



# Maari Ma Health Aboriginal Corporation

## Community Newsletter

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# Cooking at Miraga

Maari Ma's Dietician, **Elsie**, recently started a new cooking program at the Miraga day centre. On the menu for the first cook-up was ham and vegetable quiches and a fruit sponge pudding. The ladies really enjoyed cutting up the different vegetables and ham. As a healthy alternative to pastry, the quiches used rolled slices of wholemeal bread and the group thought this was a great idea!

After the quiches went in the oven, the ladies started cutting up strawberries and nectarines for the sponge pudding. There were 6 women plus 2 staff members in the group and everyone participated and enjoyed themselves. At this stage, the program will run monthly and Elsie is really looking forward to the next session.



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**Maari Ma Primary Health Care Service**

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW

## Anzac Day

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.

## Aboriginal War Veteran: Reg Saunders

Reginald Saunders (1920-1990) was the first ever Aboriginal Australian officer in the army. Following the outbreak of World War II in September 1939, Saunders enlisted in the AIF on 24 April 1940.

He arrived back in Australia in September 1942 and later was promoted to acting sergeant. His brother Harry had been killed in action in November the same year. Saunders also fought in New Guinea and the Korean War.

As the first Indigenous Australian to be commissioned in the army, he did much to break down racist assumptions about his people.

- Information from *Creative Spirits* and photo from Glenda Humes collection (*The Canberra Times*)



Captain Reg Saunders with Dorothy May Saunders



# CLOSE THE GAP DAY

## What's On?

Thursday the 16th of March marked Close the Gap Day. Maari Ma Health had stalls set up in the Primary Health Care Service courtyard and also in the waiting room from 10am to 12pm. The Clinic/Community teams were available to check blood pressures and blood glucose levels and the Mental Health Team had awesome platters of fresh fruit and sandwiches to give out as well as some cool resources. The Tackling Indigenous Smoking Team and the Lead Team were in the waiting room chatting to patients about their programs and giving out resources, fresh fruit, cheese and yoghurt. The Tackling Indigenous Smoking Team ran another social media campaign that encouraged community members to support all mums in the community to be smoke free. The team's brand new Insta frame travelled around the service so staff could have their photos taken with it, and lots of community members also jumped on board to support the campaign! **Tiffany Lynch** was available to check carbon monoxide (CO) levels and to have a chat with clients about smoking.

**Thank you to everyone who participated in our social media campaign!**

### School holidays

Monday the 10th of April—  
Wednesday the 26th of April

### Easter

Sunday the 16th of April

### ANZAC Day

Tuesday 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) in the community kitchen at Maari Ma Health

