

1 August VOL 07 Issue 16

Your entitlements – we're here to help

Welcome to the 1 August @boutSeniors newsletter.

Two concerns were highlighted by the last issue of **@boutSeniors** enews – the first was the very strong response to Jim's letter regarding pension entitlements.

There seems to be general dissatisfaction with Aged Pension entitlements and perceived inequities for both single and married couple amounts. Many respondents suggest we forward these comments to the Federal Government, which we plan to do, as well as sharing them with the opposition parties. The second, underlying, concern was how very hard it is to keep up with the latest on entitlements. This issue we are highlighting some recent changes so you can keep abreast of what is yours by law! Check out the **government** and **pennies** sections below to see what your situation is now. Similarly, the seniors card is an ongoing topic, so **see our recent Q&As** on seniors cards so you know how your state's seniors card scheme works. **@boutSeniors** website also handles a strong volume of Q&A for those concerned about finance, government legislation, and aged care information. Feel free to email us at **help@aboutseniors.com.au** if you or your nearest and dearest are in need of a helping hand.

Another feature of the **@boutSeniors** site is the free personal notices page – if you have something to sell or trade, or are seeking a friend, lover or travelling companion, **post your advert now**, at no charge, and get your solution more quickly online. And to save hard-earned dollars, don't forget to access our **classifieds directory** – where travel, accommodation and seniors specialists offer real discounts for our website visitors.

Movie tickets are a particularly popular prize on our site – last issue, 10 double passes to *Amazing Grace* were offered to poll respondents (**click here for winners**) – and this issue we are sharing 10 double passes to *The Flying Scotsman* PLUS the book of the film. **Find out more here**. We also like the prize offered by Australia Post for entering their lifestyle survey – \$20,000. **Find out more here**

And last but not least, our joint **@boutSeniors** /Telstra *Time of Your Life* competition winner, Lyn O'Connor has now completed her journey from Brisbane to Darwin and back to Alice Springs. Lyn did indeed have the time of her life and shares the wrap-up of her journey **here**.

Happy reading David and Kaye Fallick

Up close and personal

Age Pension opinions **@boutSeniors** has received many emails in response to subscriber Jim's impassioned piece about the inadequacies of the Age Pension. Some have a very different take on this matter, some agree wholeheartedly and announce a call to action. What do you think? **Read the responses now** Or to read more responses and have your say go to the **@aboutseniors** online forum by **clicking here now**

Getting in touch The **@boutSeniors** personals pages are running hot.

This week we have posts from a subscriber who needs an inventive type to come up with a gadget to help her with her oxygen concentrator. **@boutSeniors** has forwarded it to the ABC's *New Inventors* program producers for possible future inclusion. Plus there's a request from a TAFE student for an interviewee and a woman offering free typing and administrative skills. [Find out more](#)

[back to top](#)

Your stories

Real life with humour Jan Gallard worked in aged care for twenty years. She found the job rewarding but some things about the industry troubled her. Her self-published book, written from the point of view of a resident, is titled *Don't tuck my boobs in my tracky pants*. [Find out more](#)

Geoff's blog This week Geoff's blog is entitled 'Feeling seedy?' We hope you are enjoying Geoff's musings on the human condition. His unique interpretation of well known parables puts a reflective and personal spin on important matters. [Read his words now](#)

[back to top](#)

Government news

Q&A - Pension bonus Patricia's question has come as a timely reminder of the importance of knowing what entitlements are available. It's also worth remembering the value of listening and communicating with others – it's through our social networks that we often hear about opportunities or options about which we know little or nothing. [Read more now](#)

Inspiring Australians Who out there deserves our recognition for their contribution to their community? Nominations for Senior Australian of the Year are open. Read more now [Find out more](#)

[back to top](#)

