Saturday the 31st of May marked World No Tobacco Day. Maari Ma staff headed out to the Broken Hill Geebungs versus Broken Hill Saints rugby league game despite the wet weather. Our Regional Tackling Smoking and Healthy Lifestyle team as well as our Keeping Well Team were at the Lamb Oval checking blood pressure and blood glucose levels, as well as providing health information to the community. It was also a good opportunity for Maari Ma staff to support the Country Rugby League and Outback Rugby League to promote Smoke free sports grounds.

Health promotion activities included health screening and checks, free nutritious snacks, free dental resources, carbon monoxide checks and children’s activities with hula hoops, skipping ropes and some painting and parachute games. The kids really enjoyed the healthy snacks and the games.
In this issue we have special birthday wishes for three of our Elders.

Congratulations to **Lorraine (Lulla) King**, from Menindee, who turned 94 on the 4th of June. Lulla is the oldest living Barkindji Elder and has great, great grandchildren!

Happy Birthday to **William Riley** who celebrated his 80th birthday on the 12th of June.

**Valerie Bugmy** will be celebrating her 72nd birthday on the 29th of June.

Congratulations **Lorraine (Lulla)**, **William** and **Valerie**, and best wishes from everyone at Maari Ma.

**New Bubs!**

Maari Ma would like to welcome new bub, **Paige Crowe** into the community. Paige was born on the 6th of May and weighed 5 pounds and 9 ounces. Mother Georgina and Father Cy were congratulated with a gift bag from Maari Ma and are all doing well. Baby Paige and Georgina will continue to see **Bryn Stables**, our community midwife and Aboriginal Health Practitioner, **Tarnee Tester** for postnatal care.

**What’s On?**

**Healthy Start Playgroup**
10:30 am 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)

**Girls Night In—Core of Life & Sexual Health Information**
5:30 pm - 8:00 pm
Tuesday the 17th of June at the Child & Family Building at Maari Ma Health
Maari Ma
GIRLS NIGHT IN

Core of Life & Sexual Health Info

**VENUE:** Maari Ma Child and Family Health Building  
**DATE:** Tuesday 17th June 2014  
**TIME:** 5:30pm – 8pm

ABORIGINAL WOMEN’S GATHERING

The Community Restorative Centre and Warra Warra Legal Service welcome you all to attend a women’s gathering. We will meet weekly at the Warra Warra Legal Service every Tuesday. We welcome all Indigenous women, women with an indigenous partner or women with indigenous children. This group’s intentions are to support women in the community affected by the justice system in any shape or form. This will also allow women of our community to express their concerns within the community through trust and will provide the opportunity to express their emotions through art.

**EVERY TUESDAY**  
11.00PM – 2.30pm  
TRANSPORT TO AND FROM AVAILABLE  
WE ARE CHILDREN FRIENDLY

**R.S.V.P.**  
Taunoa Bugmy – 0499081790 or 0880881617  
Donna Kennedy – 08 80876766  
Free Call: 1800 812 800
Some parting words from our locum nurse, Judy Hitchcock

Interesting places and smiling faces

What an incredible, medical month of May
For me, who as you say,
Comes from away
To spend time here in the far west
And see the outback at its best
For aside from routine work, I’ve seen so many interesting places
Around Broken Hill and belonging to so many smiling faces!
I’ll remember working here with fondness and memories that are great
Especially those I’ve cared for on a weekly or daily date.
It’s been a really great experience to have continuity in care
And feel a sense of satisfaction, an achievement that’s quite rare.
You truly are a committed and dynamic cohesive team
Where the reality of caring is the focus and not an idealistic dream
Everyone is valued, successful goals I’ve heard you share
With a sincerity and passion that is missing from elsewhere
Hold fast to the clear vision and that mission deep inside
To Close the Gap and disparity that still remains too wide
It’s been wonderful working here at Maari Ma and I can honestly say
That I have enjoyed working with you all every single day!!
Maari Ma Staff Update

Heather Curyer, previously the Manager of the Wilcannia Primary Health Care Service will continue her service with Maari Ma at the Broken Hill Primary Health Care Service. Heather will take on the role of Practice Nurse and will be replacing Heather Clarke in the Clinic team.

Last month we said farewell to our Early Years Project Leader, Narelle Semmens who coordinated a number of programs for kids and families in Broken Hill, Menindee, Wilcannia and Ivanhoe. Narelle has moved to Sydney where she has joined an early childhood education program and we wish her all the best. Ginge Tremelling, our HIPPY Coordinator and Janette Jones will continue to run playgroup on Friday’s at the TAFE.

We would like to extend a warm welcome to Dr Shanti Raman who has recently started at Maari Ma as our new paediatrician, replacing Dr Kerrie MacDonald who was with us for many years.

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.
**Kids cooking group and recipe for sushi**

The afterschool kids cooking group has been a great success and is now being run on Wednesday and Thursday afternoons from 3.15pm to 4.30pm in the Child and Family Health Building at Maari Ma. The kids are enjoying learning how to make new and interesting foods and trying them. They recently made sushi which is a Japanese food made from vinegared rice and meat or fish with vegetables wrapped in a sheet of seaweed, served with shredded ginger, wasabi and soy sauce.

### Ingredients:
- 1 packet seaweed sheets
- 1 packet sushi rice
- Low fat mayo
- 1 avocado
- 1 cucumber
- 1 tin tuna
- 1 tin chicken
  (alternatively, you can use fresh salmon)

### Method
1. Cook sushi rice according to packet directions, and cool.
2. Lay a seaweed sheet shiny side down and spread rice 1cm thick along the whole sheet, except for along one edge for 1cm.
3. Line your fillings down the opposite side.
4. Starting at the end with the fillings, roll the sushi up tightly.
5. Cut into bite sized pieces and enjoy with soy sauce.
**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.

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

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**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, Justin Files, on 08 8082 9777 to discuss the matter.

**Regular services**
- Doctors
- Nurses
- Health workers
- 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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