



Maari Ma Health Aboriginal Corporation

Community Newsletter



A DEADLY CHOICE Deadly Choices IS A HEALTHY CHOICE

2020 Deadly Choices Shirts are here

There are a variety of shirts available and some are shown here with our staff members modelling a few designs.

The designs include: Parramatta Eels, Sharks, The Titans and Broncos to name a few. Sizes range from 0-7XL. Check the display picture in reception to see if your team is available.

Anyone who has completed an ATSI 715 Health Check in 2020 is eligible to receive a Deadly Choices shirt.



Callan Rogers, Jae Edwards, Lavinia Henderson, Kalynda Morrison, Hannah Morris and Mele Tuipulotu

Schedule your ATSI 715 health check appointment today by calling Maari Ma on 8082 9777

Not all health care can be done over the phone

Since COVID19 Maari Ma has been helping our community stay home by delivering some of our health care appointments over the phone. The phone consultations have been popular with community.

But not all appointments can be done over the phone.

From time to time people need to attend the health service in person for things like:

- Baby and child health checks
- prescriptions
- Blood tests
- BP monitoring
- Immunisations like the flu vaccination or childhood vaccinations

it's especially important for people who have a chronic disease to stay up to date with important health care checks ATSI health checks.... and so on.

We want to reassure the community that it's safe to come to Maari Ma. We have all the correct cleaning processes in place. As well as doing some of your appointments over the phone we want to encourage everyone to stay up to date with the health care that requires you to come into the clinic to have your appointment in person.

If you are worried about coming into the service in person, please give us a call so we can talk about your health and appointment needs.



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Maari Ma Primary Health Care Service

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



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www.facebook.com/maarimahealth/

The importance of self-care

QUICK TIPS

Information from Maari Ma's
Work Health and Safety
Committee

You may be feeling a little overwhelmed with everything that is going on. Here are some quick self-care tips (which can be done in 20 minutes or less).

- Go for a walk
- Declutter
- Take deep breaths
- Drink fresh lemon and water
- Stretch or do yoga
- Power nap
- Spend time with your pet (or adopt a pet)
- Have a healthy snack
- Call a friend or family member
- Listen to a podcast
- Watch or read something uplifting
- Take a break from social media or the news

And if it's all getting a bit much, there are telephone and online supports:




24/7 MENTAL HEALTH SERVICES

Beyond Blue

For anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5-25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns


 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046

Lifeline


For anyone having a personal crisis


 lifeline.org.au

 13 11 14

Suicide Call-Back Service

For anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

HAND HYGIENE

Wash your hands regularly and help stop the spread of germs.

COVID-19



Wet hands



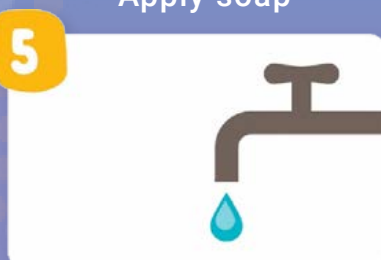
Apply soap



Lather & scrub



Rinse hands

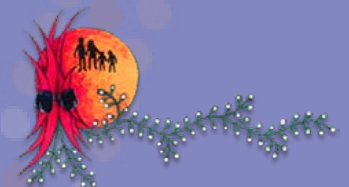


Turn off tap



Dry hands

Please visit health.nsw.gov.au for the latest information on COVID-19



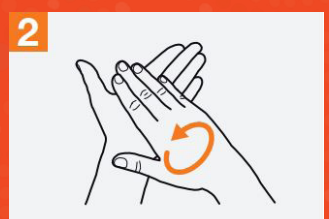
HOW TO HANDRUB

Wash hands when visibly soiled.
Rub hands for hand hygiene.

