

NSA News: Federal Budget: Cost-of- living solutions for Seniors....

NSA has delivered its solution for a fairer and more prosperous Australia, including the need for a immediate cost-of living relief.

A recent NSA report found the 60% of older people were concerned about keeping up with rising cost -of -living in the long term, with 26 % extremely concerned. That is why we need a budget that provides direct relief with longer-term policy reform to ensure our standard of living does not go backwards. NSA's plan to address this out lined in the Pre-Budget submission 2024 is a suite of well researched innovative policy that tells the government what you, NSA members, have been telling us over the past few years about how life for seniors and their families can be improved. The federal Budget will be announced in May and this current budget cycle comes at a critical time for Australia.

The pressure of increased living costs is being felt by all. The rapid increase in the cost of groceries, fuel, energy, rents, healthcare and other essential items is stretching household budgets to the point of breaking. Not everyone is feeling the cost equally. Our research found that cost-of living pressures were being felt disproportionately by: Older people with low incomes, Older renters, Older people living in rural and remote areas. Older people who are single. Younger seniors (under 60). Many older Australians on low, fixed incomes are especially doing it tough. While higher interest rates can offer high returns , fear of rising living costs will likely reduce consumer confidence and have a negative impact on the economy. NSA's cost-of-living solutions for seniors cover fuel, energy, health, housing and aged care. They include immediate relief for fuel and energy costs and continuing the deeming rate freeze to ensure pensions payments and concessions are maintained in the short-term. In the area of health NSA argues for a formal Productivity Commission review of private health to identify ways to reduce premiums and out of pocket costs. Additionally we also call for targeted support for dental care for those most in need.

In housing NSA advocates for policy changes to support older people offering to house other older people, enable older people to downsize later in life and boost support for struggling renters.

NSA continues to advocate for targeted exemptions from the Aged Pension income test for care sector workers. We also want changes to Aged Pension gifting rules to give seniors a greater incentive to make financial contributions to charities and younger generations.

The government could deliver a rebate to households via electricity bill relief as was provided to households in 2023. A cost-of-living rebate of up to \$500 would give households money in their pocket to meet rising living costs. Cut fuel costs via the fuel excise. Freeze deeming rates for an additional 12 months, If the freeze is lifted on 1 July and the existing deeming rate is applied: Hundreds of thousands of pensioners will have their pensions cut. Some Commonwealth Seniors Health Card holders will lose access to concessions. Aged care costs would automatically increase for those required to contribute. For a more comprehensive list of submissions got to the NSA Website!

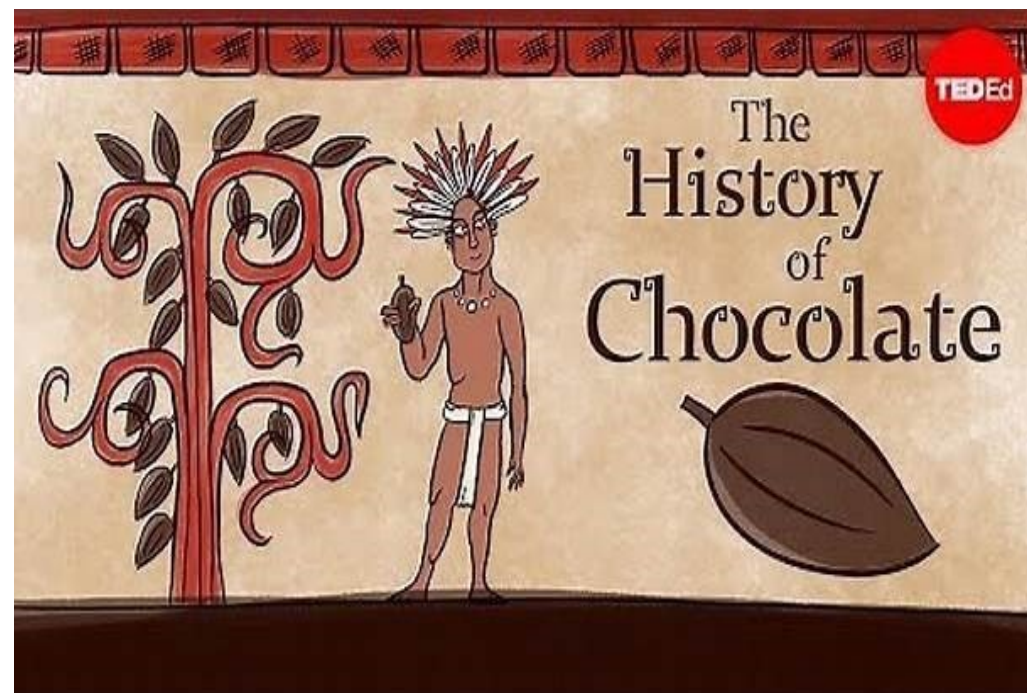
National Seniors

AUSTRALIA

Modbury Branch Newsletter

March 2024

Issue 217



Branch Diary

Guest speakers

18th Mar. The History of Chocolate (also Hearing)

