

May 2018 Umina Beach Men's Shed NEWSLETTER

Welcome to our May 2018 NEWSLETTER - this letter is being written on June 1, the first day of winter! And the weather feels like that season has certainly arrived on time!

Before we look back on happenings and photos etc covering May, let's start with a glance ahead at the month of June. Why we hear you ask? Well the month of June is the month that Men's Sheds focus on **men's health** in particular, so we need to give the subject some extra thought and action.

You may recall in one of our newsletters quite some months ago, we raised the question '***when did you have your last tune up***', we know that most fellows have their cars/vehicles serviced on time or their computers reset when the screen flashes 'running slow' or something similar. But when it comes to our health the professionals claim that the majority of us stay clear of regular check-ups and have a tendency to ignore symptoms believing that 'whatever it is will likely go away'!

So, just a take few minutes on your home computer or, if you prefer, use the one set up and operating in the kitchen area of our Shed, to read **SPANNER IN THE WORKS** – a men's health initiative by the Australian Men's Shed Association. The site will lead you to some very interesting and informative articles. For instance, when Bill and I clicked on age group 70 plus, this article came up:

Your 70s & beyond

YOUR 70s and beyond:

By now you will know there is a significant link between your health and your lifestyle. Keeping fit and well, both physically and mentally, is essential.

Have an annual health check!

Keep your weight down to a healthy level. Keep your activity levels as high as you are safely able to.

Eat nutritious food with plenty of fruit and vegetables.

Many men in their 70s are affected by depression and emotional problems as they lose some independence. Speak to your family, your mates or your GP if you are feeling depressed.

Remember; it's never too late to improve your diet, get fitter, energise and find new interests and friends.



- Keep moving, walk daily and do any other activities that keep you fit and well
- Stay connected – keep in touch with friends and family, socialise and get out and about as much as possible
- Keep your brain active – Do Sudoku puzzles, crossword puzzles, play cards and other games that engage you
- Moderate your alcohol – have three alcohol-free days each week
- Talk it over – don't be embarrassed about any personal issues or problems, talk to your GP or a counsellor for assistance and advice
- Laugh lots and loud

70'S AND BEYOND HEALTH CHECK

- ✓ Weight and waist measurement
- ✓ Blood pressure
- ✓ Cholesterol and glucose (diabetes)
- ✓ Eye checks glaucoma, cataracts etc
- ✓ Bowel cancer screen
- ✓ Flu and Pneumonia shots
- ✓ Blood tests for kidney and liver function and iron levels
- ✓ Bone density
- ✓ Mental health talk to your GP about any concerns

Having just read the article and hopefully visited the suggested site, let's all give a little thought and support if required amongst our overall membership. We have to recognise that some members joined to catch up with existing friends/mates at the Shed, whilst others joined to make/find new friends and to socialize etc. Hopefully, if we all take a little time to read up on the topic of Men's Health we will become more aware and supportive of members who are going through a tough time or are at the Shed looking for camaraderie and some fellowship whilst trying to handle the issues of ageing. Let's try and make an effort to make contact with a member whose attendance has dropped/slowed. Ok, his project may have been completed but, how is he? What's happening? This aspect is not for the office lads it is for **all** of us. Sure if you need a contact number or the use of the Shed's phone, the office can help. In essence, we all need to care for each other.

An article in the newspaper The Senior June 2018 edition page 5 caught my eye and thought it might also interest our Shed members - the headline read "Older drivers dying behind the Wheel".

In NSW in the 10 years to 2017 the number of drivers aged 65 -74 increased by 0.7 per cent per annum and by 2.0% for drivers over 74. The number of drivers aged 65- 74 involved in fatal crashes from 2008 -2017 increased by 44% [from 27 in 2008 to 39 in 2017] and by 11% for drivers aged 75 and over [from 35 in 2008 to 39 in 2017].

NSW road crash data shows people aged 75 or over are three times more likely to be killed in a crash than people in their 20's said Transport for NSW Centre for Road Safety executive director, Bernard Carlon.

This risk increases for people aged 85 or more who are least four times more likely to be killed. He said the state's older driver licensing system aims to "strike a balance between safety for everyone on the road and keeping older members of the community independent and moving with flexible options to better suit their needs.

In NSW drivers require an annual medical assessment from age 75. From age 85 drivers must take a practical driving assessment every two years or opt for a modified licence that needs no practical assessment.

The On The Road 65 plus Guide has info on – health changes, safer driving habits, licensing options etc and is available at your nearest Service NSW Centre or www.roadsafety.transport.nsw.gov.au and search for ON THE ROAD 65PLUS.

Statistics aside, we all have to work on our fitness and health levels to keep our licence opportunities and safe driving capability in good shape.

Moving away now from Health, May 21 -27 was National Volunteer Week which was rolled out under the banner of - GIVE A LITTLE. CHANGE A LOT. Our Shed has a number of volunteers who are involved in a broad range of community activities as well as Shed-based activities e.g. Bunnings BBQ's, parking NSW life saving

competitions, parking at Opera in the Arboretum, conducting presentations at local libraries, numerous committee duties etc. We just want to take this moment during National Volunteer Week to recognise all our volunteers in UBMSI for the additional time given and for going the extra mile for your community and to keep the Shed funded, open and running day to day. We know they do it for the love of it – but it's often thankless and sometimes not the best of fun, so from all the rest of us, a big and sincere thank you to all our volunteers

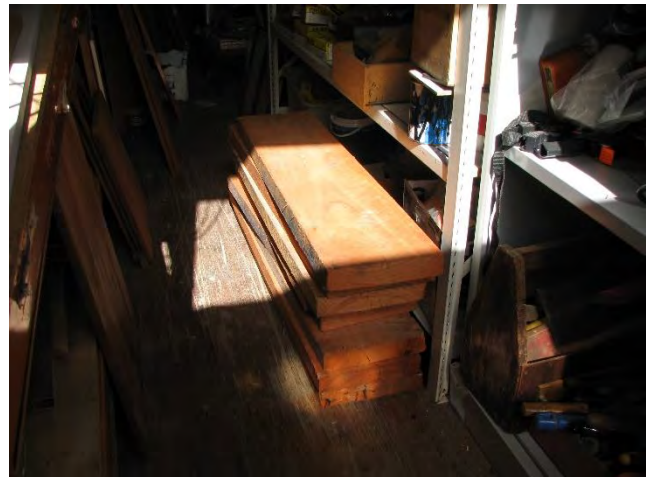
Now to the action at the Shed, hopefully in the next few weeks we will have our revamped UBMSI web site completed and up and running and we will very much look forward to your comments once you have visited and hopefully some articles from you for the team to upload.

For this edition of the newsletter we thought we would return to the gallery approach, as, when we tried it recently we got some favourable feed-back – so we hope you enjoy it.











We think the photos only depict a tiny snapshot of the overall activities, “goings on”, fellowship and fun that the shedders create on a normal day –a big thank you to all the contributors.

Before we close this letter, if you have ideas, suggestions to enhance the members day to day experience at your Shed, please talk with one of your committee members.

Well that’s it for another month –cheers for now and best wishes.

Vic B and Bill G