Maari Ma Health Aboriginal Corporation

Community Newsletter

Halloween

at After School Cooking Group

Halloween is celebrated every year on the 31st of October. Typical festive Halloween activities include trick-or-treating, attending costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories and watching horror films.

This year at Maari Ma we decided to do something fun with the kids at the after school cooking group by providing them with healthy ingredients to use to make spooky foods.

The nutrition team prepared some funky Halloween food photos for the children to look at and make with the healthy ingredients given to them which included bananas, sultanas, mandarins, celery, apples, almond slivers, pretzels, peanut butter and strawberry jam.

As you can see, the kids did a great job. We judged the best Halloween item that was made and gave some spooky prizes out. We even did some crazy face painting afterwards in our kitchen that we had decorated in a Halloween theme.

Happy Halloween Everyone!

From the witches of the West Shannon & Victoria.

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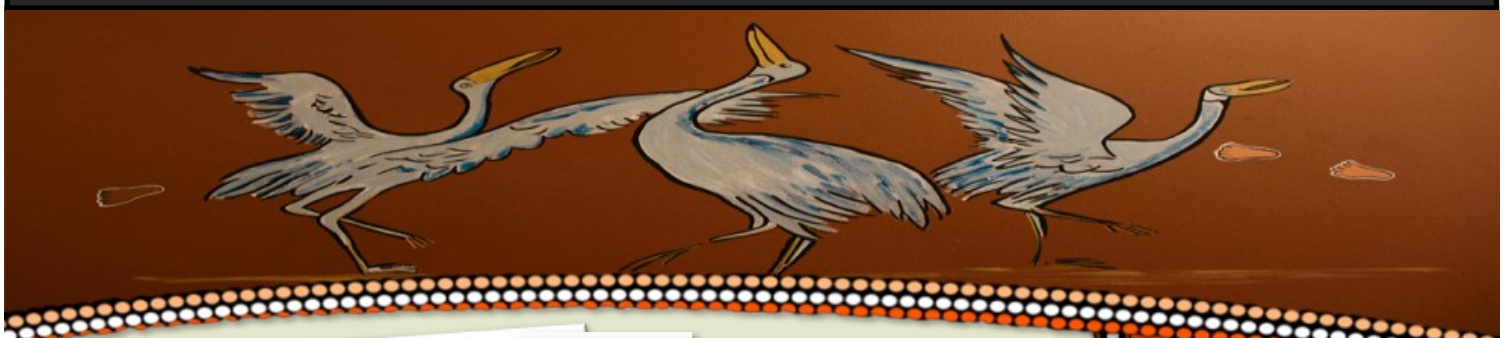
Wilcannia Community Christmas Dinner

Our last community dinner in Wilcannia for the year will be held on Wednesday the 26th of November and will have a Christmas theme. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as the Broken Hill Health Service will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.

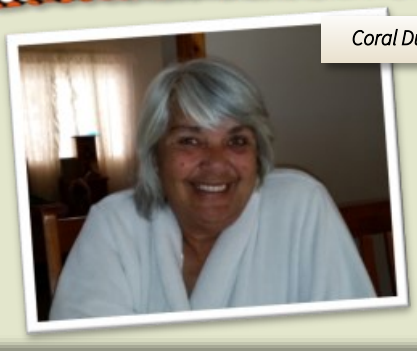
Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW



Elder's Birthdays



Coral Dunlop

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

Congratulations **Coral Dunlop**, who will turn 65 on the 29th of November.

Happy Birthday to **Harry Prescott** who will celebrate his 51st birthday on the 14th of November.

Dulcie O'Donnell will be celebrating her 57th birthday on the 24th of November.

Congratulations **Coral, Harry** and **Dulcie**, and best wishes from everyone at Maari Ma.

Harry Prescott

Dulcie O'Donnell

What's On?

Diabetes Australia WALK TO WORK DAY

Friday the 14th of November

Postnatal Depression Awareness Week

17th-21st of November

White Ribbon Procession

8:00am-9:30am

Tuesday the 25th of November

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)

