

Maari Ma Health Aboriginal Corporation Community Newsletter



As you can see from the photos, children, parents, and staff all had a wonderful day at playgroup celebrating Easter.

Friday 26th March was the last day of playgroup before school holidays commenced, so the playgroup program prepared an early Easter celebration which included arts and crafts, a parade, lunch, and an Easter egg hunt. During the morning activities, parents and carers helped the children decorate eggs and Easter hats.

Later that day the children were able to wear the Easter Hat they designed and followed a path set by the Easter Bunny footprints.



Everyone followed the Easter Bunny trail which took them from the front of the playgroup building in Argent Street, down Delamore Street, through the back entrance of the 428 Argent St building, and then paraded through the hallways wearing their colorful and artistic designs bringing a fun atmosphere for all the office staff to see and cheer on.

The trail ended back at the playgroup building where an Easter egg hunt took place. All the children received Easter eggs and parents received a special tea-towel to add to their take-home packs.



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Maari Ma Primary Health Care Service

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



www.maarima.com.au

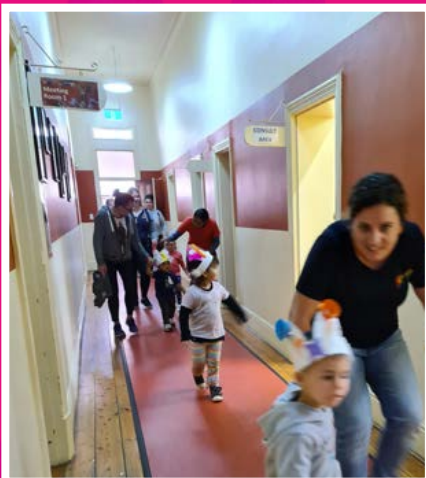


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First Regional Vaccinations at Maari Ma

It was a significant day for Maari Ma and indeed for the Far West when Maari Ma became the first organisation in the region to administer a COVID-19 vaccine.

Maari Ma Board Chair, **Maureen O'Donnell**, and Senior Primary Health Care Practitioner, **Bernie Kemp** led the way by receiving the first vaccinations and both saying they were proud to be doing so for our communities.

The vaccinations were administered by Manager General Practice, **Daniel Jackman** and RN/midwife, **Toni Bahler**.

Maari Ma is individually contacting clients to arrange a time to receive the COVID-19 vaccination.



Maari Ma Board Chair, **Maureen O'Donnell** last week became the first person in the Far West to receive a COVID-19 vaccination which was administered by Manager General Practice, **Daniel**



Deputy Board Chair, **Des Jones** has also rolled up his sleeve for the COVID 19 vaccination. Des is also the Chair of the Murdi Paaki Regional Assembly - the peak body that represents the interests of Aboriginal and Torres Strait Islander people in 16 communities across Western NSW.



Board member **Fay Johnstone** from Ivanhoe also received her 1st round of COVID19 vaccine at Maari Ma.



Senior Primary Health Care Practitioner, **Bernie Kemp** was the second person and he received his jab from RN, **Toni Bahler**.

The Local media were eager to attend for the scoop on the first vaccinations in the far west. There was a short wait while the local media assembled and there was an opportunity for them to get some comments from Aunty Maureen and Bernie.

"I was a bit doubtful at first but when I thought about it and my age and what would happen if we did get it (COVID) and it would wipe us out if we didn't get this needle," she said. "I think we need to do it for our community and I'm proud to be the first one to do it because health is very important to me and for my community. "It's good to know that you had it (vaccine) and if you do get it (COVID) then there's a bit of help there; when you get to my age you need every bit of help you can get."

- Board Chair, Maureen O'Donnell, Barrier Daily Truth.

I'm really proud actually, because we want to try and break down the stigma that's out there about the COVID-19 vaccination so I'm really proud to be number two," Bernie said. "I wanted to lead by example as a Maari Ma employee and also to show the Aboriginal community that it's not as bad as the media made it out to be with all the negative stuff that's been around it."

- Senior Primary Health Care Practitioner, Bernie Kemp, Barrier Daily Truth.





COMMIT TO QUIT



PUT SMOKING ON PAUSE. FOR GOOD.

