



# Maari Ma Health Aboriginal Corporation Community Newsletter

## Vaccinations

**Dianna Fornasier** is the nurse practitioner lead clinician for the COVID immunisation clinic located in the Old Silver King (428 Argent St).

In early June, Dianna was interviewed by **DJ Barry** on 2DRY FM about the COVID and Influenza vaccines.

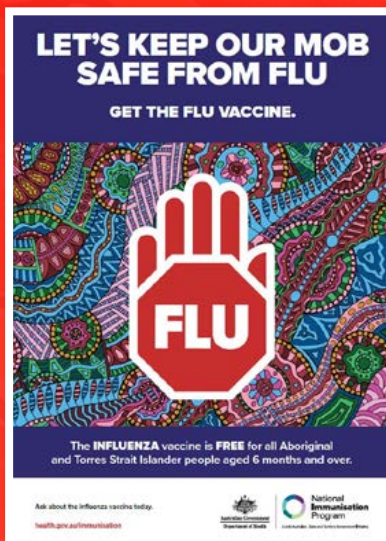
Maari Ma is currently rolling out the COVID vaccines in line with the government recommendations and Dianna commented that both the Pfizer and AstraZeneca that Maari Ma offer requires a second dose and went on to say "Patients who received the first dose AstraZeneca must get their second dose also with AstraZeneca. For example: If you have Pfizer for shot #1 your next shot in 21 days needs to also be Pfizer. Or if you got Astra Zeneca for the first shot you must get Astra Zeneca for your second shot." Dianna added, "It's likely you'll need a booster shot after the second dose but we don't yet know when this will be."

When asked about the flu shot Dianna said "The Flu shot is strongly recommended for everyone, including babies 6 months and above, infants, and children, or people with a chronic disease. If you get the flu or pneumonia from the flu and you are exposed to the COVID virus you have a greater chance of catching COVID and being very unwell or even hospitalised."

Maari Ma has started a weekly draw for those who get a jab: have the flu or COVID vaccination with Maari Ma and go into a draw each week to win your choice of a meat tray or fruit and vegetable box. Each week a new winner will be selected and announced on the Maari Ma Facebook page.



*Dianna Fornasier. Nurse practitioner lead clinician for COVID immunisation clinic*



In this issue:

- 2 CLONTARF Academies in Broken Hill Competing for the Shield**
- 3 Deadly Blues**
- 4-7 Playgroup Excursion to Silverton**
- 8 Charlotte, Lisa and Veronika, Raising Awareness of Domestic Violence**
- 9 Hippy Activity: Counting 1 to 10**
- 10 Commit to Quit**
- 11 Happy 80th Maureen, Farewells and Welcomes**
- 12 Mums & Bubs, Fire Safety**
- 13 Maari Ma Cycle of Care**

**Maari Ma Primary Health Care Service**

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

# WIN!

## Have your vaccination to enter



[www.maarima.com.au](http://www.maarima.com.au)



[admin@maarima.com.au](mailto:admin@maarima.com.au)



