

## Hearing Screening

Hearing impairment has been linked to frailty, falls and cognitive decline. Take the time this month to consider:

How is your hearing if affecting you? Are you arguing with your spouse about things they never told you? Are your kids joking about your hearing? Are you zoning out in conversations? When was the last time you had your hearing checked?

What if I told you, people at risk of Dementia who wear hearing aids experience a 50% reduction in the rate of cognitive decline. Hearing aids lead to greater communication abilities, that's better conversations with your loved ones, friends, doctor, frustrating sales people, My Aged Care.

## WHERE IN AUSTRALIA AM I?

Standing with my two kids, I tell them the dreamtime story.

"The Aboriginal dream-time legend has it that three sisters, 'Meehni', 'Wimlah' and 'Gunnedoo' lived in the Jamison Valley as members of the Katoomba tribe. These beautiful young ladies had fallen in love with three brothers from the Nepean tribe, yet tribal law forbade them to marry. The brothers were not happy to accept this law and so decided to use force to capture the three sisters causing a major tribal battle.

As the lives of the three sisters were seriously in danger, a witchdoctor from the Katoomba tribe took it upon himself to turn the three sisters into stone to protect them from any harm.

While he had intended to reverse the spell when the battle was over, the witchdoctor himself was killed. As only he could reverse the spell to return the ladies to their former beauty, the sisters remain in their magnificent rock formation as a reminder of this battle for generations to come."

My son, 5 at the time, turns and asks if his sister is going to be turned to stone.



## Cognitive and Mood check in:

Do you have any difficulty with your memory?

Do your family and friends point out your memory loss?

How are you feeling?

Like all health conditions, early diagnosis and intervention can make a significant difference.

Speak with your GP or give us a call to explore your options.

## Monthly Actions

What are 3 things, you can do this month to improve your overall wellbeing? Where will you do it? When will you do it? What do you need to start?

- 1.
- 2.
- 3.

# Brain & Body Newsletter



Allied42.com.au - 0428 244 211 - May 2026

## Positive Quote this month

*"My disease is with me every day, but it's not the reason I stay in bed.  
It's the reason I get up out of bed."*

Steven Yellen, diagnosed in 2018 with Parkinsons at age 55.

**Journal Club** - Where we review the latest research article findings that promote brain functioning.

Mediterranean Diet—a diet high in fruit, vegetables, whole grains, fish and olive oil.

The Role of the Mediterranean diet in reducing the risk of cognitive impairment, dementia, and Alzheimer's disease: a meta analysis. Published in GeroScience 11 January 2025.

Monika Fekete, and co, from the Semmelweis University in Hungary reviewed 23 observational studies from 2000-2024, where participants were on a mediterranean diet. At different intervals, cognitive assessments were completed.

The researchers found that the strength of the results is impacted by different studies populations, definitions of what the mediterranean diet, the cognitive assessments used and peoples lifestyle factors varied (exercise, social engagement). There is also the risk of publication bias, where articles showing no effect were eliminated.

Taking the variability into account, they concluded from this review, that the mediterranean diet plays a protective role in reducing the risk of cognitive decline, dementia and Alzheimer's disease (11 to 30%).

Thinking about this, what is one thing you can do this month, to improve your brain health? Is it swapping to whole grain bread, adding a handful of berries to your breakfast, finding a dietician in your area to support?

Want more information, Dementia Australia have a 15 minute webinar on the Mediterranean Diet. Head to [dementia.org.au](http://dementia.org.au) and search Diet or scan the QR code with your phones camera.



## Brain Stimulating Ideas

Check out the Gympie Regional Library in your area.

Some of our favourites at Gympie library include:

Craft Groups Monday 10am - Trivia Tuesday 10am -

Film Club Friday 10am

Writing Groups 3rd Friday at 10am (15th May)

