The focus each year is an article from the UNs Convention of the Rights of the Child. This year’s article was Article 17 from the United Nations Convention of the Rights of the Child - “Children have the right to reliable information from the media”. The local ABC and BDT were in attendance during the week to share information with the community about the importance of play in the early years.

The events aimed to highlight the early childhood education and care services available locally in Broken Hill, the importance of early literacy and to celebrate the HIPPY program. There was plenty of sunshine throughout the week and many families with children aged 0 to 5 years participated.

This year at Children’s Day in the park (which falls on Universal Children’s Day) saw an increase in attendance of local services from previous years. Maari Ma had a number of teams present on the day such as Dental, Smokefree Families, Lead program, Specialist Clinic, Healthy Start and Early Years. We provided a vibrant and inviting space for families to come and talk about each program.

Thank you to everyone who participated in this great day!

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 who 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 into the Primary Health Care Service (you can pick up a form from the waiting room at the Primary Health Care 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.
Congratulations Taylor & Michael!

Maari Ma would like to congratulate Taylor Degoumois and Michael Westley on their wedding which was on Saturday the 5th of November. Taylor has been part of our Primary Care Specialist Services team for the last few years and has been on maternity leave looking after baby O’Meara.

Wishing your beautiful family love, luck and happiness to last you today, tomorrow and ever after.

Maari Ma would like to congratulate Kelly and Chris Zanker on the safe arrival of Vivianne Hope Zanker. Baby Vivianne was born on the 12th of October at 5:07am, weighing in at 4000 grams, with a length of 52cm.

Kelly has been working in our clinic team as a RN and coordinator for over 5 years, but she will be having some time off from Maari Ma to enjoy her new baby girl and we would like to wish her and Chris all the best.

What’s On?

Perinatal Depression & Anxiety Awareness Week
13th – 19th of November

World COPD Day
Wednesday the 16th of November

White Ribbon Day
Friday the 25th of November

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)

TV & Radio ads

Look out for our new Tackling Indigenous Smoking ad on Southern Cross TV as well as on 2BH and Hill FM. Rosie Bates and Francesca Etrich star in the TV ad along with Francesca’s little ones, baby Shakaila and Izayiah. Francesca also recorded the radio ad for our Lead Program. Nellie Jones and Rickie Whyman recorded the radio ad for our Tackling Indigenous Smoking program.

They all did a great job and we would like to thank them for their help with our recordings which are due to air soon.

Important Notice

Maari Ma Health (Regional Office & Primary Health Care Service) will be closed on Friday the 2nd of December due to a staff meeting. We will re-open on Monday the 5th of December at 9am. If you have an emergency, please present to the Broken Hill Health Service or call 000.

Wilcannia Community Christmas Dinner

Our last Wilcannia Community Dinner for the year will be held on Thursday the 8th of December. The dinner will be at the Community Hall and Maari Ma staff from the Wilcannia Health Service as well as the Broken Hill Health Service will be hosting the event. If you are in Wilcannia that day, please come along and join in the festivities.
Halloween is celebrated every year on the 31st of October. Typical festive Halloween activities include trick-or-treating, attending costume parties, decorating, carving pumpkins into jack-o-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories and watching horror movies.

The kids at after school cooking were very excited to make some spooky snacks for Halloween! On the menu were yummy mummies, Frankenstein cups and spooky bananas.

For the mummies, the kids made meatballs and sat them inside scooped-out potatoes. They cut strips of cheese and ham to place over the meatballs to look like bandages. Lucas and Cadel did a great job preparing the ingredients for the meatballs and Cheere was very helpful, cooking and assembling the mummies. The mummies looked very scary, but tasted great when they came out of the oven! Whilst the mummies were cooking, the kids put together some spooky bananas and Frankenstein cups, which were absolutely delicious and looked great.

Food Safety Week is from the 6th of November until the 12th of November and this year’s theme was, ‘raw and risky’ foods. The theme relates to major food poisoning outbreaks that Australia has experienced in recent years which are linked to risky raw foods such as unpasteurized milk, raw eggs, bean/seed sprouts, frozen berries and lettuce.

These foods should be kept at a constant temperature and in the fridge (except frozen berries which should be kept in the freezer). Keeping foods in the fridge reduces the chances of bacteria growing which could cause food poisoning.

**Food Safety Tips for the festive season:**

- Keep hot food hot—above 60°C
- Keep cold food cold—below 5°C
- Cool food quickly—once food has stopped steaming, cover it and put it in the fridge
- Thaw any frozen meat or meals in the fridge
Maari Ma Staff Update

This month we sadly farewelled Tarnee Tester. Tarnee had been with Maari Ma for over 5 years and worked in the Healthy Start Team as a Primary Health Worker. We would like to thank her for all of the wonderful work she has done and also congratulate her on her recent achievements.

Tarnee was selected to join the 2017 West Australian Football Commission Senior Development Squad. At the end of the training program the WA state side will be selected. Tarnee played for West Broken Hill this year and she’s also played for North. In the time since Broken Hill Women’s AFL competition started in 2012 she’s kicked 117 goals in 70 games. She also recently acted as a runner for the NSW/ACT Under 17 Girls team that competed in the 2016 National Female Diversity Championships in Shepparton. Tarnee picked up the North Football Club’s best and fairest which she won in 2014 and this year won West’s best and fairest.

