



Maari Ma Health Aboriginal Corporation

Community Newsletter

National Stroke Week

National Stroke week is on the 8th-14th of September. Stroke is Australia’s second biggest killer and leading cause of disability. Indigenous Australians have a significantly higher rate of stroke in comparison to non-Indigenous people according to the Australian Institute of Health & Welfare’s 2012-13 ATSI Household Survey Report.

What is a stroke?

A stroke happens when blood supply to the brain is interrupted. Blood is carried to the brain by blood vessels called arteries. Blood contains oxygen and important nutrients for your brain cells. Blood may be interrupted or stop moving through an artery, because the artery is blocked (ischaemic stroke) or bursts (haemorrhagic stroke).

In order to raise awareness and prevention of stroke in our community, the Regional Tobacco & Healthy Lifestyle Team in conjunction with the Screening Team at Maari Ma Health Service, will be conducting Stroke Risk Assessments. Follow up or referral will also be offered if required/desired, as well as education around reducing risk of stroke. There will be giveaways including education resource materials for all clients who participate in the screening process.



strokefoundation

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Father’s Day



Father’s Day is a special day where we show our appreciation for our fathers, grandfathers, uncles or other males who have had an important role in our lives.

Maari Ma would like to wish all father figures in our community a very Happy Father’s Day!

SMS Reminders

Maari Ma Health can now send out SMS reminders for your appointments. If you sign up to this service you will receive a reminder the day before your appointment. To sign up, please see the girls at the Administration desk at the Primary Health Care Service for a consent form.



Maari Ma Primary Health Care Service

“Improving Aboriginal health and closing the gap”

Broken Hill, NSW

Elder's Birthdays

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

Happy Birthday to **Beverley Hall** who turned 72 on the 1st of September.

Barbara Allen will turn 78 on the 13th of this month. We hope you have a lovely day.



Beverley Hall



Barbara Allen

Congratulations **Beverley** and **Barbara**, and best wishes from everyone at Maari Ma!

Little Nate teaches his mum about fruit!



My son Nate is four years old and attends Alma-Bugdlie Preschool. Nate really enjoys the visits from Maari Ma staff (especially Shannon) at school because of the fun and practical ways that they educate our kids about eating healthy. It makes me very proud to start to see Nate take in interest in what is healthy and unhealthy food because he wants to "grow up big and strong".

It's always been very tricky introducing new foods into Nate's diet, but yesterday it was great to see him come home from school with a tangelo to try - I'd never heard of these before! Nate said to me that he wanted to make a yoghurt like Shannon did last week with the kids at Bugdlie, so he pulled out tubs of yoghurt, bowls and instructed me on what to do. We added cut up orange, strawberries and the new, exciting fruit, tangelo, to our yoghurt and mixed it up. Nate happily sat down to a big bowl of fruit yoghurt including the tangelo, and he loved it! Nate loves making fruit kebabs too.

It's great to see Nate so interested in food and cooking because he's learning about making good choices for his health whilst having fun. "

Thank you Maari Ma!

Cary Rogers
Mother of Nate Rogers



What's On?

Father's Day

Sunday 7th September

National Stroke Week

8th - 14th September

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)

Podiatry at Maari Ma Health

Maari Ma runs a Podiatry clinic every second Tuesday at the Primary Health Care Service. Podiatrists treat foot conditions. Healthy feet are important for babies, children, adults and the elderly. Foot care is especially important for people with specific conditions like diabetes. Treatment includes prevention, diagnosis, treatment and rehabilitation.



Some of the more common foot problems that podiatrists treat include:

- Skin problems
- Calluses and corns
- Nail disorders, like ingrown toenails
- Foot injuries
- Foot infections
- Overuse injuries of the foot and ankle.

In the month of August, the attendance for the Podiatry clinic was 75%. 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.

People with diabetes are more likely to develop serious foot problems because the condition may lead to:

- Reduced blood flow to the feet, which makes cuts and abrasions slow to heal
- Damaged nerves in the foot, which result in a reduced ability to feel minor trauma.

If you have diabetes you should:

- Have at least an annual foot check-up with a podiatrist
- Check your feet daily for cuts, blisters, bruises or signs of injury
- Seek advice or treatment from a podiatrist before trying to manage foot problems (such as corns, calluses or ingrown nails) themselves.

Aboriginal Transport Services NSW - Survey

Maari Ma staff will soon be asking community members to participate in a survey relating to transport services across NSW. The survey has been put together to obtain information relating to Indigenous people accessing transport services. This includes making transport services more accessible, promoting awareness and usage of transport services that are available for the community.



Have your say about transport services across NSW, and include barriers and gaps that you believe are affecting your transport need. Thank you for your support with regards to this survey.

Healthy Recipe: Chicken Strip Wraps

The afterschool kids cooking group have been enjoying the culinary arts 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 delicious chicken strip wraps, and they looked so good we thought we'd share the recipe!



Ingredients:

- 1/3 cup instant polenta
- 1/4 cup dried parsley
- 1 teaspoon garlic powder
- 2 tablespoons grated parmesan cheese
- 500g chicken breast cut into strips
- 2/3 cup plain yoghurt
- Cooking Spray
- Sweet Chili Yoghurt
- 1/2 cup plain low fat yoghurt
- 3 tablespoons sweet chili sauce
- 1 teaspoon minced garlic

Method

1. Preheat oven to 200°C and line baking trays with baking paper.
2. Combine breadcrumbs, polenta, parsley, garlic powder and parmesan in a bowl. Place yoghurt in separate bowl.
3. Dip chicken in yoghurt, shaking off excess. Toss in breadcrumb mixture. Place on trays.
4. Spray chicken with oil. Bake for 15 minutes or until golden and cooked through.
5. Meanwhile, make sweet chili yoghurt. Combine all ingredients in a bowl.
6. Serve chicken with sweet chili yoghurt and salad, in a wrap.





