



“Older Men Supporting Older Men”

September 2014

The BOMNET Bulletin

Issue 6

The official Newsletter of the Bundaberg Older Men’s Network (BOMNET) Inc.

President’s Message

Welcome to a “Massive” BOMNET Bulletin this month. There was so much to report and write about, we had to extend our newsletter to ten pages just for this month.

Firstly, I urge you to read the article titled “Depression in Older Men”, by Dr. Linda De George - Walker exclusively written for the BOMNET Bulletin...it’s on Pages 3, 5 and 7.

I asked Dr. Linda to try and keep the article to a certain word count, and on completion she apologised that she failed to do that. I’m so pleased that she failed that request as the article would have had less meaning or impact had she been able to comply with my request.

Then there’s the “not to be missed” talk by Lloyd Enkelmann, which is taking place on 9th September...details can be found on Page 2.

In addition to both these great features there’s the report on the 2014 Senior’s Expo, which was held on the morning of Tuesday 19th August, during Senior’s Week.

Then, as if all that wasn’t enough, we announced the winners of our “Monster Raffle”, which was drawn in

Keith Pitt’s offices on Wednesday 27th August...phew, what a month! Check out the lucky winners details on Page 9.

Check out the message from the Bundaberg & District Lung Support Group on Page 9.

Bernadette approached me at the Seniors Expo and asked if we could help them by inserting their details in the BOMNET Bulletin to help them get their message out, and in doing so assist people suffering with lung problems to get the necessary support.. Of course we said “Yes”, as we’re only too pleased to assist other like groups.

On Page 9 you can read about our August guest speaker, Shelley Slatcher, the Co-ordinator of the Bundaberg Pain Support Group, who was accompanied by BPSG member Ray McNicoll, and talked about managing chronic and persistent pain.

I would like to take this opportunity to thank Phill and the staff at the YMCA for providing us with a place to meet in each week, and for the use of the Community Room for the upcoming talk by Lloyd Enkelmann on the 9th September.

Cheers, John Balding - BOMNET President.



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"BOMNET Drop In Centre"

When: Every Tuesday .

Time: Between 9.00 am and 12.00 pm.

Where: Stadium Kitchen YMCA.

Address: 7 Quinn Street, Kepnock.

Join us for a cuppa and a chat. in a quiet , private, safe environment. If you're feeling lonely, isolated, depressed, or just seeking friendship, pop in and say 'g'day.

Phone John Balding on 41542452 for more details, or email johnbalding@bigpond.com

Lloyd's Talk

Lloyd Enkelmann, one of the foundation members of the Toowoomba based "The Older Men's Network Inc." (TOMNET), will be visiting Bundaberg on 9th September to give a talk to members of The Bundaberg Older Men's Network Inc. (BOMNET).

The topics being discussed will be "Older Men's Needs" and "Stages of Retirement".

As it would be a waste of resources having Lloyd address just one men's group during his visit, all the men's shed members in and around Bundaberg have been invited along by the committee of BOMNET, who will be hosting an informal luncheon for all attendees at the conclusion of Lloyds talk, thanks to the generosity of the owners of Subway, Troy and Kate Sobczac, who really have looked after us.

Time & Date: 9.45am, Tuesday 9th September.

Venue: The YMCA Community Room, 7 Quinn Street, Kepnock.

Lunch: Immediately after Lloyd's talk in the Stadium Kitchen.

Parking: There is some parking available at the rear of the Stadium Kitchen, there is also some parking available in Quinn Street.



Meet Our Sponsors

Sponsorship by way of this newsletter is of paramount importance to the growth of the Bundaberg Older Men's Network (BOMNET) Inc., for without the generosity of sponsors we would have little in the way of funds to offset the costs of running our programs.

To date the following businesses have taken out ads in our newsletter, made donations, offered their support by way of a venue for our meetings, or offered reciprocal ads in their own newsletters, and in doing so have become sponsors, and or supporters.

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If any of our growing list of friends and supporters would like to become sponsors, or donate prizes that can be raffled, please contact John Balding by phoning 41542452, or by emailing johnbalding@bigpond.com

Please support those
who support us!

Depression in Older Men - By Dr. Linda De George - Walker

Depression (also referred to as clinical depression or major depressive disorder) is more than sadness or unhappiness – it is a serious but treatable medical condition characterised by feeling profoundly sad and hopeless, losing interest in almost all activities, or both, for at least two weeks.