15th April Riding for the Disabled

20th May "Sight for All" (Eye Specialist from RAH)

Modbury NSA is sponsored by the Modbury Plaza Hotel

Thanks to the Office of Federal Member for Makin, Tony Zappia, in the printing of this Newsletter

Committee for 2023 & 2024

President	Susan Boyle	0428 500 779
Vice President	Piero Fioretti	0423 784 050
Secretary	Bruce Anderson	0449 574 554
Treasurer	Heather Murphy	8365 6002
Assist. Treasurer	Alastair Boyle	
Activities Officer	Rosalie Zurek	8264 9681
Guest Speakers (interim)	Rosalie Zurek	0416 010 329
Welfare	Ray Zurek	"
Extra Member (1)	Robyn Neate	0408 496 305
Extra Member (2)	Mary Fioretti	
Ex Officio. Public Officer	John Fellows	
Door	Eric Schubert & Mary Fioretti	
Greeter	Beverly Anderson	
Newsletter	Ray Zurek	

 Modbury National Seniors meet every third Monday of the month (4th if Public Holiday) at 1.30pm at Lutheran Homes Inc., 1217 Grand Junction Rd. Hope Valley except November and December. Entrance fee of \$5.00

Postal address: NSA Modbury, PO Box 499, St. Agnes, 5097

We always welcome visitors and potential new members. If after 3 or 4 visits you find that you enjoy coming to our meetings and being part of our group why not become a financial member of National Seniors Australia? Members are able to get involved in discussing and taking part in community issues pertaining to Senior Australians.

You can also take part in social events, hear interesting guest-speakers and meet like-minded members at other branches. Most importantly members can ensure that their voice is heard on issues affecting the over 6 mill. Australians over 50!

Only financial members are covered by NSA Insurance on outings! Financial members will also be given preference when there is a limit on numbers e.g. Christmas Lunch, Bus Trips etc.

	Single	Joint
1year membership	\$49.50	\$80
2 year	\$88	\$143
3 year	\$120	\$180
5 year	\$220	\$325

Enrolment forms can be found on activities Table or from Treasurer. M/fees can be paid by phone. No Credit card surcharge applies!

Riddle: Everyone has me and everyone needs me , when some people see me they end up quite Queasy. What am I?

Grandma's wit and wisdom: Health is real wealth and peace of mind is real happiness!

Interesting facts: The odds of hitting 2 holes-in-one in the same round of golf are 67 mill. to one.

Please wear your Name badges to meetings and Outings

Forthcoming events for 2024

Tuesday 9th April, Convention Centre Tour , Nth. Terrace Adelaide, 10.30am, Meet at the Main East entrance on Nth. Terrace , report to Reception desk inside the Atrium. Tour approx.. 45 min. Lunch at Stratmore Hotel 11.30, lunch specials \$16, Main Menu also available.

Please let Rosalie know if unable to attend!!!!!!!!!!!!!!!!!!!!!!

March Birthdays: Heather Murphy(6), Marcia Schubert(16), Ken Randell(26), Susanne Holst(31), Margaret Hellman(31),

Wedding Anniversaries: Joyce & Vin Wright (28),

Congratulations and best wishes to all!!!!!!

A wee dram or two.....

A women goes to the bar on a Cruise ship and orders a scotch with 2 drops of water. As the bartender gives her the drinks she says: " I'm on this cruise to celebrate my 80th birthday and it's today". The bartender replies : " Well since it's your birthday,I'll buy you a drink. In fact, this one is on me". As she finishes her drink, the woman on her right says 'I'll buy you a drink too".

The 80 year old woman says 'Thanks you, bartender I want a scotch with two drops of water". As she finished her drink the man on her left says: 'I would also like to buy you one too".

Again the women says: "Thank you, bartender I want another scotch with 2 drops of water ". As he gives her the drink, he says: "Ma'am, I'm dying of curiosity. Why the scotch with only 2 drops of water?".

The women replies: "When you're my age, you've learnt how to hold your liquor. Holding your water, however is a whole other issue !"

