

# COMMUNITY NEWSLETTER

Maari Ma Health Aboriginal Corporation

Maari Ma interim CEO



MAARI MA PRIMARY HEALTHCARE SERVICE

DEC 22 & JAN 23 | ISSUE 61

## William 'Smiley' Johnstone Maari Ma interim CEO

*It seems amazing to think we are still not yet out of the COVID woods, with COVID still circulating in our communities, leaving some with quite debilitating symptoms from long COVID. Please take the opportunity of our ongoing vaccination clinics to get any boosters you might need to protect family and friends over the Xmas break.*

*Maari Ma's teams have worked hard this year to get our programs and services back to normal as much as possible, and after a break over the Xmas/New Year period, we will be back again supporting our clients and communities.*

*Stay safe, stay well, and see you in 2023!*



**Maari Ma Health service in Argent Street will be closed from Friday 23rd of December and reopen Tuesday 3rd of January 2023.**

**MAARI MA WISHES EVERYONE A SAFE AND HEALTHY CHRISTMAS AND NEW YEAR.**



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[www.maarima.com.au](http://www.maarima.com.au)



[admin@maarima.com.au](mailto:admin@maarima.com.au)



[www.facebook.com/maarimahealth/](https://www.facebook.com/maarimahealth/)

"Improving Aboriginal health and closing the gap"



**Kiila laana teamed up with dietitian Catherine Sim and local native food enthusiast David Doyle to showcase healthy, easy, delicious food ideas for the festive season.**

Dave brought along his range of native foods that he either grows, makes or has delivered to him from Creative Native which specialises in Australian native foods.

Kiila laana Facebook page posted the video clips of Catherine and Dave's cooking adventures along with a chance to win a prize pack that included native ingredients, a native food recipe book, hand-carved wood from Amanyia Mitha located in Gypsum Street, and a variety of items that Dave makes such as soaps, hand creams and quandong sauces, all using locally sourced native ingredients.

Catherine and Dave made a mango salad and salad dressing, a sweet seafood dipping sauce for the yabbies' and prawns, and a deconstructed healthier version of a pavlova.

The recipes are available in this newsletter.





## WILYAKALI ELDER AND MAARI MA CHAIR, MAUREEN O'DONNELL

**The Board and all staff at Maari Ma Health Aboriginal Corporation have expressed sadness at the passing of and express sincere condolences to Mrs O'Donnell's family.**

Mrs O'Donnell passed away peacefully at her home on 6 November at the age of 81 surrounded by her family.

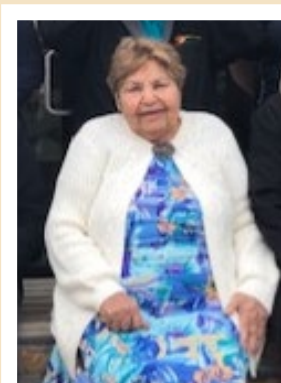
Mrs O'Donnell sat on the Maari Ma Board since its inception and for the past 14 years was the Board Chairperson – overseeing the roll out of Maari Ma's Chronic Disease Strategy, the opening of the Broken Hill Primary Health Care Service, the establishment of the Maari Ma's Balranald Service, and the significant expansion of service delivery in Broken Hill, Wilcannia, Menindee, Ivanhoe and Balranald.

Maari Ma interim CEO, William 'Smiley' Johnstone, said the

far west community has lost an inspiring and passionate advocate for Aboriginal health, land rights, legal rights and equality and her passing will be greatly felt.

"As the founding CEO of Maari Ma, I had the fortune of working with Maureen at the beginning of Maari Ma's journey. We also worked together on the then Far West Local Health District Board. Her advocacy to improve the health of our people in far west communities was really unparalleled. She had no fear of tackling the issues she knew needed to be addressed and went into bat for the younger generation so that they

would have the opportunities that her generation did not have; so they would not be disadvantaged by poor health and inequality. Her commitment to Aboriginal people extended well beyond health and her work in land rights was well known. She was part of an 18-year struggle, which she described as a long, hard fight - to have Barkindji people recognised as the traditional owners of the land. That struggle was won in 2015 and that same year she permanently raised the Aboriginal flag at the Broken Hill Civic Centre. We have lost not only an Elder in our community who was respected for her commitment to Aboriginal people; we have also lost her guidance and wise counsel, and her knowledge of tradition and language."



