

Merry Christmas from all of us!



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Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"
Broken Hill, NSW

CHRISTMAS CLOSURE

Please note Wilcannia Primary Health Service will be closed from 24th December and will reopen on 2nd January.

Clients requiring care during this period should call 80 915 122 or go straight to the local Wilcannia Hospital. In an emergency ring 000.



KEEP COOL THIS SUMMER

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke.

See our tips for keeping cool this summer on page 4.

WILCANNIA

Community Dinner



What's On?

Mondays

Playgroup

10:30am-12:30pm at the Safe House

Run by Maari Ma's Wilcannia Early Years team (Not on during the school holidays)

Tuesdays

Playgroup / Little Kids & Books

10:30am-12.30pm at CentaCare

Run by Maari Ma's Wilcannia Early Years team

Wednesdays

Playgroup

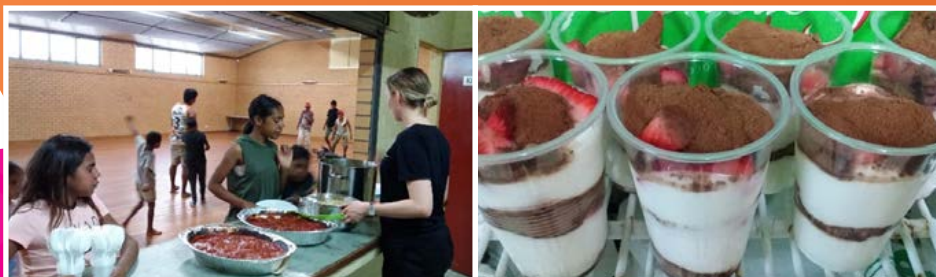
10.30am-12.30pm at CentaCare

Run by Maari Ma's Wilcannia Early Years team

Thurs & Fri

Home visiting for children aged 2-3 years with Maari Ma's Wilcannia Early Years team: 08 8091 5257

Last month at the Wilcannia Community Dinner, Dietitians **Gemma Page** and **Elise Wilson** cooked up a delicious feast of meatballs, chicken pasta salad, potato bake, Milo and strawberry sundaes, and fruit salad. Around 30 community members attended the event.



TIS PHOTOSHOOT

Last month TIS Project Officer **Anshul Kaul** organised a photoshoot at the WINGS Drop-In centre. Photos of children and youth were taken and will be used to create no-smoking signage for the Wilcannia community. The photos will also have a message each to encourage people to quit smoking. Local photographer **Clarissa** took some great photos. Special thanks to **Ann Currie** aka **Auntie Doddie** for making the day a success!



Important Information – Home Medication Review (HMR)

A HMR is an annual service where a pharmacist visits you at home to discuss your medications and ways to make your medications easier to manage. This service can also be done in the clinic based on your preference.

The pharmacist will go through all of your prescription and over-the-counter medicines to make sure they don't interfere with one another and you are using the best possible combination of medications. The pharmacist can also answer any questions you may have about your medications.

Once you have seen the pharmacist he writes a report to your GP with recommendations on how to improve your medications and make them easier to manage. When you go to see your GP they will discuss this report with you and make all necessary changes to your medications. If you don't see the GP after seeing the pharmacist, then none of the suggested improvements to your medications can be implemented.



To find out the latest about what's on, please be sure to regularly check our facebook page:

<https://www.facebook.com/maarimahealth/>





Coconut Caramel Fudge

Grease a 6cm-deep, 19cm square cake pan. Line base and sides with baking paper.

Combine coconut milk (2 x 400ml cans) and caster sugar (1 cup) in a large saucepan over medium heat. Stir often until sugar has dissolved and mixture comes to a simmer.

Reduce heat to medium-low. Stirring often for 40 minutes or until mixture thickens and coats the back of a wooden spoon (mixture should resemble thick custard).

Reduce heat to low. Add brown sugar (1 cup), glucose syrup (2 tablespoons), coconut oil (2/3 cup) and vanilla bean paste (2 teaspoon) to pan. Stir for 4 to 5 minutes or until mixture is melted and becomes smooth. Increase heat to medium-low. Stirring constantly, for 6 to 8 to minutes or until mixture thickens and coats the back of the wooden spoon.

Pour mixture into prepared pan, spreading to level. Sprinkle with flaked coconut. Stand in a cool, dark place for 4 to 5 hours or until cold and set. Cut into small squares and serve! Store fudge in an airtight container in a cool, dark place for up to 3 days, or refrigerate for up to 2 weeks. Remove from fridge 1 hour before serving to soften.



WATERMELON SALAD STARS

Cut half a watermelon into 1 cm slices.

Using 5cm star cutters, cut 21 star shapes from watermelon slices.

On a large board, arrange watermelon stars into the shape of a Christmas tree. Crumble over smooth feta, drizzle with olive oil, sprinkle with mint leaves and some black pepper.



10 TIPS TO KEEP COOL WHEN IT'S HOT



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.



