

Tackling Indigenous Smoking BBQ Lunch



The Tackling Indigenous Smoking BBQ lunch was quite a hit last month. The lunch was an opportunity for community to know more about the Tackling Indigenous Smoking program and how it could benefit the community. Information and resources were also available for the community to take home. Our Smokefree and Deadly Superwoman also made an appearance and posed for some great photos!

Thanks go to **Valerie Bugmy** & the Wilcannia Playgroup team, who also set up on the front lawn of the Wellness Centre for the day. Special thanks to **Kevin Bates** and **Leeann Adams** for cooking a great feast!



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Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW



www.maarima.com.au



admin@maarima.com.au



www.facebook.com/maarima-health/

NEW BUBS!



What's On?

Mondays

Playgroup

10:30am-12:00pm at the Safe House

Run by Save the Children
(Not on during the school holidays)

Tuesdays

Playgroup / Little Kids & Books

10:30am-12:30pm at CentaCare

Run by Save the Children, Maari Ma & CentaCare

Wednesdays

Playgroup

10.30am-12.30pm at CentaCare

Run by Save the Children, Maari Ma & CentaCare

Thursdays

Home visiting for children aged 0-5 years with Save the Children
Contact: Save the Children, 0459148034

This is **Miss Ava Marie Ronayne**, baby of **Alicia and Steve Ronayne**, born at 5:10am on 11.9.2018, weighing 3.4kg.

Alicia was supported throughout her pregnancy by **Stevie Kemp** and **Robyn Harris**. Alicia was booked in for 8am theatre but Ava Marie didn't want to wait that long! Her brother and sister are absolutely in love with her.



Baby Ava Marie

YEAR 7 IMMUNISATIONS & VACCINE PROGRAM

The Healthy Start team has started a meningococcal vaccination program for Year 7 students and for all young people aged 15-19 years in Wilcannia.

Meningococcal disease is a serious bacterial infection that can lead to bloodstream infections and severe swelling in the brain and spinal cord. The Menactra vaccine prevents four strains (A, C, W, and Y) of infection caused by the meningococcal bacteria. Maari Ma Health is strongly encouraging young people to get vaccinated and will try to align the immunisation with health checks where possible.

The vaccination program is for all young people aged 15 – 19 years regardless of whether they are at school or not. Please contact Healthy Start, or leave your contact details if you want to book an appointment for your young person.



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

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



THIS MONTH'S QUIT STORY

Joycelyn Bugmy is our Quit Champion of the month! Her mum and dad are both from Wilcannia and she has lived there most of her life.

Joycelyn first started smoking around the age of 15. Watching everyone around her smoke made her pick up the cigarettes as well. She smoked regularly until her first pregnancy, when she was expecting Leonard. Leonard's wellbeing motivated her to go cold turkey and Joycelyn quit smoking on her own!

However, soon after the pregnancy having people smoke around her triggered the cravings and Joycelyn relapsed. She continued to smoke regularly till she was expecting her second bub- Curtis. Once again, it was for Curtis's health and a healthy pregnancy that Joycelyn quit. But soon after the delivery her family and friends smoking around her lead to another relapse.

Joycelyn is expecting her third bub and has been smokefree for a month now. She says she can't stand the smell of cigarettes and they make her sick. And, this has put her off cigarettes and helped her to stay quit for a healthy pregnancy even though her partner and sister smoke.



Motherhood and pregnancy can be extremely stressful. But, Joycelyn has her own ways to fight stress. She goes for walks and loves to do washing! If you are smoking because of stress remember there are many other healthier ways to cope- exercise, keep a diary, snack on healthy foods like carrots, reduce alcohol and caffeine intake, or listen to music that helps you relax.

Joycelyn's message for pregnant women is:

"I encourage you to give up smoking for your bub and a healthy life."

Joycelyn's message for young girls is:

"Smoking is not good for you and your health. Don't take it up!"

Quit Challenge

Now recruiting Superheros to win the War Against Smokes. We are not looking for flying capes or superpowers. We are looking for superheros who want to quit smoking - for themselves, their family, their community and culture. Be a Superhero – Join the Quit Challenge - Make 30th September your Smokefree Day.

For more information and to register, call the TIS team on 80829777.



Staff Update

Although we were lucky to have **Jason Gowin**, Clinical Nurse Specialist, for over a year, it's time to say good-bye.

Jason was working part-time doing Health Checks at Wilcannia, shuttling between Wilcannia and Adelaide.

Although he will be returning to Adelaide for now, Jason said he'd be happy to return at different times.



Dr Adam Nelson from Adelaide Cardiology made his first visit to Wilcannia to see patients. It was a really successful clinic and Dr. Nelson enjoyed meeting and getting to know the community better.

Dr. Nelson is pictured here with our Smokefree & Deadly Woman and our Respiratory and Cardiology Nurse, **Kelly McGowan**.

Kelly is based in Broken Hill and coordinates all the respiratory clinics and assists cardiology clinics.

Tiffany Cattermole, our Community Midwife, will be looking after the antenatal and postnatal (up to 6 weeks) appointments for the next 4 weeks until **Robyn Harris** returns.



