



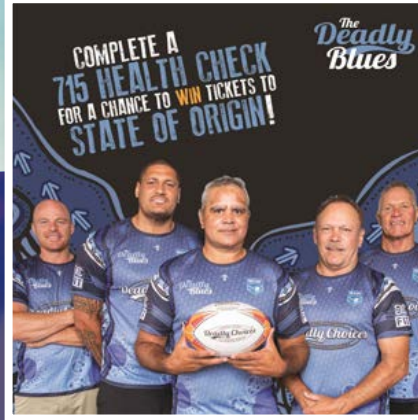
Maari Ma Health Aboriginal Corporation Community Newsletter



New Prize Announced for Deadly Blues Competition

There would have been a lucky winner from our region attending the final State of Origin game in Sydney as part of the Deadly Blues 715 health check campaign if it were not for the current COVID outbreak.

The good news is, it's confirmed that attending the NRL grand final is the new prize for the competition. A lucky 715 Health Check recipient will win 2 tickets to attend the NRL Grand Final along with accommodation, flights, and extra behind-the-scenes experiences with the NRL Ambassadors.



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CEO **Bob Davis** had the good fortune of having a zoom yarn with **Brandon Wakeling** and **Samy Ahsee** (above) from Deadly Choices about the competition, our health checks, Maari Ma, and our communities.

Brandon said he started out playing rugby league but had a switch into a different sport at the age of 21 – weightlifting. He's now on his way to Tokyo to compete in the Olympic Games Weightlifting event. He said he wants to demonstrate to the community that you can still achieve a dream no matter what disadvantages and setbacks you have to overcome, and stressed the importance of education and making deadly choices in everyday life.

And what an achievement for **Ash Barty** to win at Wimbledon! It was the ultimate closure to NAIDOC Week back in early July and Ash took the win on the 50th anniversary of fellow Indigenous sporting great **Evonne Goolagong Cawley's** win at Wimbledon in 1971. Ash is also on her way to the Tokyo Olympics where she intends to compete in both singles and doubles events. We all certainly wish both Ash and Brandon the very best of luck.

If you'd like to hear the interview log onto the Deadly Choices Facebook page.

Maari Ma Primary Health Care Service

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



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www.facebook.com/maarimahealth/

Maari Ma QIC Accreditation

Maari Ma received great news in June achieving full accreditation against the QIC Health and Community Services Standards 7th Edition.

Maari Ma first obtained QIC accreditation in 2012 and since then there has been a review of the standards with some enhancements which are more reflective of industry trends and easier to interpret while being applicable to the environments that services operate within. The bottom line is that Maari Ma will continue to use the accreditation status for the promotional, grant application, and program development purposes.

Compliance enables Maari Ma to plan, measure, and be publicly accountable for performance, confirming achievements and identifying gaps for improvement.

The quality improvement elements also promote organisational integration, sustainable systems, and a reflective culture that uses data to drive continual improvement. This means our communities can have further confidence that Maari Ma will be continually striving to improve our services because QIC awards accreditation as part of an organisation's participation in an ongoing quality improvement program.



'When we first attained QIC accreditation in 2012 we became one of only a few Aboriginal Medical Services in Australia at the time to obtain the organisational accreditation. But it wasn't our first accreditation – in 2007 we were first granted three-year accreditation status by Australian General Practice Accreditation Limited (AGPAL). I'm pictured here with one of our former employees **Lowra Koraba** with the very first QIC certificate in 2012'

—**Bob Davis** CEO Maari Ma Health Aboriginal Corporation.

Kalypi Paaka Mirika

Spots are now open to join the kalypi paaka mirika program.

Join Alinta, Kate, Max, and Murray in tackling issues of grief, loss, and trauma.



On discussing the topic of what to expect when joining the program Murray said:

'The locally designed program runs over 5 days with each day discussing what we do, and what we can do to deal with these issues as individuals, family and community. In the group discussions we will explore how we have used our resilience and strengths to overcome traumas and to understand why and how these traumas impact us, that we have the power to change outcomes when faced with such situations. And its about using the strength of our culture, addressing in a safe environment, the negative impacts of violence, power, trauma ,and grief and loss, and ways we can overcome these. Most importantly its about sharing ideas and learning tools based on our culture to make positive change in our lives.'