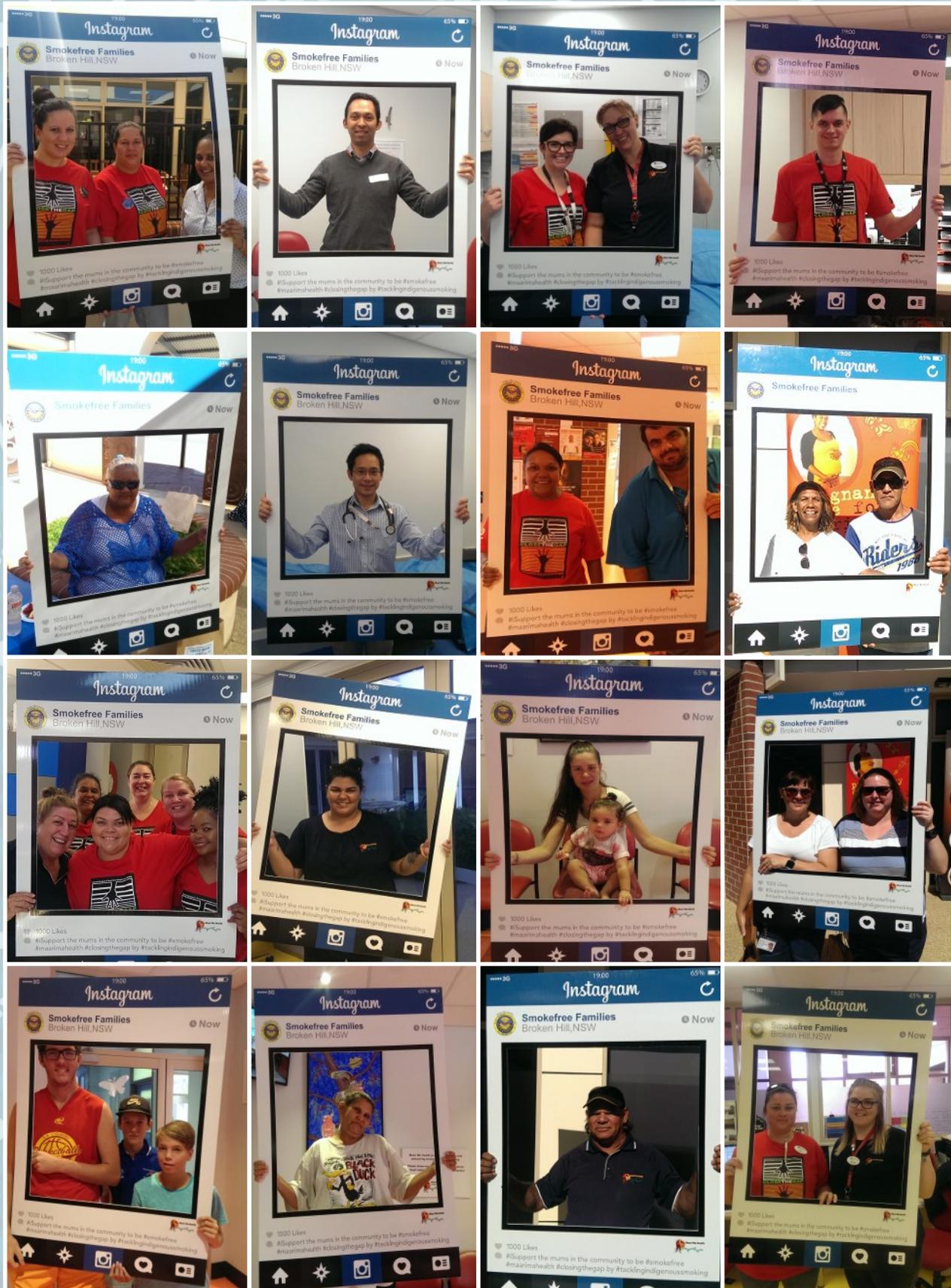
(Not on during the school holidays)



More photos on the next page!

