Anzac Day, which is on the 25th of April, stands for Australian and New Zealand Army Corps. It is the day we remember all Australians who served and died in war and on operational service. This day marks the anniversary of the landing in Gallipoli in 1915 where soldiers fought for around 8 months and over 8,000 died. Dawn services are held all around Australia to remember those who fought for our country.

Around 1,000 Aboriginal or Torres Strait Islander men served in the First World War and many others fought in the Boer Wars and the wars that followed World War I. We remember them...

Lest We Forget.
Elders’ Birthdays

In this issue we have special birthday wishes for quite a few Elders.

We would like to wish the following community members a Happy Birthday:

**Stanley (Teddy) Hart** who turned 59 on the 8th of March

**Marilyn Brennan** who turned 58 on the 18th of March

**Margaret Collins** who turned 62 on the 26th of March and also **Valda Daykin** who turned 82

**Ann Bennett** who turned 55 on the 27th of March

**Trevor Pinnuck** who turned 59 on the 1st of April

**Janet Crowe** who turned 60 on the 4th of April

**Patricia Roach** who turned 55 on the 6th of April

**Grant Innes** who turns 71 on the 9th of April

**Lola Hunter** who turns 51 on the 15th of April

**Warren Smith** who turns 53 on the 21st of April.

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**What’s On?**

**ANZAC Day**  
Monday the 25th of April

**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**  
3:15pm—4:30pm  
Mondays & Thursdays in the community kitchen at Maari Ma Health  
(Not on during the school holidays)

**Cooking group for Parents**  
10:30am-12:30pm  
Thursdays (before Playgroup) at the Maari Ma Child and Family Building  
(Not on during the school holidays)
Thursday the 17th of March marked Close the Gap Day. Maari Ma held a small community event at the Primary Health Care Service to raise awareness about the gap between Aboriginal and Torres Strait Islander health and the health of other Australians. Community members were offered some health screening checks including blood pressure and pulse rate, blood sugar testing and carbon monoxide screening. A number of our staff members were present, including our trainees, to conduct the checks and to have a yarn with community members whilst enjoying a lunch of sausages, Johnny cakes and fresh quandongs with yoghurt and muesli. Resources were provided by the Primary Care Specialist Services team and the Dental team. It was a good, informal opportunity to catch up with some of our clients and chat about their health.
White Ribbon Australia

Australia's campaign to stop violence against women

White Ribbon

White Ribbon Australia—What you can do

Maari Ma Health is now a White Ribbon Accredited Workplace. We say “NO” to violence against women. Here are some tips that can help you if you are in a situation where you might need to help a woman.

- Be an active bystander
- If you witness violence, don’t be aggressive or violent.
- Always keep YOURSELF and others SAFE. Call 000 in an emergency.

If you witness a violent act—such as a man assaulting a woman in the street—you can:

- Call the police.
- Be a witness. Stand far enough away to be safe but close enough for the violent person to see you and be aware that they are being watched.
- Get others’ support. Ask others who are nearby to help.
- Verbally intervene. Tell the violent person clearly that their actions are not okay, they are a crime, and you are calling the police.
- Ask the victim if she needs help. Ask:
  - “Are you okay, do you need a taxi?”
- Make the man feel noticed, and offer practical assistance to the woman.
- Say something to the man: “Hey, what are you doing?” “That’s not on, mate,” and so on.
- Stick around to make sure the situation has cooled down.
- Create a distraction—so that the abused person has time to get away or the perpetrator slows down or ceases their violence. For example, ask a man harassing a woman on the street for directions or the time.

-Information from www.whiteribbon.org.au

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White Ribbon Raffle

The White Ribbon Committee at Maari Ma Health organized a raffle late last year that was drawn on Thursday the 24th of March. The prize was a 2008 signed Rugby League Guernsey and was won by Craig Caruana. We were able to raise $865 from this raffle which will be donated to White Ribbon Australia.

Thank you to everyone who helped sell the tickets and to everyone who purchased tickets.

Easter Raffle

The White Ribbon Committee also organized an Easter Raffle which was also drawn on Thursday the 24th of March. There were two prizes which were both Easter hampers. The first prize was won by Thad Nagas and the second prize was won by Catherine Quinn. We raised $515 from this raffle which will be donated to White Ribbon Australia.

Thank you to all of the staff who donated Easter eggs to make up the hampers and thank you to those who purchased tickets.

Congratulations to our winners!
Paediatricians provide specialist care to infants, children and young people. They are able to provide an expert diagnosis as well as treatment and care for patients under the age of 18.

Maari Ma Health has a visiting paediatrician, Dr Shanti Raman, who visits Broken Hill and Wilcannia once a month. Dr Raman sees babies and children who are referred to her by one of our doctors.

For example, your doctor might refer your child to a paediatrician for further assessment and treatment of:

- Asthma and allergies
- Poor growth
- Behavioural problems
- Developmental delay
- Autism
- ADHD
- Sleep problems
- Brain conditions – for example, epilepsy
- Problems with muscles or bones – for example, developmental dysplasia of the hip or bow legs
- Disabilities like Down syndrome, cerebral palsy or Fragile X syndrome
- Faecal incontinence (encopresis) or constipation

A paediatrician might also see your baby immediately after birth, to make sure everything is OK.

If you have any health concerns about your child, please raise these with your doctor at your next appointment or call our Healthy Start team for advice on 8082 9777.

For the last Paediatrics clinic in March, the attendance rate was 76%. If you have an appointment at Maari Ma, whether it is to see a doctor or a specialist, we encourage you to attend your appointment. If you are unable to attend your appointment please call us on 8082 9777 to reschedule.

Have you had your Fluvax this year?

The flu is a dangerous illness and should not be mistaken for the common cold. If you have a chronic disease including:

- Diabetes
- Asthma
- Heart disease
- Kidney disease
- Stroke
- Obesity

or if you are a smoker or an Indigenous person over 65 years of age, this puts you at a higher risk of not being able to fight off the flu. Aboriginal children are also at a higher risk of complications from the flu.

Maari Ma encourages all of our patients and their families to have a Flu vaccination, so if you are a Maari Ma patient please come and see us or call 8082 9777 and book in for your Fluvax.

Maari Ma Health also encourages regular hand washing. This reduces the spread of germs that can cause the flu and other illnesses. Feel free to ask an Aboriginal Health Worker for advice on hand washing.
The kids have been busy at After School Cooking Group and recently made Cornflake cookies. Here is the recipe they used to make the delicious cookies. Enjoy!

Method
1. Preheat oven to 180°C. Line 2 baking trays with non-stick baking paper. Use an electric beater to beat together the butter, sugar and vanilla in a large bowl until pale and creamy.
2. Add eggs, 1 at a time, beating well after each addition until combined. Fold in flour and sultanas until combined.
3. Place the cornflakes on a plate. Use your hands to roll tablespoonfuls of the cookie mixture into balls, then roll in cornflakes to coat. Place the balls, about 3cm apart to allow room for spreading, on prepared trays.
4. Bake in preheated oven, swapping trays halfway through cooking, for 18-20 minutes or until golden. Remove from oven. Set aside on the trays for 5 minutes before transferring to a wire rack to cool completely.

Ingredients:
- 125g butter
- 2/3 cup (firmly packed) brown sugar
- 1 teaspoon vanilla essence
- 2 eggs
- 1 3/4 cups self-raising flour
- 1 cup sultanas
- 1 1/2 cup cornflakes, lightly crushed
Living Desert Dash Fun Run 2016

This year as part of the annual YMCA Living Desert Dash Fun Run, Maari Ma had 5 participants taking part in the event. Carol and David Doyle and their kids, along with Luke O’Donnell all took part in the 3km walking event, with Lynley Rebbeck taking on the 5km walk. We also had one of our medical students, Jeff Duncan running in the 10km event.

The cool breeze on the day meant that it was a lovely morning to do the walk and thankfully the rain held off until the afternoon.

Also on hand to help out with the day were Holle Pearson, Callan Rogers and Kalynda Powell who were at the Maari Ma stall handing out fruit and water to the participants. We also had some water bottles and fun toys to give away to the kids, including slinky’s, frisbees, balls and hacky sacks.

Overall, it was a really fun morning and it was great to see everyone getting out and active! A special mention also needs to go out to the oldest participant of the day, an 87 year old lady with a walker who completed the 3km walk and proved that age is no barrier to staying active.

Thank you to our participants and to everyone who helped out on the day!

Staff Update

Maari Ma Health would like to welcome Michael Porter, our new Diabetes Clinical Nurse Consultant into our community. Michael comes to us from Adelaide and has worked in Aboriginal health for about 10 years. He was previously employed by Diabetes Australia as an ATSI Project Officer. Michael is best known for his Sugarman project, which he uses to educate rural communities about Diabetes. He first presented the Sugarman at a hospital in South Australia and has since presented it at events around the country in order to tackle the serious problem of Diabetes in the Indigenous community. Sugarman provides diabetes education to both adults and children in a fun and interactive way.

We wish Michael all the best in his new position with us.

Maari Ma would also like to congratulate Stanley (Teddy) Hart on his full time position with us a Transport Officer.
Preventing and Managing Chronic Disease

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 followup by a health worker.

Followup care
Our health workers will visit you to talk about your health and see how you are going with your medications.

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 and 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

439-443 Argent Street,
Broken Hill, NSW 2880
Phone: 08 8082 9777 Fax: 08 8082 9778
Web: www.maarima.com.au