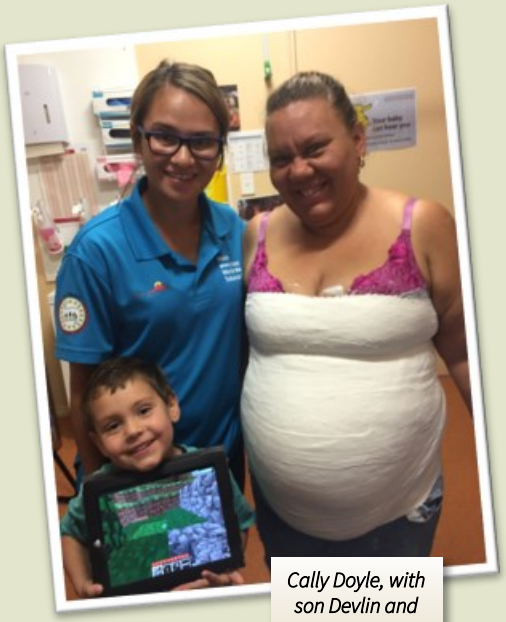
Cooking group for Parents

10:30 am to 12:30pm

Thursdays (before Playgroup) at the Child & Family Building at Maari Ma Health

(Not on during school holidays)

Belly Casting



Cally Doyle, with son Devlin and Tarnee Tester

Cally Doyle recently had a belly cast done for a keepsake of her pregnancy. Her son, **Devlin** (pictured) gave a helping hand. Cally is very close to her due date and has been seeing community midwife, **Bryn Stables** and Aboriginal Health Practitioner, **Tarnee Tester** for prenatal care.

We wish her all the best for the safe arrival of her baby.

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

Well Women's Health Night

Well Women's Health Night was held last month at the Maari Ma Primary Healthcare Service. The night was funded by the Cancer Council. Aboriginal Health Practitioner, Tarnee Tester wanted to make the most of the occasion and decided to decorate the space in the Child and Family building all in pink to show Maari Ma's support for Breast Cancer awareness.

A number of topics were covered during the evening including:

- ✓ Pap smears
- ✓ Pregnancy
- ✓ Smoking
- ✓ Nutrition
- ✓ Breast screen and
- ✓ Any other women's business.

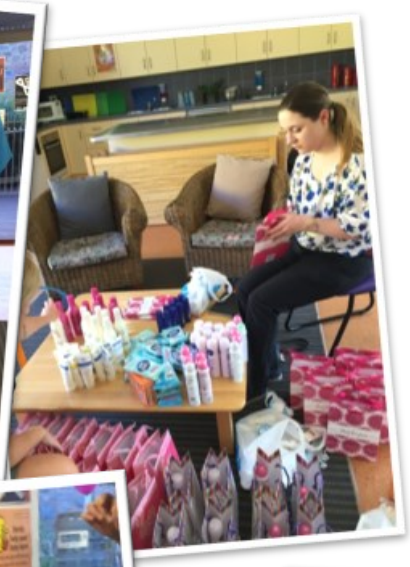
Dr Marion Christie and Dr Elaine Powell had STI educational aids to pass around the group and asked women to explain their knowledge of each STI including:

- ✓ AIDS
- ✓ Chlamydia
- ✓ Genital Herpes
- ✓ Gonorrhea
- ✓ Hepatitis B & C
- ✓ Human Papillomavirus and
- ✓ Syphilis.

Contraception equipment was also available and the use of each one was explained.

Gift bags were put together to give to the community members who had attended the night.

Thank you to the doctors and health staff who were involved in making this night possible. Maari Ma will be holding another Well Women's Health Night next year, so watch this space!



"Be YOU Neak"

The 'Deadly Factor' talent quests held last month were a great success throughout the region. **Luke Carroll** kept the crowd entertained with jokes in which he incorporated health messages, and he also offered support and encouragement to the participants. The show in Broken Hill attracted around 100 people. In Wilcannia more than 90 people attended and in Menindee there was a huge turn out with more than 130 people!

The event wasn't just about singing and dancing. It gave Maari Ma and other organisations the chance to promote mental health awareness and the support that is available to our communities, whilst providing information through a variety of resources.

Maari Ma would like to thank **Corina Kemp** for all of her hard work that she put in with other local providers such as the Far West Local Health District, UDRH and Centacare. A big thank you to **Luke Carroll** for supporting the event and all of the wonderful participants who made the 'Deadly Factor' an entertaining night for everyone who attended.

Corina Kemp and Victoria Wardle enjoying the night with Luke Carroll

Luke Carroll with community members

2014 Far West White Ribbon Event

Supporting the White Ribbon Foundation

We invite you to participate in this years White Ribbon Event with the White Ribbon Ambassadors. We will proceed from Hungry Jacks to the Court House in Argent St and stand for a few minutes silence before proceeding to Lion Park in Blende St for a BBQ breakfast and acknowledgement of the new Ambassadors.

One woman dies every week in Australia due to domestic violence and this is normally at the hands of her partner or ex-partner. This is a terrible statistic and situation. Please consider attending this event to show your support for the White Ribbon Organisation's stand against violence by men towards women.