# CLOSETHEGAP DAY

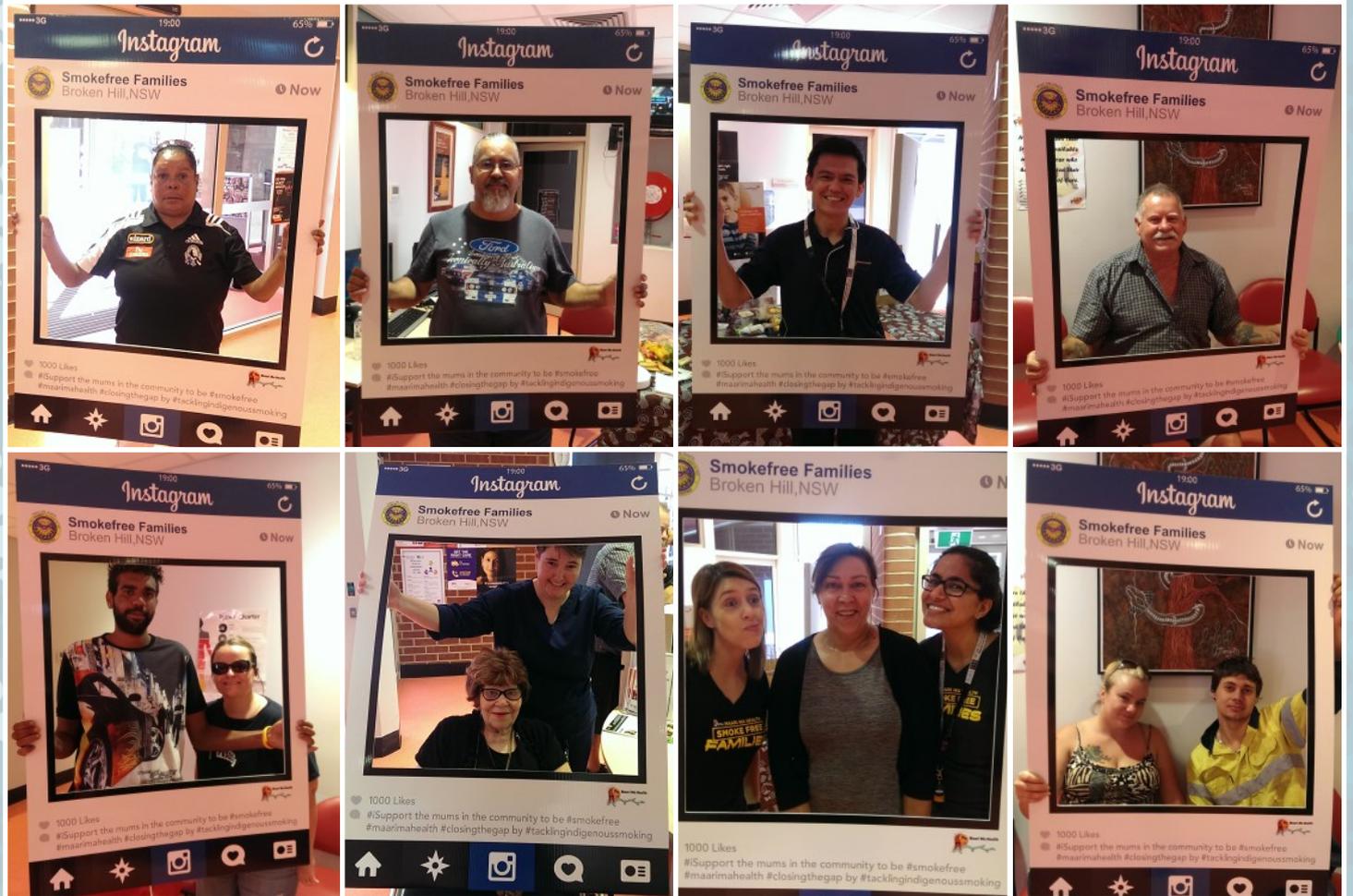
...more photos!



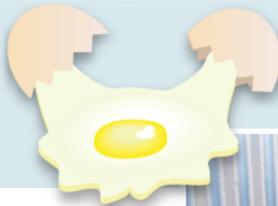
More photos on the next page!

# CLOSE THE GAP DAY

...more photos!



## CLOSE THE GAP AT PLAYGROUP



On Friday 17th March, the importance of Closing the Gap was acknowledged with the children, families and staff. The Thursday cooking group cooked up a storm of kangaroo meatballs and we added to the meal on Friday by making Johnnie Cakes with **Aunty Bonnie**. Maari Ma's Early Years program focuses on opportunities for parental engagement and early childhood development for young Indigenous children to have equal opportunities to learn, develop and socialise.



# Have your kids had their Fluvax?

VACCINATION

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Children can begin to be immunised against the flu from 6 months of age. Children aged 6 months to under 9 years of age require two doses, at least four weeks apart in the first year they receive the vaccine. While two doses in the first year are recommended, one dose does provide some protection and is better than receiving no doses. A single dose of influenza vaccine is given to all children aged 9 years and over.

This year, four age-specific flu vaccines will be available under the National Immunisation Program.

## The four vaccines are:

- ✓ **FluQuadri Junior®** (*Sanofi Pasteur*) for children from six months to under three years of age.
- ✓ **FluQuadri®** (*Sanofi Pasteur*) for people aged 3 years and over.
- ✓ **Fluarix® Tetra** (*GSK*) for people aged 3 years and older.
- ✓ **Afluria Quad®** (*Seqirus*) for people aged 18 years and older.

