

# National Seniors

## AUSTRALIA

### ADELAIDE NORTH-WEST BRANCH NEWSLETTER

June, 2024

Meeting at 1.30 pm on the fourth Wednesday of each month at  
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale

Entrance & Parking - Drive through carport to rear of building

#### COMMITTEE

President ..... Brian Mibus (0417 887701)

Activities Coordinator ..... Annie McCall

Vice-President .. Trevor Molde (0417 838740)

Committee ..... Jeanette Molde

Secretary ..... Kathy Hancock (0432 101372)

Newsletter..... Trish Mibus (0407 605091)

Treasurer ..... Mavis Smith

### 2024 CALENDAR

DATE	ACTIVITY	AFTERNOON TEA
<i>All dates are Wednesdays</i>		
June 26, 1.30 pm	<b>GUEST SPEAKER from West Torrens Historical Society</b>	Jenny Mathews
July 10, 12 noon	<b>CHRISTMAS IN JULY LUNCH – Findon Hotel</b>	
July 24, 1.30 pm	<b>GUEST SPEAKER – How to look after your eyes - Domenic</b>	Jeanette Molde
August 14, 12.00 noon	<b>ADVOCACY DAY – Bring your issues. Shared lunch</b>	
August 28, 1.30 pm	<b>GUEST SPEAKER – Robin Jarman –Sudoku</b>	Lynda Scantlebury
September 11, 10.30 am	<b>LUNCH – The Bay Discovery Centre/Bakery</b>	
September 25, 1.30 pm	<b>GUEST SPEAKER – David Jarman –Wetlands</b>	Mavis Smith
October 9, 10.30 am	<b>OUTING &amp; LUNCH – Airport – Vickers Vimy tour and lunch at café</b>	
October 23, 1.30 pm	<b>GUEST SPEAKER – Hearing Dogs</b>	Dawn Thomas
November 13, 12 noon	<b>LUNCH – Lockleys Hotel – Christmas lunch</b>	
November 27, 1.30 pm	<b>GUEST SPEAKER – Genealogy SA – Allison</b>	Kathy Hancock

## Extracts from National Seniors Member Matters

### Research Snapshot – Spending and the Cost of Living

What resources or options can you access now to help adjust to the increasing cost of living?

That's a question over 5,500 older people answered in the 2023 National Seniors Social Survey.

One option stood out in terms of the number of people choosing it: nearly two-thirds (62%) indicated they could cut back on spending.

However, cutting back has an inherent problem: there is a limit to it. If the cost of living were to continue rising, cutting back would eventually stop being an option at all.

This point was part of a research report published in September 2023 by National Seniors and long-term partner Challenger.

The report noted that even for wealthier people, the lifestyle sacrifices resulting from cutting back may be manageable short term but not long term because they have an impact on wellbeing and quality of life.

Media coverage of the report's launch, which ranged from the *Broome Advertiser* to the [Wall Street Journal](#), emphasised the point that this option is not sustainable.

Challenger's Head of Retirement Income Research, Aaron Minney, was widely quoted as saying, "An important factor for retirement wellbeing is having the financial capacity to maintain living standards that were enjoyed before retirement."

Unfortunately, many of us have a long way to go to achieve that.

To find out more, read the full report *The Cost of Living and Older Australians' Financial Wellbeing* at [nationalseniors.com.au/research/reports](https://nationalseniors.com.au/research/reports)

### As cash disappears, card surcharges are getting bigger

*Tap-and-go is easy but consumers are being slugged for using their plastic and apps. Here's how.*

Did you know Australians are losing \$960.26 million a year in surcharges when they pay with their cards instead of using cash?

The Reserve Bank of Australia (RBA) analysis shouldn't surprise seniors who are especially sensitive to the additional charges being levied by smaller businesses such as cafes and restaurants.

Surcharges of up to 2% are not uncommon and that can amount to paying extra hundreds of dollars over a year, just by using a credit or debit card.

According to the RBA's analysis – and this is especially annoying – we should be paying less for using a debit/EFTPOS card than a credit card, but merchants appear to now be charging the same percentage surcharge no matter what the card or device function used.

As cash fades from use, some businesses are refusing to accept it and then applying the surcharge for using a card. What choice is there?

In the United States and Europe there is no charge for using cards. In part, that's because the UK and the European Union ban card surcharges. However, under an earlier RBA reform, Australian retailers are allowed to recoup their payment costs through surcharging their customers – as long as they are not making a profit out of it.

Smaller businesses say they are just passing on their own payment costs because they can no longer absorb them as the cost of doing business.

## Generation Gap

A young man asked his grandfather,

"Grandpa, how did you live in the past  
without technology,  
without computers,  
without Internet connection,  
without TVs,  
without air conditioners,  
without cars, no cell phones?"

Grandpa answered: "As your generation lives today . . .

there are no prayers,  
there is no compassion,  
there is no respect,  
no real education,  
there is no personality,  
there is no shame at all,  
there is no modesty,  
there is no honesty.

We, the people born between the years 1940-1980, were the blessed ones. Our lives are a living proof."

- While playing and riding a bike, we have never worn a helmet.
- Before school then we played and again after school until dusk and hardly ever watched television.
- We played with real friends, not virtual friends.
- If we were thirsty, we would drink tap water, or water from the hose, not mineral water.
- We never worried even as we shared the same cup of juice with four friends.
- We never gained weight by eating plates of pasta every day.
- Nothing happened to our feet despite roaming barefoot.
- We never used food supplements to stay healthy.
- We used to make our own toys and play with them.
- Our parents were not rich. They gave love, not stuff.
- We never had a cell phone, DVD, game console, Xbox, video game, PC, internet, chat . . . but we had true friends.
- We visited our friends without being invited and shared and enjoyed the food with them.
- Parents lived nearby to take advantage of family time.
- We may have had black and white photos, but you can find colourful memories in these photos.
- We are a unique and the most understanding generation, because we are the last generation that listened to their parents.
- And we are also the first ones who were forced to listen to their children.
- We are a limited edition!

Take advantage of us. Learn from us. We are a treasure destined to disappear soon.