Kalypi paaka mirika 5 day program can be delivered over the full week or broken up into two weeks.

Day 1: introductions, successful adaption before colonisation, our strengths,

Day 2: discussing painful adaptation, effects of colonisation, roles of elders, men, women and children in past, present and future.

Day 3: What is power, what is violence

Day 4: what is trauma

Day 5: Grief, loss and sorrow

No referrals are needed. Please note that this program is currently only on offer to Aboriginal community members 18 years and above in the communities of Broken Hill, Menindee and Wilcannia.

Call to register your interest on 088082 9777



Past men's groups have enjoyed helpful workshops, bush damper and visiting various cultural sites.





Maari Ma was among several organisations to attend the Naidoc celebrations held at the Broken Hill High School Hall at the end of June.

Dental Assistant **Jayde Flentjar**, Trainee Dental Assistant, **Robyn Cattermole**, and Media Project Officer with the Kiila Laana program **Sharon Hooker** set up information stands to talk to the students about dental hygiene and quitting smoking. Also attending were Compass Housing Services, Beyond Linking Broken Hill, and apprenticeship group VERTO.



Maari Ma was happy to help the local Yabbies rugby team by donating some much needed supplies. Strapping sports tape and first aid kit bags were accepted by **Debra King** and her grandson **Jamain Gilby-Quick** (pictured below) on behalf of the Yabbies.

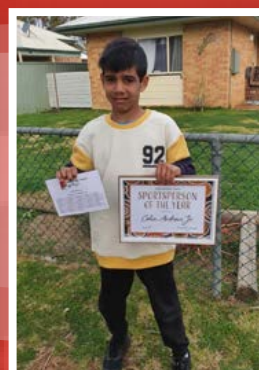


NAIDOC poetry competition entry winners

The Balranald NAIDOC committee is thrilled to announce the 2021 NAIDOC Award winners to:

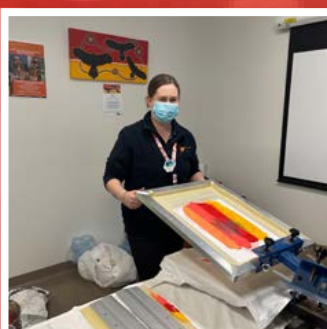
- Tanya Charles** – NAIDOC Spirit 2021 Award
- Neville Murray** – Male Elder of the Year
- Gloria Murray & Rhonda Campbell** – Female Elder of the Year
- Colin Andrews Jr.** – Sportsman of the Year
- Hannah Woods** – Primary Youth Leader of the Year
- Chase Riedy** – Primary Academic Achievement
- Kyarah Hines** – Secondary Academic Achievement
- Jeana Murray** – Academic Achievement Support

Congratulations to all!



T-shirt making day

Unfortunately due to COVID restrictions and other factors the Balranald Naidoc Day celebration had to be postponed but Balranald team were planning on holding a T-Shirt making day for the kids as seen in the pictures to the right. **Emma Moore** and Balranald Local Aboriginal Lands Council CEO **Damien Aidon** have been practicing the screen printing process.



Congratulations!

Dental Assitant **Jayde Flentjar** receives Certificate 3 in Dental Assisting. It took Jayde 12 months of study and clinical practice to pass and obtain her qualification!

Congrats to you Jayde, you are a great asset to the dental team!



Congratulations also to **Shannon Henderson** who has finished her Bachelor of Nursing and is now a registered nurse!

Welcome!

Tegan Hinchey-Gerard

Tegan has accepted the role of Executive Manager Aboriginal Health and Community Wellbeing. Tegan has joined Maari Ma after working in Aboriginal Affairs based in Broken Hill for 12 years and most recently as Regional Manager for the Murdi Paaki region covering its 16 communities. Tegan's family is from Wilcannia where her grandmother **Shirley Evans** still lives, as well as other extended families. Tegan's mob is the Malyangapa people through her maternal side and through her Grandfather **John (Slim) Evans**, Tegan has links to the Ngiyampaa people. Tegan's mother is **Rita Hinchey** (nee Evans) and her Father is **Paul Hinchey**.



