

MARCH/APRIL 2022

# TELEGRAPH

**TOMNET**  
The Older Mens Network

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

## BUS TRIP

# Wednesday

# 4th May

Visit the Oakey Air Museum, followed by lunch at the Oakey RSL.

Trip will include a drive through the Wellcamp Airport Estate.

**\$20** including entry fees and lunch  
pp

Members and partners welcome.

**REGISTER YOUR INTEREST BY THURSDAY 21ST APRIL.**

**Call TOMNET  
4638 9080**

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**PLEASE NOTE:  
YOU MUST BE DOUBLE VACCINATED**

# 2022

# WEEKLY MEETINGS

Meetings are currently held 4  
(four) times per week

- Monday morning
- Tuesday morning and afternoon
- Thursday

## Meeting Times:

- Morning - 9.30am to 11.30am
- Afternoon - 1.00pm to 3pm

## How do the meetings work?

- Members are randomly allocated a meeting time
- Attendees are capped at 15 men per meeting
- Weekly Raffles | Door Donation \$2 for tea/coffee
- Physical distancing rules may apply

Please contact the office on 07 4638 9080 or [admin@tomnet.org.au](mailto:admin@tomnet.org.au) if you cannot make your scheduled time and would like to reschedule or join another session, give us a call to check first.

If feeling unwell, do not attend the meeting.

DETAILS UPDATED MARCH 2022

# MONTHLY MEETINGS

**WEDNESDAY**  
**13th APRIL**  
**2022**

**WEDNESDAY**  
**11th MAY**  
**2022**

**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**

## Volunteers visiting men in Aged Care

TOMNET Volunteers visit these Aged Care facilities in 2022.

Aged Care visits are a worthwhile opportunity to provide friendship and conversation with men living in aged care facilities.

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

Infin8care	Looking for Volunteers	
Brodrigg Home	Friday 20th May	9.30 a.m.
Yukana	Monday 25th April	2.30 p.m.
OzCare	Wednesday 27th April	2.30 p.m.
Glenvale Villas	Thursday 14th April	2.00 p.m.
Lourdes Home	Monday 28th April	11.30 a.m.
BUPA	On hold until further notice	

# 10 EASY AND FUN BRAIN BOOSTERS

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If you are struggling with brain health issues, such as lack of focus, low moods, anxiousness, or memory problems, you may be relieved to learn that you are not stuck with the brain you have.

In fact, you can boost your brain by participating in simple, everyday activities that encourage greater neuroplasticity. Below are simple, brain-boosting activities that build neuroplasticity as well as bring enjoyment, fun, and meaningful social connections!

## 1. Work on a jigsaw puzzle.

Simply working on a jigsaw puzzle activates multiple areas of the brain, making it a wonderful mental exercise to do with others or by yourself. Putting puzzle pieces together requires concentration and improves short-term memory and problem-solving. It specifically recruits multiple cognitive abilities and may be protective against cognitive aging.

## 2. Learn a new word a day.

Research has found that our working memory can only hold so much information. Learning new words actually helps our brain to create more ways of retaining information. Research also shows that when we learn a new word, it triggers the reward centers of the brain, making it a pleasurable activity. A larger vocabulary allows for greater expression and builds self-esteem too.

## 3. Take a dance class.

Practicing new steps and moving to the rhythm of music in a social setting provides multiple brain health benefits by activating your brain in several areas. Music stimulates the brain's reward centers and the social connection can alleviate low mood. Of course, the aerobic exercise itself

releases feel-good hormones that relieve stress. Research on seniors over the age of 75 found that dance is associated with a lower risk of dementia.

## 4. Play table tennis.

A simple game of table tennis (ping pong) involves coordination, strategy, and focus. A Japanese clinical study determined that the game activates as many as 5 separate areas of the brain! Table tennis is now even used therapeutically to mediate the effects of neurodegenerative diseases.

## 5. Practice juggling.

You can literally juggle your way to better brain function! One paper published in *Nature* showed that taking 3 months to learn juggling sparks growth in certain parts of the brain. Researchers studied 24 students over a 3-month period - half of them learned to juggle, the other half did not. Their brains were scanned before the 3-month period of learning, and after. The scans revealed that jugglers had more gray matter in the areas of the brain that control memory, language, and reading.

**Next Month: Brain Booster ideas continued**

The University of Queensland Faculty of Medicine is conducting research on psychotherapy to ease anxiety experienced by people living with cognitive impairment. The University is looking for volunteers to participate in a 6-week psychotherapy program to alleviate feelings of anxiety.

### Can you participate?

If you have been diagnosed with **mild cognitive impairment** or **dementia** and if you are currently experiencing anxiety symptoms described above, we invite you to participate. We will do an initial screen to check your eligibility to our study.

Participation in our study is voluntary, and you may withdraw at any point.