[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

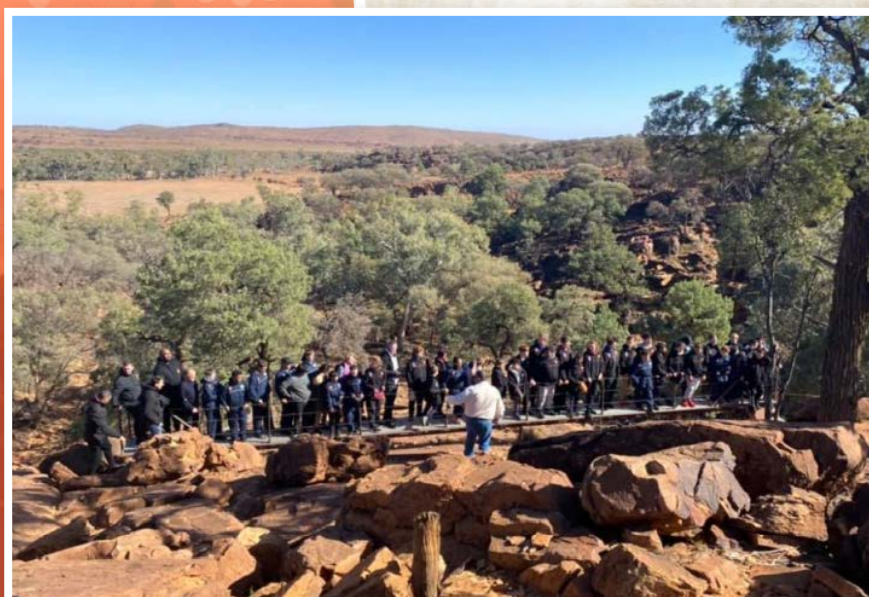


# CLONTARF ACADEMIES IN BROKEN HILL COMPETING FOR THE SHIELD

The Broken Hill Clontarf Academy at Broken Hill High School hosted a formal dinner at the Musicians Club for the Silver City Shield in early June.

After a year of little interaction and engagement due to Covid19 restrictions, A/Director of the Broken Hill Academy, **Ayden Pettitt** said it's been an exciting time to put the boots back on and compete in the 4th annual Silver City Shield. Since commencing the Shield in 2017, he said the carnival has grown to become a major highlight for all NSW Central West and Victorian Academies. Ayden said while most of Clontarf NSW is dominated by rugby league, the Silver City Shield provides the AFL enthusiasts with an opportunity to show off and refine their footy skills. He said the Shield event encourages the 11 Academies to interact and is an opportunity for corporate partners and local community groups to get involved in the action.

Participants travelled to Broken Hill in early June for the Clontarf Silver City Shield and took part in a Mutawintji tour and cultural activities and competed in the AFL carnival. A formal dinner was held at the Musicians club and Maari Ma donated \$200 in prize vouchers.



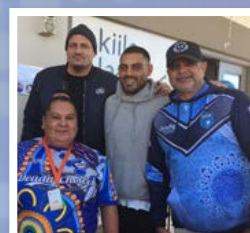
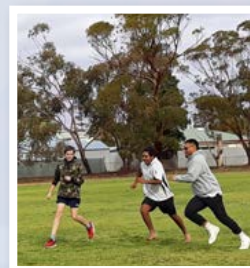


# Deadly Blues

Visiting former rugby league stars **Nathan Blacklock, Willie Mason, and Reni Maitua** were a great hit when they came to town in May.

The trio had a busy day on the Friday visiting both of the high schools in Broken Hill to interact with the students. They also attended the Outback Rugby League games being played at Menindee and Wilcannia, and helped to promote the Deadly Blues campaign: *"Get your 715 Health Check and go into the draw to win tickets to the NRL Grand Final match + airfares and accommodation for you and a bestie"*.

They had morning tea at the Kiila Laana building and staff had the chance to have photos with them and help promote the Deadly Choices rugby shirts. Maari Ma's **Tarissa Staker** did a great job of organizing their whirlwind program. She said the high school students had a great time meeting the former players and said it was very inspiring for them to have sports heroes visit, have a talk, and answer questions.







20 years of  
Reconciliation  
Australia



National  
Reconciliation  
Week 2021

27 May – 3 June

[nsw.reconciliation.org.au](http://nsw.reconciliation.org.au)

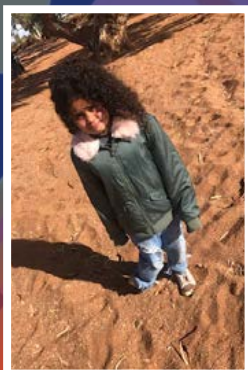
#MoreThanAWord  
#NRW2021

## Playgroup Excursion to Silverton

As part of National Reconciliation Week, Maari Ma's Broken Hill Playgroup went on an excursion to Silverton for activities in the creek bed.

Early Years Project Leader, Michelle Parker and the Playgroup team from Broken Hill and Wilcannia, gave the kids a special day to remember. We all have a role to play when it comes to reconciliation, and building relationships and communities that value Aboriginal and Torres Strait Islander people, histories, places, and culture—starting from early childhood.

The theme this year is More than a Word, Reconciliation takes action and urges us towards braver and more impactful action.

