

# National Seniors

## AUSTRALIA

Modbury Branch News Letter  
JUNE 2026 Issue240



**LIFE CARE SA**  
HEALING FOR EVERYONE

### Branch Diary Guest Speakers 2026

22nd June Cassandra Coggins (Life Care -Aged Care information )

20th July Radio Players (performance group)

17th Aug. Travel Talk with Heather (AGM)

21st Sept. Talk By "My Local Physio

19th Oct. Bob and the Boomers, Musical afternoon

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 2026

President	Susan Boyle
Vice President	Piero Fioretti
Secretary	Bruce Anderson
Treasurer	Bruce Dommenz

### NSA News...Elder Abuse: know the signs and where to get help

World Elder Abuse Awareness Day acknowledges that every older person has the right to feel safe, respected, and in control of their own life. On June 15, people around the world celebrated Elder Abuse Awareness Day, which drew attention to the unacceptable, abuse, neglect, and mistreatment experienced by some older people. By drawing attention to this issue, communities are encouraged to support victim-survivors and strengthen the systems that help prevent abuse before it happens. This year's theme, "Beyond Awareness: Making Elder Abuse prevention work" Reflects an important truth: raising awareness is only the first step. Elder abuse often remains hidden, under-recognised, and under-reported, which means practical action is essential. Elder abuse as a single or repeated act, or a failure to act, within a relationship where there is an expectation of trust, which causes harm or distress to an older person. Abuse can be deliberate or unintentional, and it does not have to involve physical violence. In Australia the problem is significant, with as many as 185 000 older people experiencing some form of abuse each year. NSA is at the forefront of efforts to draw attention to this issue and help prevent it.

There are several different types of elder abuse. Physical abuse includes actions that cause pain or injury, such as hitting, pushing, kicking, or the inappropriate use of medication or physical restraint. Psychological or emotional abuse can include insults, threats, humiliation, intimidation, coercion, controlling behaviour, or restricting a persons contact with family or friends. Financial abuse involves misuse or theft of an older persons money, property, or assets. This can include using finances without permission, pressuring someone to sign documents, misusing an enduring power of attorney, selling or transferring property against their wishes. Neglect occurs when a person's basic needs, such as food, housing, personal care or medical treatment , are not met properly. Sexual abuse or any sexual behaviour that occurs without consent. Elder abuse occurs in relationships of trust, sometimes involving family members, carers, or other close persons. For that reason it can be difficult to identify and even harder to talk about. Older people may feel ashamed, fearful, dependent on the person causing harm, or worried about speaking up will make the situation worse. For information, support and referrals, call 1800 ELDERHelp ([1800 353 374](tel:1800353374)), a free national phone line that connects callers with elder abuse services in their state or territory. Help is also available through the Aged Care Advocacy Line on [1800 700 600](tel:1800700600) delivered by the Older Persons Advocacy Network (OPAN). This service is free, independent, and confidential, and can help older people to understand their rights, raise concern and resolve issues with providers. You can also speak with a trusted GP, Lawyer, advocate, social worker, or community service for advice and support. Elder abuse is not something anyone should have to face alone. On 15 June or any other day, the message is clear: every older person deserves dignity, respect, and safety!



Assist. Treasurer	Alastair Boyle
Activities Officer	
Guest Speakers	Rosalie Zurek
Welfare	Ashley Todd
Extra Member (1) (Outings)	Mary Fioretti
Extra Member (2)	
Ex Officio. Public Officer	Ray Zurek
Door	Dianne & David Broadbent
Greeter	Beverley Anderson
Newsletter	Ray Zurek

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 Modbury National Seniors meet every third Monday of the month (4<sup>th</sup> if Public Holiday) at 1.30pm at the Lutheran Homes, 1217 Grand junction Rd. Hope Valley, except November and December. Entrance fee \$ 5.00  
 Postal address: NSA Modbury, PO Box 499 St Agnes 5097  
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**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 guestspeakers 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 eg.Christmas Lunch, Bustrips etc .

**Membership fees**

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/F can also be paid at the Post Office or by phone. No Credit card surcharge applies!

**Riddle: What came first: Biro, Zipper, Safety Razor or Paper Clip?**

**Grandma's Wit and Wisdom: Grey hair is the glory of a long life**

**Interesting facts:** More phone calls are made on Mother's day than any other day

**Forthcoming events for 2026-----**

**Monday 29<sup>th</sup> June, 12noon lunch at Modbury Plaza Hotel, raffle, if interested place your name in the folder . Please inform Rosalie if you can't come.**

**Thursday 23<sup>rd</sup> July, NSA is holding a General Information Forum at the Marryatville Hotel, Marryatville, starting 9am to 12noon, Lunch available at own cost. Guest Speaker either Mark Butler, Minister for Health or Sam Rae, Minister for Ageing and Seniors. Good time to meet some of our Politicians. If enough members are interested, we could get the Homes Bus to take us!**

**Monday 17<sup>th</sup> Aug. Modbury Branch AGM.** This AGM is very important if we want to continue as a group at a different venue or disband. To be able to continue we'll need to elect a new committee to lead us into the future!!

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**June Birthdays :**Dianne Broadbent(4), Dean Roberts(11), Jan Woodget(12)

**Viola Cadzow(25), Eric Schubert(28)**

**Weddings: Nil**

**Congratulations and best wishes to All!!**

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**Joke? A young woman brought her fiancé home to meet her parents. After dinner, her Mother quietly told her husband to have a talk to the young man and learn more about his Plans for the future. The father invited the fiancé into the study.**

**"So tell me,' he began, " what do you plan to do for a living?"  
 "I study theology,' the young man said. "I want to devote the rest of my life to biblical studies."  
 "That's admirable," the father said, nodding slowly. "But how do you plan to provide a home For my daughter?"**

**"I have faith," the fiancé answered confidently. "God will provide."  
 "What about buying her the things she deserves, like a wedding ring?' the father asked.  
 "God will provide," the young man repeated with a smile.**

**The father leaned back in his chair. "And Children? Raising a family can be expensive ."  
 The fiancé never hesitated. "Sir, God will provide for that too."**

**The discussion continued in much the same way for some time, with every practical question Met by the same calm assurance that God would take care of everything .**

**Later that evening, the mother asked her husband, "Well, how did your little talk go?'  
 The father sighed and said, "The good news is, he thinks I'm God !"**

