MAARI MA Deadly Choices community event

Despite a delayed flight from Sydney, Deadly Choices Ambassador, Preston Campbell, was in Broken Hill on Friday for the First Nations Rugby 7’s talent identification tour. The event was enjoyed by all and it marked the launch of Maari Ma’s partnership with Deadly Choices. Scouts were on the field at the Memorial Oval looking for talented players – we had both Indigenous boys and girls, and also men and women aged between 14 and 24 trying out. We also had the Mobile Van there for ATSI Health Checks.

Our partnership with Deadly Choices is aimed at promoting the importance of improving health for individuals and their families by eating well, exercising regularly and giving up smoking. Those who had a health check, or were up to date with their health check, were eligible for an Indigenous All Stars footy shirt. We had face painting, temporary tattoos and a play corner for the kids who came along to enjoy all the action and a barbecue dinner.

“What a great event! Thank you to Deadly Choices. Our partnership has given our community an opportunity to participate and share their talent and the scouts identified a number of our young people as being very talented on the field. Congratulations to the winners of our other events – Gate Prize – Natesha Newman, Children’s 100m sprint – young Chris King, Women’s 100m sprint – Bianca ‘BJ’ Johnson, Men’s 100m Sprint – Ashley Wilson and Sinele King (tie) and of course the stars of the evening - TEAM 1 who gets to design their own rugby shirt to earmark this occasion. Around 200 people attended.”

Justin Files, Maari Ma Executive Manager, Community Services & Programs.
What’s On?

Healthy Start Playgroup
10.30am—1pm
Fridays at the Maari Ma Child and Family Building
(Not on during the school holidays)

After school cooking group
3:30pm—4:30pm
Thursdays in the Community kitchen at Maari Ma Health with Elise
(Ages 7-13 yrs).
(Not on during the school holidays)

Active Kids
3:30pm – 4.30pm
Tuesdays at the PCYC with Gemma (Ages 7-13 years)
(Not on during the school holidays)

Deadly Choices community event

Community members could commence their ATSI health checks on the day at the mobile clinic with Dr Steve Gaggin with the assistance of Aboriginal Health Practitioner Muriel Hunter, Registered Nurse Rebecca Conti and Aboriginal Health practitioner Trainee Jae Edwards (far right) who also umpired round robin matches.

The Early Years Team coordinated Children’s activities with face painting, tattooing, a jumping castle and free books to give away. Pictured is Michelle Parker from the Hippy team showcasing her makeup artistry!

The Girls Team

The PCYC Team
Maari Ma is proud to announce our support of the ACON Welcome Here Project. The project identifies businesses that are supportive and inclusive of the diverse LGBTIQ population. As part of the project we received a sticker, that is now proudly on display on the front door.

Youth Health has a new promotion for any youth clients aged 9-18yrs completing their health checks this year. Instead of getting a health check bag with goodies, kids will go into a draw to win a $50 Torpy’s voucher, which is drawn monthly.

Tarissa Staker handed out the first draw prize in December to Cruz Lihou. Cruz was very pleased to receive his voucher and is looking forward to book his next health check when it’s due (within the next 12 months).

Maari Ma staff Julie-Anne Sykley and Muriel Hunter teamed up for the Broken Hill Suicide Prevention Network logo competition and won the first prize!

The Suicide Prevention Network aims to bring together like minded members of the community to proactively address the issue of suicide by raising awareness, reducing stigma and educating and resourcing the community to support individuals at risk.
Active Kids and the After School Cooking Group are both currently running at full capacity and we’ll be looking at a new registration system for next term. Unfortunately, for this term we’ll be unable to enrol any more new children into either group. So while it’s great news that we have got so many kids keen to undertake the activities, there may be some who would like to join up but are unable to at this time – hopefully we’ll remedy that so that it’s fair for everyone.

Please note that these programs are only available during school terms.