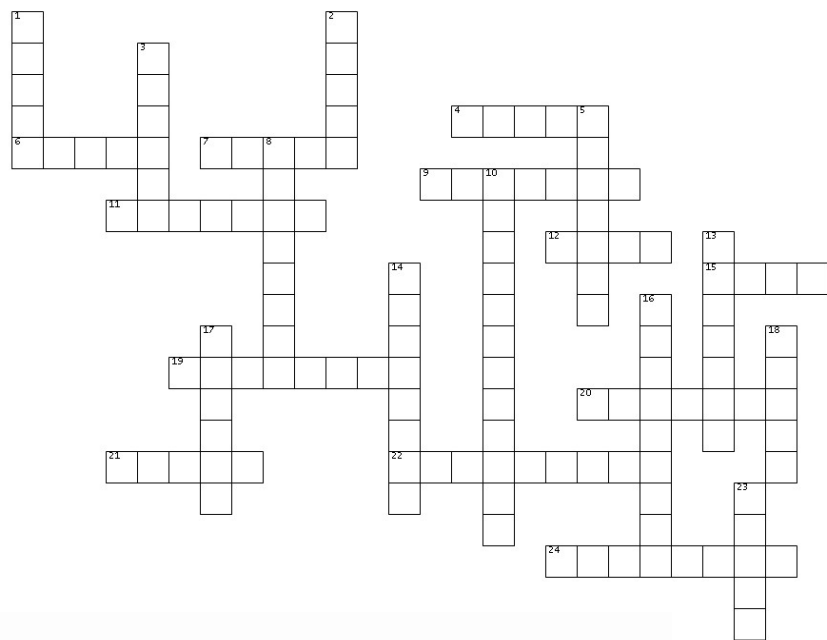
Memoir and Life Writing Friday 29th May at 10:30am



## Calling for Volunteers (Gympie residents only)

Allied42 are developing group programs aimed at people who have a Parkinsons diagnosis, mild cognitive impairment or experienced a fall. Entirely free and voluntary. All we ask is that you are available for 8 weeks, 2 days a week for 45 minute sessions, consent to having your photo taken, complete feedback questionnaire.

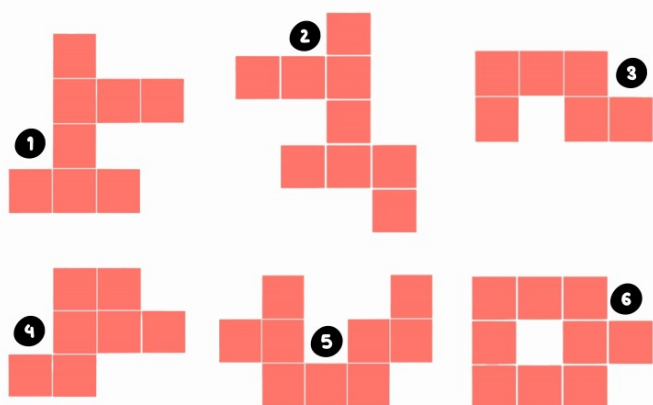
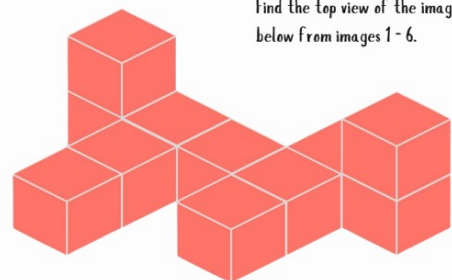
If you are interested, please reach out by giving us a call, sending an email or complete the referral form on our website. Phone: 0428 244 211 Email: [admin@allied42.com.au](mailto:admin@allied42.com.au) Website: [allied42.com.au](http://allied42.com.au)



- ACROSS**
- 4. PLAYED FOR FUN OR COMPETITION (5)
  - 6. MAKING THINGS BY HAND (5)
  - 7. TRACK ITEMS OR TASKS (5)
  - 9. SUBSTANCE TO LIMIT FOR BETTER HEALTH (7)
  - 11. A PICTURE MADE WITH PEN AND PAPER (7)
  - 12. FOOD AND DRINK YOU REGULARLY EAT (4)
  - 15. UNDERSTANDING A WRITTEN LANGUAGE (4)
  - 19. TOOL USED TO TRACK DATES AND EVENTS (8)
  - 20. ABILITY TO STAY UPRIGHT (7)
  - 21. GAIN NEW KNOWLEDGE OR SKILLS (5)
  - 22. SPEND TIME INTERACTING WITH OTHERS (9)
  - 24. LIFT WEIGHTS TO BUILD MUSCLE (8)
- DOWN**
- 1. CAN BE PLAYED OR ENJOYED (5)
  - 2. TARGETS YOU AIM TO ACHIEVE (5)
  - 3. SOMEONE YOU VISIT ABOUT YOUR HEALTH (6)
  - 5. HABIT HARMFUL TO LUNGS AND BRAIN (7)
  - 8. IMPORTANT FOR VITAMIN D (8)
  - 10. ORGANISING MOVEMENTS (12)
  - 13. PUTTING THOUGHTS ONTO PAPER (7)
  - 14. GET YOUR BODY MOVING (8)
  - 16. COMPETITIVE SITUATION (9)
  - 17. OUTDOORS (6)
  - 18. REST PERIOD ESSENTIAL FOR BRAIN FUNCTION (5)
  - 23. ESSENTIAL FOR HYDRATION (5)