"Maari Ma pays tribute and gives thanks to Maureen. She will live on in her family – her children, grandchildren and great grandchildren – who she has inspired and encouraged in every way and who I'm sure will continue to walk on her path," Mr Johnstone said.

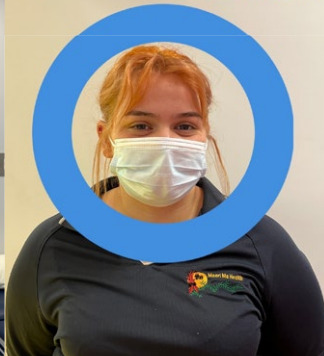
Maureen O'Donnell was a Barkindji Elder belonging to the Wilyakali language group. Maureen was the Chairperson of Maari Ma since 2008 and has been on the Board since 1997. She worked in Aboriginal affairs tirelessly campaigning for equality for Aboriginal people and was also the Chairperson of the Broken Hill Local Aboriginal Land Council and was on the Board of Management for the Mutawintji National Park.

Mrs O'Donnell was a past member of the Western Aboriginal Legal Service where she was the chairperson for 10 years.





## WORLD DIABETES DAY



**International Diabetes Federation has enabled an app to show support on social media by posting pictures with the universal symbol for diabetes: a blue circle.**

The diabetes team flooded social media with posts discussing important tips and unknown facts around diabetes to raise awareness of the disease and encouraged everyone to have regular health checks and discuss

any concerns with a health professional.

### Common signs;

- *Blurred vision*
- *Excessive thirst*
- *Unintentional weight loss*
- *Tingling or numbness in hands and feet*
- *Frequent urination*
- *Lack of energy*
- *Slow healing wounds*
- *Frequent infections*



## Diabetes: education to protect tomorrow

When did you last learn more about diabetes?

Access free diabetes education:

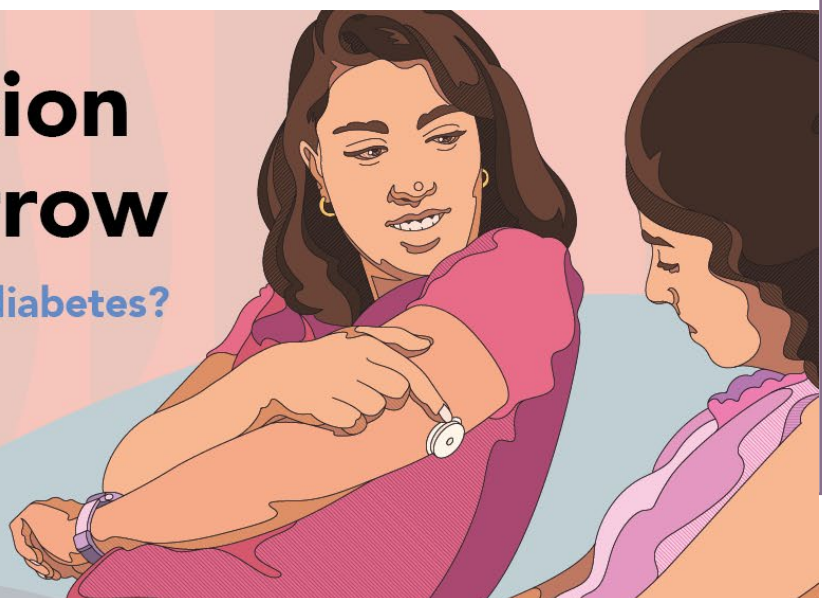
[worlddiabetesday.org/understandingdiabetes](http://worlddiabetesday.org/understandingdiabetes)



International  
Diabetes  
Federation

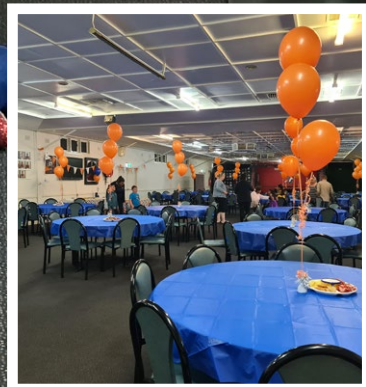


world diabetes day  
14 November





# HIPPY GRADUATION



**HIPPY class of 2023 celebrated their graduation night on Wednesday 16th of November, with a presentation night at the West Footy Club that included a welcome to country by Bella-Jade Edge, bouncy castle, roast dinner and a rainbow cake.**

All graduating kids received personalised engraved clap sticks, backpack full of school essentials and a certificate of graduation.