On Monday the 18th of March there were 17 children at Bugdlie Preschool. Our dietitian made Tzatziki dip using Greek yoghurt, garlic, cucumber, lemon and mint. None of the children had ever tried Tzatziki dip before and most of them loved it. One child was repeatedly saying “I don’t like lemon” when putting the lemon into the dip. When he eventually tried the dip, he quickly changed his mind, saying: “I LOVE lemon”.

On Tuesday the 19th of March there were 12 children at Menindee Preschool and 14 children at Menindee Central School. Our dietitian made choc banana smoothies as part of our dairy themed term. The children always love making smoothies and enjoyed this flavour combination. We had brand new blenders, which made it a lot easier, as they blended the ingredients very quickly and without any clumps.
Consultants, Edward Tilton and Dr Jeannie Devitt, were here last week conducting an evaluation of the Early Years project - including the distribution of books through the baby clinics. We are specifically looking at the early literacy aspects, playgroup, HIPPY and Little Kids and Books to identify any areas for improvement or service development opportunities.

We would like to thank Early Years Project Leader, Lesley Harvey for organising Edward and Jeannie’s visit and taking care of them while they were here. Edward & Dr Devitt also spent a lot of time talking to staff and Maari Ma families, so thank you all for taking the time with Edward and Jeannie. Edward, Jeannie and Lesley are pictured (right) at the end of their visit on Friday.

A no cook play dough recipe that you can make with the kids

(source: www.bestrecipes.com.au)

Ingredients:
- 2 cups plain flour
- 1 cup salt
- 1 tbsp oil
- ½ to 1 cup cold water
- 2 drops liquid food colouring

Method:
1. Combine plain flour and salt
2. Add water, food colouring and oil. Mix until ingredients combines
3. Knead well
4. If consistency is too wet add a little plain flour
We said good-bye to Simon Wark, our Intern Pharmacist. Simon went to Adelaide to study medicine at Flinders University, however he does hope to come back and work as a locum pharmacist whenever possible.

Our new intern is Karen Whebell. Like Simon, Karen will be spending 3 days a month at the Broken Hill Health Service and 1 day a month at the Wilcannia Health Service. Karen is new to Broken Hill and is from the Gold Coast. She completed her Pharmacy Degree at Griffith University.

We also recently bid farewell to our female transport officer, Jessica Woods. Jess will be starting a new adventure at the Aboriginal Land Council.

We said Goodbye to Kendall Jackman who has taken on a role with Far West Local Health District. We wish Kendall well and know that she will provide a great service to the whole community as she has done for the Maari Ma community.

TIS Project Officer, Anshul Kaul bid farewell to Maari Ma and Broken Hill in early February and headed north to commence employment in Darwin.

We had a farewell afternoon tea for Haylee Rogers on March 21st. Haylee, who was our CEO’s Executive Assistant, has taken on the position of secretariat to the NSW Coalition of Aboriginal Regional Alliances (NCARA) and is working with Chair of the Murdi Paaki Regional Assembly and Maari Ma Board Director, Des Jones.

Haylee had been with Maari Ma for nine and a half years and her absence is missed.

In the last month we have also bid farewell to Kaylynda Powell, pictured above, who first commenced with Maari Ma in 2015 in the role of dietitian and then transferred to the Primary Mental Health & AOD Team. Kalynda has returned to metropolitan NSW to commence a Masters Certificate. More recently, Midwife Robyn Harris has departed for Laura in South Australia. We wish all our departing staff best wishes as they undertake a new journey.
We welcome Lateesha Adams, (pictured left) as the new Lead Field Officer. Lateesha was previously working in the Early Years team.

Brooke Lance (pictured right) has joined the Primary Care Specialist Services team and will be a case worker alongside Kate Phillips in the “Getting it Together” program.

Maari Ma would like to welcome all of our trainees - Hannah Morris, who was previously our Regional Office Administration Assistant, and Kalinda Morrison, Jae Edwards and Cooper Fleming, who are from Broken Hill, as well as Britny Coff from Menindee and Shontae Harris from Wilcannia.