Kylah White - Healthy Start Aboriginal Health Worker Trainee:

Before I started here at Maari Ma, I worked at Sampson's shoe store as a full-time employee for over a year, I loved my job there and enjoyed helping customers. When I'm not at work I enjoy being with friends and family.



Lakisha Sloane - Healthy Start Aboriginal Health Worker Trainee:

Hi, my name is Lakisha. I was born in Broken Hill. My Grandfather is from the Wiradjuri people and my Grandmother from the Ngiyampaa people. I have relatives in the surrounding areas in Broken Hill, Menindee and Wilcannia. I attended North Public school and Willyama High School. The sports I play are soccer for the Alma Goats and cricket for the South Broken Hill Cricket Club.

Farewell...



Bernie Kemp's farewell in early July. Bernie accepted a position with the Palliative Care team for the Far West LHD.



Steve Gaggin's farewell in early July. Steve has left after 8 years, to return to New Zealand and spend time with his wife.



Lynley Rebbeck's farewell at the end of June. Lynley has taken a position at the IPTAAS office at the Broken Hill hospital.

The muuku smoke-free program not only focuses on educating around the dangers of tobacco smoking but also sees the need to help those that vape to reduce their intake and live healthier lives through education and offering professional advice on ways to reduce the 'want' to vape.

Vaping is becoming popular amongst young people as the big vaping companies target this age group with misleading information such as 'vaping is a healthier option than cigarettes'.



Before you vape make sure you know all the facts, follow the kiilalaana Facebook page, or call to speak to the kiilalaana team.

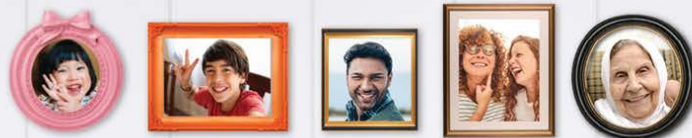
If you already 'vape' then the kiilalaana program dedicated to current smokers called the muuku program is here to give you the right advice and help pave a path towards a smoke-free future.



Vaping is just as bad as smoking
Vaping is bad for your heart and lungs
Vaping still contains many poisonous chemicals
Vaping is just as addictive as smoking
Vaping is just as hard to quit as smoking

Dental Team

Keep your
smile for life



“Keep Your Smile For Life” is the 2021 Dental Health Week theme

Dental Health week runs from the 2nd to the 8th of August. The Australian Dental Association (ADA) said the 2021 campaign focuses on the importance of taking steps to care for your teeth and gums to help you to keep your teeth and smile for life. The ADA's main oral health messages and the four key messages of the 2021 dental health week campaign aim to reinforce the importance of maintaining good oral health to keep your teeth for life:

- Brush teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit added sugar intake.
- Visit the dentist regularly for check-ups and preventive care.

Dental therapist **Megan Hurst** and dental trainee **Jayde Flentjar & Robyn Cattermole** celebrated the theme by developing a competition to encourage parents to book their child who is 18 years or younger for a dental health check.



The competition will run for three months commencing 1st August to 31st of October 2021. A winner will be announced on the last business day of each month via the kiilalaana Facebook page.

Maari Ma's dental team is based in Broken Hill but visits Menindee and Wilcannia regularly.

Call to book an appointment.

Maari Ma Health Aboriginal Corporation

WIN PRIZES

MAGGIE SAYS
BRING YOUR CHILD TO
HAVE A DENTAL HEALTH
CHECK-UP
ENTER THE MONTHLY
COMPETITION TO WIN
GREAT PRIZES.

COMPETITION COMMENCES 1ST AUGUST 2021 TO 31ST OCTOBER 2021. THE MONTHLY WINNER IS ANNOUNCED ON THE LAST BUSINESS DAY OF EACH MONTH DURING THE CAMPAIGN PERIOD VIA THE KIILALAANA FACEBOOK PAGE AND MONTHLY NEWSLETTERS. THE PATIENT MUST BE A MEMBER OF MAARI MA

Dietitians' healthy recipes



Grilled Mediterranean Chicken Kebabs

CALORIES 228kcal **COOK TIME** 10 mins

PREP TIME 40 mins **TOTAL TIME** 50 mins

Makes 10 skewers

Ingredients:

Chicken Kebabs

3 chicken fillets, cut into 1-inch cubes

2 red capsicums

2 green capsicums

1 red onion

Marinade

2/3 cup extra virgin olive oil, divided

Juice of 1 lemon, divided

6 cloves of garlic, chopped, divided

2 tsp paprika, divided

2 tsp thyme, divided

4 tsp oregano, divided

2 tsp salt, divided

2 tsp freshly ground black pepper, divided

Method:

For the marinade

Mix 1/2 of the ingredients for the marinade in a bowl. Place vegetables in a ziplock bag and then pour the marinade in after them. Marinate in the fridge for at least 30 minutes.

