



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

### World No Tobacco Day

Sunday the 31st of May marked World No Tobacco Day. Maari Ma Health decided to raise awareness about this day by having a screening day at the Primary Health Care Service on Friday the 29th of May. Staff set up a table of resources and information that contained tobacco messages for our clients.

23 clients (smokers and non-smokers) were screened for carbon monoxide levels and many were interested in information about how to quit smoking. The non-smokers who were screened on the day were surprised at their reading of carbon monoxide. This showed the effects of passive smoking from family members and reinforced the importance of ensuring people do not smoke in the home.

Overall, the day was a success and we gave out quite a few resources and provided our clients with advice and support in regards to quitting. Thank you to all of the staff who were involved in the screening process and who provided quitting advice, and of course to the community for taking part in this event.



**Remember: Tobacco smoking can affect all of our mob.**

### Tobacco Tip of the Month

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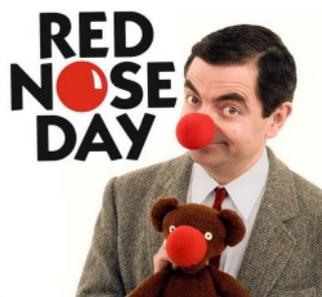
#### Maari Ma Primary Health Care Service

“Improving Aboriginal health and closing the gap”

**Broken Hill, NSW**

**Make every day World No Tobacco Day.**

Friday the 26th of June is Red Nose Day. This day is about raising awareness of Sudden Infant Death Syndrome (SIDS). Pregnant women can reduce the risk and prevent SIDS by keeping their baby smoke-free before and after birth. To avoid exposing your baby to smoke, don't let anyone smoke near your baby - not in the house, car or anywhere your baby spends time ([www.sidsandkids.org](http://www.sidsandkids.org)). Be inspired by World NO Tobacco Day, get help to quit tobacco or support others to quit by joining the Maari Ma Smokers Program to keep our babies healthy.





# New Bubs!

We have four new bubs to welcome into the community this month!

Congratulations to **Jaimee-Leigh** and **Brian** on the safe arrival of their twins, baby girl **Brileigha** and baby boy **Brian**. The twins were born on the 30th of April, with Brileigha weighing 2120 grams with a length of 47cm and Brian weighing 2140 grams with a length of 48cm. Brileigha is the elder sibling by 5 minutes.

**Jaimee-Leigh** received antenatal care from Community Midwife, **Helen Freeman** and Aboriginal Health Practitioner, **Tarneester** and she will continue to visit the health service for postnatal care.



*Baby Brileigha and baby Brian with their proud Nan, Stephanie*



*Baby girl, Tavielle with her Mum, Kristie and big brother, Jevarlee*

Congratulations to **Kristie** and **Cory Paulson** on the arrival of their baby girl **Tavielle Grace Paulson**. Tavielle was born on the 13th of May, weighing 3870 grams and with a length of 52cm.

**Kristie** received antenatal care from Community Midwife, **Helen Freeman** and Aboriginal Health Practitioner, **Tarneester**. Kristie and Tavielle will continue to visit the health service for postnatal care.

Congratulations to **Loretta** and **Sammy Ali-Khan** on the safe arrival of their baby girl **Sameera**. Sameera was born on the 22nd of May, weighing 2825 grams and with a length of 47.5cm.

**Loretta** received antenatal care from Community Midwife, **Helen Freeman** and Aboriginal Health Practitioner, **Tarneester**. Loretta and baby Sameera will continue to visit the health service for postnatal care.

All families were given a gift bag from Maari Ma to congratulate them on their newest addition(s) to the family.

We would like to wish all of these families all the best!



*Loretta and Sammy with their baby girl, Sameera*

## What's On?

### Helping Hand Yarning Group

10:30 am—12pm on Wednesday the 24th of June in the Community kitchen at Maari Ma Health

### 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 in the community kitchen at the Primary Health Care Service

(Not on during school holidays)

### Cooking group for Parents

10:30 am to 12:30pm

Thursdays (before Playgroup) in the community kitchen at the Primary Health Care Service

(Not on during school holidays)

# National Families Week

National Families Week was celebrated last month from the 15th—21st of May. Maari Ma Health held an event at the Primary Health Care Service on Wednesday the 20th of May to celebrate families. It was a great day and 13 community members attended. The day's activities included taking family photos and decorating photo frames as well as crafting family plaques. Community members also made healthy pizzas together and the pizzas could be smelt all around the health service while they were cooking!

