Club, Palmerston Shopping Centre at Christmas and random other odds and ends on request.

There is no joining fee, just a gold coin donation on practice night if you wish. (Most of our funding comes from outside donations.) You just need to provide your own black pants.

COME ON INNER PEACE



## Harmony Day Family Festival Call-out to Community

Palmerston will be once again holding a Harmony Day Family Festival to celebrate Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone.

**WHEN:** Saturday 24 March 2018  
**WHERE:** Gray Football Stadium, 30 Victoria Dr  
**TIME:** 3-9pm

Get excited for soccer matches, cultural performances, art activities, food and family fun! Learn about different cultures in Harmony Place, enjoy some dinner and cheer on the talented soccer players!

**We are currently looking for cultural performers and performance groups to get involved and share their talents on the day.** If you are interested, please complete the **Expression of Interest form** and return by Friday 16 February 2018.

Palmerston Harmony Day Family Festival is a partnership between City of Palmerston, Palmerston Football Club, Charlie King, NO MORE Campaign, Football Federation NT, local migrant communities, Football without Borders, SEDA, Melaleuca Refugee Centre, Darwin Community Arts, Red Cross, NT Office Of the Children's Commissioner and the Northern Territory Government.

**February 2018**



# 2018 Seniors Information

## FREE Seniors Morning Teas

<b>Cazalys Morning Tea</b>	3rd Tuesday of the month - 10:00am	Cazalys Palmerston	8932 8688
<b>The Hub Morning Tea</b>	Every 2nd Thursday 10:00am - 12:00pm	Palmerston Sports Club	8939 0600
<b>Taminmin Morning Tea</b>	10:30am	Taminmin Library	8988 1200 for dates

## Fitness for Seniors

<b>Aqua Easy classes</b> Cost: \$9.00	Tuesdays 6:20pm - 7:20pm Thursdays 6:20pm - 7:20pm	Palmerston Goldfish Bowl 44 Toupein Road Yarrawonga	8931 1000
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<b>Ballroom Dancing</b>	1st & 3rd Saturday of the month - 7:30pm	Gray Community Hall	Ross Elliott 0418 937 468
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<b>Early Morning Walks</b>	Mondays & Fridays 6:00am - 6:45am Wednesdays 6:00am - 6:45am	Car park behind Salt & Pepper, Durack Sanctuary Lakes car park	Pam 0417 088 929
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<b>Nuline Dance</b>	Sundays 2:30pm - 4:30pm Wednesdays 2:30pm - 4:30pm	Gray Community Hall	Natalie Eerden 0418 826 778
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<b>Palmerston Line Dancers</b>	Wednesdays 2:30pm - 4:30pm	Gray Community Hall	Pat 8931 3895
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<b>YMCA Classes</b> Aqua Aerobics	Cost: \$12.00 Mondays 9:00am & 5:30pm Saturdays 9:00am	YMCA Palmerston Swimming & Fitness Centre, 31 Tilston Avenue, Moulden	8932 3474
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<b>Deep Water Running</b>	Wednesdays & Fridays 9am Tuesday & Thursday 5:30pm		
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<b>Pilates</b>	Tuesdays 10:00am		
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<b>YMCA Seniors Classes</b>	Mondays, Wednesdays & Fridays - 10:15am	Palmerston Swimming & Fitness Centre, Moulden	8932 3474
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<b>City of Palmerston</b>	For activities in Palmerston	Palmerston Hospital	8935 9922
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<b>Civic Plaza, First Floor</b>	1 Chung Wah Terrace 8:15am - 5:00pm	Ph: 8948 5228	
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<b>Shuttle Bus</b>	Monday - Friday (excl Public Holidays) 24hr notice essential	Ph: 1300 978 995	
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<b>Life Without Barriers</b>	Level 1, 60 Winnelle Rd Monday - Friday 8:30am - 5:00pm	Ph: 8930 3200	
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<b>Association of Independent Retirees</b>	65 Smith St, Darwin Mondays 5:30pm - 7:30pm	Ph: 0439 406 861	
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<b>Pensioner Carer Concession Scheme office</b>	Palmerston Community Care Centre Monday - Friday 8:30am - 12noon & 2:00pm - 4:00pm	Ph: 1800 777 704	
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<b>Dementia Australia (NT)</b>	For activities in Palmerston	Ph: 8948 5228	
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<b>Home Service</b>	Tuesday every fortnight	Application forms to be completed and returned to Palmerston Library Ph: 8935 9999	
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<b>Dial-a-doctor</b>	After hours & weekends 1300 030 030		
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<b>With compliments of Lia Finocchiaro MLA</b>	Any errors or omissions please contact the Spillett Electorate Office on 8999 6674.		
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Spillett Electorate Office | 13A Zuccolli Plaza, Zuccolli | 8999 6674

