This month the kids made apricot hot cross buns for Easter. Both white flour and wholemeal flour, as well as dried apricots were used in the hot cross buns to make them more nutritious and yummy. Yeast was used in the dough mixture to help it rise and the kids were really interested in how the yeast worked – ‘how can it be alive when I couldn’t see its legs?’ Piping the crosses onto the finished buns was a highlight and the kids did a great job.

Each child was able to take ownership for making their own batch of hot cross buns. The children took them home to share with their families after first sharing some with the child and family health team.

We also had an Easter egg hunt with patterned paper eggs which aided the Easter spirit without the extra sugar and hype from more chocolate.

### Ingredients:

- 3 sachets dried yeast
- 1/3 cup caster sugar, plus a pinch
- 1/3 cup margarine
- 2 eggs
- 2 cups plain white flour
- 2 cups wholemeal plain flour
- 1/3 cup dried apricots, chopped
- 2/3 cup self-raising flour
- 1 tablespoon milk powder
- 1/3 cup apricot jam

### Method:

1) Pre-heat oven to 190°C.
2) Mix yeast with 200mL warm water and a pinch of sugar in a bowl. Leave in a warm place to activate.
3) Place margarine, remaining sugar and 4 cups flour in a bowl and mix to combine.
4) Add eggs and activated yeast and beat until smooth.
5) Add chopped apricots and when combined leave in a warm spot to double in size.
6) Knead dough until smooth.
7) Cut into 12 pieces. Roll into balls and place on a lined baking tray so the balls just touch.
8) Mix together 100mL water, self-raising flour and milk powder. Pipe over dough balls to form crosses.
9) Bake for 30 minutes or until puffed and golden.
10) Heat apricot jam with a dash of water and bring to the boil. Brush over hot cross buns once cooked.
11) Serve with margarine and more apricot jam.
Belly Casting

Chantelle Bates recently had a belly cast done as a keepsake of her pregnancy. Chantelle is getting closer to her due date and has been seeing Community Midwife, Helen Freeman and Aboriginal Health Practitioner, Tarnee Tester for prenatal care. We wish her all the best for the safe arrival of her baby.

What’s On?

Healthy Start Playgroup
10:30am to 1:00 pm
Fridays at the TAFE playhouse in Argent St
(Not on during school holidays)

After school cooking group
3:15 pm to 4:30 pm
Wednesdays and Thursdays at the Child & Family Building at Maari Ma Health
(Not on during school holidays)

Cooking group for Parents
10:30 am to 12:30pm
Thursdays (before Playgroup) at the Child & Family Building at Maari Ma Health
(Not on during school holidays)

Primary Health Care Relocation

The Maari Ma Primary Health Care Service will be closed from 2:00pm on Tuesday, 14th April while we relocate to our new premises at 439 – 443 Argent Street.

The PHCS will be reopening at 9:00am Wednesday, 15th April.

Maari Ma’s new Primary Health Care Service is nearly finished. We look forward to seeing you there soon! Below are some recent photos of the building.

If you are pregnant and would like a belly cast as keepsake of your pregnancy, please call Maari Ma Health on 8082 9777 and book an appointment with Stevie or Tarnee.

For any urgent medical treatment please present to the hospital emergency department.
On Thursday the 19th of March, Maari Ma held an event for Close the Gap Day in the Town Square on Argent St. The event was supported by other local organisations such as Mission Australia, St. John’s Ambulance, NRL, YMCA, Medicare Local and Warra Warra Legal Service.

Despite the heat, we had around 50 community members attend. Maari Ma had a number of our primary health care staff at the event providing health information and resources to the community. We did around 30 blood pressure checks and a similar amount of blood sugar levels. Our Oral Health Therapist, **Abi**, displayed our oversized set of teeth and gave away lots of toothbrushes and toothpaste. Our smokerlyzer was used to take carbon monoxide levels as requested by community members. We were also joined by university Speech Pathologist students who spent time talking and interacting with the children, as well as giving away gift bags.

Maari Ma’s famous smoothie bike was used on the day to make berry smoothies and mango smoothies. We had quite a few people come over to check out the bike and try the smoothies.

A highlight of the day was having the girls from the YMCA come down at lunch time to demonstrate the different group fitness classes that the YMCA gym has to offer. They also demonstrated a new class called Born To Move which is for kids aged 8 to 12 and will be starting at the YMCA later this month.

Maari Ma would like to thank all of the organisations that made this day possible as well as all the Maari Ma staff who helped out on the day. Also a big thank you to St. John’s Ambulance for cooking the yummy BBQ lunch.
Healthy Tuna & Corn Quesadillas

The first Community Dinner in Wilcannia was held last month. The theme was Mexican Fiesta and the Tuna and Corn Quesadillas were the most popular on the menu so we thought we would share the recipe with you.

Ingredients:
- 425g of drained tuna in springwater
- 140g of drained sweet corn
- 2 celery stalks diced in small cubes
- 4 tablespoons of low fat mayonnaise
- 4 tablespoons of chopped parsley
- 2 tablespoons of lemon or lime juice
- 8 multigrain tortillas

Method
1. Combine all ingredients into large mixing bowl.
2. Spread mixture in between two tortillas.
3. Grill in flat sandwich toaster for 2 minutes or until golden brown.
4. Cut into triangles and serve.
Dr. Penny’s Farewell

Maari Ma sadly farewelled Dr. Penny Roberts-Thomson on Thursday the 26th of March. Penny has been with us since 2009 and has been a great guide for Maari Ma around her knowledge of chronic disease and extensive experience in Aboriginal health.

We have been extremely lucky to have had the good fortune of working with her and we wish her the very best in her future.

If you are sick or injured and need to see a doctor when the health service is closed you should try and get to the hospital. If you haven’t got transport to get there you can use a free taxi service provided by Medicare Local called Fare Assist.

Fare Assist operates from 6 pm to 8 am on weekdays, after midday on Saturdays, and all day Sundays and public holidays.

To access the service call Yellow Taxis (131 008) or Independent Taxis (8087 7744), and make sure you tell the operator you want to use the Fare Assist service (otherwise you could be charged a fee). When you are ready to come home you will need to ask the hospital staff to ring the taxi company and book your return trip.

Please note this service is not for life threatening situations, if you think it is an emergency then call the ambulance (000) straight away.
Renal physicians are specialists that deal with kidneys. Kidney disease is called a silent disease as there are often no warning signs. More often kidney function worsens over a number of years. This is good news because if kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

Did you know?

⇒ You can lose up to 90% of kidney function without realising it, by which time it is almost impossible to prevent further serious problems.

⇒ People can live a near normal life with as little as 20% of their total kidney function.

⇒ When symptoms do occur the initial signs may be general, such as feeling tired or generalised itching.

⇒ As kidney disease progresses, the symptoms can include changes in the urine (reduced volume, discolouration, blood or pus), nausea and vomiting, and appetite loss.

⇒ Other symptoms include swollen or numb hands and feet (because of water retention), weakness and lethargy, darkened skin and muscle cramps.

Acute Kidney Failure

This is kidney failure which can happen quickly, caused for example by a sudden loss of large amounts of blood, infection, or an accident. A sudden drop in kidney function is often short lived but can occasionally lead to lasting kidney damage.

Chronic Kidney Disease (CKD)

CKD causes serious illness and can lead to premature death. If you lose over 1/3 of your kidney function for over 3 months, it is called Chronic Kidney Disease (CKD). Sometimes kidney disease leads to kidney failure, which requires dialysis or a kidney transplant to keep you alive. As kidney function decreases, waste begins to build-up in the blood.

How can I avoid kidney disease?

You can reduce your risk of kidney disease especially if you are at increased risk:

✓ become a non-smoker
✓ ensure your blood glucose is well controlled if you have diabetes
✓ control your blood pressure
✓ stay fit, exercise regularly and maintain a healthy weight by eating a healthy diet
✓ avoid high salt foods and reduce salt intake wherever you can drink water instead of sugary drinks
✓ drink alcohol moderately (no more than 2 standard glasses a day for men and 1 standard glass for women)

- Information and picture from Kidney Health Australia

Maari Ma has a visiting Renal Physician, Paul Snelling, who will be visiting the Primary Health Care Service on Monday the 1st of June.

For the last Renal clinic in March the attendance rate was 100%. If you have an appointment at Maari Ma, whether it is to see a Doctor or a Specialist, we encourage you to attend your appointment. If you are unable to attend your appointment please call us on 8082 9777 to reschedule.
Preventing and Managing Chronic Disease

GP Review
During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

Followup care
Our health workers will visit you to talk about your health and see how you are going with your medications.

GPMP & Medication
You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

START: Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and followup by a health worker.

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You will be looked after by our Keeping Well team and other specialists like our dieticians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.

Maari Ma Primary Health Care Service
“Improving Aboriginal health and closing the gap”

About MMPHCS
Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all-Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Regular services
Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women’s health
Pharmacist

Occasional services
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry

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Kaylene Kemp
Manager: Community Engagement
Kendy Rogers
Practice Manager, PHCS