SAVE LIVES
Clean **Your** Hands



Apply product in a cupped hand



Rub hands palm to palm



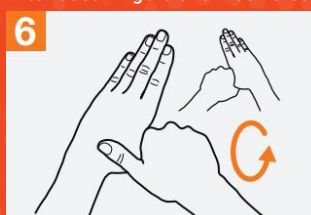
Right palm over left with interlaced fingers and vice versa;



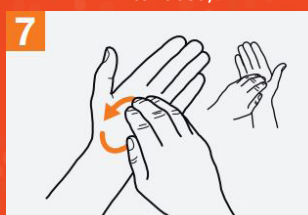
Palm to palm with fingers interlaced;



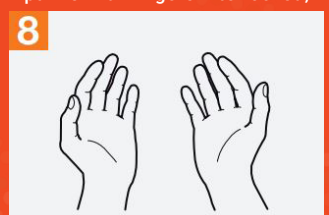
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotate rub, back and forward with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



World Health Organization

This is a **free**
legal advice
service about
debt and
insurance
problems for
Aboriginal and
Torres Strait
Islander peoples
from anywhere
in Australia.

**Problems we can't
help with:**

We can't help if you
are ringing about
a business or an
investment. Also, we
can't advise on some
types of insurance
like workers comp or
health insurance.

Art by Indigenous Artist
Pauline Coxon

Original Design (modified) by Ngaakan Nyaagu

Your Privacy

We are a confidential service. We will not
share any of your personal details with anyone
outside of this service without your consent.



**Mob Strong
Debt Help**

Tackling debt, credit
and insurance matters
for our peoples.

Free call 1800 808 488



Who & what are we?

This is a free legal advice service about debt & insurance matters
for Aboriginal and Torres Strait Islander peoples from anywhere in
Australia.

We are a non-government, non-profit organisation. We provide
information, advice and assistance to individuals on problems
relating to:



Consumer Loans

Credit cards
Pay day loans
Car loans
Home loans
Banking
Debt Collection



Insurance

Car
Home
Travel
Life
Funeral
Pet insurance



**What should you do
before you call?**

Get any paperwork about your
problem ready so that you can
tell us what it says.

For example: Letters, bills and
account statements, court
papers, contracts or insurance
policies.

Free call 1800 808 488
Monday to Friday
9.30 AM to 4.30 PM

www.financialrights.org.au

Staff News

Dietitians

The COVID-19 crisis is a time of heightened stress for everyone. Routines are disrupted and people with busy lives are now stuck at home with much less to do. The loss of structure can be challenging and you may notice yourself reaching for more comforting, processed and energy dense foods.

It's not surprising that you may be using comfort foods to soothe yourself. Our bodies and our brains are responding to stress and a lot of the time this may be through eating. Accept that eating to self-soothe is a coping mechanism but if it's your only coping skill, it can be helpful to learn some other coping skills that might not involve food. For example, if you eat something you didn't plan to, accept that it happened and move on. You are not a failure! Don't continue the cycle by restricting food; instead get back on track with your next scheduled meal.

CHICKPEAS

Chickpeas are rich in fiber and protein. They contain several key vitamins and minerals which are good for bone, muscle and skin health.

A cup of chickpeas provides almost one-third of an adult's daily protein needs and are a good substitute for meat dishes.

Chickpeas are also good for your mental health as they contain choline which plays a role in mood, muscle control, learning and memory, as well as the body's metabolism.



Recipe: Chickpea Curry

Serves 6 - Time to make: 25 minutes

Store in the fridge for 2-3 days or in the freezer for up to 3 months

This recipe makes use of any canned legumes or beans that you have in your cupboard. If you have fresh vegetables you can use them instead of frozen. Make sure you chop them into small pieces so they cook evenly.

INGREDIENTS

1 onion
1-2 tablespoons curry powder
400g canned tomatoes
1 vegetable stock cube
1 x 400g canned chickpeas, lentils or other beans
1kg frozen mixed vegetables
1-2 teaspoons oil
Cooked rice, to serve

METHOD

1. Chop onion. Drain chickpeas and rinse well.
2. Heat oil in large pot over medium heat. Add onion and cook, stirring for 5 minutes until soft.
3. Add curry powder and cook, stirring for 1 minute until onion is covered with curry.
4. Add tomatoes and crumbled stock cube and bring to the boil.
5. Add frozen vegetables and simmer for 5-10 minutes or until vegetables are cooked.
6. Add chickpeas and simmer until heated through. Serve with rice.





kiila laana

Kiila Laana's Muuku program is designed to help you on a smoke free journey. You can join or call for information at any time. The program offers evidence based methods to help reduce tobacco smoking. The Kiila Laana team understand not all methods are suitable for everyone and can tailor a program around you. If want to manage your smoking call or speak to your health care provider.



muuku
program

smoke free
join today



maarima.com.au/kiila-laana

The secret's out.

