AIRPORT OVER 50 CLUB INC

JUNE QUARTERLY NEWSLETTER

Club's Annual General Meeting

Save the Date – Thursday 28 July at 1.30pm
18 Coral Sea Road, Fulham

All Members are invited to attend – this is your Club and the Management Committee appreciates your support in running this very important facility for the over 50s age group in our community.

If you cannot attend the AGM, please organise a Proxy Form to appoint another Member to vote on your behalf.

Nominations are now open to be part of the Committee

Positions vacant are as follows:

- President
- Vice President
- Secretary
- Treasurer
- Committee Members

Without the ongoing support of Volunteers who are committed in running this Club, there would be no Club. So please consider spending a few hours a week volunteering even in a support role to the Management Committee to keep our Club viable.

If you are interest, please speak to one of the Committee Members.

Annual Membership Subscriptions are due

Members are encouraged to pay their Annual Membership fee of $20 next time they are in the Club to allow them to continue to enjoy the Club's activities.

Please present your **Membership Card** when paying so we can note the membership has been paid.

Your Membership Details

The Club keeps a database of your contact details as part of your Membership. Please advise the Club if any of the following have changed.

Home Address, Contact Number, Next of Kin contact details, General Practitioner contact details.

If you are not sure, please speak to one of the office volunteers and they can check the database.

Amended Covid-19 Policy

By now most Members have had their third Covid-19 vaccination. From 1 May, the Club adopted a policy for **FULLY** vaccinated Members only to enter the Club.

For the health and safety of everyone in our Club, we encourage everyone to keep abreast of SA Health advice on getting the Booster vaccinations when available. Vaccinations are the best way to protect yourself and your family. We can all play a part in stopping the spread.

If any Member comes down with the virus, please contact the Club to let them know, so that we can take the necessary Members who had contact with you. The Committee will then undertake any cleaning of equipment necessary.

Proof of the Booster vaccination is required to enter the Club.

People experiencing any of the following symptoms, no matter how mild, should be tested for COVID-19 as soon as symptoms appear:

- fever (a temperature of 37.5˚C or higher) or chills
- cough
- loss of taste or smell
- sore throat

- tiredness (fatigue)
- runny or blocked nose
- shortness of breath (difficulty breathing)
- nausea, vomiting or diarrhoea
- headache
- muscle or joint pain
- loss of appetite

Call 000, in an emergency, such as having difficulty breathing or chest pain.

Support your Club when you purchase an Entertainment Book

A Case Study provided by Daryl Bament

Daryl and Beth subscribed to the Entertainment Book using the Club's referral link, and as they are very frequent travellers opted for the Multi-City 2-year $229 subscription. In the last 22 months they have used it 18 times and so far, saved a total of $605.

They prefer to use the 2-for-1 dining when choosing a nice restaurant and 25% off the total bill at cafes. By the time they renew their subscription, they expect to have saved more than three times what they paid for it! Additionally, the Airport Over 50's Club received a commission of about $50 from their subscription.

While most of us are unlikely to travel and go out as much as Nancy's youngest son and his lovely wife, you may similarly benefit from Membership of the Entertainment Book. A one-year one-city (Adelaide) subscription is only $69 and could pay for itself with a couple going out two or three times to a nice restaurant or cafe.

Normally only one redemption is allowed per venue per subscription. The mobile phone app (Apple and Android) can be used to easily search any area you choose and for the categories Dining, Shopping, Activities, Travel and Services and keeps track of both your favourites and redemptions.

Honorary Life Member Nominations

Under the Club's Constitution, there can only be two Life Members. Until recently Gwen Kelly and Garth Palmer were the two Life Members. With the recent passing of Gwen Kelly, there is currently one vacancy to fill.

Nominations are sought from Members to identify someone to fill the vacancy. Do you know someone with the following criteria?

- Life Membership is a great honour that recognises and celebrates the outstanding contribution by an individual for the betterment of the Club and its Members.

- Life Membership is reserved for those whose contribution goes beyond the ordinary or even the excellent for an extended period of time.

- Nominees must be considered individually, on their individual merits, personal attributes and achievements and not in comparison to others or previous Life Members. It is the overall contribution of the Nominee that must be evaluated.

All nominations will be considered by the Management Committee on merit. At the next Annual General Meeting, the Club will bestow Honorary Life Membership to a person who has given meritorious service to the Club over a long period.

Centrelink – Age Pension

Centrelink adjusts the maximum pension payment twice a year – in both March and September, to ensure payments to those in need are at the standard of rising costs.

From 20 March 2022, the new increase saw a 2.1 percent raise for those on the Age Pension, Disability Support Pension and Carer Pension, resulting in a $20.10 boost per fortnight for singles and $30.20 a fortnight for couples, bringing the total payments to $987.60 and $1,488.80 respectively.