Depression can significantly impair daily functioning and quality of life and is the second leading cause of disability in Australia. Although 1–2% of older adults have a diagnosis of depression at any given time, many more have symptoms of depression and may be undiagnosed.

There are around 10–15% of older adults living in the community and just over 50% of those residing in aged care facilities who report symptoms of depression. In early and middle adulthood women are twice as likely as men to be diagnosed with depression, but in older age, male and female rates of depression are similar. We also know that depressed older men are one of the groups at highest risk of taking their own lives. There are very good reasons, then, to be concerned about depression in older men.

A number of factors increase the risk of experiencing depression as we age – these include:

- physical health problems and pain, medication side-effects, losses associated with health, employment, relationships and so forth.
- social isolation, and
- significant changes in living arrangements, such as relocating from the family home or into residential care.

For older men who may value their independence and strength, experiences such as those above can be especially confronting to the sense they have about themselves as men and their sense of self-worth. It's important to note however, that although it's expected that older men, and women too, will have a range of feelings and reactions to these life challenges, becoming depressed is not "just part of it all" – this is a myth. A range of supports, some specifically targeted at men (see the heading titled **Further information, support and help**), are available to assist older adults to cope with the changes and challenges. These can help to prevent depression during these times. There are also many effective treatment options for those with depression. Between 40–60% of older adults show sustained recovery after treatment. Yet, we know that older men's access to appropriate information, support, assessment and treatment for depression can be complicated by a number of factors. First, older adults, and sometimes health professionals too, may be less aware of the signs of depression in later life.

Symptoms of depression – which include fatigue and

Continued on Page 5.

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A Word From Our Sponsors... A Regular Feature Column

Diabetes Management

This month we'd like to feature diabetes management, which is all about self management.

The person with diabetes needs to:

- Understand their diabetes so they can make informed lifestyle and treatment choices.
- Learn to solve day to day problems that affect diabetes.
- Juggle diabetes with the demands of work/school, family and social life.

Diabetes can be managed better by:

- Making healthy food choices.
- Incorporating physical activity into daily life.
- Taking medicines/insulin as prescribed.
- Monitoring your blood glucose levels and using the results to improve diabetes control.
- Taking special precautions for foot care and oral hygiene.

With good care people with diabetes can live a normal, active lifestyle, and reduce the risks of developing long term diabetes.

For much more detailed information arrange an appointment with Pat A'Bell from Diabetes Education Outreach Service by phoning **41531536**.

Financial hardship should not be seen as a barrier; please feel free to discuss your individual financial situation with Pat. Medicare and Private health fund rebate may also be available.

"One Life Make The Most of It"

A Little About Dr. Linda De George - Walker

Dr Linda De George-Walker is a Senior Lecturer in Psychology who teaches and researches at the Bundaberg campus of Central Queensland University.

She wrote the article commencing on Page 5, "Depression in Older Men" exclusively for the BOMNET Bulletin.

Her research is focused on the ways in which older adults' utilise information and communication technologies (ICTs) in their day to day lives, and the potential for ICTs to contribute to health, wellbeing and successful ageing. As part of this research, Linda and colleague Dr Mark Tyler from Griffith University are currently seeking older retirees, *who either use or do not use technologies*, to participate in a study – to find out more visit

<http://successfulageing.weebly.com/> or contact Linda by email l.degeorge-walker@cqu.edu.au or phone (07) 4150 7054.

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Mae West

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Depression in Older Men - By Dr. Linda De George - Walker

Continued from Page 3.

lack of energy, sleeping difficulties, cognitive deficits and physical complaints – may be misinterpreted as just being part of normal ageing (which it is not), or as the result of physical illnesses that become increasingly common in older age (and/or the medications used to treat them), or even as signs of dementia.

Men in particular tend to report mainly their physical symptoms. When they do report feelings, these may be expressed in terms of being angry or irritable instead of the more classic descriptions of feeling sad, low or hopeless. All these factors can make it more difficult to identify depression in older men.

Older adults may also deny that they are sad or be unwilling to seek help due to the stigma they feel is associated with experiencing depression and other mental health conditions.

Men in particular are less likely than women to disclose they are doing it tough psychologically or to seek help. This is where the support of others plays a particularly important role in men's mental health – if you become concerned about a relative, mate or colleague, do share your concerns with them, rather than waiting for them to come to you.

Significantly, ongoing social support has been found to be one of the most important factors for older adults' recovery from depression. Some ideas about

how to support older men with depression, and others too, are under the heading "**What you can do to help**".