Mix the other 1/2 of the ingredients in the same bowl, then pour into a ziplock bag with the chicken. Marinate for at least 30 minutes.

If you are using wood skewers, while the chicken and veggies are marinating, soak the skewers in water for about 20-30 minutes (to prevent igniting).

For the kebabs

Thread the chicken, capsicums, and onions on the skewers.

Heat grill over medium-high heat. Spray lightly with oil and grill for about 5 minutes on each side, or until the centre is no longer pink.

Tips

Try experimenting with different vegetables or fruits (such as pineapple, corn, tomato, or mushrooms).

Try experimenting with different protein options (such as beef, or use Halloumi cheese for a tasty vegetarian option).

Try experimenting with different seasonings.



FATHER'S DAY GIVEAWAY. COOKING TIPS AND INSTRUCTIONS ON THE KIILALAANA FACEBOOK PAGE.

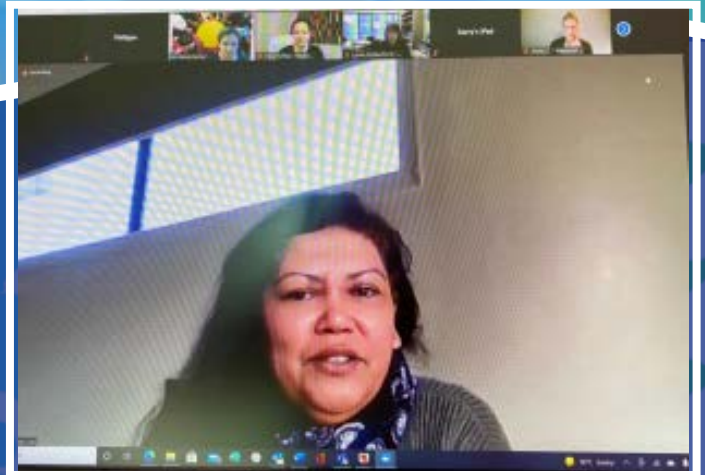
EARLY YEARS

SHARING EXPERIENCES WORKING WITH CHILDREN IN THEIR EARLY YEARS

Earlier this year, it was announced that the Early Years Program was selected to present their work at this year's National SNAICC conference to be held on the Gold Coast at the end of August.

Michelle Parker, Leeann Adams, Briony Callaghan and Valerie Bugmy will be attending the conference to present it (the last SNAICC conference in Adelaide attracted hundreds of early child care workers from across Australia!). Ahead of the conference, they were asked to do a SNAICC webinar presentation on the Intensive Supported Playgroups and Michelle and HIPPY Home Tutor, **Adah Etrich** talked to participants around the country in early July. SNAICC holds these forums regularly to connect SNAICC network members, to update them on great work, and to share stories. The webinar was facilitated by SNAICC's National Sector Development Manager, Adele Cox.

Adele said the forum was particularly significant for NAIDOC Week - to be able to share stories of success. She praised the Playgroup program on the authentic way it engaged with the community, the impact that it is having on young children and the brilliance of it being connected to an Aboriginal