In addition to this boost, Centrelink has also adjusted the thresholds for assets tests.

For singles, the threshold has increased by $6,750 to $599,750 for homeowners and $816,250 for non-homeowners.

For couples (combined), there has been a threshold increase by $10,000 to $901,500 for homeowners and $1,118,000 for non-homeowners.

Even with these changes, the pension continues to seriously lag behind cost-of-living pressures, especially for those with limited financial means.

Can you get an Advance on your Age Pension?

Yes. If you've been receiving the Age Pension for at least three months, you can apply to get one to three advance payments. If you're approved, in any six-month period you're entitled to receive the following amounts if you're receiving a full pension.

You pay it back later out of your payments from Centrelink.

Living arrangement	Lowest amount (you can receive three of these amounts)	Highest amount (you can receive one payment of this amount)
Single	$467.20	$1,401.60
Couple	$352.15	$1,056.45

Source: Services SA / Centrelink

Low-Income Health Care Card

A concession card to get cheaper health care and some discounts if you're on a low income. To get a Low-Income Health Care Card your income must be under the limit.

Your income must be below the amount in the table for your situation.

Income test when claiming and renewing a card.

Status	Weekly income	Income in an 8-week period
Single, no children	$656.00	$5,248.00
Couple combined, no children	$1,127.00	$9,016.00
Single, 1 dependent child	$1,127.00	$9,016.00
Couple combined, 1 child	$1,161.00	$9,288.00
For each extra child, add	$34.00	$272.00

Source: Services SA / Centrelink

Dementia

Early signs of dementia can be subtle or vague and not immediately obvious. Common symptoms include:

- confusion
- personality change
- apathy and withdrawal
- loss of ability to perform everyday tasks.

It's important to get a proper diagnosis as early as possible. You should talk to your GP if you have concerns. Your doctor will consider all symptoms and may order further tests or referrals to a neurologist or geriatrician.

It can be hard to get symptoms checked if the person you care for doesn't want to go to the GP. Dementia Australia has some practical suggestions about dealing with resistance to visiting the GP when diagnosing dementia.

Treatments for dementia

There's no prevention or cure for most forms of dementia. However, some medications can reduce symptoms.

Dementia Australia has useful information about how dementia is treated.

Talk to your doctor about medication or other therapies for the management of dementia.

Support for family and carers

Family members and friends often find themselves in the role of a carer when caring for someone living with dementia.

If you care for someone, it's important to make sure you're also taking care of yourself.

There's specialist support for carers of people with dementia. Dementia Australia offers support for families and carers and can link you to a support group or education programs.

What is the difference between Dementia and Alzheimer's Disease?

Dementia and Alzheimer's disease aren't the same. Dementia is a general term used to describe symptoms that impact memory, performance of daily activities, and communication abilities. Alzheimer's disease is the most common type of dementia. Alzheimer's disease gets worse with time and affects memory, language, and thought.

While younger people can develop dementia or Alzheimer's disease, your risk increases as you age. Despite dementia or Alzheimer's disease being most common in adults over 65, neither is considered a regular part of aging.

Scams

Millions of people become victims of financial scams every year. One of the best ways to avoid becoming a victim yourself is to know the tell-tale signs of a scam.

Requests to wire money: A call or email from someone asking you to wire money to claim a prize, make a purchase, or pay a fee for a work opportunity is usually a scam. Once you wire the money, it's gone.

Calls from government agencies: Government agencies such as the IRS, Medicare, and Social Security Administration will not call or email you. These agencies communicate by mail and will only contact you by phone if you call them first. They will never ask you to pay by wiring money.

Unsolicited calls: Hang up on calls from groups you've never had contact with that ask for your personal information. Then call the organization directly to see if it was trying to contact you.

Computer tech support calls: A call out of the blue from someone claiming that there is a problem with your computer is a scam. The scammer might ask for remote access to your computer or for payment to fix the problem. Just hang up.

Debt collection calls: There are legitimate debt collectors, but impostors might try to get you to pay a debt you don't owe. They won't provide the name of the creditor, will pressure you to pay with a wire transfer or prepaid card, and might threaten to reveal your debt to others.

Failure to appear for jury duty calls: Calls from law enforcement officers claiming that you failed to appear for jury duty and must pay a fine to avoid arrest are scams. Legitimate government offices won't demand immediate payment or threaten you with imprisonment.

Emergency calls from the grandkids: A call from someone claiming to be your grandchild in

desperate need of cash fast could be a scam. Tell tale signs include a plea to wire money. Ask the caller questions that only your grandchild could answer, or call your grandchild directly.