- 1** Change your pattern of outdoor activities to go out in cooler times (early morning or late evening).
- 2** Wear loose-fitting clothing of a light color. Cotton clothing will keep you cooler.
- 3** Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
- 4** Fans can help circulate air and make you feel cooler even in an air-conditioned house.
- 5** Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
- 6** Take frequent baths or showers with cool water.
- 7** Prevent dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes like ice blocks or Powerade drinks.
- 8** Avoid caffeine and alcohol as these will promote dehydration. Instead of hot foods, try lighter small meals or snacks like cold fruit or low fat dairy products and salads.
- 9** If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, or other public space that is cool.
- 10** Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more at risk to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

GASTRO ALERT

'Gastro' also known as gastroenteritis is a highly contagious condition in which people experience diarrhoea and/or vomiting. It usually lasts only 1 or 2 days.

It is passed from person to person via touching surfaces that are infected with germs from the vomit or bowel motions. Hand sanitizer is not effective in killing these germs. Washing your hands with warm soapy water at the sink is the best way to stop the spread of germs.

If you have diarrhoea or vomiting, try to take it easy and rest and be sure to stay out of the pool. Aim to stay hydrated drinking regular sips of water, as the weather has started to heat up. Please stay home from school or work for 48hrs after all symptoms have stopped.

MAARI MA

End of Year Staff Meeting

Maari Ma's end of year staff meeting was held in Broken Hill on November 30th at the North Golf Club.

It was a great day for all teams from all communities to come together to review and reflect on our achievements over the past year.



IPTAAS

IMPORTANT INFORMATION relating to IPTAAS:

- Maari Ma Health does NOT cover the cost of FOOD or DRINKS while you're away
- There is NO CASH available through the IPTAAS Scheme or Maari Ma
- You will need to put some money aside to cover the cost for FOOD, DRINKS and any other items you may need while you are away from home



IPTAAS Processing and Accommodation Booking

- Please bring your completed IPTAAS form in as soon as possible to avoid any delays with accommodation
- It can take several days to process your IPTAAS request – accommodation may not be available at short notice
- It's better for you to let us know that you have a specialist appointment out of town as soon as you know.



Blue Green Algae

HEALTH EFFECTS

Water affected by blue-green algae may not be suitable for drinking or swimming.

Some types of blue-green algae have harmful toxins which take effect when eaten, inhaled or skin contact is made. Contact with affected water can cause skin irritation, mild respiratory effects and hayfever-like symptoms. Swallowing toxins can also cause gastro symptoms, such as vomiting, diarrhoea, fever and headaches. Toxins can also have an effect on the liver and the nervous system.

Avoid contact with algae-affected water, particularly in areas where you can see scums or discoloured water. Follow the advice on any nearby signs and keep yourself and your pets out of the water until advised the risk has passed.

If you come into contact with affected water, you should remove any affected clothing and wash yourself thoroughly with clean water.

If you have any problems, you should seek medical advice.



WILCANNIA DARLING / BAARKA

Due to the current dry conditions and very low to zero flow along the Darling River, some data may be inaccurate, including salinity data.

WATER LEVEL

-0.26 m

10/12/2018 08:45

WATER TEMP

37.4 °C

10/12/2018 09:00

FLOW

1 ML/Day

10/12/2018 08:45

SALINITY

0.0 µS/cm

WATER RESTRICTIONS



USEFUL & IMPORTANT INFORMATION

Contact details for essential
services.

Wilcannia Police:
89 Reid Street
WILCANNIA 2836
Phone: 08 8083 8099

Wilcannia Hospital:
Ross Street
Wilcannia NSW 2836
Tel. 08 8091 5007

Essential Energy
Electricity supply interruptions 13 20 80
Water leaks and blockages 13 20 80

Shire Council
21 Reid Street
Wilcannia NSW 2836
Tel. (08) 8083 8900

All Residents and Visitors are advised that the following water restrictions will apply in Wilcannia commencing Wednesday 24 October 2018.

Due to the Darling River Weir Pool level and no river flows expected, consumers are urged to minimise water usage.

Level 3 Restrictions are as follows:

- Hand held hoses may be used for garden watering from 6:00am to 9:00am, and from 7:00pm to 10:00pm only.
- Drip irrigation systems to be limited to 4 hours per week.
- Washing of cars with hoses is not permitted, buckets ok.
- No sprinklers allowed.

*We hope that you have
a wonderful Christmas and a
very Happy New Year!*



MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes an ATSI Health Check and a follow-up by a health worker.

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.

Follow-up 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 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.

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 & 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.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

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

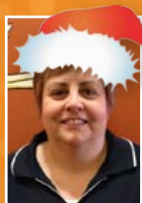
Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist

PHCS Broken Hill
439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777
Fax: 08 8082 9778

Wilcannia Health Service
14 Ross St,
Wilcannia, NSW 2836
Phone: 08 8091 5122
Fax: 08 8091 5911
Web: www.maarima.com.au



Kaylene Kemp
Executive Manager
Primary Health
Services



Kendy Rogers
Practice Manager:
PHCS