

National Seniors

AUSTRALIA

Melville Branch – MARCH 2022

Well, we continue to navigate restriction changes in regard to covid-19, Simon has confirmed with me that the new indoor capacity limits will not affect our ability to continue to have our monthly meetings in the function room. If there are any further changes before our March meeting, we will let members know.

LUNCH ORDERS AT RAAFA ON MEETING DAY

As a result of a mix up with the pre-ordering of meals at our February meeting, Simon has advised that we can't continue with the existing procedure. If you want to receive your meal in a timely manner after the meeting you will be able to go up and pre-order your meal in the morning tea break.

TELSTRA MOBILE PLANS

On the 9th of March I received an email from Telstra advising me that all existing plans are to be discontinued and that from my next payment the new plan would cost \$55 per month which includes unlimited call, text and 40GB of Data. This is the lowest plan that Telstra is now offering. I believe that they should have smaller plans that suits the needs of Seniors and Pensioners. I had been thinking of changing to another provider for some time and this increase made me take action. There are a number of mobile providers such as Woolworths, Boost and Belong that use the Telstra Network although the coverage is not quite as comprehensive as that provided if you are with Telstra. I have now applied for a Woolworths mobile plan costing \$25 per month which also offers a 10% discount on your total shop one day a month. This plan gives you unlimited calls, text and 22 GB a month. I can reduce the \$25 a month by accumulating some needed items until my allocated discount day.

I am not recommending one company over another but if you are with Telstra and want to make considerable savings each month, I would recommend that you research the internet, including looking at the coverage map for the provider, to see which company is suitable for your needs. If you do not travel much outside of the Perth area there are plans even lower than \$25 per month.

SHOE BOX CHARITY

Jenny Abetz, who was our guest speaker at the January meeting sends a very big thankyou to those members who generously brought in further items to our February meeting which I delivered to their facility in Thornlie.

Containers for Change

As there was only a small number of containers brought into the February meeting I will wait until after the March meeting before I cash them in.

FUEL DISCOUNTS

I know that the majority of members probably don't have a 7 Eleven near them. For those of us who are lucky enough to have one near we can make considerable savings. I locked in their price last Monday at 173.9 and just filled up a week later when the price was 207.9. I got my fuel at the 173.9 and saved \$10. This is not the first time where I have saved \$10 or more on my fill up.

GUEST SPEAKERS

Tuesday 22nd March - Karen Cunliffe from Ramsay Health Care

OUTINGS

Wednesday 23rd March – Branch Breakfast (\$5 per head to be paid to Helen) 8.00am Shelley foreshore. (via Beatrice Ave)

At the committee meeting on Monday the 14th of March a number of suggestions were put forward for outings. Helen will update members at next week's meeting.

THEATRE VISITS, Etc (Lorelie)

Friday 8th February – Old Mill Theatre – 7.30pm “My mother said I never should” Cost \$20

If you are interested in going you must put your name down and pay Lorelie at next Tuesday's meeting.

SENIORS - A must Read

FOR THOSE WHO ARE 60 yrs OLD AND ABOVE PLEASE READ THIS.

This is for you. I really like what is said here and am going to try my best to follow it. Thank you to the person who wrote this. May God bless us all as we strive to be a blessing to others at this age, especially to our children.

▶ Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is

nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.

▶ Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

▶ Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

▶ Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well, and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

▶ Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

▶ Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

▶ Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

▶ Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

▶ Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

▶ ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised at what old friends you'll meet.

▶ Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.

▶ Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.

▶ Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself

▶ Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.

▶ Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.

▶ Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

- ▶ Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.
- ▶ If you've been offended by someone – forgive them. If you've offended someone-apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.
- ▶ Laugh. Laugh away your worries Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. My valued friends, enjoy peaceful life at this point in your life ... Don't worry... be happy. 😊

Les Davey President

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Associations Registration Number – A1006794T

Branch's Westpac account details BSB 036084 and Account Number 434141



Dates of Melville NSA Events 2022

Friday 18th March –7.30p.m. Old Mill Theatre

Tuesday 22 March - 10.00am – Branch Meeting

Wednesday 23rd March - 8.00am – Branch Breakfast – Shelley Foreshore

Wednesday 8 April -7.30 Old Mill Theatre

Tuesday 26 April - 10.00am – Branch Meeting

Monday 9th May – Committee Meeting - Lorelie

Tuesday 24 May - 10.00am – Branch Meeting

Tuesday 28 June - 10.00am – Branch Meeting

Monday 11th July – Committee Meeting – Sally and John

Tuesday 26 July - 10.00am – Branch Meeting

Tuesday 23 August - 10.00am – Branch Meeting

Monday 12th September – Committee Meeting – Ken and Margaret

Tuesday 27 September - 10.00am – Branch Meeting

Tuesday 25 October - 10.00am – Branch Meeting

Monday 14th November – Committee Meeting - Ann

Tuesday 22 November - 10.00am – Branch Meeting