

Wilcannia Community Newsletter

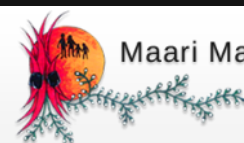
Wilcannia Community Dinner

The June Community Dinner was held in the last week of June.

We welcomed our new community dinner assistant, **Tania Lawson**, to the team. Tania has lots of great new ideas for the event and we're very excited to have her on board! **Jess Hung** also came out from Broken Hill to help Tania and **Elsie** prepare the dinner which was greatly appreciated.

On the menu this month was beef stroganoff with mashed potato and vegetable pasties for dinner and caramel apple pudding with custard for dessert. Despite being a cold and rainy night in Wilcannia, around 40 community members came out to enjoy the delicious meal.

A group of kids from Wings performed some dances for the audience which was a great addition to the evening. **Lowra Koraba** also dropped down for some dessert to celebrate her last week of work in Wilcannia. Overall, it was an enjoyable evening and a great first community dinner to welcome Tania to the team.



Maari Ma Health

Wilcannia

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VISITING MAARI MA GP'S- AUGUST

- 1 August : Dr Penny Roberts-Thomson
- 2 August : Dr Stephen Gaggin
- 3 August : Dr Stephen Gaggin
- 7 August : Dr Penny Roberts-Thomson
- 8 August : Dr Penny Roberts-Thomson & Dr Vic Carroll
- 9 August : Dr Stephen Gaggin & Dr Vic Carroll
- 10 August : Dr Stephen Gaggin
- 15 August : Dr Vic Carroll
- 16 August : Dr Stephen Gaggin
- 17 August : Dr Stephen Gaggin
- 23 August : Dr Stephen Gaggin
- 29 August : Dr Vic Carroll
- 30 August : Dr Stephen Gaggin
- 31 August : Dr Stephen Gaggin

VISITING SPECIALISTS- AUGUST

- 3 August : Echo & Pharmacist
- 15 August : Smoking Cessation
- 16 August : Pharmacist
- 17 August : Pharmacist
- 30 August : Podiatrist
- 31 August : Pharmacist



Staff Update

Last month we said goodbye to Clinic Coordinator, **Lowra (Daisy) Koraba**.

Lowra has arrived in Queensland and is enjoying being with her family. Here are some pictures of her farewell.



What's On?

What's on this month?

NAIDOC Week

2nd July—9th July

WINGS Drop In Centre

Monday-Friday from
3pm-7pm

(Monday-Friday from
11am-5pm during
school holidays)

Playgroup

10:30am-12:30pm

Tuesdays at St.
Therese's School

Run by Save the
Children and Maari Ma
staff as a support

Contact: Valerie Bugmy

(Not on during the
school holidays)

Little Kids & Books

10:30am-12:30pm

Every second Tuesday
at St. Therese's School
as part of Playgroup

Supported by Lesley
Harvey from Maari Ma

(Not on during the
school holidays)

IPTAAS (Isolated Patients Travel and Accommodation Scheme)

Important note:

Maari Ma Health is **NOT** able to cover the cost of **food** or **drinks** while you are away and we are **NOT** able to provide **cash** to patients under any circumstances.

If you have a specialist appointment that you need to travel for you should consider putting some money aside for food, drinks and any other items you may need while you are away from home.

News from St. Therese's

Confirmation

Congratulations to **Lebron, Kiah, Leonard and Jin** for receiving the Sacrament of Confirmation from **Bishop Columba** recently at St John's Church. Congratulations also to **Kathalka** for receiving a special blessing. All the boys and girls participated beautifully in the mass. The singing was heavenly! Well done and thank you to all the families who supported their children and to Miss Annette and Miss Karen for preparing the children for the sacrament.



Bishop Columba with the children who received the sacrament of Confirmation- Kiah, Leonard, Jin & Lebron, and Kathalka who received a special blessing

Blessing/Opening of the New Buildings

The Member for Parkes, **Mr Mark Coultan** joined Bishop Columba, **Fr Nick, Mrs Mary Ellen Dempsey** (Director) and other visitors and community members to officially open new facilities at St Therese's. The Special Needs Unit, which has been in place for some time, and the new Administration Office were officially blessed and opened in a ceremony combining Paakantji and Catholic traditions. Bishop Columba and Fr Nick joined **Uncle Owen** and **Uncle Buddy** to bless the new buildings with water and smoke. Everyone then 'cleansed' themselves with smoke before walking into the new spaces. Congratulations and well done to **Uncle Stevie** and the dancers lead by Uncle Owen for the Welcome to Country and to the boys and girls for their awesome singing and dancing.



