

NSA News: Experience matters in overcoming ageism.....

NSA’s CEO recently shared some insights about Ageing with the Age Discrimination Commissioner.

As part of the Australian Human Rights Commission’s Lets Talk Ageism series, NSA CEO , Chris Grice, shared with the Age Discrimination Commissioner, Robert Fitzgerald, his thoughts on the challenges and opportunities of aging and how NSA is working to create a better future for older Australians. Asked who inspired him, Chris immediately pointed to a familiar name, Everald Compton, the founder of NSA.

“There are few people in their nineties with the passion, drive, and ambition to “make tomorrow better ‘ like Everard,” Chris said. “Whether he’s advocating against ageism or raising awareness about dementia , Everard embodies the principle that ‘Experience Matters’. “he continues to connect with people, overcome challenges, and inspire change.” Chris also reflected on the many changes Australians face as they age. While ageing brings rewards of wisdom, confidence , and time for loved ones. It can also come with loneliness , declining health, digital exclusion, and age based discrimination. “Not everyone has the privilege to grow older,” he said. “But for those who do, it’s vital to remain socially connected and to live in a society that values kindness and respect.” NSA is actively tackling these challenges through its annual research program. “Every year we survey thousands of Australians aged 50 and over ,” Chris explained. “Last year’s survey focused on ageism, and the results were eye-opening. “Nearly everyone reported ageist experiences – particularly in customer service and job seeking. We also found that people who were older, financially insecure, or in poor health were even more likely to be targeted by ageist behaviour .” Insight from NSA’s surveys and other research are used to inform government submissions, drive media and advocacy campaigns, and develop public policy reports. For example, NSA’s research has directly supported efforts to improve age pension access, protected older workers rights, and enhanced age care services. So can others get involved? “The more members we have, the greater our influence ,” Chris said. “We encourage older Australians to participate in our surveys, support our advocacy, and become part of our community. Together, we can make sure that policies reflect the real needs of older people and that age is recognised as an asset, not a liability.

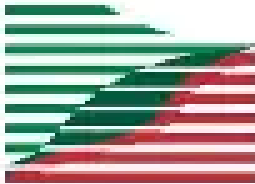
If you’re not already a NSA member, you can read more about our organisation and join our community on <https://nationalseniors.com.au/become-a-member>

With age comes wisdom and the more years lived means more experience gained. At every stage of our life, whether we’re benefitting from experience being shared or benefiting from sharing an experience!!!!

National Seniors

AUSTRALIA

Modbury	Branch	Newsletter
August 2025		Issue 232



CITY OF
TEA TREE GULLY
Naturally Better

Branch Diary

Guest Speakers

18 th Aug.	TTG Council , Act of Aging Officer
15 th Sept.	Peter Saches Glider Pilot (AGM)
20 th Oct.	Volunteer from TTG CFS

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 2024 - 2025

President	Susan Boyle	0410 500 779
Vice President	Piero Fioretti	0423 784 050
Secretary	Bruce Anderson	0449 574 554
Treasurer	Bruce Dommenz	0499 006 437
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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 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

*** 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 at the post office or by phone . No Credit card surcharge applies!

Riddle: I can be cracked, made, told and played. What am I?

Grandma's Wit and Wisdom: Never judge someone by their relatives

Interesting facts: 'Plutomania' is the delusion that one is immensely rich!

Forthcoming events for 2024-----2025

Thursday 28th Aug. Visit to 'Jam Factory' , 19 Morphett St. City,, 11am for 1 hour cost \$5.00

Lunch Venue 'Black Bull' Hotel, 58 Hindley St. at 12.30 pm

Mon. 17th Nov. Christmas Lunch, 12noon, 2 course Christmas Lunch, salad & Vegie bar, \$ 29.90

Windsor Hotel, 410 N/E Rd. Windsor Gardens (Raffle),.

Please put your name in the Outings Folder if interested.

If unable to attend please let Rosalie know on 0416 010 329

September AGM, please consider how you can be part of the new Committee and keep this Branch going!!!!!!!!!!!!!!

August Birthdays: Margaret Fellows(8), Rosalie Zurek(13), Lynne Kirk(17), Christine Glynn(19), Elaine Peters(23), David Sweet(23),

Weddings: Nil

Congratulations and Best Wishes to All

As Josh strolled along the street, he saw his buddy Michael striding along anxiously with lots of shopping bags in his hands. "Hi Michael, is everything alright? You look kind of jumpy," Michael set the bags on the ground and said, "Yea, I was just now at the state- of - the-art that they launched in the industrial part of the city,"

"Okay, what is it like there?" I heard it is remarkable," "Kind of ...," Michael replied.

Jack was amazed when Michael described the store with enthusiasm – emphasizing the atmosphere of naturalness and genuineness. You could hear cows mooing and smell the barn in the milk section. In the egg section you could hear hens were cackling and the chicken coop was in the air, and it was even better in the vegetable section, you could literally hear the farmers and smell the field!" "Wow, that's incredible ," Josh exclaimed.

"Yes, well in principle!" Josh exclaimed with a grimace.

"But it's the last time I'm going to buy toilet paper!"