Taking care of the pennies

sponsored link

A more comfortable ride in retirement The Federal Government has recently made a number of changes to superannuation and social security rules – changes that could help you have an easier ride in retirement. From 20 September 2007, the opportunity to purchase a complying pension that is 50% exempt from the Social Security Assets Test will disappear forever. A complying pension could help reduce your assessable assets for Centrelink purposes and help you qualify for more Age Pension than you would otherwise receive. [Read more now](#)

sponsored link

Illegal super The Australian Securities and Investments Commission (ASIC) and the Australian Tax Office (ATO) have warned people about an increase in the number of illegal superannuation schemes. If someone is offering you early access to super and it seems too good to be true, it

probably is. [Find out more](#)

Tax help If you are in need of help with your tax return and live on a low income, the tax office may provide someone to assist you. [Find out more](#)
[back to top](#)

Wellbeing

sponsored lir

Open for all to hear Eligible pensioners and veterans can now get the NaturaPRO-open hearing aid for free under the Australian Government Hearing Services Program. The development of open-ear technology has been a break through, removing the 'talking inside your head' sensation that occurs when the ear canal is blocked. The sensation is similar to what you get when you put your fingers in your ears and listen to the sound of your own voice. The NaturaPRO-open leaves the ear canal is unobstructed, as thin tubes replace thick tubes and ear-moulds of traditional hearing aids. They are also far less noticeable and more cosmetically appealing. [Read more now](#)

sponsored lir

Remember remember... You can now take yourself to a rehab centre for the mind! The memory rehab website is all about memory but is particularly helpful for those who have suffered a stroke or head injury. Ultimately, it's about making the most of whatever you've got going on upstairs. [Find out more](#)

Nuts about nuts The best way to meet your nutritional needs is to include a handful of nuts and seeds in your diet on top of as fruits, vegetables and proteins, of course. Nuts are nature's own vitamin and mineral pill – they contain more than 28 important nutrients and are a great source of energy. [Find out more](#)

[back to top](#)

Getting out there

sponsored lir

Affordable TV 22 premium channels, including 350 movies a month for just \$29.95 a month! SelecTV, Australia's newest satellite Pay TV service provides everyone with a great mix of TV channels including movies at a very affordable price – Australia wide. Special offer: Subscribe by 31 December 2007 and get full installation for \$ 149.95 * – that's 50% off! [Read more now](#)

sponsored lir

Men's shed Men's sheds are popping up all over the country. These informal get-togethers give blokes the chance to hang out and talk about whatever is on their mind in a relaxed environment. [Find out more](#)

For Bonzer writers A free, monthly online magazine encourages seniors to write fiction and non-fiction stories or articles. *Bonzer* website has readers and writers from across the world. So get those fingers tapping! [Find out more](#)

I love to go a wandering... This year marks the fifth anniversary of the Great Australian Bushwalk. On Sunday 9 September, there will be a free guided bushwalk going on in your area. It's free, healthy and a great way to meet people. [Find out more](#)

[back to top](#)

For a good cause

Vision Australia Imagine not being able to pour milk or make the bed. Around 292,000 Australians are blind or have little vision – from two-year-olds to 95-year-olds. Vision Australia supports people who are fully or partially blind, ensuring that they are able to participate in every part of life. [Read more now](#)

[back to top](#)

Travel express

sponsored list

All aboard! Three world class treasure in one incredible journey, the mighty Indian Pacific, West Australia's wildflowers plus the awe inspiring Nullarbor Plain. Step aboard the Indian Pacific on a Trainways tailored holiday to wildflower country. From the barren Nullarbor Plains to the lush green of the Blue Mountains, the Indian Pacific traverses some of the world's most isolated and spectacular landscapes. [Find out more](#)

sponsored list

Upgrade to luxury Thai's upgraded Royal Silk Class and Royal First Class offer a new level of comfort. Experience Thai hospitality, the luxury of our newly designed seats and our award-winning service. Stretch out and relax as you enjoy fine dining and world class video and audio on demand, with a choice of 36 flights a week from Australia to Bangkok. [Read more now](#)

sponsored list

Air travel companion Australia's first travel assistance service makes qualified carers available to escort young, elderly or infirm travellers on long flights, ensuring they travel comfortably and arrive safely. [Find out more](#)

Seen a whale yet? This year is a bumper year for whale watchers up and down the east coast. They've been spotted in record numbers in Wollongong, at towns further north such as Port Stephens and Port Macquarie as they make their way up to Hervey bay in Queensland. [Find out more](#)

Travel deals

- * [Fly Sydney–Melbourne for \\$1](#)
- * [Alice Springs package deal](#)
- * [Hawaii mid-year sale](#)

Other great deals in our [Holiday ideas](#) section...