Fr Nick and Bishop Columba taking part in the smoking ceremony as part of the blessing of the buildings



Uncle Chris with the children of St Therese's performing a welcome dance at the blessing of the new buildings

VISIT TO THE BROKEN HILL ART GALLERY

The children visited the Broken Hill Art Gallery last term and spent some time with Uncle Badger. Uncle Badger demonstrated how to draw a fish and explained his artworks that were on display in the gallery. The children created a mural with the help of Uncle Badger and also created their own artwork.



School Holiday Program at WINGS

During the school holidays, Elsie ran a cooking program at the Wings Drop In Centre.

In the first week of the holidays the kids made spaghetti and meatballs for lunch followed by apple and ricotta loaf with yoghurt for dessert. **Maraiah** and **Angel** did a great job rolling out the meatballs and cooking them in the homemade tomato sauce.



The meatballs were a favourite amongst the kids for lunch! After lunch, **Kathalka** and Imogen did a fantastic job preparing the apple and ricotta loaf. The kids weren't sure about the ricotta but were pleased to find that it made the loaf extra delicious!

During the second week of the holidays the kids prepared calzones for lunch with lemon delicious pudding for dessert. The calzones were filled with ham, cheese, cherry tomatoes, mushrooms and capsicum. The girls did a great job preparing and rolling out the dough. None of them had made dough using yeast before so they were all very interested in how it worked. The girls enjoyed filling the dough with delicious ingredients and folding the calzones ready for baking. Although many of the kids had never had calzones before, they were a big hit! After lunch, another group of kids prepared the lemon delicious pudding. This was served with fruit salad and vanilla yoghurt and was very yummy (see Page 5 for recipe).

Great work kids!



Ingredients

- 40g butter, melted
- 3/4 cup (165g) caster sugar
- 1 teaspoon finely grated lemon rind
- 2 eggs, separated
- 2 tablespoons plain flour
- 1/2 teaspoon baking powder
- 1/3 cup (80ml) lemon juice
- 1 cup (250ml) milk

Method

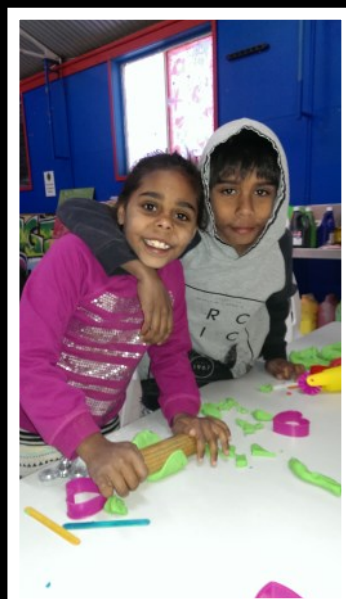
1. Preheat oven to 160°C (320°F). Place the butter and sugar in the bowl of an electric mixer and beat for 8–10 minutes or until light and creamy. Add the lemon rind and egg yolks and beat until smooth. Sift the flour and baking powder over the mixture and beat to combine. Add the lemon juice and milk and beat until smooth.
2. Place the eggwhites in a bowl and beat until stiff peaks form. Use a metal spoon to gently fold the eggwhites into the pudding mixture. Pour into a lightly greased 1 litre-capacity ceramic ovenproof dish and bake for 40 minutes or until the top is golden.

*How to make
Lemon Delicious
Pudding...*



School holiday fun at WINGS

During the first week of the school holidays, Early Years Project Leader, **Lesley Harvey** visited WINGS for a few days. Over the three days the WINGS team and children engaged in science activities both inside and outside. Outside they explored the relaxing benefits of sand play, colouring salt and sand to make coloured art works in jars, UV beads and the chemical reactions created by mixing bi carb soda and vinegar to make volcanoes. Inside they worked on engineering ideas like catapults and wind powered fans. They also made play dough and spent time being creative to construct sculptures. Some of the children began researching other science ideas on the computers for the next school holidays.



What is HRM?

A **pharmacist** visits the patient at **their home** or wherever they feel **comfortable talking**. The pharmacist talks with the patient to help them learn more about taking **tablets** and using **medicines**. The patient can ask questions about any worries with their medicines.

Are you eligible for a HMR?

Patients who may be eligible for a HMR are usually people who:

- are taking a lot of tablets
- have just come out of hospital
- have had a lot of changes to their medicines
- are having problems with medicines or are not taking their tablets
- are not getting better as quickly as expected
- are taking medicines that need monitoring with blood tests
- have had many doctors

How does HMR help the patient?

HMRs help educate patients about their tablets and other medicines. HMR can also help patients understand their medicines when the doctor does not have enough time to go through all of the information.

The pharmacist explains:

- the best way to take medicines safely
- why to take them
- how to get the best results

Information goes to the patient's doctor

After the HMR, the pharmacist sends a report to your doctor and can discuss ways to help the patient with any problems they have found. The doctor may decide to make some changes to the patient's medicines.