Lavinia Henderson and Latesha Adams will also be undertaking the course as part of their respective positions within the Primary Health Care Service. We wish our trainees the very best as they start on their journey to becoming qualified health practitioners.

Community members having blood taken or providing samples for pathology must sign the orange referral form provided by the doctor so that Medicare will cover the cost of the tests. If you do not sign the form you will receive a bill in the mail.

The nurse or health worker collecting the pathology will assist you.
Around 250 people attended the opening of the Maari Ma Indigenous Art Award exhibition on Friday night March 1st at the Broken Hill Regional Art Gallery.

It was a great turn-out and we give our congratulations to not only the winners, but to all of the artists and emerging artists in our region who submitted an entry.

First prize of $3,000 went to Kim Andrew Harris for his three boomerangs, and the second prize of $1,000 went to former Maari Ma Health Practitioner, David Doyle for his carved mulga wood piece ‘Now & Then.’

The Encouragement award of $1,000 went to Matthew Quayle for his ‘Stories From My Grandmother’ – artwork painted on handkerchiefs.

The Young Artist award of a $500 art resource kit went to Amelia Whyman for her clay piece, with accompanying story, ‘Clay is the Colour of the River.’

The judge for the competition was Coby Edgar, Associate Curator of Aboriginal and Torres Strait Islander Art at the Art Gallery of New South Wales. Maari Ma has been supporting this art prize for a number of years and this is the first exhibition badged under our name.

Thank you to Community Programs and Services Executive Manager, Justin Files, who has been the driver behind the prize. The exhibition is open until May 5th.
Maari Ma would like to welcome five new bubs into the community this month!

Our congratulations to Miranda Hamilton on the birth of Paddy-John Staker on the 14th December, 2018...what a fabulous Christmas present!

Congratulations also to Whitney Ebsworth and Gus Kennedy, on the birth of baby boy, Gordon Ebsworth, who was born on the 5th of March, 2019!

On the 16th of March, 2019, Catherine Johnston and Daniel Watmore welcomed Talia Watmore into their family - congratulations!

Ulani Dennis came into the world on the 26th of March, 2019. Our congratulations to Shernelle Dennis.
Fun Facts About the Heart

1. The average heart is the size of a fist in an adult.
2. Your heart will beat about 115,000 times each day.
3. Your heart pumps about 2,000 gallons of blood every day.
4. An electrical system controls the rhythm of your heart. It’s called the cardiac conduction system.
5. The heart can continue beating even when it’s disconnected from the body.
6. The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
7. The human heart weighs less than 1 pound. However, a man’s heart, on average, is 2 ounces heavier than a woman’s heart.
8. A woman’s heart beats slightly faster than a man’s heart.
9. The beating sound of your heart is caused by the valves of the heart opening and closing.
10. If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
11. Heart cells stop dividing, which means heart cancer is extremely rare.
12. Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

The takeaway...

Your heart affects every part of your body and is crucial for survival. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional and physical health are both important for maintaining a healthy heart. For more information about caring for your heart talk to your GP or health worker.

APRIL HEALTH AWARENESS DAYS

- Month of April - Parkinson’s Awareness Month- Worldwide - Parkinson’s Australia
- Month of April - Fabry Awareness Month - Nationwide - Fabry Australia
- 1-5 April - National Advance Care Planning Week - Nationwide - Advance Care Planning Australia
- 1-7 April - Healthy Hips Week - Nationwide - Healthy Hips Australia Ltd
- 14-20 April - Osteopathy Awareness Week - Worldwide - Osteopath Australia
- 17 April - World Haemophilia Day - Worldwide - Haemophilia Foundation Australia
MAARI MA

Cycle of Care

Follow-up 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.

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.

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.

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

Maari Ma Health Community Newsletter

Kendy Rogers
Practice Manager: PHCS

Kaylene Kemp
Manager: Community Engagement