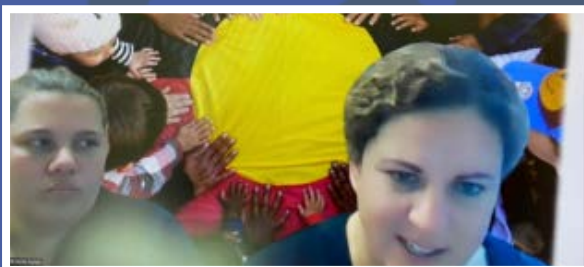


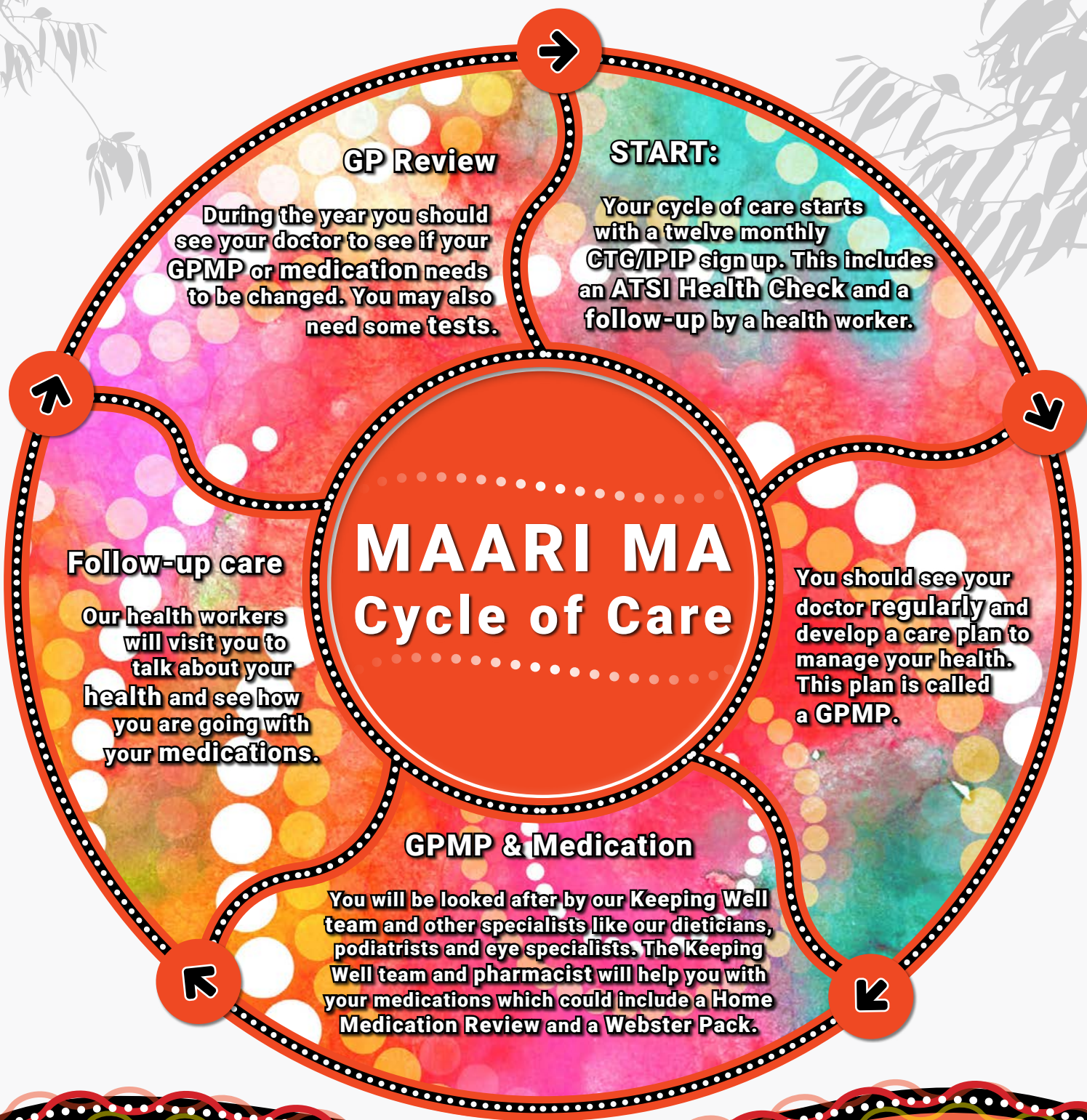
health service, with allied and other health services available. The comments in the chat box (some of which are below) were equally complimentary.

"A lovely presentation and so good to hear how you are working in such authentic ways with the local community."

"Thank you for sharing and I love how the parents and community really inform your work and the importance of engagement from the very beginning."

"Thanks girls for sharing your amazing programs and seems to be having a big impact in the communities."





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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