WORLD NO TOBACCO DAY 31st May 2021

**Come talk to us at Centro
Plaza: 11am - 2pm**

On Monday 31st May the Kiila Laana team will be available at Centro Plaza, at the front of Woolworths Broken Hill to celebrate World No Tobacco Day.

The team would like to hear from our community and offer support and information around tobacco management and hope to receive feedback including thoughts on information and support offered to local smokers. The team is also looking forward to hearing from anyone who encountered barriers and challenges while quitting in Broken Hill and surrounding towns.

The team will also be promoting the Muuku Pledge, an incentive-based program designed around the participant's requested incentive that will help keep the focus on not smoking over 12 months.

The program was launched last year during World No Tobacco Day and received a good response from the community with many wanting to know more about ways to stay smoke-free.

The Kiila Laana team will be heading to Balranald at the start of May to congratulate the 2020 World No Tobacco Day participants completing the Muuku program and deliver their final gift which was decided by them 12 months ago.

Incentives are luxury items participants wouldn't normally purchase but when they commit to a 12-month tobacco management plan they work towards receiving their final gift. Items such as an Ipad and non-stick cook wear are some of the requested incentives that 2020 Muuku Pledge participants will be receiving during the 2021 World No Tobacco Day celebrations.

No need to wait till World No Tobacco Day to join. If you're quitting, want to quit, or even want to reduce the amount you smoke, you can join the Muuku program anytime and start receiving incentives. Terms and Conditions apply. Contact your health worker for more information.

*Pictures for illustration
purpose only.*



WORLD NO TOBACCO DAY


muuku
smoke-free
PLEDGE
2021

#maarima  Kiila - Laana-at-Maari-Ma

#COMMIT TO QUIT



Renne Bittoun—31st May to 4th June

Appointments are open to Maari Ma clients in Broken Hill, Menindee and Wilcannia, who are currently smoking tobacco, have quit and wanting advice to stay smoke-free or who are attempting to reduce their amount of cigarettes. Renee will discuss with you management and coping techniques and provide advice on maintaining a tobacco free future and how to start to give up the smokes, when you are not ready to completely quit.

Call your health care worker to book an appointment.

Dietitians

Fruit and vegetables are important to our diet as they provide a wide range of nutrients that are essential to keep us healthy and help us grow. It's important to eat a variety of different fruits and vegetables to get a large range of nutrients.

Sausage Rolls

- 4 sheets puff pastry
- 1 tablespoon milk
- 1 egg
- 500g lean beef mince
- 500g sausage mince
- 1 brown onion – grated
- 2 carrots – grated
- 1 zucchini – grated
- 2 teaspoons crushed garlic
- 2 tablespoons tomato sauce
- 2 tablespoons chopped parsley (optional)



Method:

1. Thaw pastry.
2. Wisk together milk and egg in a bowl.
3. Combine all other ingredients in a bowl. Season with pepper.
4. Lay pastry sheet on a surface and cut horizontally.
5. Spoon sausage mix along long side and shape into a long sausage shape.
6. Roll and seal edges with milk and egg mixture. Place seam down on a lined baking tray. Brush with additional egg mixture.
7. Bake for 25-30 minutes at 220 degrees or until golden and cooked through.

How to easily add more fruit and vegetables to your diet:

Add fruit to your cereal and yoghurts, this could include frozen or fresh fruits.

Try to add vegetables to breakfast options, such as adding baby spinach to a smoothie, grating zucchini into an omelet, or adding mushrooms or tomato on toast.

Grated vegetables can be a fun way to increase vegetable intake, try adding them to meals that use mince such as spaghetti bolognese, tacos, or our sausage roll recipe here!

FUN FACT

THERE IS A VEGETABLE GARDEN IN SPACE SO THAT PLANTS CAN BE STUDIED AND ASTRONAUTS CAN EAT FRESH FOOD.

FUN FACT

BAKED BEANS ARE A VEGETABLE! OPT FOR THE LOW SODIUM (SALT) AND SUGAR VERSION TO KEEP IT EXTRA HEALTHY.

FUN FACT

FROZEN FRUIT AND VEGETABLES ARE JUST AS NUTRITIOUS AS FRESH FRUIT AND VEGETABLES.

Dietitians' healthy recipes

Inspired by Mother's Day recipe ideas, these healthy dishes can be enjoyed by everyone all year round.