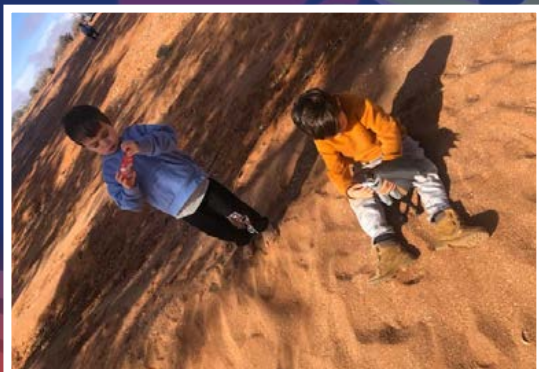
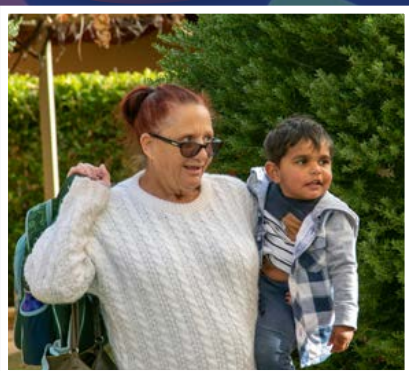


More photos on next page...



# Playgroup Excursion to Silverton

PAGE 1

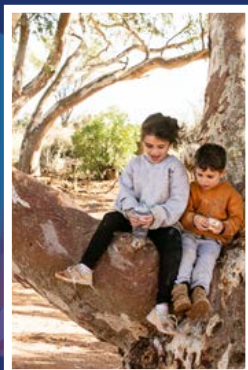


More photos on next page...



# Playgroup Excursion to Silverton

## PAGE 2



More photos on next page...



# Playgroup Excursion to Silverton

## PAGE 3





# Charlotte, Lisa and Vernioica



Maari Ma had the pleasure of hosting a meeting with two members of the NDIS Early Childhood Early Intervention (ECEI) team.

**Lisa Hall** – who is the ECEI Senior Coordinator/Speech Pathologist and ECEI Coordinator, **Veronika Holland** met with Maari Ma's Executive Manager Primary Care **Linda Lynott**, Speech Pathologist **Charlotte Bertelsen**, Early Years Coordinator **Michelle Parker**, and HIPPY Coordinator **Briony Callaghan** to discuss ways the ECEI team could work together to streamline the process of accessing the NDIS for our families with children under the age of seven.

Maari Ma is looking forward to working in close partnership with the ECEI team in the future to ensure the best service and care is provided to our families.

## RAISING AWARENESS OF DOMESTIC VIOLENCE

Balranald staff rallied in early June in support of raising awareness around domestic violence and were involved in a fundraising event for White Ribbon Australia conducted by the Balranald Football and Netball Club.

The Club held a Ladies Day and Balranald Nurse Manager, **Emma Moore** addressed the group about how Maari Ma supports White Ribbon, what domestic services are available in Balranald and how women can access the services. She was joined by **Danielle Irving** and **Paige Winch**, and together with a friend from the local hospital who excelled in MC duties, conducted Domestic Violence related trivia to help raise awareness and debunk some myths around domestic violence. Emma said about 120 people attended and it was a very worthwhile event. Emma is pictured addressing the crowd.



#whiteribbon

**STAND UP  
SPEAK OUT**

#endthecycle: stop family violence



# EARLY YEARS

## HIPPY ACTIVITY

Follow this activity on the Maari Ma Early Years and Kiila Laana Facebook pages.

### COUNTING 1– 10

#### What your child is learning:

Reading a number and knowing how many objects are needed to make that number is an important maths skill. Practicing counting will help as our child begins to learn maths at school.

#### You will need:

The number sheet on the next page. Scissors. Crayons or pencils. Saucepan or bowl. Some stones.

#### What to do:

1. Place the number sheet in front of your child. Point to the numbers and say: **We had fun practicing counting to five. Now let's practice counting to 10.**
2. Say: **First, let's read out the numbers on the sheet.**  
*Wait for your child to think and answer.*  
Say: **Next we need to cut out the numbers. You can colour them in before we cut them out if you want.**  
*Wait for your child to think and have a go.*

3. Place the numbers on the table in order from 1 to 10.

Say: **Let's count the numbers together again. I will point to the number and say it out loud and you can choose the right number of stones and drop them in the bowl.**

Point to the number 1 card and say: **This number is one. Choose one stone to drop into the bowl.**

Point to the number 2 card and say: **This number is two. Choose two stones to drop into the bowl.**

Point to the number 3 card and say: **This number is three. Choose three stones to drop into the bowl.**

Continue this game by saying and dropping stones with all the numbers from 1 to 10.