Limited-time offers: Emails, text messages, and phone calls from people offering a chance to get in on a money-making opportunity or investment for a limited time only are scams.

High-return investments with no risks: A pitch for an investment that offers high returns with no risk is a scam. All investments have some level of risk.

Free lunches: Offers in the mail to attend free lunch or free dinner investment seminars are sales pitches that are meant to get you to purchase high-fee, unsuitable, or even fraudulent investments. Don't go.

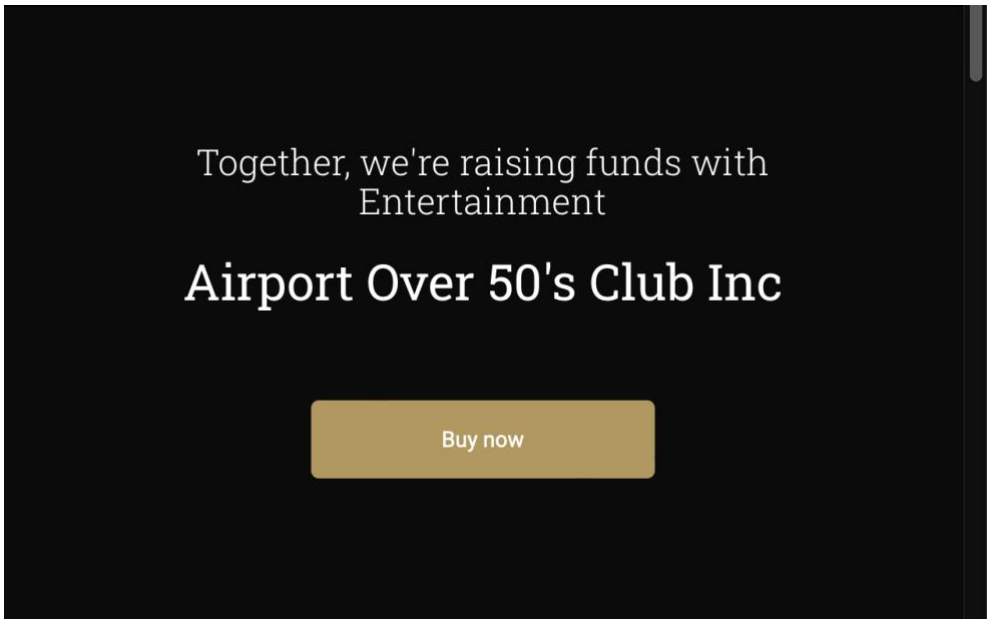
(Information provided by Daryl Bament)

SUPPORTING THE CLUB – PURCHASE AN ENTERTAINMENT BOOK

Fundraising with the Entertainment Book – 20% of every Membership sold goes directly to the Club's fundraising.

Use the link below to purchase the book or type in your browser

http://www.entbook.com.au/9r57063



VOLUNTEERS NEEDED

ACTIVITIES Where you can offer to help without necessarily being on the Committee

- Assist in the Kitchen for BBQs
- Assist with morning or afternoon tea/coffee
- Purchase Club supplies
- Morning or afternoon duty (open up, manage attendance, take monies, close)
- Preparation of posters for events
- Preparation and printing of tickets for events
- Occasional working bee attendance
- Type up Minutes of Meeting
- Copy and distribute documents for meetings
- General office help
- Occasional set up tables for the monthly BBQ
- Compile the Monthly Newsletter
- Occasional web site update

You should speak to a Committee Person to advise your availability for any of the above activities. Your assistance will be very much appreciated and crucial to the Club going forward. Without the assistance of Volunteers, the Club is not able to provide all the wonderful activities you currently enjoy. So please consider volunteering even for a few hours a week.

To those who currently volunteer, the Management Committee thank you for your time and dedication to run our Club for the benefit of all our Members.

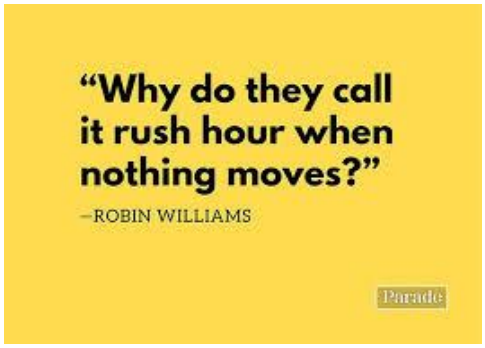
Jokes and Quotes to lift the spirit …

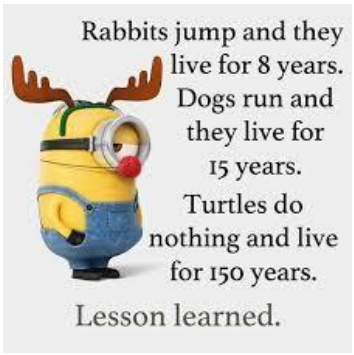
Laughter is one of the only tools that can get us through anything. When things seem dark, a good laugh can give us a better perspective.