If your product killed **8 million** people each year, you'd also target a new generation.



31 MAY | WORLD NO TOBACCO DAY
SPEAK OUT #TobaccoExposed



World Health
Organization

MAARI MA DENTAL TEAM

TOOTH FIRST AID

What should I do if I lose a tooth?

- Look for and retrieve the knocked out tooth If it is an ADULT / PERMANENT tooth.....
- Rinse and place in either a glass of milk or under your lip, your cheek will keep it in place.... You have 24 hours to seek URGENT dental treatment.
- The dentist will try and place and splint tooth back in to the tooth socket
- If it is a BABY/ FIRST tooth... DO NOT TRY AND PLACE BACK IN SOCKET – as this can damage the adult / permanent tooth that has not yet erupted.. Keep tooth for tooth fairy and seek URGENT dental treatment just to check area.
- Chipped and knocked teeth require an URGENT dental appointment. Keep chipped pieces to show your dentist.



MEET THE TEAM

This month's team profile is of Jayde Flentjar

Currently studying Certificate 3 in Dental Assisting.

Q: How long have you worked in the child dental team?

A: Almost 2 months.

Q: What is your greatest achievement?

A: Training to become a Dental Assistant, working in such a great team environment.

Q: What are your future goals?

A: Become a qualified Dental Assistant and build onto my career in Dental.

Jayde's dental health tip:

Do not forget to brush and floss your teeth morning and night.



Early Years

When we think about children's learning, we tend to focus on planned lessons and formal learning experiences rather than all of the other things that we do every day.

As parents and careers of our little ones we are their most prominent and powerful first teachers. This is due to the fact that everywhere and everything is a potential learning experience for a child.



PLAY, ROUTINES and everyday **INTERACTIONS** within the home environment provide valuable opportunities for learning and to develop skills. Children learn almost everything they need to know about life through play, from physical coordination, decision-making and problem solving to empathy and social and emotional skills.

It is for this reason that the Early Years / HIPPY Team have been considering how we can best continue to support our families and children during such trying times. We have decided that a closed Facebook page

is the best way forward and the most successful way of connecting with the majority of our families. This page should be up and running in the next few weeks and will contain contents relating to play opportunities for children, early childhood education and development, the delivery of HIPPY Packs, information about our services and other general information for families. We envisage this to be an interactive page and hope it will assist in keeping communication lines open as well as being a valuable resource for families. We are looking forward to catching up online, until then keep playing.

INTERACTIONS



Draw in the dirt using your finger or a stick. This is a great pre-writing activity that requires very few resources.

Make mud pies. Concepts of big, small, more, less, full, empty and amounts can be explored and it is so much fun.



Allow your children access to safe and unbreakable items in the kitchen. They will have so much fun cooking, shopping, having tea-parties, making music and even building with pots, pans containers and grocery packets.

PLAY

There is no greater feat of engineering and cooperation than asking the kids to collect as many blankets, cushions and pillows as they can find and then build a cubby house.



ROUTINES



Cook with your children. They can be a great help and it allows them to develop motor skills such as pouring and tipping, mixing and scooping as well as mathematical concepts such as more, less, big, small and amounts. Cooking also allows for the development of pre reading and social skills by following instructions, communicating with others, turn taking and sharing with others. It is also a great science experiment as liquids will often change in consistency and form solids.

Welcome!

Welcome to **Charlotte Bertelsen** who has moved to Broken Hill from Queensland's Sunshine Coast and has joined Maari Ma's Healthy Start team working as a full time speech pathologist. Charlotte moved to Australia from New Zealand 12 years ago. She has recently been working with clients across the lifespan with a diagnosis of Autism Spectrum Disorder (ASD) with a primary focus and interest in early intervention. Charlotte said she is looking forward to meeting, getting to know and working with clients, families and communities of Broken Hill and surrounds.