## 3 things you might not know about the flu shot:

1. There is no live virus in the flu shot, so you cannot get the flu from the vaccine.
2. The composition of the vaccine changes every year.
3. The flu shot is safe for pregnant women at all stages of their pregnancy.

## I received a flu shot last year, do I still need to get one this year?

You should get the flu shot every year because the flu virus is constantly changing. Every year, the flu vaccine changes to match the flu virus, so it protects against the flu strains which are most likely to be around during that winter.

## Fluvax for Adults

Maari Ma's flu vaccinations for adults have arrived at our Primary Health Care Service. You don't need to book an appointment for your fluvax, just pop in!

# Easter Closure

Our Regional Office and Primary Health Care Service will be closed from **Friday the 14th of April** until **Monday the 17th of April** inclusive. Our services will re-open on **Tuesday the 18th of April** at 9am.

Maari Ma Health would like to wish you and your family a very happy and safe Easter. Please take care if travelling during this time. We hope to see you and your family after the break.

# Easter Bunny Cupcakes Recipe



## Carrot cake cupcakes

2 cups self-raising flour  
 ½ cup brown sugar  
 2 eggs  
 1/3 cup vegetable oil  
 175 mls milk  
 1 cup carrot grated  
 1 tsp cinnamon  
 1 tsp mixed spice

## Cream cheese icing

1 tub reduced fat cream cheese  
 ½ cup reduced fat natural yoghurt  
 Rind of 1 lemon  
 Juice of half a lemon  
 1 tbsp icing sugar  
 Strawberries, blueberries, icing pens (to decorate)

## Method

1. Preheat oven to 180°C and fill muffin tin with cases.
2. Mix milk, oil, spices and eggs together in a bowl.
3. In a separate bowl, mix flour, sugar, baking powder and carrots together.
4. Fold milk mixture in to flour mixture.
5. Spoon in to muffin cases and bake for 15-20 minutes. Set aside to cool.
6. To make the icing, soften cream cheese in microwave for 30 seconds.
7. Combine cream cheese, yoghurt, icing sugar and lemon juice and rind.
8. Spread icing mixture over cooled cupcakes and decorate using strawberries (ears), blueberries (nose) and icing pens.

## Update from Clontarf

The Year 7 Induction Camp is a tool used by Clontarf across Australia which achieves many positive things for both the boys and the staff. It allows the boys the chance to get away on a Clontarf trip, see what they can get involved with or miss out on, and learn the "Clontarf Way." With plenty of team building activities, they also get the chance to mingle and make friends with some of the boys that they might not know very well. Given that this is only a one night trip, the staff get the chance to suss out the boys and see how they cope with being away from home.

The camp also gave three Year 10 boys the opportunity to develop their leadership skills as team leaders. Although it was an intense trip with a few mishaps, the boys got a lot out of it and we noticed an immediate increase in engagement from the boys that were sitting on the fence about the programme. A special thanks to **Vicki, Colleen** and **Jamie** for their support and attendance on the first day - they got us out of hot water on a number of occasions! Also a massive thank you to **Regan** and **Tarissa** from Maari Ma for hosting us for lunch and a clinic tour on the second day.



# Promoting Healthy Choices at Broken Hill High School

**Tiffany Lynch** and **Jessica Ierace** from Maari Ma's Tackling Indigenous Smoking Team recently attended Broken Hill High School to help the Year 11 PDHPE students promote healthy choices. The smoothie bike was the main attraction at the stall that was set up with nutrition and tobacco resources. Tiffany and Jessica helped the Year 11's prepare the fruit and ingredients to make smoothies, and when recess came around students came from all directions to try the berry and banana smoothies. Over 40 smoothies were given out during the recess break!

The other Year 11 PDHPE students had set up healthy food stalls and had fruit skewers and smoothie bowls on offer. The aim was to see if students in other year levels would pay for a healthy recess rather than buy food from the canteen. Sweets were also for sale at the stalls to try and influence the students' decision.

Lots of kids were also interested in the Smokerlyzer which tests the level of carbon monoxide (CO) in the breath. Around 10 students took the test and were interested to see what their levels were as they said they had family members and friends who smoked around them.