Further information, support and help

- GP's can be a good place to go for information, support and help in relation to depression. They can assess whether someone has depression, and if needed they can help to develop a depression treatment plan tailored to meet individual needs. This includes connecting the person to mental health specialists and other local support services.
- There is, of course, the Bundaberg Older Men's Network (BOMNET) Inc. offering men over 50 support through mateship and opportunities to connect with other older men and their community. The website is <http://www.bomnet.org.au/older-men-supporting-older-men.html>.
- Although not specifically for older men, the Bundaberg and Bargara Men's Sheds (and online equivalent The Shed Online) is another place where men of all ages can meet, socialise and support each other, see <http://www.mensshed.org/home/.aspx>
- MensLine is an Australia-wide professional support and information service for men, offering

Continued on Page 7.

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BOMNET Monster Raffle

Our "Monster Raffle" was drawn on Wednesday 27th August at the offices of Keith Pitt, MP, Federal Member for Hinkler.

Again we would like to acknowledge and sincerely thank those local businesses who got behind our raffle, and donated prizes.

In no particular order they are as follows:

Hitchcocks Fine Jewellery
 Across the Waves Sports Club
 The Good Guys
 J A Toft & Co
 Bundy Bogan
 Jules A Concept
 Natures Emporium
 Bundaberg Health Foods
 Bristol Paint & Decorator Centre
 Westside Florist
 Hair Force One
 Bundaberg Toyota
 Totally Clips
 Ross Gray Motors
 Dymocks Book Store
 Freedom Sports
 Ultra Tune
 Ken's Plumbing Plus

The results of the raffle draw can be found on Page 9, and we would like to congratulate the lucky winners and thank them for their support.

**Please support those
 local businesses who support us!**

Date Claimer - September

Put Tuesday 23rd September aside in your diary as that's when Roslyn Turner, the civilian Police volunteer, will be giving her talk on "Identity Fraud" which is growing in epidemic proportions, and targets anyone.

Roslyn's talk will take place in the Stadium Kitchen at 9.30am, and will run for half an hour or so, after which time the normal Tuesday "Drop In Centre" activities will resume.

As a civilian Police volunteer, Roslyn now spends much of her time talking to community groups about identity fraud, and how to overcome it.



Roslyn Turner (Photo courtesy of News Mail)



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Rob McCulloch - Convener

Ph. 41 599419 Mobile: 0428 599 411

Email Address: ra.mcculloch@bigpond.com

Depression in Older Men - By Dr. Linda De George - Walker

Continued from Page 5.

telephone, video and online support and counselling – visit the website <http://www.mensline.org.au/> or call 1300 78 99 78 .

- There are many (many!) websites that offer information about depression and other mental health issues. Rather than searching Google, try a 'portal' site that collates quality information. For example, *mindhealthconnect* is an Australian Government website that aggregates mental health resources and content from the leading health focused organisations in Australia. Through *mindhealthconnect* you can search for and access a range of mental health resources including online programs, fact sheets, audio and video, and online communities provided by trusted information partners -- visit <http://www.mindhealthconnect.org.au/>.

What you can do to help

- If you have any concerns about a relative, mate or colleague that you may think has depression or another condition, do check it out by raising it with them. You might start by saying something like, 'I'm worried about you. Are you ok?' It can be a difficult conversation to have, but it will communicate concern and support, and may help the person to seek information, support and help from a professional. This help can come from a GP or psychologist, or from

communities like BOMNET, and from telephone and online support services such as MensLine.

- If you are concerned the person is at risk of suicide or other immediate danger, **don't leave them alone.** Get help immediately and call Lifeline, a 24/7 crisis support and suicide prevention service on 13 11 14. You can also call for an ambulance by dialling 000, or take them to the local hospital emergency department.
- Remember to also look after yourself. Sharing your own concerns and feelings with someone you trust is important for your own wellbeing too.

Dr. Linda De George - Walker.