## Activities for Seniors

<b>Arthritis Association</b>	3rd Monday of the month - 10:00am	Brennan Electorate Office	8948 5232
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<b>Brain Gym - Palmerston</b>	3rd Friday of the month 10:00am - 12:00pm	Blain Electorate Office	Karen Riley 8948 5228
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<b>Brain Gym - Taminmin</b>	4th Friday of the month 10:30am	Taminmin Library	Louise Collette 7979 0075
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<b>Bridge</b>	Thursdays 7pm for a 7:15pm start	The Hub, Palmerston Room	Mary 0403 147 811
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<b>Busy Bees 5c Bingo</b> Cost: \$3 for M/T & door prize	Mondays 9:30am - 1:30pm	Gray Community Hall Transport available with Angicare	Irene 8932 5435
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<b>Carpet Bowls</b>	Thursdays 9:00am - 11:30am	YMCA Drop in Centre 1st Floor Satepak House	Ann 8931 1405
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<b>Indoor Croquet</b>	Wednesdays 9:30am - 11:30am	Palmerston Recreation Centre	Ann 8931 1405
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<b>Joy Anderson Art Group</b>	Tuesdays 9:00am - 12:00pm	Joy Anderson Centre 25 Dillon Cct, Gray	Dementia Australia (NT) 8948 5228
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<b>Mental Health Carers Meeting</b>	Wednesdays 2:00pm - 4:00pm	Goyder Electorate Office, Coolalinga	Amanda 8948 1051
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<b>NT Breatheasy Stars</b>	Every 2nd Monday 10:00am - 12:00pm	Palmerston Community Care Centre, Multi Purpose	Thelma Nicholson 8932 5250
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<b>NT Lacemakers</b>	1st & 3rd Saturdays of the month - 1:00pm - 4:00pm	Gray Primary School	8932 2318 AH
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<b>Palmerston 50+ Club</b> Cost: \$3.00 for M/T	Tuesdays 9:00am - 12:00pm	Gray Community Hall	Mary 8931 0963 Janette 0412 372 418
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<b>Palmerston Probuc Club</b>	3rd Thursday of the month 10am for a 10:30am start	Cazalys Palmerston	Dot Chapman 0409 474 389
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<b>Palmerston Men's Shed</b>	Tuesday & Wednesdays 10:00am - 4:00pm	Shed 4, cnr Georgina Cres & Toupein Rd, Yarrawonga	0498 332 051
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<b>Pam's Place</b> Mosaic & Painting classes Gold coin donation	Wednesdays & Saturdays 9:00am - 12:00pm	1/15 Redshank Ct, Bakewell	Pam Norman 0477 709 092
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<b>Senior Songsters</b>	Tuesdays 7:00pm	Blain Electorate Office, Oasis Shopping Centre	Marg Moore 0403 470 779 Marg Lee 8932 1033
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<b>Simply Craft</b> Cost: \$3.00	Thursdays 9:00am - 12:00pm	Gray Community Hall	Lynn 0402 414 746
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<b>Tai Chi Social group</b> instruction by DVD	Tuesdays 9:00am - 10:00am	Palmerston Community Care Centre	Marg Lee 8932 1033 or 0438 430 237
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<b>TEMHCO Ladies Group</b>	Wednesdays 9:30am - 11:00am	3/7 Rolyat St, Palmerston	8932 6686
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<b>Trivia Nights</b>	Wednesdays 7pm for 7:30pm Thursdays 7:00pm Thursdays 7:30pm	Cazalys Palmerston Palmerston Golf Club Palmerston Tavern	8932 8688 8932 1324 8932 1568
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Pick up your copy of the local activities for seniors!

# Grey Goss

## Durack Heights Community Centre



Are you looking for a place to spread out and do some art and craft, in peace and quiet ... or with a stack of friends so you can make some noise and mess?

This facility is available to hire for one-off sessions or recurring bookings, and you can hire just one side or both sides at the same time.

Set up your area to suit—we have high and low tables, chairs, stools, overhead fans, sinks, easels, drying racks, lightboxes, plenty of powerpoints, a whiteboard and stereo ...

There is also room to store some of your materials or unfinished objects (UFOs) if you have recurring bookings.

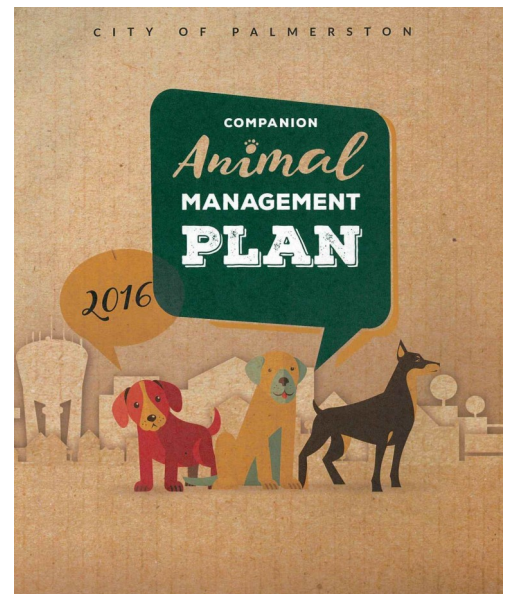
Bring your snacks and drinks—there's a small fridge and kettle etc. picnic tables on the verandah, so you can settle right in. Gateway Shopping Centre is just down the corner, so you can whip out for lunch if you want.



Bookings are generally made online from the link on Council's website (at <https://cityofpalmerston.checkfront.com/reserve/>)

Or contact Council if you are having trouble or wish to make recurring bookings.

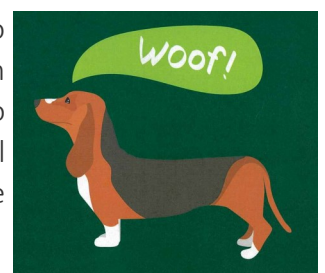
## March is Polite Pets Month



Council provides information for dog owners to help them teach their pets to be good canine citizens.

There are information sheets on our website, where you can also view and download the Companion Animal Management Plan (CAMP). (The design of this document is the basis of the new promotions that will be 'out' in March—an infographic summary of CAMP, plus a series of helpful advice posts.)

If you are having issues with your neighbour's dog, you can also access helpful advice on how to approach them and how to contact Council to investigate complaints.



## February 2018



# Grey Goss

## Techno Talk

There's no doubt our talk is changing  
our language has gone technically mad  
the words we knew, have morphed  
And it's not just a linguistic fad



I knew that a mouse pad was a mouse's house  
Memory was something you lost with age  
Windows were the things that needed cleaning  
An acrobat was something on a stage

A program was watched on the tele  
A virus was a wart, mumps or the flu  
Being frozen now occurs in the Top End  
It doesn't need any ice or snow

A scroll came from the bakers, topped with icing  
A web was a spider's dinner trap  
Debugger was the iffy bloke next door  
who was blamed for almost everyone's mishap

A zip was an essential to be done up  
A ram was fat and woolly with big horns  
An apple kept the doctor from your doorstep  
And tablets kept your body in good form

To be employed you had to make an application  
Blue tooth was a tasty kind of fish  
A cookie was a yankee form of biscuit  
Spam was often eaten from the tin

A cursor was the one who used profanity  
Worms were things to seriously avoid  
A keyboard was attached to a piano  
A hard drive was a long trip down the road

All these words no longer mean what they once did  
And my mind just boggles at the language of today  
I can't keep up with the techno talk of people  
Soon I'll end up in a daisy chain relay

© Sandra Parker

## Brekkie in The Park returns 6 May 2018

A colorful poster for the 'Brekkie in the Park' event. The title is written in a large, white, cursive font. Below the title, it says '8-10AM - FREE HEALTHY BREAKFAST & ACTIVITIES'. The poster features illustrations of a white cockatoo, a fork, a knife, and some fruit. At the bottom, there are five event locations with their dates: 6 MAY at Sanctuary Lakes, 3 JUNE at Marlow Lagoon Recreation Area, 8 JULY at President Park, 12 AUG at Rosebery Park, and 2 SEPT at Father Gerry Remie Park. The City of Palmerston logo is in the bottom right corner.

6 MAY SANCTUARY LAKES <small>LAKEVIEW BLVD, GUNN</small>	3 JUNE MARLOW LAGOON RECREATION AREA <small>ELRUNDIE AVE, MARLOW LAGOON</small>	8 JULY PRESIDENT PARK <small>DRIVER AVE, DRIVER</small>
12 AUG ROSEBERY PARK <small>ROSEBERY DRV, ROSEBERY</small>	2 SEPT FATHER GERRY REMIE PARK <small>FLYNN CCT, BELLAMACK</small>	

What's On? Council's community events are promoted in a range of ways; here in Grey Goss if the timing is right, but more likely by means of

- \* Posters around town,
- \* Facebook posts, (see page 11)
- \* website articles,
- \* media releases,
- \* newspaper adverts,
- \* radio segments,
- \* email within networks or
- \* flyers.

# Grey Goss

## Get Involved and Entwined!

*We're yarn bombing Palmerston's trees for Parks Week in March. Keen knitters, crocheters and fibre artists, we need your help with knitting & crocheting the displays.*

Come into the Palmerston Recreation Centre and grab some wool if you want to knit or crotchet at home. When completed please drop off at the Palmerston Recreation Centre before Wednesday 29 February.

If you don't know how to knit or crochet, come along to a free workshop on Saturday 3 February 10am – 1pm at the Palmerston Recreation Centre, learn to knit and crotchet in a few hours. Come along and share your skills if you are a knitter or crocheter.

Please email [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au) or phone 8935 9919 for more information.

**Our Common Threads**

**Yarn BOMBING WORKSHOP**

**FREE - SATURDAY 3 FEBRUARY**

10AM-1PM | PALMERSTON RECREATION CENTRE

Pieces made on the day will be used to 'Yarn Bomb' selected trees in Palmerston to celebrate Parks Week (10 - 18 March 2018)

*Materials provided*

**Want to be involved but can't attend on the day?**

We can supply the wool and your knitted and crocheted pieces will still be accepted to use in the project.

Let us know your involvement at [palmerston@palmerston.nt.gov.au](mailto:palmerston@palmerston.nt.gov.au) | 8935 9919

city of PALMERSTON

## Seniors Keeping Active at The Recreation Centre

AnglicareNT runs a seniors' exercise class and social activity.

Day: Mondays

Time: 10am to 1pm

**Palmerston Seniors' Croquet**

Day: Wednesdays

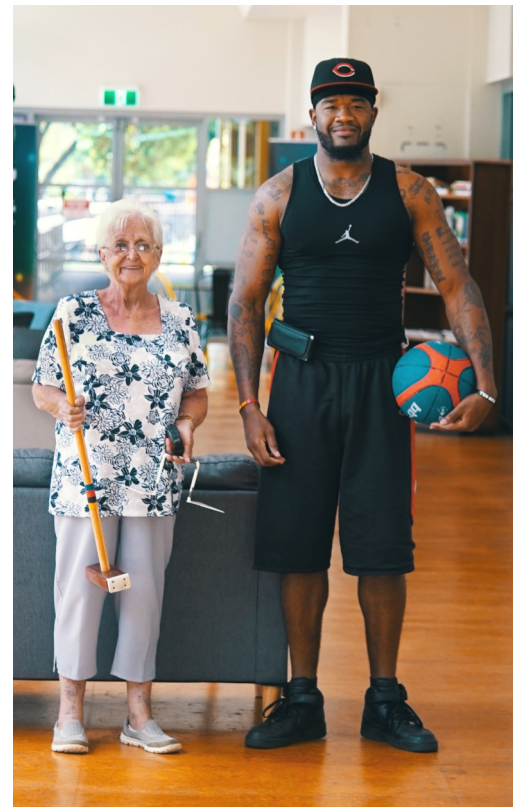
Time: 9.30 to 11.30am

Contact Ann for details on 8931 1405

\$2 cost to attend.