All of us are very proud of you and we wish you all the best for your future in WA.

PERINATAL DEPRESSION & ANXIETY AWARENESS WEEK
NOVEMBER 13-19

Maari Ma Health offers support to parents and families, so please call us on 8082 9777.

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The Aspiration Initiative (TAI) is a joint initiative of the Aurora Education Foundation, the Charlie Perkins Scholarship Trust, Roberta Sykes Indigenous Education Foundation and the University of Canberra.

We are broadening the conversation about what is possible for Indigenous Australians in relation to academic achievement – from school attendance and minimum benchmarks to academic excellence in Australia and on the world stage.

Search over 750 scholarships available to Australian Indigenous Students for undergraduate study at Australian universities as well as postgraduate scholarships for study in Australia and overseas.

For more information please visit: http://theaspirationinitiative.com.au/indigenous-scholarships

Thank you to those who attended and supported the event.
WHITE RIBBON DAY

NOVEMBER 25TH

Join us at the Town Square 10am - 2pm &
SHOW YOU ARE AGAINST VIOLENCE TOWARDS WOMEN

Prizes & Giveaways
Face Painting
Free BBQ

MAARI MA SAYS NO TO DOMESTIC VIOLENCE

For more information contact Maari Ma on 08 80829777
Maari Ma held an event for World COPD Day on Wednesday the 16th of November. A walk was held to raise awareness about COPD (Chronic Obstructive Pulmonary Disease). The walk started at the Maari Ma PHCS on Argent St at 9am and finished at Kintore Reserve with a free BBQ breakfast and free COPD and carbon monoxide screening.

COPD significantly affects Indigenous people, particularly those in rural and remote areas. The current death rate from COPD among Indigenous people is 5 times that for non-Indigenous people. National statistics show that COPD affects around 20% of Indigenous adults, but this percentage is higher for those in remote regions.

COPD is a chronic disease that isn’t talked about as much as others like diabetes and heart disease. COPD is like breathing through a straw all day, every day, so being physically active can be a challenge. At Maari Ma we encourage our clients to be physically active, whether it is a short 10 minute walk around the block once a day or even playing a sport. Our medical staff at Maari Ma can help you to manage your disease through medication and exercise.

If you are a smoker and have COPD, quitting is the most important thing you can do to help yourself. Maari Ma’s Tackling Indigenous Smoking Team can support you on your quit journey and we also have a Smoker’s Program that can be accessed through our Primary Health Care Service.

Thank you to everyone who attended the event, the weather was perfect and the food was delicious!

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**LeadSmart Launch**

On Friday the 11th of November, the Broken Hill Environmental Lead Program (BHELP) launched LeadSmart at the Central Preschool. Lead is a metal that has been mined in Broken Hill for many years. It is in the dust, soil, dirt and rainwater tanks in our town. Our dry climate means lead dust gets into everything, via the air. It can also be found in old lead paint, especially in homes built before 1970.

Maureen O’Donnell did the welcome to country and local MP Kevin Humphries attended and even read to the preschool kids with the assistance of the ever popular Lead Ted.

You may have already received some information about LeadSmart in the mail. At Maari Ma Health we have our own Lead Program and offer lead testing to children between the ages of 0 to 5.

For more information about our Lead Program, please call us on 8082 9888.
Renal physicians are specialists that deal with kidneys. Kidney disease is called a silent disease as there are often no warning signs. More often kidney function worsens over a number of years. This is good news because if kidney disease is found early, medication, dietary and lifestyle changes can increase the life of your kidneys and keep you feeling your best for as long as possible.

Did you know?

- You can lose up to 90% of kidney function without realising it, by which time it is almost impossible to prevent further serious problems.
- People can live a near normal life with as little as 20% of their total kidney function.
- When symptoms do occur the initial signs may be general, such as feeling tired or generalised itching.
- As kidney disease progresses, the symptoms can include changes in the urine (reduced volume, discoloration, blood or pus), nausea and vomiting, and appetite loss.
- Other symptoms include swollen or puffy hands and feet (because of water retention), weakness and lethargy, darkened skin and muscle cramps.

Acute Kidney Failure

This is kidney failure which can happen quickly, caused for example by a sudden loss of large amounts of blood, infection, or an accident. A sudden drop in kidney function is often short lived but can occasionally lead to lasting kidney damage.

Chronic Kidney Disease (CKD)

CKD causes serious illness and can lead to premature death. If you lose over 1/3 of your kidney function for over 3 months, it is called Chronic Kidney Disease (CKD). Sometimes kidney disease leads to kidney failure, which requires dialysis or a kidney transplant to keep you alive. As kidney function decreases, waste begins to build-up in the blood.

How can I avoid kidney disease?

You can reduce your risk of kidney disease especially if you are at increased risk:

- become a non-smoker
- ensure your blood glucose is well controlled if you have diabetes
- control your blood pressure
- stay fit, exercise regularly and maintain a healthy weight by eating a healthy diet
- avoid high salt foods and reduce salt intake wherever you can drink water instead of sugary drinks
- drink alcohol moderately (no more than 2 standard glasses a day for men and 1 standard glass for women)

-Information and picture from Kidney Health Australia

Maari Ma has a visiting Renal Physician, Paul Snelling, who will be visiting the Primary Health Care Service on Monday the 1st of June.

For the last Renal clinic in August the attendance rate was 77%. 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 follow up 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
Dietitian
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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