4. Say: **Now you point to a number and I will drop the stones in the bowl.**
5. Say: **Let's put the numbers in an envelope and keep them for other activities.**

You can make this game more challenging by selecting number cards at random instead of in order or by going in reverse order from 10–1.

Practice counting around the home. For example: 'find two spoons' or 'How many apples are in the fruit bowl?'

You can look for numbers in shops like the supermarket. Say 'What is this number?' and encourage your child to say it out loud.







**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**





COMMIT TO  
QUIT



PUT SMOKING ON PAUSE. FOR GOOD.

World No Tobacco Day was held on Monday 31st May so the kiilalaana team took the smoke-free message to the community with an information stall at Westside Plaza.

Everybody wants to know about 'How' to stop smoking but few understood the pathway to quit.

After speaking to more than 20 people both smokers and non-smokers it was apparent the message is clear on the dangers of tobacco smoking but the lines are muddy around the 'How' to become smoke-free. Some people mentioned going "Cold Turkey," others said they had tried but picked up smoking again. Several people mentioned they were worried their families will not be able to cope with their bad moods if they stopped.

Our education officer Tiffany was kept busy talking to shoppers about quitting methods, educating them in the addiction, and answering questions that showed there is a gap between knowledge of Tobacco Smoking and taking action to commence quitting. The method to be smoke-free was not the same for each person. There are a lot of factors to consider. Join our program and find out the best method to help commence a tobacco-free future.

Here are a few interesting remarks the kiilalaana team received:

*"It's a tough gig trying to stop people from smoking. I'm a smoker who chooses not to smoke!"*

*A child stops the parent and points to our stand and says: "That's what Daddy needs to stop smoking."*

*When a shopper is told today is World No Tobacco Day—"Yes, I've been listening to you and taking notes to tell my partner"*

*"You hear more about other drugs but tobacco seems like its harder to give up."*

*"I gave up 18 months ago after 50 years."*

*"I gave up 12 years ago after looking at family and those that gave up before they turned 50 and lived into their 90's. I gave up at 48."*

*"10 years ago I went to buy a pack and they said it was \$15. I told them to stick it and never smoked again."*

*"I found my last pack of smokes with 6 cigarettes in it, when I was clearing out my stuff recently. I put a note with the date on it in the pack, that was 15 years ago."*



## Happy 80th Maureen!

Maari Ma's board Chair **Maureen O'Donnell** celebrated her 80th Birthday in May. Regional Office staff **Renee Powell**, **Renee Roach**, and Board director **Norma Kennedy** presented Maureen with some flowers, balloons, and a card.



## Farewell...



BEST WISHES TO DR FREEMAN. **Dr. Freeman** has been working as an RFDS dentist in Broken Hill and outback clinics and for the past 18 months and at Maari Ma. Dental Therapist, **Meg Hurst**, said Dr. Freeman was well liked by Maari Ma patients and staff and will be missed. He is leaving to embark on a new venture – he's opening a private dental practice in Dee Why in Sydney. Dr. Freeman is pictured with Dental Assistant, **Jayde Flentjar**.

Farewell to Clinical Nurse Consultant Diabetes Education **Vivienne Prestidge** who has relocated to Canberra to spend more time with her daughter and grandchildren.



## Welcome!



Welcome to the team **Kelvin Murray**. Kelvin started with Maari Ma in mid-June as an Aboriginal Health Worker in training at Balranald.



Welcome back to **Paige Winch** who has returned from maternity leave and is commencing as an AWH in training in Balranald.



# MUMS & BUBS!



Congratulations to Maari Ma's Practice Administration Assistant **Alannah Degoumois** and partner **Hayden Cottrill** on the birth of their baby girl, **Harlee Blue Cottrill**. Harlee was born on the appropriate day of Mother's Day - May 9th at 15.46, weighing 3320g with a length of 49cm. Coincidentally, the doctor who delivered Harlee was the same doctor who delivered Hayden 26 years ago in Warrnambool, Victoria. Congratulations to you both.