Maari Ma GP clinics

At Maari Ma, every day from Monday to Friday we run two main clinics:

- ◆ *the walk-in clinic, and*
- ◆ *the booked doctor clinic.*

The walk-in clinic is run by the Health Workers and Nurses, who are supported by a doctor. Everyone who comes to the walk-in clinic will be seen by a Health Worker or RN, but not everyone will be seen by a doctor

- ◆ The sickest people are seen by the doctor and will be seen first
- ◆ At the walk-in clinic you may need to wait longer than you would in the booked clinic.

The booked clinic is run by a doctor. You may be seen by a Health Worker or Nurse first, as they work with the doctor to complete the health checks and arrange the services you are due for, for example immunizations, bloods, signing you up for cheaper medicines, following up results and so on.

- ◆ Everyone who comes to the booked clinic will be seen by a doctor.

Why go to the walk-in clinic?

- ◆ If your child is sick
- ◆ If you are in pain or you feel your health problem is urgent
- ◆ If you get sick overnight or feel very worried and can't wait for a booked appointment.

Why go to the booked doctor clinic?

To see your usual doctor for the treatment of your ongoing health issues, including:

- ➔ diabetes
- ➔ heart problems
- ➔ Asthma
- ➔ blood pressure
- ➔ mental health
- ➔ breathing problems
- ➔ kidney problems
- ➔ pain
- ➔ Arthritis
- ➔ workers comp

- ◆ To get your results back and talk with the doctor about what your results mean
- ◆ To organise your referrals for tests or to specialists
- ◆ Routine checkup, example blood pressure check, sugar check, bloods
- ◆ Prescriptions
- ◆ Immunisations
- ◆ Annual ATSI health check
- ◆ If you have forms that you need the doctor to fill in (example: Centrelink).

Maari Ma Staff Update



Ashley Smith

In the last month we have had a couple of new staff join Maari Ma.

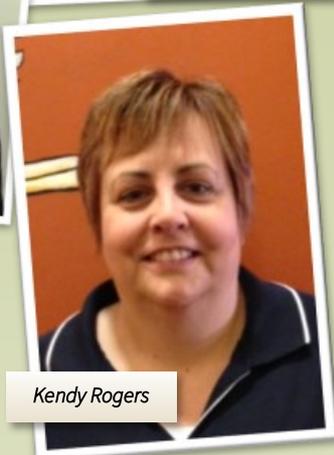
Ashley Smith joined the Specialist Services team as a Dietician in August. Ashley has worked in Newcastle and recently in Inverell. He will spend time in Wilcannia as well as Broken Hill.

Melanie Blair joins us this month and is also a Dietician. Melanie is from Sydney and in recent times facilitated a Kids Nutrition Group in South-western Sydney. She will spend time in Menindee as well as Broken Hill, and will attend playgroup held every Friday at the TAFE.

Kendy Rogers, who has been our Practice Administration Manager at the Primary Health Care Service for the last couple of years has moved into a new role as Practice Manager of the Primary Health Care Service. We would like to congratulate Kendy on her new position and wish her all the best.



Melanie Blair



Kendy Rogers

Farewell Nathan Kickett

Nathan started at Maari Ma in October 2011. After rotating through the different teams at the Primary Health Care Service he found a place in the Chronic Disease Team where he managed the Home Medication Review program. The community and workforce at Maari Ma quickly got to know Nathan as a caring young man with an energetic personality.

Nathan is moving on to a new position at the Local Aboriginal Land Council as a Community Links Coordinator. Over the last few years he has grown into a respected young man whom the community trust and actively engage with him regarding their personal health issues. The skills he has learned during his time at Maari Ma have assisted him in being the successful applicant for his new position.

We wish him all the best for the future and he will be missed.





Is your child ready for big school?

If you have a four or five year old you're probably wondering about when and where to send your child to school.

Children can start kindergarten if they turn five on or before July 31 in that year, and children must be enrolled in school by their sixth birthday. But age isn't the only consideration; making sure your child is socially and emotionally ready for school is very important.

So how can you tell if your child is ready? The following list of questions may help you to decide:

- ➔ Can they make a decision and follow through on it?
- ➔ Do they have ideas of their own?
- ➔ Can they follow two or three instructions at the same time?
- ➔ Can they move on to new activities easily?
- ➔ Do they separate well from their parent / family?
- ➔ Do they show interest in and interact with other kids?
- ➔ Can they recognise and express their feelings and needs?
- ➔ Can they concentrate on a task?
- ➔ How do they deal with frustration?

If your child is going to pre-school, talk to their teacher, they should be able to tell you if they think your child is ready. There is nothing wrong with holding your child back a year; many children benefit from an additional year at preschool.

Orientation days for children starting kindergarten in 2015 will be run in October and November. Orientation days give children and their families a chance to look around the school and have their questions answered.

It is important that you enrol your child at their zoned school. Zoning is based on your child's home address.

Please contact **Sissy Cearns** at the Department of Education and Communities on **80825700** or on **0466251347** for more information or assistance.



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.

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 dietitians, 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

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

428 Argent Street, Broken Hill, NSW 2880
Phone: 08 8082 9777 Fax: 08 8082 9778
Web: www.maarima.com.au