Ageing

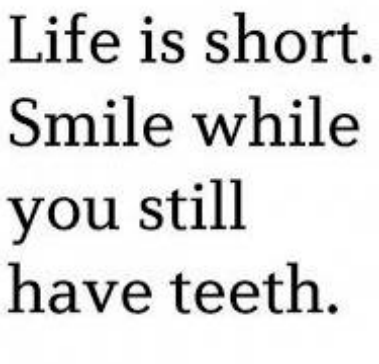
• Saggy baggy lumps and bumps were once all taut and thin • Hair which once was crowning glory, now sprouts upon our chin • Wrinkles once were never in sight, but now catch heaps of crumbs • Shoulder blades, our wings of glory, lose flight upon our bums	

1. There's a fine line between a numerator and a denominator. (…Only a fraction of people will get this clean joke.)
2. What do dentists call their x-rays? --- Tooth pics!
3. Did you hear about the first restaurant to open on the moon? --- It had great food, but no atmosphere.
4. What did one ocean say to the other ocean? --- Nothing, it just waved.
5. Do you want to hear a construction joke? --- Sorry, I'm still working on it.
6. Did you hear about the fire at the circus? --- It was in tents!
7. Why do ducks have feathers? --- To cover their butt quacks!
8. What's the difference between a hippo and a zippo? --- One is really heavy and the other's a little lighter.
9. What does a nosey pepper do? --- It gets jalapeño business.
10. Why should you never trust stairs? --- They're always up to something.
11. When does a joke become a 'dad' joke? --- When it becomes apparent.
12. Why did the bullet end up losing his job? --- He got fired.
13. What kind of shorts do clouds wear? --- Thunder pants
14. I entered ten puns in a contest to see which would win. --- No pun in ten did.
15. How do you measure a snake? --- In inches—they don't have feet.
16. Where does a waitress with only one leg work? --- IHOP.
17. What does a house wear? --- Address!
18. Why are toilets always so good at poker? --- They always get a flush
19. Why is Peter Pan always flying? --- Because he Neverlands. (I love this joke because it never grows old.)
20. You heard the rumour going around about butter? --- Never mind, I shouldn't spread it.


"Why do they call it rush hour when nothing moves?"
–ROBIN WILLIAMS
Parade


Rabbits jump and they live for 8 years. Dogs run and they live for 15 years. Turtles do nothing and live for 150 years.
Lesson learned.

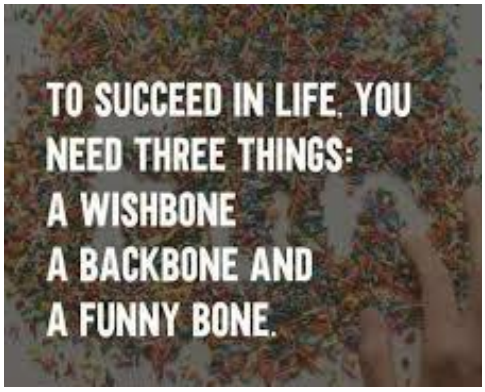
LIFE IS LIKE AN ICE-CREAM. ENJOY IT BEFORE IT MELTS.


Life is short. Smile while you still have teeth.

"Being Unique isBetter... Than Being Perfect.."

It may look like I'm doing nothing but in my head I'm quite busy

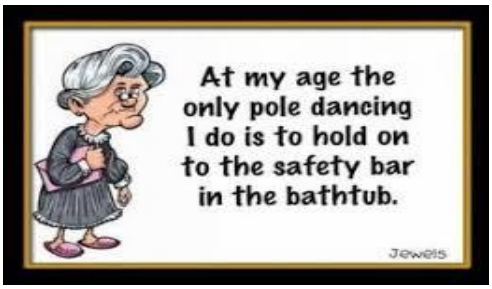
I JUST WANT TO SPEND THE REST OF MY LIFE LAUGHING.


TO SUCCEED IN LIFE, YOU NEED THREE THINGS:
A WISHBONE
A BACKBONE AND
A FUNNY BONE.

Why did the M&M go to school?

It wanted to be a Smartie.

"One of the shortest wills ever written: 'Being of sound mind, I spent all the money.' — Arthur Bland"



Husband and I went grocery shopping with masks, got home, took off masks, brought home wrong husband! Stay alert people!