



April 2026

### Health Fact



Flu season is here, and - fortunately - so are the vaccines that help protect us. Flu can mean a week off work or school, but it can also be a life-threatening illness. The influenza vaccine is available free to all people aged 65 and over, children 6 months to less than 5 years, ATSI people aged 6 months and older, all pregnant women, and all people aged 6 months and older with medical conditions that put them at risk of severe influenza and its complications.

However, it's a good idea for all people to protect themselves against flu. You can book in to one of our flu clinics by phoning our helpful reception staff on 9383

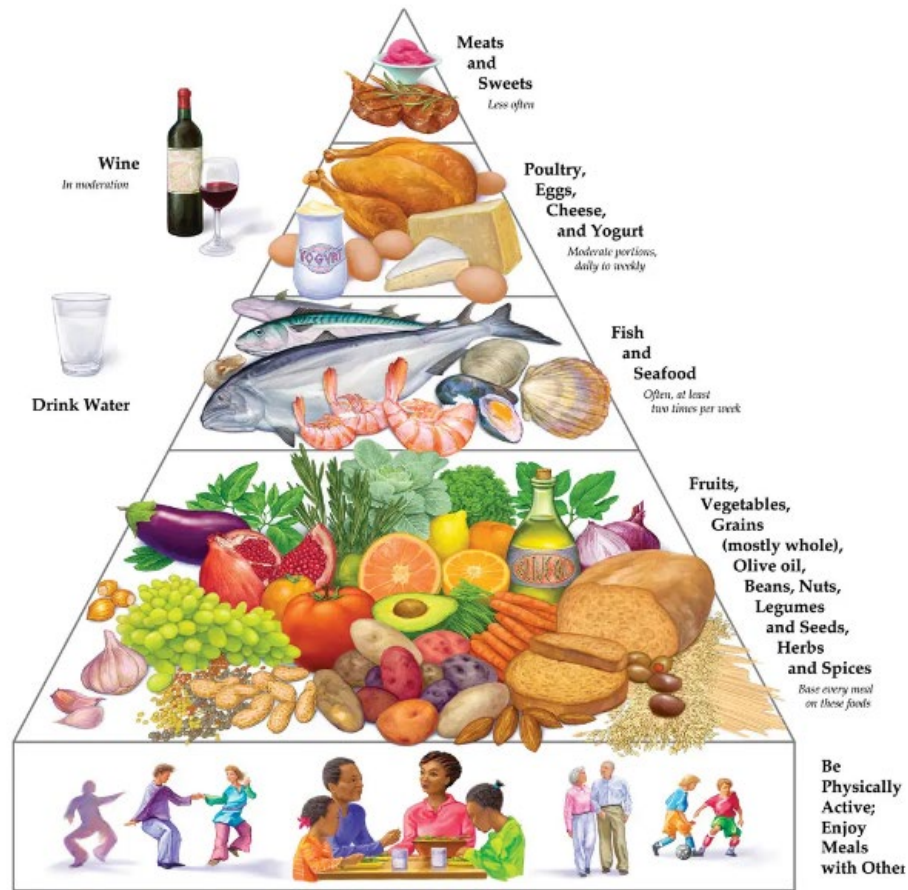
2493. An exciting development this year is the new 'Flumist' - a version of the flu vaccine that is delivered by nasal spray. If you prefer this needle-free alternative for your child aged 2 to less than 18 years old, the cost of this vaccine from us is \$65.

### Did you know?

The Mediterranean diet has been identified as the healthiest diet for helping prevent Alzheimer's disease and other neurodegenerative diseases and for the promotion of brain health in general. It is thought that the beneficial bacteria promoted by the Mediterranean diet produce short chain fatty acids that help reduce inflammation and support brain health. The bacteria in our gut are largely affected by our diet: 'you are what you eat'!

In order to increase the good types of bacteria and minimise the wrong types of gut bacteria, following the Mediterranean diet works well - as shown in numerous studies.

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The foods primarily based on the Mediterranean diet are vegetables, wholegrains and legumes that are rich in fibre, antioxidants, and anti-inflammatory compounds. An easy way to think of the Mediterranean diet is as follows:

1. Use olive oil with all of your cooking
2. Eat a variety of vegetables every day with all of the colours represented
3. Eat wholegrain bread, pasta and rice daily
4. Add legumes and nuts daily for protein
5. Eggs and dairy provide protein but should be eaten more moderately
6. Fish should be consumed at least twice a week (small fish the size of which fits on a plate, or salmon which is a low mercury fish)
7. Consume red meat, chicken and sweets less often.



### Heart Food

Enjoy with us this beautiful poem by 20th Century American poet James Wright

#### A Blessing

Just off the highway to Rochester, Minnesota,  
Twilight bounds softly forth on the grass.  
And the eyes of those two Indian ponies  
Darken with kindness.  
They have come gladly out of the willows  
To welcome my friend and me.  
We step over the barbed wire into the pasture  
Where they have been grazing all day, alone.  
They ripple tensely, they can hardly contain their happiness  
That we have come.  
They bow shyly as wet swans. They love each other.  
There is no loneliness like theirs.  
At home once more,  
They begin munching the young tufts of spring in the darkness.  
I would like to hold the slenderer one in my arms,  
For she has walked over to me  
And nuzzled my left hand.  
She is black and white,  
Her mane falls wild on her forehead,  
And the light breeze moves me to caress her long ear  
That is delicate as the skin over a girl's wrist.  
Suddenly I realise  
That if I stepped out of my body I would break  
Into blossom.