

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

70% is controllable through lifestyle.

Men live **9** years in poor health - mostly preventable by making small lifestyle changes.



MENTAL WELLNESS

Inactive men are **60%** more likely to suffer from depression than those who are active.

DRINKING



Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles your risk** of type 2 diabetes.



ACTIVITY

Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by **25%**.

7-8 HOURS



SLEEP

Men who sleep 7-8 hours a night have about **60%** less risk of fatal heart attack than those who sleep 5 hours or less.

NUTRITION

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, ½ an avocado, and a pear.



DontChangeMuch.ca
MensHealthFoundation.ca

SOURCES

www.statcan.gc.ca/tables-tableaux/sum-som/101/cst01/hlth67-eng.htm
 www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
 www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php
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 www.ncbi.nlm.nih.gov/pubmed/11976443



TOMNET MONTHLY MEETING

WEDNESDAY 14th JULY 2021

**10am - 12.00 noon
followed by a BBQ lunch**

**SOUTH TOOWOOMBA BAPTIST CHURCH
279 GEDDES STREET TOOWOOMBA**

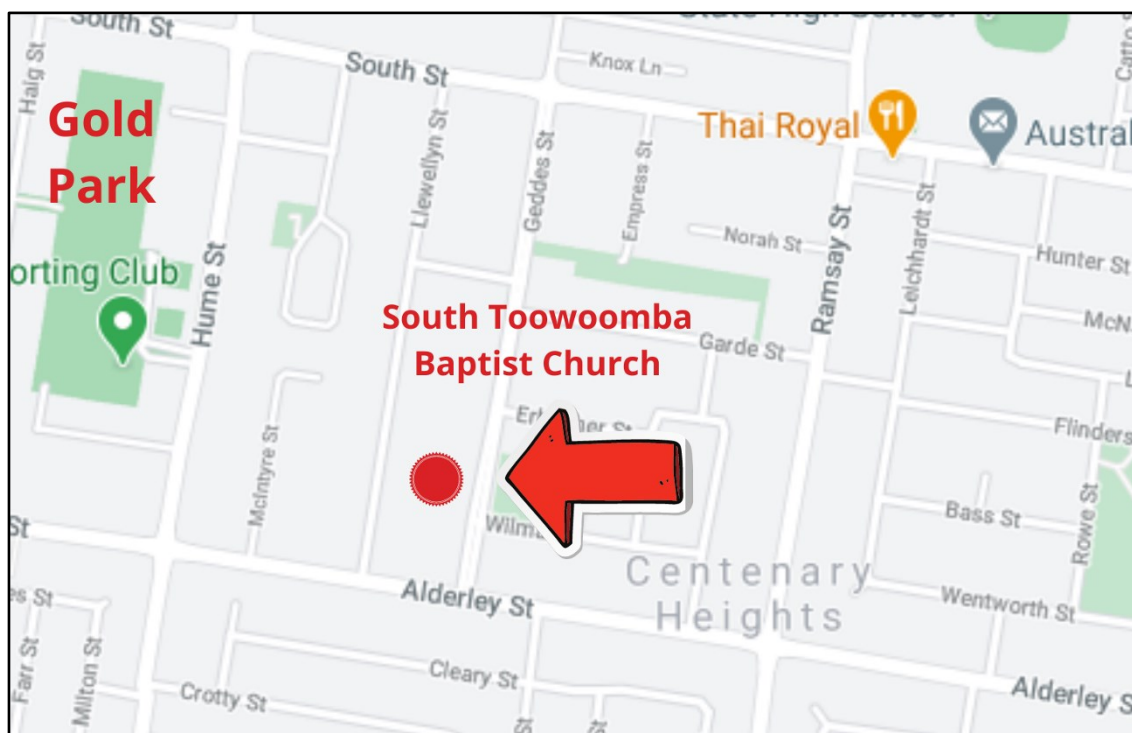
\$2 entry & RAFFLES - GUEST SPEAKER

ALL MEMBERS WELCOME

NEXT MEETING: WEDNESDAY 11TH AUGUST

**(PLEASE NOTE: TOMNET WEEKLY
MEETINGS will continue)**

Location of monthly meeting



Volunteer Visiting Teams

Visiting and meeting other older men is a worthwhile opportunity that provides friendship and conversation for men living in aged care facilities or retirement villages. Consider donating two hours of your time each month; your visit will be appreciated.

