



SNIPPETS

June 2016 Edition 172

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Quote for the Month

Blessed are those who can laugh at themselves, for they shall never cease to be amused.

~ Unknown

Medicare Cheques are Stopping

Don't miss out on your benefit. From 1 July 2016, Medicare cheques will no longer be sent. If you haven't already done so, you need to register your bank account details with Medicare.

You can register your bank details:

- online at www.humanservices.gov.au or <https://my.gov.au>
- by phone on 13 20 11
- or at a Medicare service centre.

The easiest way to claim Medicare benefits is through your doctor's practice, if they offer electronic claiming. They can send the claim to Medicare, and your benefit will then be paid to your nominated account, usually on the next working day.

If your doctor doesn't offer electronic claiming, then claims can be made online, by phone (followed by posting receipts and documents to Medicare), or by submitting a Medicare claim form. The benefit will then be paid into your account.

If you have difficulty in obtaining Medicare claim forms, Seniors Enquiry Line can post forms to you – phone 1300 135 500.

Dementia Help

If you or someone you know are caring for a person with dementia, or if you have been diagnosed with dementia, you could be missing out on vital support and information, particularly if you are male. Only one in five callers to the National Dementia Helpline are men.



Managing dementia is not easy. In fact it can be a very tough, challenging and, at times, lonely journey. The Helpline staff can provide you with a wealth of information as well as access to a range of support services, no matter where you live.

Staff are available to talk over the phone, on email or via Skype. Phone the Helpline on 1800 100 500, email helpline.nat@alzheimers.org.au or go to www.fightdementia.org.au

Budget 2016

This year's budget hasn't made major changes for pensioners; in fact many people will not notice any difference. However, some people may be affected by the following:

- Currently, pensioners receive the Energy Supplement in their pension, at present \$14.10 per fortnight for single pensioners and \$10.60 for each member of a couple. However, new recipients of government welfare benefits from July 1, 2017, will not receive this payment.
- Over the next three years, up to 90,000 current Disability Support Pension recipients will have their eligibility reviewed to assess their capacity to work.
- Low income earners will continue to be supported by the Low Income Superannuation Tax Offset which pays up to \$500 a year in super contributions for those earning less than \$37,000. This was due to be stopped from July 1, 2017.
- There will be cuts to the funding paid to aged care providers.
- Superannuation changes for Australians under the age of 75 include being able to claim a tax deduction for personal contributions to an eligible superannuation fund, up to the concessional cap. For details of this and other changes, contact your superannuation fund.
- There will be tax cuts for full time wage earners who earn between \$80,000 and \$87,000.
- For wealthy retirees, there will be a new limit of \$1.6 million that can be transferred to tax-free superannuation accounts.
- Tobacco tax will increase by 12.5 per cent from September 1, 2017.

What's On

Lifeline Bookfest

25th June – 3rd July

Time: 8:30am - 7pm Sat/Sun,
9am - 5:30pm weekdays.

The Bookfest sells books, DVDs, puzzles and much more to raise funds to support Lifeline's services.

Venue: Convention and Exhibition Centre, South Brisbane
Phone: 07 3632 1010

Other events on Seniors Enquiry Line's '[Events](#)' pages include: Cooktown Discovery Festival, Broadbeach Country Music Festival, Yarn and Fibre Arts Festival – Maleny, Legal Information Session –Toowoomba, Outback Film Festival – Winton, Tenori – Cleveland, and Musgrave Park Family Fun Day – South Brisbane.

World Elder Abuse Awareness Day (WEAAD) - 15 June, 2016

WEAAD, designated by the UN, is an opportunity to show you care about ending elder abuse and neglect by wearing purple and hosting your own awareness-raising event during June.



Check out www.weaadqld.com for details of a photo competition and free webinars, for suggestions to help with your event, to order posters and wallet cards, or to find out about events being held around Queensland. If you don't have internet access, phone Seniors Enquiry Line on 1300 135 500.

For free and confidential advice on elder abuse, phone the Elder Abuse Helpline on 1300 651 192.

Seniors Cabaret - Brisbane

To celebrate the diverse heritage of Brisbane Seniors, the Lord Mayor's Seniors Cabaret Master Classes will be held in June for those who want to hone their performing skills. These will be followed by 10 concerts around Brisbane in July, where participants perform what they've worked on during the master classes. Finally, 10 acts will be asked to perform at City Hall for a Gala concert on August 7th.

You don't have to be a seasoned performer, the free Seniors Cabaret Master classes cater for all, but places are limited.



Register now and work alongside Australia's top music theatre and multicultural performers including Simon Gallaher, Deborah Cheetnam AO, and others. Classes are free and spectators are welcome.

For information/registration, phone 3901 7322 (10am-2pm), or visit www.epiphanyproductions.com.au

Seniors Enquiry Line Flyers

Seniors Enquiry Line has flyers about our service which we are happy to mail out to anyone. You might want 50 for a group you are involved in, or a few for you and your friends – or if you are a service provider you might want 200 or more for your clients or for an expo.

To obtain flyers, phone 1300 135 500 or email sel@uccommunity.org.au