Do you want to host activities for seniors at the Recreation Centre?

Contact Tess on 8935 9929 for more info.



Ann and Shack compare sporting equipment—seniors croquet Vs youth drop-in basketball!

*(Send the grandkids over for the latter, 3-5pm M-Th, 6-8pm Fri at the Rec Centre stadium. P.S. other sports are included.)*

## February 2018

# Grey Goss

## News from NT GOV Top End Health Service

Palmerston Regional Hospital is planned to open in July 2018 and will operate as a campus of Royal Darwin Hospital. Like many other hospital openings in Australia, our services will open gradually and increase over time.

### Palmerston Regional Hospital's Rehabilitation Service

At Palmerston Regional Hospital, we will provide more rehabilitation services with new state-of-the-art facilities including dedicated therapy space, a gym and hydrotherapy pool.

Designed to cater to the Territory's growing demand, we will have 24 beds, which is 25 per cent more capacity than what exists today.

Our rehabilitation service is designed to assist patients over the age of 14 years improve their quality of life by helping them to regain or improve their mobility due to injury, disease or conditions such as:

- Acquired brain injury
- Spinal cord injury
- Stroke and neurological conditions
- Vascular conditions and amputation
- Post-surgical and medical deconditioning
- Major burns
- Multi-trauma or orthopaedic injuries.

### Palmerston Regional Hospital's Geriatric Evaluation and Management Service

Palmerston Regional Hospital will provide services designed to improve the quality of life and mobility for older and frailer people who have been affected by serious illness or injury.

We call this our geriatric evaluation and management (GEM) service.

GEM involves early identification of patients who would benefit from services which reduce the need for patients to stay in Royal Darwin Hospital longer than they need to, and prevents readmittance into hospital after discharge.

This includes short-term inpatient and outreach rehabilitation, by a team of doctors, nurses and allied health staff.

Palmerston Regional Hospital will be the NT's primary hospital specialising in this kind of care. Royal Darwin Hospital will remain the Top End's only tertiary referral hospital. It will continue to specialise in major emergency and complex trauma care.

When it opens, Palmerston Regional Hospital will help Royal Darwin Hospital by providing it with the capacity to expand its focus on providing critical, complex and specialist care.

GEM services from Royal Darwin Hospital will be transferred across to Palmerston Regional Hospital, and the hospital will open with 16 inpatient beds, in addition to providing consultation and outpatient services. Over the first 12 months, services will expand to accommodate 24 inpatients.

<https://palmerstonregionalhospital.nt.gov.au/services#4>

## What's New?



The best way to keep up to date with events (and changes to events) at City of Palmerston is via Facebook. You don't have to have a Facebook account to read the posts, just go to our [website](#) and click on



And if you **Like Us** on Facebook you'll receive regular, timely updates to let you know what's on, what people are talking about and last-minute changes you need to be aware of.

Our Facebook: <https://www.facebook.com/PalmerstonNT>

Plus twitter: [@palmerstonNT](https://twitter.com/palmerstonNT)



Have you ideas or suggestions for next issue of Grey Goss?

Would you like your community group, club or organisation to feature in Grey Goss?

Contact Tess on 8935 9929 or [tess.riches@palmerston.nt.gov.au](mailto:tess.riches@palmerston.nt.gov.au)

Download current and previous issues at [www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)

Grey Goss is produced by City of Palmerston Community Development Team.

While we try to compile an interesting and informative newsletter for our seniors' community, please be aware that the views expressed herein are not necessarily the views of City of Palmerston. This applies especially to the many external sources of information, which are beyond our control and moderation.

Every effort has been made to ensure that links and information are accurate at the time of production. City of Palmerston assumes no legal responsibility for external content.

**February 2018**



## HOME LIBRARY SERVICE

Being housebound for any reason can be a hard time for anyone, young or old. Sometimes, a friendly face and a good book can make all the difference.

The Home Library Service provides library materials to Palmerston residents who are unable to access the library. A network of dedicated volunteers and staff select, deliver and return library materials on behalf of a home library borrower. The Home Library Service brings a library service to the community, offering short or long term solutions to meet individual needs as well as valuable social contact.