TOMNET Volunteers visit these organisations in June 2021.

Glenvale Villas	Thursday 8th July	2.00 p.m.
BUPA	Wednesday 23rd June	10.00 a.m.
Brodribb Home	Friday 18th June	9.30 a.m.
Yukana	Monday 28th June	2.30 p.m.
Lourdes Home	Thursday 24th June	11.30 a.m.

If interested in attending these meetings contact
Anthony at the TOMNET Centre on 4638 9080.

Volunteer Week Lunch

Volunteer Week is nationally recognised during the week of 17-23 May in 2021.

The purpose of the week is to recognise volunteers for the vital role they play in communities across the country. **TOMNET Volunteers** celebrated National Volunteer Week at the City Golf Club on the 18th May with lunch. Volunteers received a certificate and pen to say THANKS for the work contributed to TOMNET and the community.

NATIONAL 17-23 MAY 2021
VOLUNTEER
WEEK
RECOGNISE. RECONNECT.
REIMAGINE.



National Volunteer Week 2021
Exclusive National Sponsor



Barbecues Past and Present

The following barbecues have been cooked by TOMNET for community organisations and businesses in Toowoomba.

Domestic Violence Action Group - 5th May

Rural Health Clinic - 5th May

Rural Health Clinic - 24th May

Rural Health Clinic - 25th May

Something for Bella fundraiser - 30th May

Rural Health Clinic - 21st June

St Vinnies - 25th June

Monthly Meeting Barbecues - 14th May/9th June

Feedback

Thank you for all your help on Sunday, the team were absolutely amazing!
Toowoomba Hospital Foundation

Thank you so much for all your guys efforts yesterday
Billy Drury - Something for Bella

TOMNET Management Committee

President Stan Carroll	Vice President Alan Yorkston	Treasurer Allan Jones
Secretary Greg Jones	Ross Lange	Rob Burey
Bernie Moran	John Miners	Jim Aulbury

The Mgt. Committee meets on the 3rd Wednesday of each month.

A big thanks to supporters of TOMNET



at Northlands
Shopping Centre



cnr Spring St and
Ramsay St, Middle Ridge



Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

The Pavilion

A relaxed outdoor funeral service venue or simply an area for loved ones to gather and reflect.



The Burstow Family
(A fifth generation family firm)

24 freecall 1800 803 196
www.burstows.com.au



TOOWOOMBA OAKLEY DALBY WARWICK GATTON

Burstows kindly print the TOMNET newsletter.
www.burstows.com.au

THE OLDER MENS NETWORK

LUNCH WITH MATES

Join fellow TOMNET Members for lunch
at a different eatery each month!

- Meals at own cost.
- Group sizes will be limited.
- TOMNET Members only.
- Own transport required, or
share a ride with another
Member.

Call TOMNET to book 07 4638 9080

FRIDAY, 16TH JULY 2021

**12 NOON | TATTS HOTEL
180 MARGARET ST**

For a full list of venues or to join this program call the
TOMNET Centre on 07 4638 9080.

What is worry?

Human beings have the amazing ability to think about future events. 'Thinking ahead' means that we can anticipate obstacles or problems, and gives us the opportunity to plan solutions.

When it helps us to achieve our goals, 'thinking ahead' can be helpful.

For example, hand washing and social distancing are helpful things that we can decide to do in order to prevent the spread of the corona virus.

However, worrying is a way of 'thinking ahead' that often leaves us feeling anxious or apprehensive. When we worry excessively, we often think about worst case scenarios and feel that we won't be able to cope.