[back to top](#)

Bookshelf online

Middle Eastern mayhem is the theme for our book reviews this week – from the searingly honest portrayal of a suicide bomber in *The Attack* to the lunacy of a salmon fishing project in Yemen, get ready to transport yourself for amazing and intriguing desert dramas. **[Of sheikhs and spin](#)**

Paul Torday's delightful tale of taking the impossible and making it happen is not only about fishing in the desert. The surface story of *Salmon Fishing in the Yemen* revolves around a Yemeni sheikh, Muhammad ibn Zaidi, who wants to bring the joys and rewards of salmon fishing to his native country. An unassuming British fishery expert, Fred Jones, is ordered by his masters to make this happen – with positive media coverage the perceived reward. Things are never quite as they seem in this intriguing narrative, and as the project proceeds there are victims and heroes aplenty. **[Read more now](#)**

[Life explodes](#) The author, nom du plume, Yasmina Khadra's understanding of contemporary Middle East conflict informs this gripping read. Whilst his previous career as an Algerian army officer may partially explain the credibility of Mohammed Moulessehoul's writing, considerable research into the Israeli/Palestinian 'situation' is also apparent. **[Read more now](#)**

[Mariam's trials](#) Recent political history leads us to believe that the people of Afghanistan can only be leading lives of gloom and despair, punctuated by horrific bombings and unexpected attacks. First an invasion by the Russians, next the takeover by the Taliban, followed by interception by western troops, daily routines are almost impossible to maintain. Yet the strength of Khaled Hosseini's *A Thousand Splendid Suns* lies in the understanding of life in the smaller towns as well as the bigger political picture. **[Read more here](#)**

*These titles and many more can be purchased in the [@boutSeniors](#) online discount bookstore. **[Go there now](#)***

[back to top](#)

DVD junction

[Becky is sharp](#) This BBC mini-series of the Thackeray classic, *Vanity Fair*, draws you into the myopic world of social climber Becky Sharpe with a satirical and entertaining skill of which the author would have been proud.

[Find out more](#)

[back to top](#)

Comfort food

Curried beef with rice This week's recipe comes from the book *Delicious Entertaining* by Peter Howard. It's full of low GI, low fat, tasty food ideas which are suitable for type 2 Diabetics. And each recipe has detailed nutritional information to empower you to take a healthier path. [Read the recipe now](#)

[back to top](#)

Here to help

And don't forget the staff at **@boutSeniors** are here to help with all your queries, whatever the topic, on help@aboutseniors.com.au
To unsubscribe from this email list please [click this link](#) and then click send in your email program.

[back to top](#)

"Tax reform means, 'Don't tax you, don't tax me. Tax that fellow behind the tree '."

Rusell Long

Pension blues

Does the Age Pension ensure an adequate income in retirement?
[Click here and win!](#)

Your entitlementsUp close and personal

Age Pension opinions Getting in touch

Your stories

Real life with humour Geoff's blog

Government news

Q&A – Pension bonus Inspiring Australians

Taking care of the pennies

Comfortable ride in retirement Illegal super Tax help **Wellbeing**

Open for all to hear

Remember remember...

Nuts about nuts

Getting out there

Affordable TV

Men's shed

For Bonzer writers

I love to go a wandering...

For a good cause

Vision Australia

Travel express

All aboard! Upgrade to luxury
Air travel companion

Seen a whale yet? **Travel deals**

Book shelf online

Of sheikhs and spin
Life explodes Mariam's trials

DVD junction

Becky is sharp

Comfort food

Curried beef with rice

Here to help