

# Whispers

the joy of  
HEARING 



MARCH 2019

Newsletter of Better Hearing Australia [Sydney] Inc

*Dear Members, Supporters and Friends of BHA,*

Welcome to our first edition of Whispers for 2019.

I hope everyone is feeling relaxed and refreshed after the festive season and is looking forward to another New Year.

Heartiest congratulations to Margaret Dengate for receiving an OAM in the Australia Day Honours awards. Margaret received her award for service to aged welfare.

This "March" edition is coming to you a little earlier than usual - for two reasons.

Firstly, Hearing Awareness Week will take place from Sunday, 3 March to Saturday, 9 March 2019, in conjunction with World Hearing Day on 3 March 2019. If you would like to attend the launch at St Andrews Cathedral, please let Malcolm know by 22 February 2019, so he can reserve a seat for you. [mintermalcolm@yahoo.com](mailto:mintermalcolm@yahoo.com).

Secondly, our long time member, Peg Regan, who has been living in the UK for many years, will be visiting our fair shores in March this year.

To celebrate this occasion, we are hosting a Morning Tea on Tuesday, 19th March at 10.30am in the club rooms at 29 Burwood Road, Concord.

For catering purposes, please let us know of your attendance by Monday, 11th March, either by email or telephoning the office on 9744 0167.



Our annual Christmas party was held at Club Burwood on Thursday, 6th December 2018 and was a relaxing and enjoyable occasion, with excellent food and great camaraderie. My thanks to Carmen and Marion for choosing this venue and selecting an excellent menu. It was particularly pleasing to have two of our senior members – Roma Wood and Nance Prendergast join us for the festivities.





## HEARING AND MENTAL HEALTH

In recent years, a considerable amount of scientific evidence has been published highlighting the connection between hearing loss and mental health. It's clear that there is an association between unassisted hearing loss and cognitive decline and dementia. Why this should be the case is still not clear and much research is being undertaken to try and establish how and why hearing loss and cognitive health are connected.

Important research findings published in *The Lancet* in 2017 stated that one in three cases of dementia could be prevented if people managed a number of lifestyle factors in midlife (between ages 40 to 65) including hearing loss.

Unmanaged hearing loss adds to the brain's cognitive load and can lead to social isolation and depression, good

reasons to care for your hearing and watch for signs that your hearing may be changing (in just the same way as you'd care for eyesight and dental health). Particularly after the age of 40, hearing tests should be as routine a part of healthcare as sight tests and dental checks.

Our regular monthly "Social Tuesday" events have resumed and will now be held on the third Tuesday of each month. The next event is our morning tea for Peg Regan, as noted above. Why not come along and join in the fun??

Concord classes resumed on Monday, 4 February 2019 and our sincere thanks to Vijay Sodhi for agreeing to take these.

As a Volunteer - one of the greatest gifts you can give is your time.

Best wishes  
*John*