**FIRE +  
RESCUE**



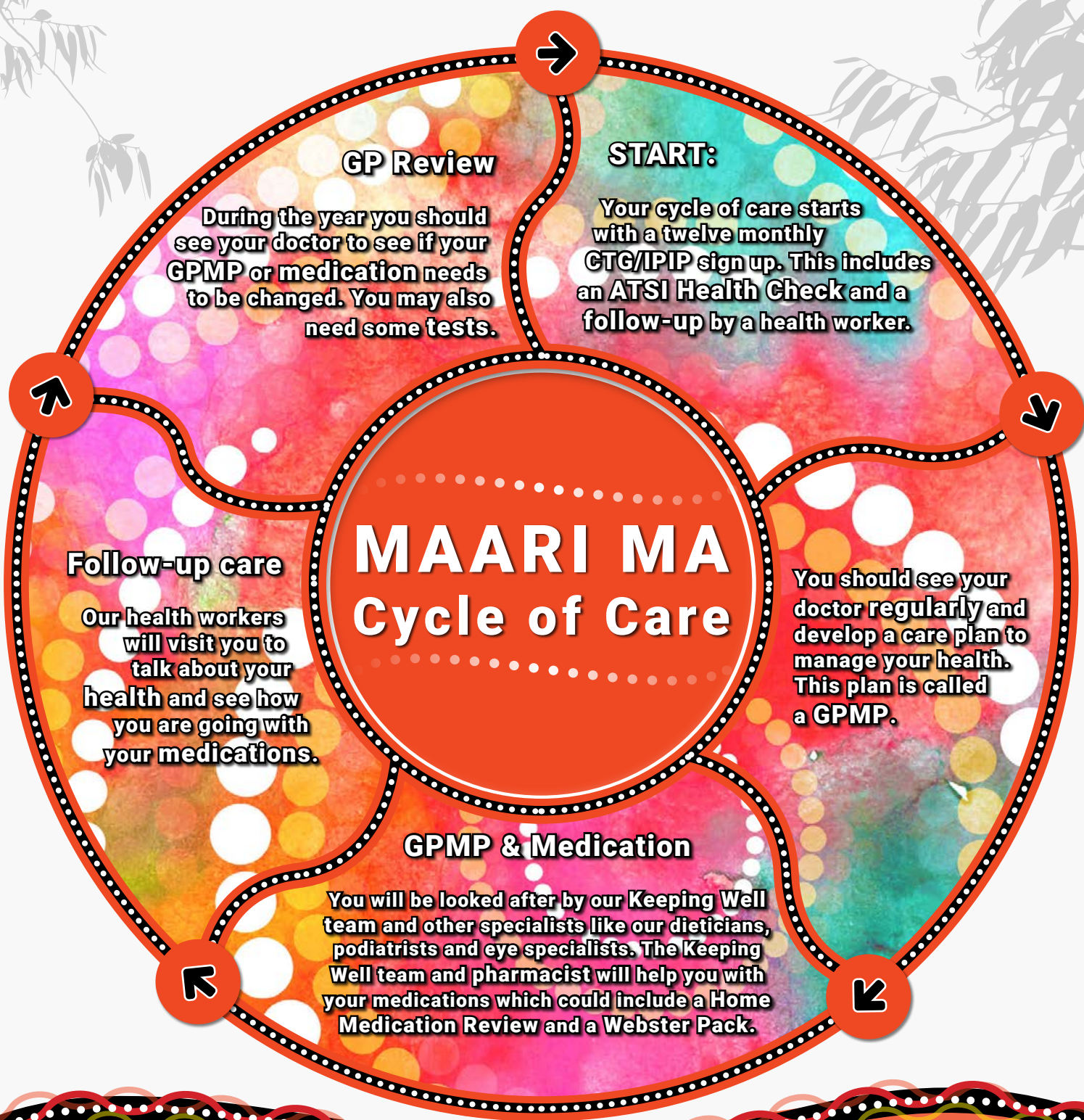
**In case of an emergency; Get out,  
Stay Out and Call Triple Zero (000).**

Visit [fire.nsw.gov.au/winter](https://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

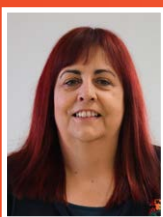
*Improving Aboriginal Health & Closing the Gap...*

### 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

**439-443 Argent Street,  
Broken Hill, NSW 2880**  
Phone: 08 8082 9777 Fax: 08 8082 9778  
Web: [www.maarima.com.au](http://www.maarima.com.au)