SEPTEMBER Special

MYTH

The only people who can really help are professionals such as psychiatrists, psychologists, counsellors, etc.

FACT

There are many people who can help. Most important are the people who are "there", including family and friends. Everyone can be part of creating a suicide safe community

WORLD SUICIDE PREVENTION DAY

10th September

R U Okay Day on 14 September - Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.



1. Ask



2. Listen



3. Encourage action



4. Check in

Important phone numbers:

- If someone's life is in danger, call 000
- Call Lifeline for crisis support on 131114
- People who are at risk of suicide, carers and bereaved can call 1300 659 467
- Counselling for young people 5-25 years is available on 1800 55 1800
- Counselling service for people suffering grief is available on 1300 845 745

MENTAL HEALTH MONTH 2018

Presents

SHARE THE JOURNEY

COME JOIN THE FUN WITH **KOORI-OAKIE**



Singer
Songwriter
Comedian
Storyteller

NANCY BATES

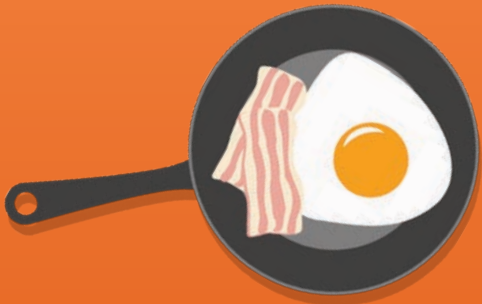
DARETON	BROKEN HILL	WILCANNIA	MENINDEE
16th October 18	17th October 18	18th October 18	19th October 18
Tuesday	Wednesday	Thursday	Friday
Dareton Football Club	West Football Club	Community Hall	Community Hall
Doors open 12pm	Doors open 5:00pm	Broken Hill, Wilcannia and Menindee	

Free entry, free meal provided, door prizes and much more!

If you are feeling down and stressed, or finding it difficult to deal with any of the changes in your life, you can see one of our friendly mental health professionals for private and confidential counselling and support. All you have to do is call 80829777 to book an appointment with a GP for a referral.

ST. THERESE'S

Father's Day Breakfast



Thanks to the many families and friends who came along for bacon and eggs for Father's Day this month. Thanks to the staff for the extra preparation and cooking! All the dads were spoilt on Sunday as well!

Movie - 'The Bite!'

If you didn't get a chance to see the movie, 'The Bite' come up to the school and ask to have a look! 5 Stars!!!

Welcome Mr Dean and Miss Jan!

Mr Dean is helping out again at St Therese's for the next 4 weeks while the principal is away until Term 4. Mr Dean's wife, Jan, will be taking Miss Annette's place for the remainder of the term.



Farewell Breakfast for Miss Annette, Jin and Na

Miss Annette, Jin and Na have now finished up at St Therese's and will return to the Newcastle area.



WHAT IS PROSTATE CANCER?

It develops from a cancerous growth in the prostate gland.

All men have a prostate gland - it is about the size of a walnut, and sits below the bladder. It makes some of the fluid in semen.

How will I know if I have prostate cancer?

You can have prostate cancer without noticing anything is wrong.

Warning signs may include:

- needing to pee often
- feeling pain or burning when peeing
- blood in the pee
- trouble getting an erection
- pain when ejaculating.

If you have any of these problems, see your doctor. You will have some tests to work out if you have prostate cancer. This will involve small pieces of tissue being removed, called a biopsy.

What treatment will I need?

There are different types of treatment for prostate cancer. You may have one or more of these treatments:



Hey Bruz

are you having trouble with your waterworks?

Chances are it's something simple, but it could be a sign of prostate problems or prostate cancer. Speak to your doctor or Aboriginal health worker about whether prostate testing is right for you.



Cancer Council Helpline 13 11 20
www.cancervic.org.au

- Watchful waiting – no treatment but you will see the doctor for regular tests to see if the cancer has grown
- Active surveillance – no treatment but you will see the doctor for regular biopsies to see if the cancer has grown
- Surgery – removes the prostate gland, called radical prostatectomy
- Radiotherapy – uses radiation to kill or injure the cancer cells
- Brachytherapy – seeds or needles containing radiation are placed within the prostate to kill the tumour
- Hormone treatment (also called androgen deprivation therapy) – injections or tablets that slow the production of the male hormone testosterone, which can make the cancer grow.

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



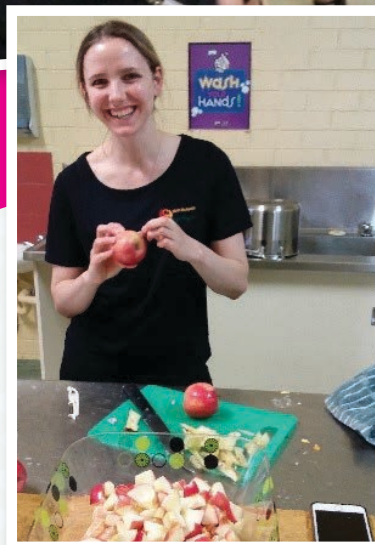
IPTAAS Processing and Accommodation Booking

- 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.