This day allowed families to draw on their strengths, and the activities allowed them to make gifts and share recipes with other family members who were not present. Notebooks, stickers, balloons and colouring in were great take-home mementos allowing the “Stronger Families, Stronger Communities” message to be taken home as well. It was great to see the enthusiasm and strength in our families that attended.

*Happy Families Week 2015! From Pia Brady and Melanie Blair.*



# Home Visits

## Does Maari Ma do home visits?

Yes. There are many reasons why we do home visits.

## Who will do a home visit from Maari Ma?

- ✓ Registered Nurse (RN) and/or Aboriginal Health Worker (AHW) = Chronic Disease
- ✓ RN and/or AHW = Healthy Start
- ✓ GP with RN or AHW
- ✓ Diabetes Educator
- ✓ Dietitian
- ✓ Mental Health
- ✓ Pharmacist
- ✓ Community Safety Research Project Worker

## How do I get a home visit?

- ✓ Ask your regular AHW or RN if they do home visits. If they do, ask to make a time suitable for both of you.
- ✓ The doctor may ask if you would like a home visit by an AHW or RN for follow up from their consult e.g. blood pressure/blood sugar review, blood collection etc.
- ✓ You can ask the doctor to organise a home visit for you if you need follow up care.
- ✓ If you are too unwell to come into the Primary Health Care Service.
- ✓ Ask for a Home Medication Review from the doctor, RN, AHW or administration staff.
- ✓ If you have issues with your medication.



**If you are expecting a home visit, please lock up your dogs!**

## What services can I get at home?

- ✓ Reviews of my blood pressure and blood sugar
- ✓ Reviews with the Chronic Disease team
- ✓ Reviews with the Midwife
- ✓ Home Medication Reviews
- ✓ Reviews with the Diabetes Educator
- ✓ Reviews with the Healthy Start team
- ✓ Healthy Start baby checks
- ✓ Support visits from Mental Health
- ✓ Support visits from Social Worker
- ✓ Support visits from the Tobacco team
- ✓ Support visits from the Aboriginal Maternal Mental Health Worker
- ✓ The CSRP team will actively seek out community members to participate in the Community Safety Research Project

## What can I NOT get a home visit for?

- ✗ If you are really unwell and need to go to the hospital, for example if you have chest pain, really sick kids, lots of bleeding, broken bones or allergic reactions. **You must call an Ambulance!**
- ✗ Most doctor appointments. Home visits by a doctor are usually only for people who are elderly, or if it is hard to get the patient into a car, or if the person is really unwell, but don't require a hospital visit.

**The Maari Ma Primary Health Care Service is open Monday to Friday from 9am–5pm (excluding public holidays). If you are really unwell or if you have chest pain, really sick kids, lots of bleeding, broken bones or allergic reactions you need to go to the Hospital. Do not wait for the Primary Health Care Service to open. Call 000 immediately.**

# Healthy Eating Pyramid



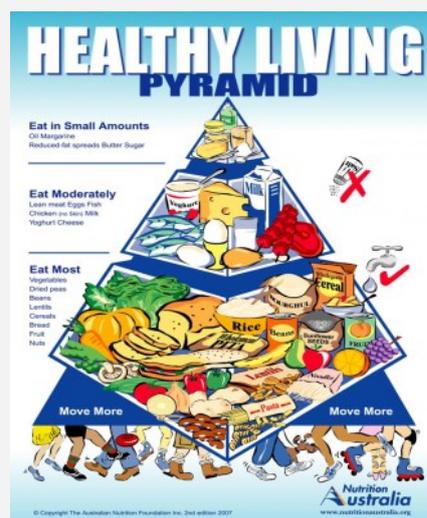
A new version of the Healthy Eating Pyramid is now available. The new version (on the left) encourages people to eat more fruits and vegetables and cut back on carbohydrates from grains. New nutrient dense grains like quinoa, cous cous, soba noodles and oats have been added to the pyramid. There is no allowance for added salt or junk food. Instead the new healthy eating pyramid encourages us to consume healthy fats like olive oil.

By consuming more fruits, vegetables and healthy grains we can help prevent the onset of diet-related diseases such as obesity, diabetes type 2, hypertension, heart disease, osteoporosis and some cancers.

If you would like help with your diet, please talk to your doctor at Maari Ma Health about seeing one of our dietitians.

Left: The new 2015 Healthy Eating Pyramid

Right: The previous 2000 - 2007 Healthy Living Pyramid



## Healthy Tucker Plate

### Introducing... the Healthy Tucker Plate!

You don't need to be an expert to follow this diet. The plate is divided into three sections. Half of the meal should be for vegetables – the largest portion, which reflects what we should be eating the most of. One quarter of the meal is for lean protein sources such as fish, kangaroo, chicken, or non-meat protein sources like eggs and beans. The final quarter of the plate is for carbohydrates - consisting of wholegrain products like rice, pasta, bread, noodles, and some vegetables such as potatoes, or corn.



Dietitian, Ashley Smith with Transport driver, Guy "Smiley" Crawford



**Ashley Smith** and **Guy "Smiley" Crawford** did a fantastic job coming up with the design for the plate. The design symbolises that all food comes from the earth and the river, and encourages people to eat unprocessed foods as nature intended.

This way of eating is healthy for all our mob especially those who may have diabetes, high cholesterol or looking to lose weight.

**If you would like a plate for yourself, or for any more information, please make an appointment to see one of our friendly dietitians.**

### *Children Learn What They Live*

*By Dorothy Law Nolte, Ph.D*

If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with fear, they learn to be apprehensive.

If children live with pity, they learn to feel sorry for themselves.

If children live with ridicule, they learn to feel shy.

If children live with jealousy, they learn to feel envy.

If children live with shame, they learn to feel guilty.

If children live with encouragement, they learn confidence.

If children live with tolerance, they learn patience.

If children live with praise, they learn appreciation.

If children live with acceptance, they learn to love.

If children live with approval, they learn to like themselves.

If children live with recognition, they learn it is good to have a goal.

If children live with sharing, they learn generosity.

If children live with honesty, they learn truthfulness.

If children live with fairness, they learn justice.

If children live with kindness and consideration, they learn respect.

If children live with security, they learn to have faith in themselves and those about them.

If children live with friendliness, they learn the world is a nice place in which to live.



## ***FREE Drop In Legal Advice & Information Clinic***

**Where:** Far West Community Legal Centre, 5 Chloride St (in the town square)

**When:** Every Thursday in June, 2pm—6pm, 20 minute advice sessions

**We can help with family law issues, civil law issues and traffic offences.**

***Call us for more information on 08 8088 2020 or Freecall 1800 300 036***

# Patient Feedback Survey



At the end of last year we asked people who came into the health service to complete a survey about what they liked and didn't like about Maari Ma Primary Health Care service. About 50 people from Broken Hill completed the survey – THANK YOU!

We appreciate that you took the time to tell us what you thought about the health service and where there were things we could improve on.

## **One person said:**

***“... a wonderful team who work well together and always go beyond to help you [be] the best they can. I'm glad myself and my family have appointments with a nice group of people.”***

## **Another person wrote:**

***“Best health service in the country.”***



But that doesn't mean we are not trying hard to get things right. We have things to work on. Some people were concerned about confidentiality of their health story, the waiting room area and how noisy it can get and also the availability of home visits.

We want you to come to our health service and know that you are receiving the best possible care in a place where you feel comfortable.

We hope that our new health service will be a welcoming place where you feel comfortable and confident that no one can hear what you are saying to the doctor or health worker. No one can look at your information unless you say they can, or it is to provide you with the best care. It's against the law.

We understand that when you are feeling sick or upset having lots of people walking through the waiting room, children playing, and people having loud conversations isn't good. If this continues to worry you there are other private and quiet places we can take you to wait for your appointment. Ask one of the receptionists or a health worker if you would like to sit somewhere quieter.

The primary health team can come to your home if you are not acutely unwell. It is best, however, if you come to the health service where we have everything for your care. Transport is available to come to the health service – just call and we can arrange for someone to come and pick you up.

If you get sick when the health service is closed then you should try and get to the hospital as soon as possible. There is a free taxi service available for this purpose, or if you think it is an emergency then call the ambulance.

You can book appointments in advance. If you need to talk to the doctor about filling in forms or have a number of health concerns then make sure you ask for a double appointment. This is OK. Transport can also be booked for you – just call the health service directly.

***We are always trying to make the health service somewhere you can be proud of. We work on things to make them better all the time and we want to hear what you think.***

# Helping Hand Yarning Group

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.

**When:** 10.30am—12pm  
Wednesday 24th June 2015

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

*This month we will be making DEADLY JEWELLERY with things like string, seeds, shells, feathers and beads.*

*We will also be yarning about financial issues and providing information about services in the community.*

*You are very welcome to come and share your stories and we hope to learn from each other.*



**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.**

# 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**.

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

## 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**

Maari Ma's Cycle of Care

## 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  
Social Worker

### 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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