## FIND THE TOP VIEW

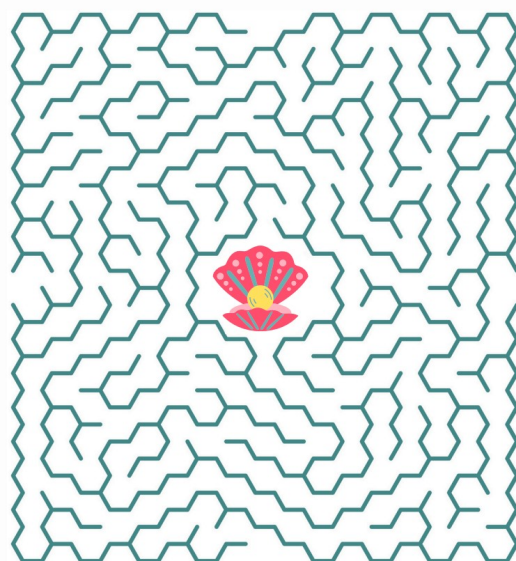
Find the top view of the image below from images 1 - 6.



SEASONEDTIMES.COM

## GRAB THE PEARL

FIND YOUR WAY THROUGH THE MAZE TO GRAB THE PEARL FROM THE CLAM SHELL



SEASONEDTIMES.COM

		6			5	8	
1		2	3	8		4	
			2		1	9	
				6	3	4	5
	6	3	4		5	8	7
5	4		9	2			
	8	7			4		
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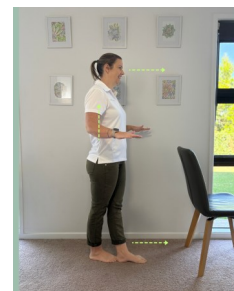
Fill all the empty boxes with a number 1-9 so that no number repeats in the row, column or box.

			5	7			
	4		2	6	3		
1		7	4				
3	6					4	5
		2		5		7	
7	9					6	2
				9	4		1
			1	3	4		9
			6	5			

## Exercises to try

Make sure to try these somewhere you can hold onto for support. Supporting yourself isn't cheating, it's utilising your protective instincts while you improve your balance. These exercises are from the NSW government Active and Healthy website.

1. Heel to toe standing or walking. (working up to 1 minute)



2. Knee raises (working up to 1 minute)



Rest till you have fully recovered

3. Side leg raise or sideways walking (working up to 1 minute)



4. Heel raise (working up to 1 minute)



Rest till you have fully recovered

5. Stepping up a step (working up to 1 minute)



6. Sit to stand (working up to 1 minute)



Rest till you have fully recovered

**Repeat 3 times total.**

Compliment your training with walking, an exercise class, or doing some household tasks.

See our website for more local exercise opportunities. [www.allied42.com.au](http://www.allied42.com.au)

Consider your abilities today and what you would like to be able to do 5 years from now. What is one thing you can try this week?

## Gympie Community Exercise Options

**Gympie ARC** have group water aerobics classes, heated indoor pool good for walking or swimming laps (fees apply).

42 Tozer Park Rd, Gympie (Opposite Gympie State High) Ph: 5482 5594

**Bravo Walking Group** on Tuesdays at 7:30am & Thursdays at 9am.

37 Tozer Park Rd, Gympie (Community Garden)

**Gympie Senior Citizens Centre** Chair Yoga Fridays at 8:30am (fees apply)

40 Mellor St, Gympie. Contact Michelle on 0432 214 959