WILCANNIA

Community Dinner

It was a fabulous turn-out last month at the Wilcannia Community Dinner with around 40 people attending the event. On the menu were delicious shepherd's pie, chorizo and butter bean stew and banana cake. A big thank-you to Dietitians, Gemma Page and Elise Wilson for cooking as well as Kalynda Powell and Nathan Kickett for helping out with the event on the night.



Chorizo and Bean Stew

Ingredients:

60ml oil
500gms chorizo sausages sliced
3 cloves garlic crushed
1 red onion peeled and chopped
700gms potatoes
8 carrots
1 celery bunch
400gms can butter beans
150ml vegetable stock

Method:

Heat a good plug of olive oil in pot. Add garlic and red onion and stir for 2-3 minutes. Add chorizo and cook until golden brown. Chop potatoes, carrots and celery into chunk size pieces and add to the pot. Add beans to the pot. Add vegetable stock and simmer for 40 minutes. Add a tablespoon of corn flour to thicken the gravy (optional).



Your health record in your hands

This year, you will get a **My Health Record** unless you tell us you don't want one



MyHealthRecord.gov.au
Help line 1800 723 471

How My Health Record benefits you

Better connected care

As more people use the My Health Record system, Australia's national health system will become better connected. The result is safer, faster and more efficient care for you and your family.

Access to your key health information in an emergency

In a medical emergency, healthcare providers connected to the My Health Record system can see your health information such as allergies, medicines and immunisations. This helps them to provide you with the best possible treatment and care.

A convenient snapshot of your health

When your healthcare provider uses your My Health Record, it means you don't need to remember and repeat your medical story, such as your prescriptions or the names of tests you've had. It also helps you keep track of your children's health, immunisations and any medical tests.



What do I have to do?

You don't have to do anything. A secure My Health Record will be created for you by the end of 2018 if you have a Medicare or Department of Veterans' Affairs card.

However, if you don't want a My Health Record, let us know by **15 October 2018** by visiting our website or calling our Help line.

What if I already have a My Health Record and I don't want it any more?

You can choose to cancel your record at any time. You can find the 'Cancel My Health Record' button under the 'Profile' menu within your record, or you can call the Help line.

For more information go to:

MyHealthRecord.gov.au
Help line 1800 723 471

If you have a hearing or speech impairment, go to **relayservice.gov.au**
If you need assistance in another language, call **131 450**



Authorised by the Australian Government, Canberra.

Your health information in one place

This year, you will get a **My Health Record** unless you tell us you don't want one

What is My Health Record?

My Health Record is an online summary of your key health information.

Once it's set up, you don't need to do anything. Your health information can be viewed securely online, from anywhere, at any time – even if you move or travel interstate. You can access your health information from any computer or device that's connected to the internet.

You don't need to be sick to benefit from having a My Health Record. It's a convenient way to record and track your health information over time.

What is included in your My Health Record?

My Health Record brings together health information from you, your healthcare providers and Medicare.

Healthcare providers can add clinical documents about your health to your record.

They include:

- ◆ an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- ◆ hospital discharge summaries
- ◆ reports from test and scans, like blood tests
- ◆ medications that your doctor has prescribed to you
- ◆ referral letters from your doctor(s)



Medicare data can be added to your record.

This includes:

- ◆ Medicare and Pharmaceutical Benefits Scheme (PBS) information stored by the Department of Human Services
- ◆ Medicare and Repatriation Schedule of Pharmaceutical Benefits (RPPBS) information stored by the Department of Veterans' Affairs
- ◆ organ donation decisions
- ◆ immunisations that are included in the Australian Immunisation Register

You, or someone authorised to represent you, can share additional information in your record that may be important for your healthcare providers to know about you.

This includes:

- ◆ contact numbers and emergency contact details
- ◆ current medications
- ◆ allergy information and any previous adverse reactions
- ◆ Indigenous status
- ◆ Veterans' or Australian Defence Force status
- ◆ your Advance Care Plan or contact details of your custodian



Personally controlled

It's your choice who sees your My Health Record and what's in it. You can choose to share your information with the healthcare providers involved in your care. By allowing your doctors to upload, view and share documents in your My Health Record, they will have a more detailed picture with which to make decisions, diagnose and provide treatment to you. You can also ask that some information not be uploaded to your record.



A secure system

My Health Record has multi-layered and strong safeguards in place to protect your information including encryption, firewalls, secure login, authentication mechanisms and audit logging. There are strict rules and regulations about who can see and use your My Health Record to protect your information from misuse.



What to expect when logging into My Health Record for the first time

The first time you log into your My Health Record there may be little, or no information in it. There may be up to two years' worth of Medicare information such as doctor visits under the Medicare Benefits Schedule (MBS), as well as your Pharmaceutical Benefits Scheme (PBS) claims history. If you choose, you can remove this information after you log in. Your previous medical history such as older tests and medical reports will not be in your My Health Record.

MAARI MA Cycle of Care

START:

Your cycle of care starts with a twelve monthly GTG/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
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS