Maari Ma Health Aboriginal Corporation

Community Newsletter

NAIDOC

Fun Day at Sturt Park

In this issue:

Elders' Birthdays / New Bubs / Belly Casting 2

Echocardiogram Clinic 3

Staff Update / Tobacco Tip / Indigenous Language Song Competition 4

the Tobacco Control Project / New Promotional TV 5

After School Cooking Group : Beef & Veggie Sausage Rolls 6

Preventing & Managing Chronic Disease 7

Part of the NAIDOC week celebrations included a Fun Day at Sturt Park on Thursday the 7th of July. Many community organisations were present, such as Warra Warra Legal Service, Mission Australia, Broken Hill High School, Miraga and the YMCA. It was a great opportunity for different organisations to interact with community members and have some fun with the families. Although it was a very cold day with early morning fog, there was a great turnout and everyone seemed to enjoy themselves.

Our Maari Ma stall was very popular and included an Elders tent where tea and coffee were supplied. Each program had different activities for kids and adults and we collected some great chalk drawings from kids about "smoking and family". All programs had great resources to give out and our dieticians had a very tasty kangaroo curry and quandong stew to give out to community members. Our ever popular smoothie bike was also set up for kids and adults to have a go at making their own smoothies.

Maari Ma would like to thank everyone who visited our stalls and all staff who helped out on the day!

Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

Broken Hill, NSW

Please tell us what you think of our services

At Maari Ma we know it's important to learn from community feedback. Your feedback is important - good and bad, because we use what you tell us to improve our services.

You can give us your feedback or make a complaint in a few ways:

- Tell a member of staff that you feel comfortable with and they will pass your feedback / complaint on to the right person
- Fill in a feedback / complaint form and drop it to the Primary Health Service (you can pick up a form from the waiting room at the Primary Health Service or in the foyer of the Regional Office)
- You can send us a message via our website www.maarima.com.au
- You can talk to Kaylene Kemp, Manager of Community Engagement 8082 9888 or Kendy Rogers, Practice Manager 8082 9777.

If you have a serious complaint about our health care services and you'd rather talk to an independent body you can talk to the Health Care Complaints Commission free phone call 1800 043 159 (www.hccc.nsw.gov.au)

Elders' Birthdays

In this issue we have special birthday wishes for four of our Elders.

Happy Birthday to **Mervyn Orcher** who turned 52 on the 4th of July and to **Fay Nicholls** who turned 68 on the 5th of July. We would also like to wish **Gillian Edge** who turns 69 on the 26th of July and **Allan Flood** who turns 82 on the 27th of July the happiest of birthdays.

Congratulations **Mervyn**, **Fay**, **Gillian** and **Allan**, and best wishes from everyone at Maari Ma.

Mervyn Orcher

Fay Nicholls

Gillian Edge

Allan Flood

What's On?

NAIDOC Week

3rd—10th July

National Diabetes Week

10th—16th July

Hepatitis Awareness Week

25th—29th July

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 Primary Health Care Service

(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

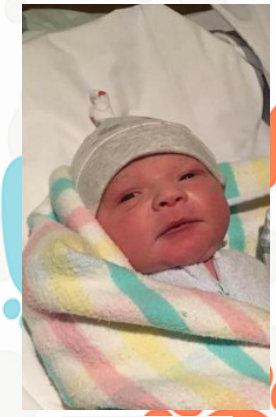
(Not on during the school holidays)

New Bubs!

Maari Ma would like to welcome one new bub into the community this month.

Congratulations to **Teagan Olds** and **Shaun Kemp** on the birth of their baby boy, **Taite**. Taite was born on the 13th of June at 8:37pm, weighing in at 3780 grams, with a length of 53cm. He is the new baby brother of **Siarne** and **Blaityn** and they are both very excited about his arrival.

We wish their family all the best!



Baby Taite

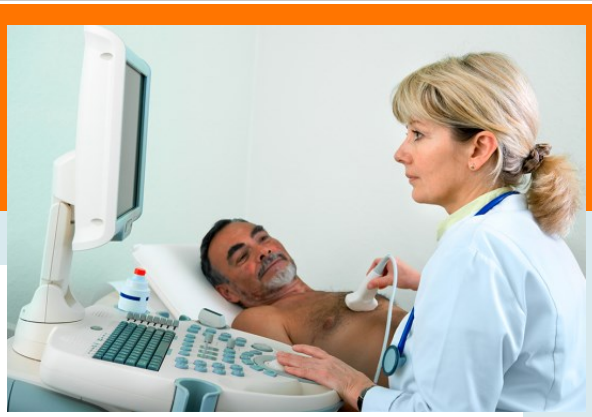
Belly Casting

Taylor Degoumois recently had a belly cast done for a keepsake of her pregnancy. She is due to have her baby boy any day now and we wish her all the best for the safe arrival of her bub.

Taylor has been seeing Midwife, **Tamara Jones** and Aboriginal Health Practitioner, **Tarnee Tester.**

If you are pregnant and would like a belly cast, please contact us on 8082 9777 and make an appointment with our Healthy Start team.

Echocardiogram Clinic



How our heart works

The heart is a muscle that pumps blood around your body. It can beat up to 100,000 times a day - that's up to 3 billion heartbeats during an average lifetime! The heart sits in your lower chest, on the middle-left and it's about the size of a clenched fist.

The heart's job is to pump blood round your body, delivering the oxygen and nutrients your body needs to be healthy and work properly.

When things go wrong with your heart

Some heart problems happen from birth (congenital). Others develop over time because of lifestyle and other factors, especially ageing. Some heart problems can be hereditary (passed on through families).

Over time, people can develop conditions like high blood pressure and high cholesterol. These, along with other risk factors, increase your risk of coronary heart disease. Coronary heart disease causes symptoms like angina, and can lead to a heart attack or stroke.

Some heart problems, like arrhythmias and atrial fibrillation happen when the heart beat (rhythm) is abnormal.

Sometimes the heart or its valves can become inflamed, damaged or weak. Examples of these types of problems are cardiomyopathy, rheumatic heart disease, and in severe cases, chronic heart failure.

Keeping your heart healthy

There are a number of ways that you can keep your heart healthy.

- ✓ Be smoke-free
- ✓ Manage your blood cholesterol
- ✓ Manage diabetes
- ✓ Be physically active
- ✓ Achieve and maintain a healthy weight
- ✓ Enjoy a variety of nutritious foods

- Information from the Heart Foundation

How we can keep an eye on your heart

An echocardiogram is a painless and very useful test on the heart. The test uses ultrasound (sound waves) to create a picture of your heart. The test can be performed for a number of reasons such as to evaluate heart sounds and heart size and to assess how well the heart and valves are working.

Maari Ma Health has a visiting Echocardiographer, **Melinda Woods**, who can test your heart. The test normally takes about 30 minutes. A gel is placed on your chest and a tool, similar to a hand-held microphone, is moved to different places on your chest. The images of your heart are displayed on a screen next to you and they are recorded on a video as well as on paper.

- Information from Heart Research Australia

If you require an echocardiogram, your Maari Ma doctor will refer you to our Echo-cardiographer.

For the last Echocardiogram clinic in May, the attendance rate was 65%. 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.

Staff Update

Maari Ma Health would like to welcome a couple of new staff members this month.

Alinta Edge started with us last month as a Project Officer for the Community Safety Research Project.

We would also like to welcome **Tylen Burt**, our new Oral Health Therapist. Tylen started with us this month and replaces **Abi Srishanmuganathan**. He is from Bundaberg and has recently been working in Brisbane.

Last month we farewelled **Tiffany Cattermole** and **Nicole Lawler** from our Primary Health Care Service. Tiffany is leaving us to do her two year midwifery service at the Broken Hill Health Service and we wish her all the best. Nicole, who has been working in our Clinic team, leaves us for a position at the RFDS and we wish her the best of luck in her new role.

Our Wilcannia team also said farewell to Primary Health Nurse, **Mary Woolcock** last month. Mary was a very valuable member of the team and she will be missed. We hope she enjoys her time off!

Thumbs up from Nicole Lawler and Kelly Zanker on her last day

Tylen Burt

Mary Woolcock

The last week of July is "OCD & Anxiety Disorders Week". Research has shown that smoking increases stress levels overall. Smoking may appear to relieve stress as nicotine has a short-term anti-anxiety effect. However, much of the calming effect of a cigarette is due to the relief of symptoms (such as irritability, restlessness) caused by nicotine withdrawal . Also, some of the relaxation from smoking is from having a break and a few deep breaths, not the cigarette itself.

Smoking increases stress by causing frequent withdrawal periods during the day between cigarettes. Nicotine is a stimulant and releases stress hormones such as adrenaline, so if you are a smoker and suffer from anxiety, quitting tobacco could actually improve your mental health and reduce the risk of other chronic conditions.

Slap on a nicotine replacement therapy patch, use some nicotine replacement gum, puff on a nicotine replacement inhaler or try the Nicotine Oral Mouth spray to help with withdrawal or talk to your doctor or Health Worker about Champix. Quitting tobacco will help you BREATHE better both physically and mentally.

- Information from www.aascp.org.au and Colin Mendelsohn.

Indigenous Language Song Competition

Can you sing a song in the traditional language of your area?

We're inviting schools to work with their local Indigenous community to translate the song Marrin Gamu into the first language of their area, then to record students singing it.

First prize is a visit from a video production team to film students singing. Runner-up prize is a bespoke language resource package designed for your school by First Languages Australia.

Check out the Marrin Gamu website: **www.marringamu.com.au/cross-curricular-programs/** for an example entry and teachers' notes to help you get started, and find more details about the competition here:

www. splash.abc.net.au/newsandarticles/blog/-/b/2294738/indigenous-language-song-competition

Entries Close: 5pm 10th August 2016

INTRODUCING

the Tobacco Control Project: Focus Groups and Surveys

Why are we running the Tobacco Control Program?

Tobacco, in any form, is the leading cause of various preventable diseases and death.

Young adults, especially those who are already dealing with various kinds of stresses, are vulnerable to the addiction. The earlier the addiction begins, the more difficult it becomes to quit. Tobacco can have a bigger effect on your social and emotional wellbeing long term and can control your lifestyle choices.

We encourage you to make the change for your family and to promote NO SMOKING in your home and car.

What we will be doing?

There has been a decline in the number of Aboriginal youth who smoke which is great news for communities across Australia, but work still needs to be done to prevent the uptake of tobacco in youth in our community.

Local retailers have been doing a great job in keeping up with the government regulations, however we as a community need to work together to prevent the supply of tobacco to youth.

How will we be doing it?

Any program for the community is incomplete without participation and feedback from the community, so to make this program work we will be talking to youth, retailers and other community members.

We will have focus groups with youth about the kinds of questions we should use in our survey. This will help us develop a survey that is appropriate for young people.

The survey will help us to learn more about the current trends in smoking amongst youth. It will be completely confidential and personal details are not required.

Informal interviews as well as education sessions with community members will be offered so we can gain community perspective, knowledge about the subject including information about the trends in sales. Education about the effects of smoking and support for quitting will also be available.

We also plan to hold focus groups with community members to get feedback about our Tackling Indigenous Smoking Program.

What will we do with the information?

All of the information provided by the community will be analysed to understand the trends in smoking amongst youth in our community.

New Promotional TV!

Have you seen our new, big TV in our Primary Health Care Service waiting room?

The TV was recently installed and will be playing educational videos about health, with a strong focus on smoking and the effects it has on individuals, families and friends. We would like to make your experience at our health service as beneficial as possible and even if you don't smoke or have a chronic disease, you might have a friend or family member who does and you can help spread our message.

If you have any ideas about the kind of information or videos that you would like to see on our TV that relate to health, please let Practice Administration know. We would love to hear your feedback!

After School Cooking Group

During the last week of Term 2 the kids made sausage rolls with a healthy twist! They enjoyed getting their hands dirty by taking turns mixing the ingredients with their hands and rolling the pastry.

After school cooking group is a chance for kids to have fun and prepare healthy meals for themselves or family members. The group is run every Monday and Thursday during school term from 3.15pm until 4.30pm.

Beef & veggie sausage rolls

Ingredients:

- 300g beef mince
- 2 teaspoons of crushed garlic
- 2 tablespoons of hoisin sauce
- 2 sheets of puff pastry
- 2 teaspoons of sesame seeds
- [redacted] onion, grated
- 1 carrot, grated
- 1 zucchini, grated
- 1 egg, lightly beaten

Method

1. Preheat oven to 180°C. Line two baking trays with non-stick baking paper.
2. Place the mince, onion, garlic, carrot, zucchini and hoisin sauce into a large bowl. Season with salt and pepper, and use clean hands to mix together.
3. On a clean board, cut one pastry sheet in half. Lay ¼ of the mixture along the centre of each piece and roll pastry over to enclose. Repeat with the second pastry sheet.
4. Brush rolls with beaten egg and sprinkle with sesame seeds. Cut each roll in half, seam side down, onto the prepared baking trays. Bake for 25 minutes or until golden brown.

Preventing and Managing Chronic Disease

Maari Ma's Cycle of Care

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.

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**

Followup care

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

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**.

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.

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

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