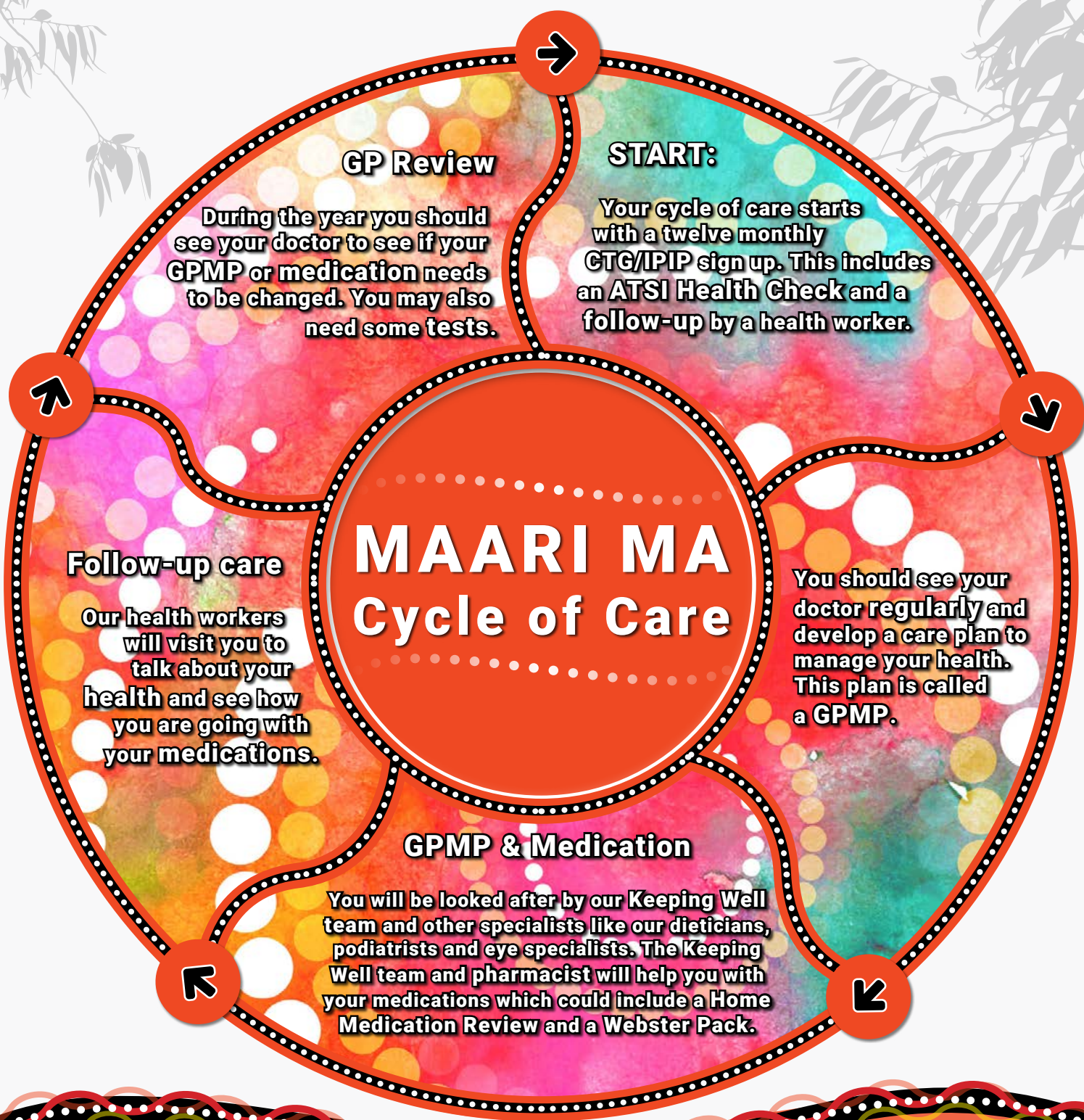


MUMS & BUBS!



New mums and dads - don't forget about the Indigenous inspired, beautifully designed nappy bags, provided to parents who engage in the antenatal care at Maari Ma and these adorable onsies. You get to choose one from these designs when your baby has their first ATSI health check and immunisation during their six week postnatal check.





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 a 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.



Kaylene Kemp
Executive Manager
PHCS



Kendy Rogers
Service Manager:
PHCS

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

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