*Well done to **Paddric Attard** and **Flynn Murray** who made the smoothies for their fellow students and also to all of the students who made healthy choices that day!*



## ACTIVE KIDS

Our Active Kids sessions have been running during the school term. The kids recently played a game of T-Ball. Two groups were formed with Jess, Kayelene and Heather also joining in with the kids.

Everyone had a great time running from base to base, while the fielders tried their best to get the batters out before they reached the base. In the end, Jess' team won 14-9! Great sportsmanship was shown by shaking hands with the opposing team.

Jess provided some delicious and healthy snacks for break time which included fruit, cheese and wholemeal crackers.

The session was finished off with a game of downball and Jedi-dodgeball. The teams went straight into strategising by delegating one person to be the Jedi.

It was an intense game with balls flying everywhere in the hall!



# Maari Ma Staff Update

Maari Ma would like to welcome **Kayelene Crossing** who started with us recently as a Primary Mental Health Worker. Kayelene has been working with the Salvation Army in Broken Hill as a Domestic Violence Caseworker and was working in mental health before that.

This month we would like to farewell **Dr Jack Naung San M** who was with us for a short time as a locum doctor. He was very popular with staff and community and will be missed. All the best Dr Jack!

Sadly we farewelled Primary Health Worker, **Luke O'Donnell** (again!) this month. Luke is heading to Adelaide to work as an Aboriginal Health Worker for the Southern Adelaide Local Health Network. All the best Luke and we hope to see you again soon!



Kayelene Crossing



Dr Jack



Luke O'Donnell

MAARI MA HEALTH INVITES YOU TO OUR

# YARNING GROUP

Are You :

**INDIGENOUS?**

**A SMOKER, EX SMOKER OR NON SMOKER?**

**LOOKING FOR SUPPORT TO QUIT SMOKING? OR**

**LOOKING TO SUPPORT SOMEONE TO QUIT SMOKING?**

**VENUE: COMMUNITY KITCHEN  
PRIMARY HEALTH CARE SERVICE**

**DATE: 27<sup>TH</sup> APRIL, 2017**

**TIME: 12PM-1PM**

**(LUNCH PROVIDED)**

**Be a part of our support group run by the  
community, for the community.**

*For transport and other details call the Tackling Indigenous  
Smoking Team on 80829777*

# Home Medicines Review



## What is a HMR?

A pharmacist visits the patient at their home or wherever they feel comfortable talking. The pharmacist talks with the patient to help them learn more about taking tablets and using medicines. The patient can ask questions about any worries with their medicines.

## Are you eligible for a HMR?

Patients who may be eligible for a HMR are usually people who:

- are taking a lot of tablets
- have just come out of hospital
- have had a lot of changes to their medicines
- are having problems with medicines or are not taking their tablets
- are not getting better as quickly as expected
- are taking medicines that need monitoring with blood tests
- have had many doctors

## How does HMR help the patient?

HMRs help educate patients about their tablets and other medicines. HMRs can help patients understand their medicines when the doctor does not have enough time to go through all of the information.

### The Pharmacist explains:

- the best way to take medicines safely
- why to take them
- how to get the best results

## Information goes to the patient's doctor

After the HMR, the pharmacist sends a report to your doctor and can discuss ways to help the patient with any problems they have found. The doctor may decide to make some changes to the patient's medicines.

**Alex Page** is the pharmacist at Maari Ma Health. Alex usually sees 4 to 5 patients every Tuesday in Broken Hill. He also visits Wilcannia and Menindee. If you have been referred to the pharmacist for a HMR by your doctor, it is important that you are available for your appointment.

***In March, the attendance rate for HMRs was 92%. 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.***

# 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**

You should see your doctor regularly and develop a **care plan** to manage your health. This plan is called a **GPMP**.

## 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**

# Care Maari Ma's Cycle of



**Kaylene Kemp**  
Manager:  
Community  
Engagement



**Kendy Rogers**  
Practice Manager:  
PHCS



## 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.

### 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

*Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.*

**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)