Alex Page is the pharmacist at Maari Ma Health. Alex sees patients in Broken Hill, Wilcannia and Menindee. He visits Wilcannia a couple of times a month. If you have been referred to see the pharmacist for a HMR by your doctor, it is important that you are available for your appointment.

HOME MEDICATION REVIEW (HRM)



THANK YOU FOR THE BOOKS BEV!

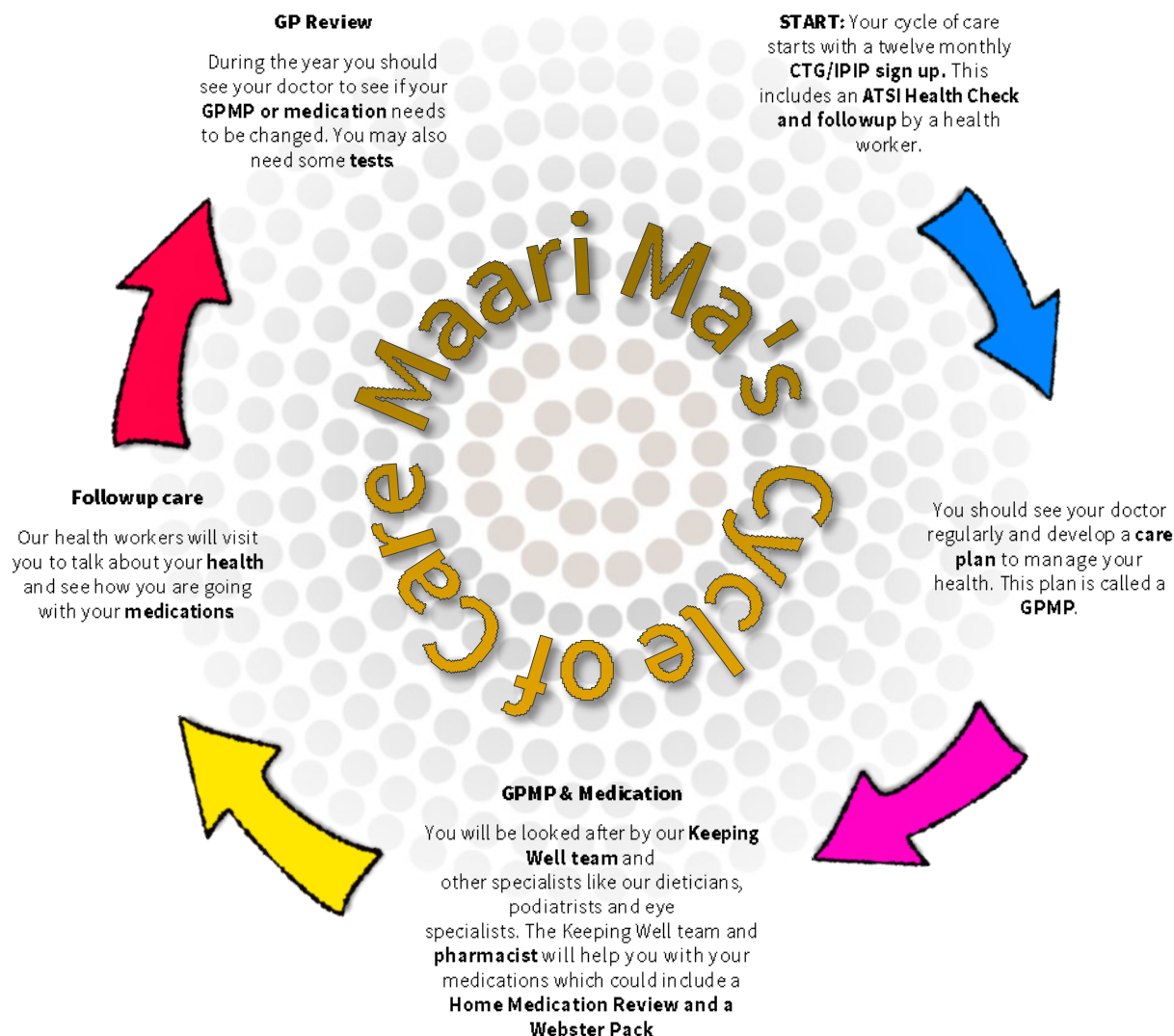
Bev Brooker is an author and runs BookloveAust. BookloveAust donates Bev's books to volunteers to assist them with teaching English; to schools to use as "class readers"; to school libraries and to children. Recently Bev very generously donated three of her books to Maari Ma and **Lesley Harvey** has been distributing the books through a range of programs. They are beautifully told stories and Lesley knows they will be treasured by many families and children.



Children at WINGS reading the books with Natika



Jezebel reading the books with her Nan at the Wilcannia Health Service



Kaylene Kemp
Manager:
Community
Engagement



Kendy Rogers
Practice Manager:
PHCS Broken Hill



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.

*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