

## MINISTER FOR SENIORS VISITS TOMNET

“As the Minister for Seniors, I thoroughly enjoyed my catch up with The Older Mens Network inc (TOMNET) in Toowoomba.

Our Government recognises how vital social connection is which is why we fund services like TOMNET that help reduce social isolation and improve access to information and services for our seniors.” commented Ms Mullen.

Minister Mullen visited TOMNET on Wednesday 24th to see and speak first hand to Members who benefit from the services TOMNET provides and the State Government fund.

Accompanying the Minister was **Max Wise**, Deputy-Director General for Disability, Seniors, and Carers. TOMNET Members spoke about their lives, how they joined TOMNET, and the impact being involved with the organisation has had on them.



(l to r) Bill Mc Millan, Bernie Moran, Alan Yorkston, Charis Mullen MP, Darrell Pierpoint, Shannon Wade, Ian Bray, and Ross Lange. Pat Mc Namnee off camera

## Member Spotlight

**Q. If you could have dinner with anyone, who's one person you'd go with?**

**A. I would choose my wife Lindsay, or JFK.**

**Q. How do you think the world has changed during your lifetime?**

**A. Greedier and more violent.**

**Q. Looking back, what career advice would you give to your younger self?**

**A. I would tell myself to keep asking questions.**

**Q. What book or movie has had a big impact on you?**

**A. To Kill a Mocking Bird and The Manchurian Candidate.**

**Q. What's something new you've learned recently?**

**A. Learning the benefits of socialising since I left being a full time barrister.**



**BILL MC MILLAN**

**W H A T ' S O N**

## **Luke's Workshop**

**TOPIC: Loneliness**

**SATURDAY 24th FEBRUARY 2024**

**9.00 a.m. | TOMNET Centre**

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## **Monthly Meeting**

**WEDNESDAY 13th MARCH 2024 10am**

**Sth Toowoomba Baptist Church**

**Speaker: DDWMPHN reps**

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## **Federal Hotel - BINGO Fundraiser**

**THURSDAY 14th MARCH 2024,  
11 a.m. Federal Hotel, James St**

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## **Lunch with Mates**

**FRIDAY 16th FEBRUARY 2024**

**FRIDAY 15th MARCH 2024**

**Starts at noon | Bowls Club**

**Hume St, Toowoomba**

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**TOMNET - 4638 9080  
tomnet.org.au**

# LUKE'S

# WORKSHOPS

## February Workshop

**TOPIC: Loneliness**

**SATURDAY 24th February 2024**  
**9.00 a.m. | TOMNET Centre**

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## April Workshop

**TOPIC: Mindfulness**

**SATURDAY 13th April 2024**  
**9.00 a.m. | TOMNET Centre**

**Call TOMNET to book - 4638 9080**

Luke's workshops are accessible to ALL Members. Workshops are confidential, and provide a safe environment for Members to talk about men's issues.

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## Weekly Meetings

Monday, Tuesday, and Thursday from 9.30 a.m. to 11.30 a.m. at the TOMNET Centre. Come along and meet with other fellas. Weekly Raffles, Tea and Coffee, Interesting Conversations, and a chance to get out of the house for a few hours.

**TOMNET - 223 Hume St, parking on-site**

# THE 7 KEYS TO LONGEVITY

by Dana G. Smith, New York Times

## Ignore the hyperbaric chambers and infrared light: These are the evidence-backed secrets to aging well.

Humans have searched for the secret to immortality for thousands of years. For some people today, that quest includes things like sleeping in a hyperbaric chamber, experimenting with cryotherapy or blasting oneself with infrared light.

Most aging experts are skeptical that these actions will meaningfully extend the upper limits of the human life span. What they do believe is that by practicing a few simple behaviors, many people can live healthier for longer, reaching 80, 90 and even 100 in good physical and mental shape. The interventions just aren't as exotic as transfusing yourself with a young person's blood.

"People are looking for the magic pill," said Dr. Luigi Ferrucci, the scientific director of the National Institute on Aging, "and the magic pill is already here."

### Below are seven tips from geriatricians on how to add more good years to your life.

#### 1. Move more.

The number one thing experts recommended was to keep your body active. That's because study after study has shown that exercise reduces the risk of premature death. Physical activity keeps the heart and circulatory system healthy and provides protection against numerous chronic diseases that affect the body and mind. It also strengthens muscles, which can reduce older people's risk of falls.

#### The best exercise is any activity you enjoy doing and will stick with.

You don't have to do a lot, either — the American Heart Association recommends 150 minutes of moderate-intensity exercise per week, meaning just walking a little more than 20 minutes a day is beneficial.



**'just walking a little more than 20 minutes a day is beneficial'**

#### 2. Eat more fruits and vegetables.

The experts didn't recommend one specific diet over another, but they generally advised eating in moderation and aiming for more fruits and vegetables and fewer processed foods.

**The Mediterranean diet** — which prioritizes fresh produce in addition to whole grains, legumes, nuts, fish and olive oil — is a good model for healthy eating, and it's been shown to lower the risk of heart disease, cancer, diabetes and dementia.

Some experts say that maintaining a healthy weight is important for longevity, but to Dr. John Rowe, a professor of health policy and aging at Columbia University, that's less of a concern, especially as people enter old age. **"I was always more worried about my patients who lost weight than my patients who gained weight,"** Dr. Rowe said.

#### 3. Get enough sleep.

Sleep is sometimes overlooked, but it plays a major role in healthy aging. Research has found that the amount of sleep a person averages each night is correlated with their risk of death from any cause, and that consistently getting good quality sleep can add several years to a person's life. Sleep appears to be especially important for brain health: A 2021 study found that people who slept less than five hours a night had double the risk of developing dementia.

"As people get older, they need more sleep rather than less," said Dr. Alison Moore, a professor of medicine and the chief of geriatrics, gerontology and palliative care at the University of California, San Diego. Seven to nine hours is generally recommended, she added.

#### 4. Don't smoke, and don't drink too much either.

This goes without saying, but smoking cigarettes raises your risk for all kinds of deadly diseases. "There is no dose of cigarette smoke that is good for you," Dr. Rowe said.

More than one drink per day for women and two for men — and possibly even less than that — raises the risk for heart disease and atrial fibrillation, liver disease, and seven types of cancer.

## THE 7 KEYS TO LONGEVITY continued

### 5. Manage your chronic conditions.

Nearly half of American adults have hypertension, 40 percent have high cholesterol and more than one-third have pre-diabetes. All the healthy behaviors mentioned above will help manage these conditions and prevent them from developing into even more serious diseases, but sometimes lifestyle interventions aren't enough. That's why experts say it's critical to follow your doctor's advice to keep things under control.

"It's not fun to take the medications; it's not fun to check your blood pressure and check your blood sugar," Dr. Chang said. "But when we optimize all those things in a whole package, they also help us live longer, healthier, better lives."

### 6. Prioritize your relationships.

Psychological health often takes a back seat to physical health, but Dr. Chang said it's just as important. "Isolation and loneliness is as big a detriment to our health as smoking," she said, adding that it puts us "at a higher risk of dementia, heart disease, stroke."

Relationships are key to not only living healthier, but also happier. According to the Harvard Study of Adult Development, strong relationships are the biggest predictor of well-being.

Dr. Rowe tells the medical students he teaches that one of the best indicators of how well an elderly patient will be faring in six months is to ask him "how many friends or family he's seen in the last week."

### 7. Cultivate a positive mind-set.

Even thinking positively can help you live longer. Several studies have found that optimism is associated with a lower risk of heart disease, and people who score highly on tests of optimism live 5 to 15 percent longer than people who are more pessimistic. That may be because optimists tend to have healthier habits and lower rates of some chronic diseases, but even when accounting for those factors, the research shows that people who think positively still live longer.

**If you had to pick one healthy practice for longevity, "do some version of physical activity," Dr. Moore said. "If you can't do that, then focus on being positive."**

<https://www.nytimes.com/2024/01/04/well/live/live-longer-health.html>

## FAVOURITE AUSSIE FOODS LINKED TO ALZHEIMER'S

### A study has found a strong link between Alzheimer's disease and the daily consumption of meat-based and processed foods.

Researchers at Bond University came to the conclusion after examining the diets of 438 Australians - 108 with Alzheimer's and 330 in a healthy control group.

Those diagnosed with Alzheimers tended to regularly eat foods such as meat pies, sausages, ham, pizza and hamburgers.

They also consumed fewer fruit and vegetables such as oranges, strawberries, avocado, capsicum, cucumber, carrots, cabbage and spinach.

Meanwhile their wine intake - both red and white - was comparatively lower compared to the healthy group.

Alzheimer's disease is a deadly type of dementia that currently has no treatment or cure and affects up to 1 in 10 Australians aged over 65, rising to 3 in 10 over 85. Dementia is the leading cause of death and disability in Australians aged over 65.

Lead author of the study and PhD candidate Tahera Ahmed said she hoped the findings would encourage young people to adopt healthier diets to protect their brains in later life.

"Alzheimer's development in the brain begins in middle age and its effects can be attributed to an uncontrolled lifestyle from a younger age," she said.

<https://bond.edu.au/news/favourite-aussie-foods-linked-to-alzheimers>  
**Full Article:** [vourite-aussie-foods-linked-to-alzheimers](https://bond.edu.au/news/favourite-aussie-foods-linked-to-alzheimers)

# BINGO FUNDRAISER

**DATE: THURSDAY, MARCH 14TH**

**TIME: 10.30 A.M. – 1.00 P.M.**

**LOCATION: FEDERAL HOTEL, 111 JAMES ST**

Join us for fun and games at the  
TOMNET BINGO FUNDRAISING LUNCH.

**COST - \$20** per person  
**MEAL & 2 BINGO CARDS**

**BINGO**

**LUNCH**

**RAFFLES**

**CALL TO BOOK  
4638 9080**

**PARTNERS  
WELCOME**

**CHOICE OF 4 MEALS**

Money raised supports TOMNET to provide  
services to older men within the community.

# TO DOWNSIZE OR NOT TO DOWNSIZE?

- a Member's perspective

As a keen gardener I had been finding gardening a little more difficult so looked into selling our 3-bedroom house and purchasing a 2 bedroom unit. This was an interesting experience, and the research took a lot of time.

I must state we all should make our own decisions as we all have different needs and expectations. I did discover that the unit market is very competitive when we were beaten by someone who offered a higher price above the asking price even though we had also offered more than the asking price. You can make an offer subject to the sale of your own house.

Another thing we discovered was Management fees and exit fees charged by retirement villages. These exits can be quite high when they are sold. This is something to be careful of. Another thing that helped me to make my decision not to see was Body Corporate laws, I doubt I would be able to make a noise in the garage doing my woodwork. One law I also read said you were not allowed to hang your washing where it could be seen by the people in the neighbouring unit.

We did not need to downsize the house as we can get help for cleaning through the myagedcare system. I can also get help with gardening through myagedcare. I however, have been downsizing our garden by turning some gardens into grass. Do a little at a time and I can achieve a lot.



If you plan to stay in your home as long as possible, myagedcare can help, however health and financial reasons may be a reason you need to downsize.

article supplied by Ralph Lee

## DOWNSIZING ARTICLES

<https://www.thezebra.com/resources/home/downsizing-tips-for-seniors/>

<https://www.reallymoving.com/conveyancing/guides>

## AGED CARE VISITING TEAMS

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

<b>Glenvale Villas</b>	2nd Thursday of each month at 2.00 p.m.
<b>Ozcare</b>	3rd Monday of each month at 2.30 p.m.
<b>Lourdes Home</b>	4th Thursday of each month at 11.30 a.m.
<b>Brodribb Home</b>	4th Friday of each month at 9.30 a.m.
<b>Yukana</b>	4th Monday of each month at 2.30 p.m.
<b>BUPA Rangeville</b>	2nd Tuesday of each month at 11.30 a.m.

# TOMNET MANAGEMENT COMMITTEE

<b>President</b> Bernie Moran	<b>Vice President</b> Alan Yorkston	<b>Treasurer</b> Ross Lange
<b>Secretary</b> Bill Mc Millan	Pat Mc Namee	Rob Burey
Stan Carroll	Ian Bray	Jim Aulbury
	Darrell Pierpoint	

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

## A big thanks to supporters of TOMNET

*Pioneers Room*

A quiet and private space to relax after the ceremony and appreciate the value of reunion.



*The Burstow Family*  
(A fifth generation family firm)



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Burstows kindly print the TOMNET newsletter - [www.burstows.com.au](http://www.burstows.com.au)



**at Northlands Shopping Centre**



**THE TWISTED LOAF**

**cnr Spring St and Ramsay St, Middle Ridge**




**at the Hooper Centre**

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



## YOUR EXPERIENCE OF SERVICE

In the coming weeks, you MAY receive an SMS from RHEALTH asking you about your experiences of mental health services.

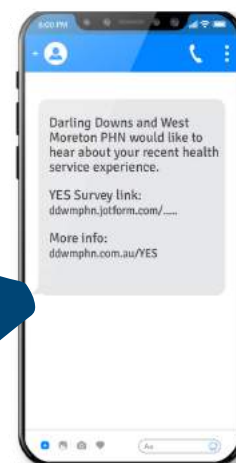
This survey is being sent to people who accessed a mental health service through selected providers that were funded by Darling Downs and West Moreton PHN in the last three months.

The survey is anonymous, and participation is entirely voluntary. Giving feedback (or not) will not affect your ongoing access to services.

We are also providing eligible Members who didn't receive the SMS to complete the survey manually in order to provide feedback.

WE APPRECIATE YOUR INVOLVEMENT IN HELPING TOMNET IMPROVE THEIR SERVICES.

The survey will be sent to you via SMS using a unique code. It will look similar to this:



Please talk to Shannon or Anthony for more information - 07 4638 9080

## Member Spotlight

**Q. If you could have dinner with anyone, who's one person you'd go with?**

**A. Dame Joan Sutherland/Luciano Pavarotti.**

**Q. What's something new you've learned recently?**

**A. Having very recently turned 80, I wish that milestone could have occurred in the 1960's.**

**Q. What book or movie has had a big impact on you?**

**A. "The Beethoven Obsession". Most certainly my favourite composer.**

**Q. Looking back, what career advice would you give to your younger self?**

**A. I was inveigled into the NSW Public Service for three years, regrettably, by an uncle, a well-meaning judge, when I wanted to be a jackeroo.**

**Q. What would you choose if you had to choose one meal to eat for the rest of your life?**

**A. Pork spare ribs with apple sauce, mixed vegetables, and Shiraz.**



**TONY MC KEON**

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Toowoomba South Qld, 4350

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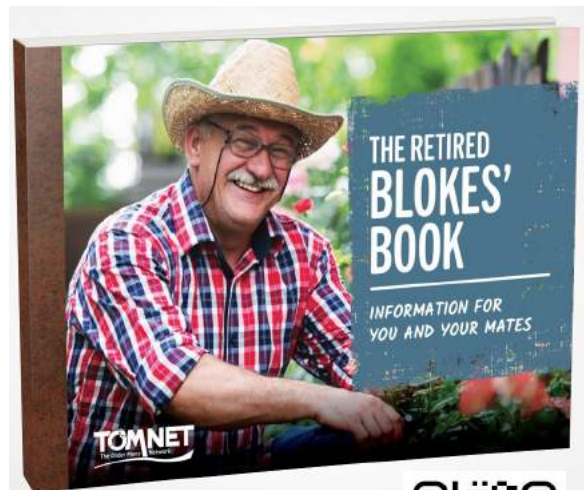


## The Retired Blokes' Book

**The Retired Bloke's Book** is a directory of services, contacts, support groups, and current information from services in your community.

This book is a free resource to help you plan for a meaningful retirement and make it one of the best chapters in your life.

**Call TOMNET for your  
copy 074638 9080  
[www.tomnet.org.au](http://www.tomnet.org.au)**



**Download by scanning  
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Major funding provided by:



**Queensland  
Government**

Newsletter printed by:



Articles for the Telegraph must be received by the 3rd Monday of the month, and may be edited.

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