## WHAT YOU CAN BORROW

Full borrowing privileges are offered to our Home Library Service members. Items are selected using a reading preference form. This is based on the likes and dislikes provided by the member to the team upon joining the Home Library Service.

Choose from either a fortnightly or monthly delivery service and members can borrow up to a total of 20 items, including a maximum of 10 audio visual items.

- Books - available in regular or large print
- Spoken Word (*talking books*)
- Magazines
- DVDs and CDs
- eBooks, eAudio and eMagazines are available through our website, free to members



## HOW TO JOIN

Simply contact the City of Palmerston Library on 8935 9999 or email [askus@palmerston.nt.gov.au](mailto:askus@palmerston.nt.gov.au) to apply.

## CITY OF PALMERSTON LIBRARY

Goyder Square, The Boulevard

Telephone: 8935 9999

Email: [askus@palmerston.nt.gov.au](mailto:askus@palmerston.nt.gov.au)

[www.palmerston.nt.gov.au](http://www.palmerston.nt.gov.au)



let your imagination *grow wild!*



Palmerston & Rural  
Seniors Committee

# THE PALMERSTON AND RURAL SENIORS COMMITTEE INC (PRSC). NEWSLETTER

Volume: 7

Month: February 2018

## Happy New Year and Welcome to 2018.

We hope that 2018 will be bigger and better than 2017 for everyone.

The PRSC Membership Fees are due as at 1<sup>st</sup> January 2018 and the membership renewal fee is \$10.00. **Renewals are due by 30 June 2018.**

**If your membership renewal is paid after 1<sup>st</sup> July 2018 a 50% loading will apply.**

Your membership renewal can be paid at any of the morning teas as outlined in the column opposite. YOUR MEMBERSHIP FEE IS PAYABLE TO PRSC NOT TO ANY OF THE CLUBS OR LIBRARY LISTED OPPOSITE.

Please keep in mind that to participate in any of the PRSC Seniors Fortnight events held in August annually you need to be a financial member of our association. **NO renewal membership fees will be accepted during Seniors Fortnight Registrations.** All events are FREE to our members.

To provide our members with FREE events during our Seniors Fortnight PRSC fundraise throughout the year.

Fundraising is in the forms of raffles, lobbying governments and businesses for financial assistance or sponsorships. This is very time consuming. Part of our fund raising includes two Bunnings Sausage Sizzles at Bunnings Warehouse Palmerston. **This year we are looking for some additional assistance from our members as it is a long day for the committee.**

The date of our first Sausage Sizzle is on Saturday 31<sup>st</sup> March 2018. For further details please contact Geoff on the number listed below. If you can donate an hour or two of your time, that would be of immense help to us.

## PLEASE KEEP THE FOLLOWING DATES IN YOUR DIARY:

### **FREE Seniors Morning Teas at The Palmerston Sports Club commencing at 10.00am on:**

Thursday	8 <sup>th</sup> February 2018
Thursday	22 <sup>nd</sup> February 2018
Thursday	8 <sup>th</sup> March 2018
Thursday	22 <sup>nd</sup> March 2018
Thursday	5 <sup>th</sup> April 2018
Thursday	19 <sup>th</sup> April 2018

### **FREE Seniors Morning Teas at Cazalys Palmerston Club commencing at 10:00am on:**

Tuesday	20 <sup>th</sup> February 2018
Tuesday	20 <sup>th</sup> March 2018
Tuesday	17 <sup>th</sup> April 2018

### **Seniors Morning Tea at Taminmin Community Library commencing at 10:30am**

Friday	9 <sup>th</sup> February 2018
Friday	9 <sup>th</sup> March 2018
Friday	13 <sup>th</sup> April 2018

Please bring a plate or a gold coin donation would be appreciated by the Friends of Taminmin Community Library.

### **Brain Gym – FREE at Terry Mills Electoral Office – Oasis Shopping Centre commencing at 10:00am on:**

Friday	16 <sup>th</sup> February 2018
Friday	16 <sup>th</sup> March 2018
Friday	20 <sup>th</sup> April 2018

### **Brain Gym – FREE at Taminmin Community Library commencing at 10:30am on:**

Friday	23 <sup>rd</sup> February 2018
Friday	23 <sup>rd</sup> March 2018
Friday	27 <sup>th</sup> April 2018

## CONTACT DETAILS

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