NAIDOC Week is held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

NAIDOC Week celebrations will kick off on Monday the 6th of July. The events for the week are listed below.

**Monday 6th July—Flag Raising Ceremony**
10:30am at the Broken Hill Civic Centre flag poles (Chloride St) hosted by Broken Hill City Council followed by morning tea.

**Tuesday 7th July — Broken Hill Hospital Morning Tea and Aboriginal Health Program Launch**
11:00am at the courtyard next to the Aboriginal community room.

**Thursday 9th July—Free Family Fun Day in Sturt Park**
10:00am—3:00pm (Chloride St side) including music, dance, traditional food, art, activities, jumping castle, stalls from different organisations, face painting, karaoke, merry-go-round and a special guest appearance from Lead Ted. Transport is available at 9:20am from the McCulloch St Shopping Centre, 9:30am from the Plaza bus stop, 9:40am from the Creedon St bus stop, 9:55am from the Patton St park and 10:05am from the Duff St park. Call 8088 0001 for more information.

**Maari Ma’s Stall at Sturt Park**
Our tobacco and nutrition teams will be promoting smoking cessation and healthy eating/nutrition messages. Carbon monoxide screening will be available and we will have a make your own fruit kebab stall. Our smoothie bike will also make an appearance. There will be plenty of giveaways including drink bottles, hats, keyrings, Frisbees, bouncing putty, mints and more. Our dental team will be on board promoting dental health and giving away toothbrushes and tooth paste. The community team will be conducting blood pressure and blood glucose checks, and can talk to you about your general health.

**Friday 10th July—Pancake Morning Tea & Youth Disco**
11:00am at Warra Warra Legal Service (184-186 Argent St) and PCYC Youth Disco at the PCYC (Gypsum St) from 6:30pm.
Elder’s Birthdays

In this issue we have special birthday wishes for two of our Elders.

Happy Birthday to Dorothy Whitton who turns 58 on the 9th of July and also to Margaret Pedersen who will turn 67 on the 26th of July.

Congratulations Dorothy and Margaret, and best wishes from everyone at Maari Ma.
Green Eggs at Bugdlie Preschool

The dietitians have been making fortnightly visits to Bugdlie Preschool in term 2. We have been giving the children a range of food exposure experiences related to our “Meat is for Muscles” theme. On the alternate weeks the preschool teachers have been repeating the activity, allowing for capacity building and repeating the children’s exposure to each food.

One of the foods that we used with the kids at Bugdlie was eggs. We discussed who liked eggs, how the children normally ate eggs, and where eggs come from. Using boiled eggs, mayonnaise, and spinach we made green eggs (don’t worry, they taste better than they sound!).

**Step 1—Peeling the boiled eggs**

**Step 2 — Removing and mashing the egg yolks**

**Step 3 — Mixing in spinach and mayonnaise**

**Step 4 — Showing off the finished green eggs**

**Step 5 — Let’s Eat!**

**Ingredients**
- 12 eggs, hardboiled
- 1 tablespoon low fat mayonnaise
- ½ packet frozen spinach, thawed and drained

**Steps**
- Cut the eggs in half lengthways and scoop out the yolk.
- With a fork, mash the yolk in a bowl with spinach and mayonnaise.
- Fill the egg whites with the spinach filling.

**Ingredients**
- 12 eggs, hardboiled
- 1 tablespoon low fat mayonnaise
- ½ packet frozen spinach, thawed and drained

**Steps**
- Cut the eggs in half lengthways and scoop out the yolk.
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- Fill the egg whites with the spinach filling.
You are invited to join a new women’s Yarning group that will be a safe place to meet, talk, learn and be creative. It will be held on the last Wednesday of the month.

The activity for this month is “Build your dream house” where you can make a replica of a house with positive affirmations and names of places and people that can support you. You can be as creative and expressive as you like.

Come and have a yarn and be creative with us!

TRANSPORT AND MORNING TEA PROVIDED!

The group will be facilitated by Pia Brady from Maari Ma. Please call the health service on 8082 9777 to RSVP or request transport.

When: 10.30am—12pm
Wednesday 22nd July 2015

Where: Maari Ma Community room
(near the kitchen in the new Maari Ma building)

Staff Update

Last month we said farewell to our dietitian, Ashley Smith. Ashley is heading to the UK for a working holiday. We would like to thank Ash for his work with our communities during his time with us.

Maari Ma also said goodbye to Trainee Mental Health Clinician, Julieann Hall who had been on rotation with us from the Far West Local Health District. Julieann was with us for six months and said she really enjoyed her time here. Her next placement is at NEAMI—Far West Mental Health Recovery Centre.

Mental Health Tip of the Month

Make time for appreciation. Think about the things you are grateful for in life. You could meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.
As of the 6th of July, 2015, smoking will be banned in commercial outdoor dining areas. So if you go out to eat and are a smoker, you will not be allowed to smoke at a dining table outside. You must be 4 metres clear of the entry/exit of the café/restaurant and 4 metres away from any tables that are used for outdoor dining.

The Smoke-free Environment Act 2000 also bans smoking in the following outdoor public places:

- Within 10 metres of children’s play equipment in outdoor public places;
- Public swimming pools;
- Spectator areas at sports grounds or other recreational areas used for organized sporting events;
- Public transport stops;
- Within 4 metres of a pedestrian access point to a public building.

**Fines of up to $550 apply if you are caught smoking in the above areas.**

Tips on how to support a family member or friend when they are trying to quit smoking

- Understand that it’s hard to give that up. Smoking is a powerful addiction. A smoker’s habit may feel like an old friend that’s always been there when times were tough.
- Don’t doubt that they can quit. Your faith in them reminds them they can do it.
- Make your home smoke-free, meaning that no one can smoke in any part of the house.
- Help the quitter get what they need, such as hard sweets to suck on, straws to chew on, and fresh veggies cut up and kept in the refrigerator.
- Remove all lighters and ash trays from your home. Remove anything that reminds them of smoking.
- Celebrate along the way. Quitting smoking is a BIG DEAL! When the person has quit for 1 week, 1 month, etc., plan something special.

*Information from the American Cancer Society, California Smoker’s Helpline and Colin Mendelsohn.*
Optometry Clinic

Optometrists perform eye checks and are concerned with eye health. You should see an Optometrist if your vision is beginning to change or if you are having issues with your eyes.

If you have diabetes you are at risk of vision loss from Diabetes Retinopathy (damage to the very small blood vessels on the back of the eye). However, good blood glucose levels and blood pressure and regular screening can greatly reduce the risk of complications.

Diabetes Retinopathy can occur regardless of the type of diabetes you have, your age or even the control you have over your blood-glucose levels. For this reason everyone who has diabetes should have their eyes checked regularly. Begin when diabetes is first diagnosed and then at least every two years after that.

If the damage is detected before it has affected your sight treatment can prevent vision loss. Where vision loss has already occurred treatment can only stop it from getting worse.

Symptoms: Diabetic Retinopathy

If you notice any changes in your vision contact your doctor. Some examples of symptoms of Diabetic Retinopathy include:

- Blurred, distorted or patchy vision that can’t be corrected with prescription glasses
- Problems with balance, reading, watching television and recognising people
- Being overly sensitive to glare
- Difficulty seeing at night.

In the early stages of Diabetic Retinopathy there may be no symptoms and the disease may not be diagnosed until it is advanced.

Looking After Your Eyes

To look after your eyes and help prevent vision loss:

- Have your eyes checked regularly, at least every two years, to pick up early signs of damage
- Control your blood glucose levels
- Maintain a healthy blood pressure and cholesterol levels

If your vision has been affected, seek treatment from your doctor to stop it from getting worse.

Maari Ma has a visiting Optometrist who will be at the Primary Health Care Service on Thursday the 30th and Friday the 31st of July. If you require glasses or a new script please call 8082 9777 to make an appointment.

* Information from Diabetes Australia

FLUVAX

Are you a Maari Ma patient?

Have you had your fluvax this year?

Did you know that Aboriginal people are more likely to get severe flu and chest infections, and are more likely to have to go to hospital when they get the flu?

If you are a Maari Ma patient and have not had your fluvax for 2015, please feel free to drop into the health service. No need to make an appointment.
**Playgroup**

In term two there have been lots of opportunities for parents to engage in play with their children. Experiences the children and families have been interested in are musical instruments, dinosaurs, block building and sensory based materials. We have welcomed Bilyara Bates to the playgroup team as a male Aboriginal representative along with Callan Rogers. Dads are invited to attend playgroup with their children and share in opportunities for exploring and learning together. Come and have a yarn with Bilyara and Callan. Playgroup starts back in term three on Friday 17th July after the school holidays.

**Little Kids and Books**

In Menindee, Wilcannia and Broken Hill, children and families have been reading new books this term and love taking them home. We have been reading Where’s Spot, Hop a little Jump a little, Nursery Rhymes, Brown Bear Brown Bear, I went walking, Snug as a Hug and my First 1,2,3.

Little Kids and Books in Broken Hill is part of the Friday playgroup session. In Wilcannia it is part of the Save the Children’s playgroup at St Therese’s Community School on Tuesdays and in Menindee it is held at the Children’s Centre (preschool) every second Thursday. Little Kids and Books will start again in term three.

**Update on Taxi Fare Assist**

The free taxi service that was provided by Medicare Local is no longer available. The service ended on the 31st of May.

In the event of an emergency please call 000 straight away.
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.

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.

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.

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

Kaylene Kemp
Manager
Community Engagement

Kendy Rogers
Practice Manager
PHCS

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