What does worry feel like?

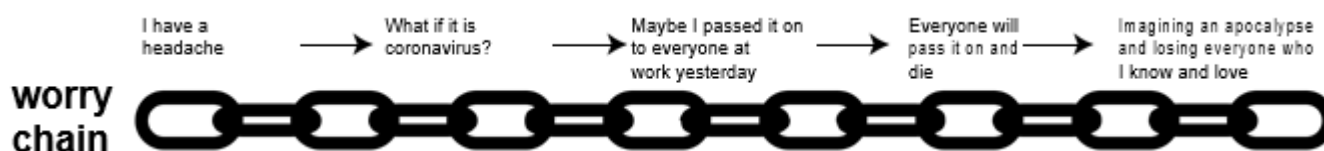
When we worry it can feel like a chain of thoughts and images, which can progress in increasingly catastrophic and unlikely directions.

Some people experience worry as uncontrollable – it seems to take on a life of its own. It is natural that many of us may have recently noticed ourselves thinking about worst-case scenarios.

The example below illustrates how worries can escalate quickly, even from something relatively minor.

Have you noticed any thoughts like this? See the example below.

Example:



Worry isn't just in our heads.

When it becomes excessive we feel it as anxiety in our bodies too. Physical symptoms of worry and anxiety include:

- Muscle tension or aches and pains.
- Restlessness and an inability to relax.
- Difficulty concentrating.
- Difficulty sleeping.
- Feeling easily fatigued.

Next Month: What triggers worry and anxiety?

Create a 3 - Minute Breathing Space Anywhere

www.burrelleducation.com

A great way of cultivating the habit of stopping and taking time out in everyday life is to practice the **3 MINUTE BREATHING SPACE**. You can do it anywhere – I love doing it on a mode of transport, especially when there are lots of people around me and the environment feels hectic. It's also perfect for when everything just feels a bit too much. **Here's how to do it.....**

1. Stop what you are doing and sit or stand still.

If you can, close your eyes. If seated, sit with your feet flat on the ground and your hands in your lap.

2. Gently scan through your body.

Notice the sensations in your feet and legs, the weight of your body on the chair. Are you sucking your belly in? Are you screwing your eyes up? Are you clenching your jaw? Release them all.

3. Become aware of the sounds around you. It may be the sound of a photocopier, someone talking on the

phone, cars, birds, a plane. Simply notice and hear it all without judgement or attaching any thoughts to it.

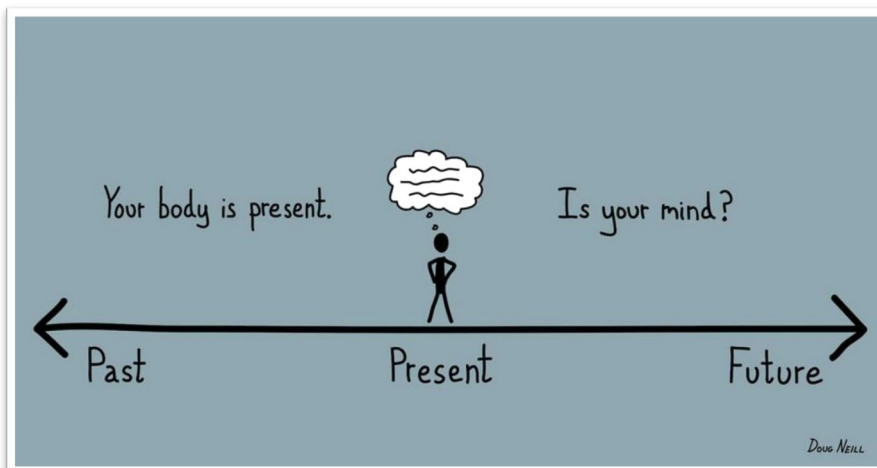
4. Then tune into your breath. Notice your breath coming in and going out. Feel where it enters your nose and the cool sensation in your nostrils.