Thai Chicken Curry

Serves 4

500g chicken (breast or thigh fillet), diced or cut into thin strips

1 brown onion, thinly sliced

1 potato, finely diced

1 red or green capsicum, diced or cut into thin strips

250g frozen veg (carrots, peas & corn)

2 teaspoons minced garlic

2 teaspoons minced ginger

2 teaspoons ground coriander

2 teaspoons ground cumin

½ to ¾ can of light coconut milk

1 tablespoon vegetable oil

Optional: 1 ½ cups of basmati, jasmine or long grain rice to serve

Method:

1. After preparing the chicken and vegetables, in a non-stick frying pan over medium heat add the oil, onion, garlic and ginger. Cook for 3 minutes or until tender.
2. Add the chicken, potato, capsicum and frozen vegetables to the pan and combine until the chicken is browned.
3. Add the coconut milk, cumin and coriander and combine well into the mix. Turn the heat up to high and bring to the boil while stirring.
4. Turn the heat down to low and simmer for 30 minutes to 1 hour, stirring occasionally until the sauce thickens. If the sauce is too thick, add a little coconut milk or water.
5. Serve by itself, or with basmati or jasmine rice, or lime wedges.

Quick and easy rice, cooked in the microwave



1. Use a microwavable container with a lid, or cover container with glad wrap, leaving a small gap for steam to escape.
2. Use a ratio of 1 ½ cups of raw rice to 2 ¼ cups of water.
3. Microwave on full power for 5 minutes, then microwave on half (50%) power for 15 minutes. Leave to rest for 5 minutes.

Dietitians' healthy recipes



Overnight Steel-cut Oats

1 bowl

1/3 cup of steel-cut oats

2/3 cup of light soy milk, or skimmed milk

1 tablespoon of chia seeds (*optional*)

Berries or chopped fruit (*optional*)

Dried fruit (*optional*)

Chopped nuts or nut butter (*optional*)

Method:

1. In a Tupperware container or jar with a lid, mix the steel-cut oats with milk. Add chia seeds if desired and mix well. The chia seeds will float to the top - this is normal
2. Seal the container with a lid and refrigerate overnight, or for at least 4 hours before serving. In the morning mix in chia seeds with a spoon. Top with fresh fruit, dried fruit, chopped nuts or nut butter and enjoy.



Fruit Smoothies

1 glass

1/2 cup of frozen mangoes and berries

1/2 cup of baby spinach

2 tablespoons of non-fat plain Greek yoghurt

1/4 cup of oats

1 cup of milk

Method:

1. In a blender, mix together all the ingredients until you have a desired consistency. You can add more fruit for a thicker smoothie, or add more milk to thin the smoothie out.
2. Top with fresh fruit and a dollop of yoghurt. You can also top with roasted, shredded coconut for a tropical twist.

BROKEN HILL

REGIONAL ART GALLERY

artsCOOL

Term 2 After School Program - Limited Spaces!

The Broken Hill Regional Art Gallery's after-school program will connect with your child's individual learning style, using an interest-based approach that is proven to grow creative problem solving and lateral thinking across all disciplines of education.

All materials will be supplied, and your child will engage in structured learning, as well as being encouraged to find their own style through experimentation.

Workshops will be facilitated by Artists and Educators, Naomi Wild and Alexandra Rosenblum. Both Naomi and Alex bring years of experience in art education and practice, assisting your child to develop their creative flair.



PRIMARY PROGRAM/yr Prep-6

Monday 5:15pm - 6:15pm

SENIOR PROGRAM/yr 7+

Thursday 5:00pm - 6:00pm

PROGRAM BEGINS/

Monday 26th and Thursday 29th April
School Week 2

COST/

\$100 including 9 weeks tuition.
NSW Government Creative Kids vouchers accepted

**payment in full to secure a place*

BOOK/

Online at bhartgallery.com.au

artsCOOL



BROKEN HILL
REGIONAL ART GALLERY



**FIRE +
RESCUE**

*Keep **LOOKING** when **COOKING***
*DISTRACTIONS can quickly LEAD to a **KITCHEN FIRE***

In case of emergency:

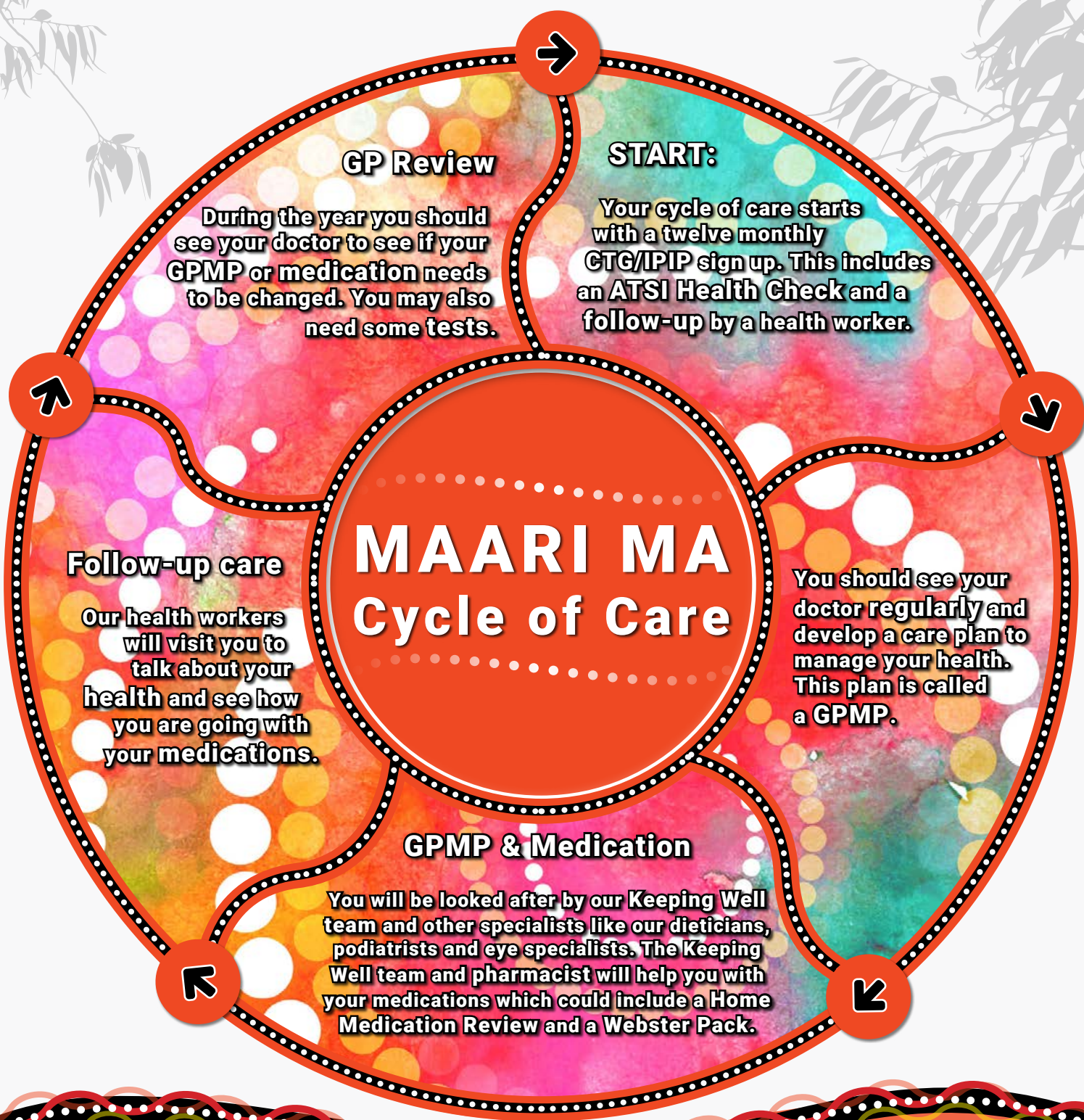
**GET OUT.
STAY OUT.**

And Call
**Triple Zero
(000)**



Visit [fire.nsw.gov.au/winter](https://www.fire.nsw.gov.au/winter) for more fire safety tips

or call Broken Hill Fire Station on (08) 8087 2233



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.



Kendy Rogers
Service Manager:
PHCS

Maari Ma : Winner of 2017 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
Allied Health

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist
Psychiatrist
Child and Adolescent Psychiatrist
Pain Specialist

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