When: Tuesday the 25th of November
Time: 8am-9:30am
Where: Hungry Jacks

Maari Ma Staff Update

Dustin Mitchell

Geraldine 'Ginge' Tremelling

We have had a couple of new staff commence work at Maari Ma in the last month.

We would like to welcome **Dustin Mitchell** who will be working alongside our IT Manager, **Michael Hanley**, as an IT Support Officer. Dustin was previously a technical support officer for the Department of Education and Communities and was working at Willyama High School.

Maari Ma also welcomed back **Sherlie Barnett** who has returned after three and a half years as our Child and Family Health Nurse. Sherlie has spent the last few years studying and working in Dunedin in an Accident and Emergency Centre.

This month we farewell **Geraldine 'Ginge' Tremelling** who has been our HIPPY Coordinator since early this year. In her time at Maari Ma, Ginge managed to recruit 24 families in the community to participate in the HIPPY program, as well as coordinating Playgroup. We thank her for her wonderful efforts and wish her all the best in completing her early childhood studies.

Breast Cancer Awareness

Lisa Kelly

On Friday the 24th of October staff at the Primary Health Care Service brought in cupcakes, cakes and cookies to sell to raise money for Breast Cancer Awareness month. We managed to raise $140 to go towards cancer research.

Clinic Coordinator, **Lisa Kelly** and staff at the service provided an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

A big thank you to everyone who contributed to the cause.

2015 Emerging Far West Aboriginal & Torres Strait Islander Art Prize

A call for entries by Aboriginal and Torres Strait Islander artists residing in the Far West Region of New South Wales. Entrants must be over 16 years of age and (who are early in their career) be emerging artists (that is, must not have exhibited in a solo exhibition before).

Prize Money

1st and 2nd in two categories

Open 2-Dimensional Art (Any medium on any subject. Painting, drawing etc.)

Open 3-Dimensional Art (Sculpture, carvings etc.)

Where

Broken Hill Regional Art Gallery

404 – 408 Argent Street, Broken Hill, NSW 2880.

Contact

Broken Hill Regional Art Gallery on **08 8080 3440**

Or

West Darling Arts on **08 8087 9035**

Optometry Clinic

Optometrists perform eye checks and are concerned with eye health. You should seen 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.

** Information from Diabetes Australia*

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 11th and Friday the 12th of December. If you require glasses or a new script please call 8082 9777 to make an appointment.

For the last Optometry clinic in October, the attendance rate was 77%. 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.

Diabetes Australia WALK TO WORK DAY

Friday the 14th of November is Walk to Work Day. People who walk before or during work are generally healthier, more productive and less likely to be sick or absent. It's in the best interests of all individuals and organisations to build walking into their daily routine and support the Walk to Work program.

Even if you are not working on that day, you could try walking to the shops or to a relative's or friend's house.

The week of 17th of November is Postnatal Depression Awareness Week. This event is held each year and provides an opportunity to talk to new and expectant parents about looking after themselves and their emotional health, and to provide information about the types of mental health problems that some parents may experience and who can help.

This year in Broken Hill Meg from CentaCare, a qualified infant massage practitioner, and Susan, a perinatal mental health worker, will be demonstrating and talking to interested parents about the benefits of infant massage. There will be information on how to reduce stress for parents as well as for baby, helping with positive relationships.

Learning about infant massage can be very helpful as massage can provide a relaxing time for you and your baby. Massage can help babies to settle and sleep, and can even help to strengthen your baby's immune system! Plus lots of other benefits.

When: Wednesday the 19th of November

Time: 10.30am-12.30pm (lunch will be provided)

Where: Child & Family Building at Maari Ma Primary Health Care Service

Please contact Tarnee Tester or Stevie Kemp on 8082 9777 if you wish to attend. Transport available.

Highway to Health

Maari Ma's Highway to Health is into week 5 of its 6 week program. The program is designed to support Maari Ma staff and the community in making healthy lifestyle changes to kick start your own highway to health. We have seen community members from Wilcannia and Menindee get behind the campaign and they have started their own walking groups and recording their steps with their own pedometers.

We will be giving away some great prizes for the most dedicated participants soon! Keep an eye out for our weekly newsletter at your local health service which contains challenges, meal plans and handy tips from our nutrition team.

Is it about time you started your Highway to Health?

Maari Ma employees were literally on the tracks to better health this week with the Monday walking group!

Preventing and Managing Chronic Disease

Maari Ma's Cycle of Care

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**.

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**

Followup care

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

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**.

Kaylene Kemp
Manager: Community Engagement

Kendy Rogers
Practice *Manager: PHCS*

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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