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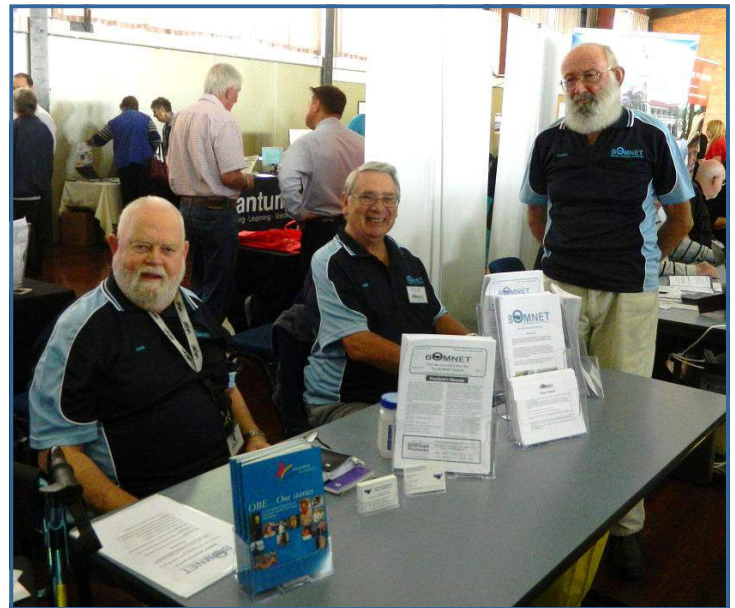


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Seniors Expo Roundup

Seniors Expo was held at the Civic Centre on Tuesday, 19th August as part of Seniors Week celebrations, which ran from August 17th to 22nd.

Our stand was in a prominent position, and there was quite a lot of interest shown by older men and surprisingly by women looking for something to occupy their husbands, and I guess to get them out from under their feet and mixing with other men on a regular basis.



One real highlight for the blokes from BOMNET was getting to meet the honorable Bronwyn Bishop, who stopped and enquired about BOMNET with interest, and posed for a photo with some of us.

Left to right: Harry Peck, Bob Read (BOMNET Secretary) Keith Pitt MP, Ben Jansen (BOMNET Treasurer), The Honorable Bronwyn Bishop, Graham Harris and John Balding (BOMNET President)

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August Guest Speaker

We were fortunate to have Shelley Slatcher, Co-ordinator of the Bundaberg Pain Support Group, as our guest speaker on Tuesday 26th August.

Shelley was accompanied by BPSG member Ray McNicoll, who told his own pain story.

The Bundaberg Pain Support Group was launched in March this year by Shelley and a number of other concerned pain sufferers after Shelley had attended Pain Support Group Facilitator training with the Australian Pain Management Association Inc. (APMA), of which the Bundaberg Pain Support Group is affiliated.

Shelley can speak first hand about experiencing chronic pain as she has been learning to live with chronic, persistent pain for the past fourteen years as a result of two major back surgeries.

The Bundaberg Pain Support Group meet on the second Saturday of every month in room 3 at the St Mary's Community Centre, Boston Street, Bundaberg from 10.00am to 12noon. For full details contact Shelley on 0456 159 583, or email

bundabergpainsupportgroup@outlook.com



And The Winners Are...

The BOMNET "Monster Raffle" was drawn at 11.30 am on Wednesday 27th August in the offices of Keith Pitt MP, Federal Member for Hinkler, and the winners are as follows:

First prize: Laurie Green

5 Arnold Street, Kepnock

Second prize: Flora Evans

6 Esplanade, Elliott Heads

Third prize: Kay Callaghan

3 Regal Court, Millbank

We thank everyone who bought tickets in this raffle, your support is greatly appreciated, and the proceeds of this raffle will be put to good use.

Bundaberg & District Lung Support Group

The Bundaberg and District Lung Support Group is a voluntary non profit support group for sufferers of lung and breathing problems and their carers.

Established in January, 2000 as a voluntary group that enables people with chronic lung conditions and their carers to receive community support and education. We are affiliated with the Lung Foundation Australia.

Lung Support Group Meetings held every 3rd Monday of the month at 10am, CQ Leagues Club, Avoca Street, West Bundaberg.

Contacts: Dos Evans 4159 1374 or

Bernadette Ashenden 41550496

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Many thanks to Keith Pitt and staff for their support and advice. This newsletter is generously printed by them as a community service.



Our thanks go out to 4BU and Billy Healy for his ongoing support and regular "On Air" chats.



Hon John (Jack) Dempsey MP
State Member for Bundaberg



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Many thanks to Jack Dempsey and staff for their support and advice. Their offer to assist with our printing needs is appreciated too.

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Many thanks to Phill Sellwood and staff for their support, and for helping us out with use of the Stadium Kitchen for our Drop In Centre and monthly meetings.



Des Limkin
Grad Dip. (Couns); Grad Cert (H.S.)
Counsellor



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