5. Now come back to your body and

the sounds around you and where you are sitting or standing.

6. Gently open your eyes and prepare to

re-enter your day!



So **breathing space** can become an island of calm and sanity in the midst of a hectic day. It creates a kind of buffer to our lets-get-on-with-the-next-thing attitude. It helps prevent it becoming addictive and counterproductive. WE STOP. We notice our body and our surroundings and, we breathe. Then we go back to our day a little more collected, connected, and a little less harassed. Enjoy!

Visit www.stopbreaththink.com/mindful-walking for more ideas on mindful walking.

5 ways to prevent memory loss

Brain Games

Brain games can be helpful for preserving memory and other cognitive functions, especially for older adults. Spending a minimum of 15 minutes a day on games – such as crossword puzzles, chess, sudoku, and jigsaw puzzles – may help improve concentration. There are various online sites where you can do mental exercises to improve your cognitive skills.

No matter your age, mental exercise can have an overall positive effect on your brain. Cognitive skills tend to dip after graduation from school/college and after retirement from work, so don't stop challenging your brain daily!

Physical Activity

Physical activity increases blood flow to your whole body, including your brain. Exercise delivers extra oxygen and other nutrients to your brain cells. Walking can help clear your mind, improve your mood, and burn some calories all at the same time.

New Learning

How to Sharpen Your Memory | BrainMD
Brain researchers have discovered that the “use it or lose it” principle applies to the brain's trillions of connections (synapses). These tend to increase in number when the brain is being challenged to learn. When the brain stops learning, the synapses can decrease and memory can start fading, so be intentional about learning new things.

Set aside sometime each day to learn something new. Take a class, learn a new language or musical instrument, try square-dancing, chess, tai chi, yoga, or sculpture. Einstein said if someone spends 15 minutes a day learning something new, they'll be an expert in a year!

Memory Aids

Memory aids are a great way to boost your brain while developing a system to remember things. When memorising a list, associate each item with the most humorous or ridiculous image you can think of to help you

recall it later. No one sees the image in your mind, so be creative and have fun with it.

To help you remember names, repeat a person's name once or twice in conversation. Visualise the name as a picture (perhaps on the person's forehead) and use their name when saying good-bye.

Strong Connections

Social connections can significantly affect your brain, mood, memory, and overall well-being. Building and maintaining healthy relationships may help you feel understood and cared for. When you care for others and feel cared for, your brain releases oxytocin, the “bonding” hormone, which can counteract some of the negative effects of stress.

The health habits of the people you spend time with can have a dramatic impact on your own health. Surround yourself with people who are happy, upbeat, kind, and who challenge you to be the best version of yourself.

Remember This

Memory loss isn't inevitable. If you're experiencing memory problems, early intervention may be the key to long-term prevention. Now is always the best time to get serious about brain health.

One of the best ways to prevent premature memory loss is with proper nutrition, especially using highly purified nutraceutical ingredients that are specifically designed to keep your mind sharp and efficient.

Since your memory is what allows you to treasure and revisit the most special moments in your life, be sure to protect and fortify your brain with the nutritional, positive lifestyle, and fitness strategies that can help strengthen it.

<https://brainmd.com/blog/best-ways-to-help-prevent-memory-loss>

Do you know a mate who could be interested in The Older Mens Network?

We have a range of brochures to help you introduce your mate to TOMNET. Brochures contain relevant information about TOMNET, the challenge of retirement, what worries older men, and what to do about it.

TOMNET membership is free and open to men aged 50 years and older.

Come into the Centre to see our range, and do your bit to help a mate.



Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs as part of the "Donate It" service.

Call 1300 991 443 to arrange a pick up.
www.lifelinedarlingdowns.org.au

Need a JP ?

A Justice of the Peace is only a phone call away.

Contact:

Alan Yorkston
East Creek CC

0408 750 416
4639 2755

223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | admin@tomnet.org.au | www.tomnet.org.au

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