To find out more visit: <http://tomnet.org.au/UQMemory>

or

Ask for a brochure at TOMNET



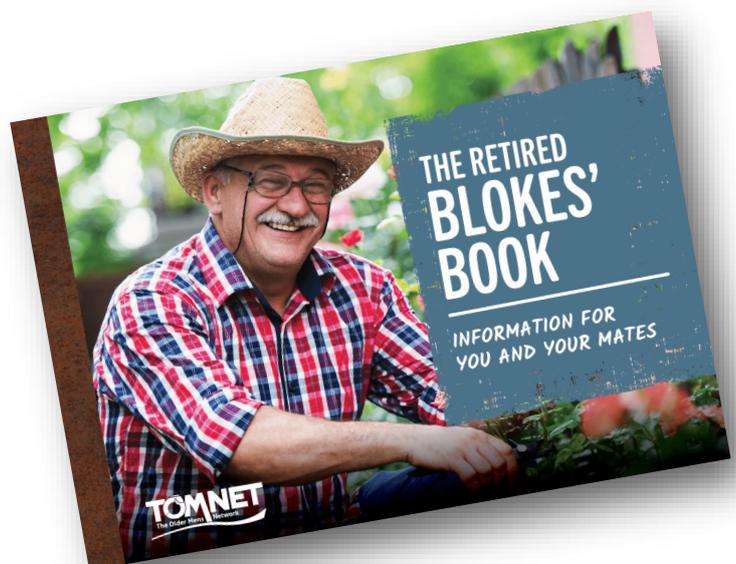
## Need more copies of the Retired Blokes Book to help spread the word?

### Where can I hand it out?

Anywhere that men visit. Places such as Chemists, Doctors surgery, Dentist, your Specialist, your local gym or physiotherapist.

You could also give a copy to your mates, or to someone you know that might be seeking information about local services or retirement.

We have delivered nearly 2500 copies throughout the Darling Downs, help us give out the next 2500.



# TOMNET COVID requirements for 2022

Based on revised government mandates and restrictions, TOMNET will require all Members and visitors to be double vaccinated for COVID before engaging in TOMNET activities which commenced in January 2022.

Members/Visitors who wish to enter the TOMNET Centre will be required to have a temperature check, show proof of vaccination and sign a disclaimer (once only).

TOMNET Members who are unvaccinated and unable to attend meetings can be supported by telephone, *please let us know how we can support you. We will maintain the utmost confidentiality when discussing this with you.*

Every effort will be made to ensure the safety of both TOMNET Members and staff. As changes are communicated to us from Qld Health, we will adjust our procedures to match. We thank you for supporting TOMNET during these times and look forward to seeing you this year.

For updates and to keep up with changes visit [www.health.qld.gov.au](http://www.health.qld.gov.au)

## Emergency Contact Card

An Emergency Contact card is available for all TOMNET Members. Fill in the details below and a card will be made for you to place in your wallet in case of an emergency.

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

### Emergency Contact Details:

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mobile Number: \_\_\_\_\_

Additional Info: (e.g. Blood type, Health directive, Heart issues)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Hand the details in at the TOMNET Centre and the card will be made and ready to pick up as quickly as possible.

# Exercise Guide for Seniors - evelo.com

Exercise is vital for people of all ages for maintaining health, preventing injuries, and lowering risks of heart diseases. Having exercise routines readily available will help give you a jump start towards better health.

We've gathered 29 different exercises designed to be safe and challenging for seniors and the elderly. These are separated into six different categories for easier navigation.

You can begin with stretches in the first section and move onto balance exercises before switching to more advanced exercises. While all exercises are geared for seniors, many can be modified with weights, repetitions, or duration to suit your needs. Check out the different categories of exercises for seniors we have below, get active, and reap the health benefits!

The exercises can be found here:

<https://evelo.com/blogs/learn/exercise-guide-for-seniors>

List of Exercises:		
Stretching Exercises	Balance Exercises	Chair Exercises
Core Exercises	Cardio and Low-Impact Exercises	Strength Exercises

Here is an example of the basic exercises as a guide:

## Upper Back Stretch



1. Begin seated with relaxed shoulders.
2. Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
3. Hold for 10 seconds and release.

**Please remember:** Visit your local GP before starting any exercise programs.

**Information Source:** <https://evelo.com/blogs/learn/exercise-guide-for-seniors>

## TOMNET Management Committee

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

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

### Pioneers Room

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





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## 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 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, 8TH APRIL 2022

12 NOON | THAI ON HIGH STREET  
HIGH STREET SHOPPING CENTRE  
18 MEIBUSCH ST, RANGEVILLE

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## FRIDAY, 20TH MAY 2022

12 NOON | TATT'S HOTEL  
180 MARGARET STREET

**Postal Address:**  
PO Box 7801  
Toowoomba South Qld, 4350

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AUSTRALIA

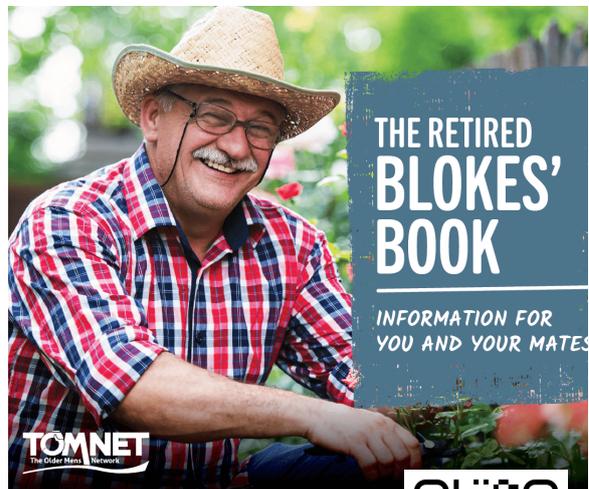


## The Retired Blokes' Book

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 the QRCode.



223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | [admin@tomnet.org.au](mailto:admin@tomnet.org.au) | [www.tomnet.org.au](http://www.tomnet.org.au)

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