The Home Interaction Program for Parents and Youngsters (HIPPY) is

a 2-year home-based early learning program aimed at helping parents become a child's first teacher by providing tools and information to build their child's confidence and help them transition into school.

## Changes to the HIPPY program for 2023

The program will now be open for children aged 3 years instead of 4 years old and a HIPPY playgroup will be incorporated into the program instead of the HIPPY group meetings that were more parent-focused.

HIPPY will recommence in Early February 2023.





# RECIPES

## MANGO SALAD



- Salad leaf mix
- 2 mangos diced
- Handful river mint chopped
- 1/4 cup shredded coconut
- 1/4 cup semi-dried bush tomatoes

Mix all ingredients in a large bowl. Add salad dressing just before serving.

## MANGO SALAD DRESSING



- 1/2 cup olive oil
- 2 Tsp White wine vinegar
- 1 chilli sliced
- 4 Tbs Fermented Quandong Chilli Sauce
- 1/4 cup Shredded coconut slightly crushed
- Tsp Old man salt bush
- Tsp Lemon myrtle
- Tsp Mountain pepper
- 1/4 cup Malted Wattle seed

## SEAFOOD DIPPING SAUCE



- 2 Tbs Shredded coconut
- Tsp Lemon Myrtle
- 1/2 Red Chilli chopped
- Tsp Mountain Pepper
- 1/4 cup Balsamic Vinegar
- 1/4 cup Olive oil
- 1/4 cup Quandong and chilli sauce

Mix ingredients together. Dip can be prepared a day earlier and kept refrigerated. Bring Dip back to room temperature before serving.

## DECONSTRUCTED PAVLOVA



- 1/2 cup of Greek Yogurt
- 1 Pavlova or packet of meringues
- Cinnamon Myrtle
- Malted Whipstick Wattle seed
- Quandong Syrup
- 2 Mangos cubed
- 1/2 punnet of strawberries cut in half
- 1 punnet of blueberries
- 1/4 cup shredded coconut
- Quandongs cut in quarters
- 1/2 punnet of strawberries cut in half

Place pavlova on a large platter or plate. Ladle the Greek yogurt on top to cover the base of the pavlova or meringues. Spread fruit evenly over the top of the yogurt. Sprinkle over shredded coconut, cinnamon myrtle and wattle seed. Finish with a drizzle of Quandong Syrup. Optional: garnish with river mint.



DON'T LET  
**MOZZIES**  
MAKE A MEAL OF YOU!

LOTS OF WATER  
AROUND + WARMER  
WEATHER =  
**mosquitoes.**



Maari Ma Health

## MOSQUITOES AREN'T JUST ANNOYING:

they can leave a lot more than just bites too, like viruses that can make you very ill.

Muurpa in particular can be a tasty target for mozzies but no one is safe so follow these tips to keep you and your family safe:

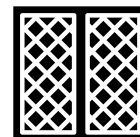
- ✓ Cover up: wear long sleeves and long loose pants when you are outside (mosquitoes can bite through tight-fitting clothes). If you can, try not to be outside at dawn and dusk when mosquitoes are at their worst.



- ✓ Nets are good to use as well: hat nets and bedding nets for safe sleeping.



- ✓ Keep windows and doors closed or use fitted screens (make sure you mend any holes).



- ✓ Use insect repellent which contains DEET, picaridin or oil of lemon eucalyptus on exposed skin when you are outdoors, and rub it in. Spray or roll-on works best. Apply on muurpa for them to be safe.



- ✓ Talk to your doctor about vaccines to protect against some of the viruses carried by mosquitoes.



## IF YOU DO GET BITTEN BY MOSQUITOES, TRY AND AVOID SCRATCHING.

- Wash the bite with soap and water and apply a little ice to the spot.
- Apply an ice pack to reduce pain and swelling
- You can apply over the counter insect bite creams or aloe-vera ointment.
- If bites get infected, go and see the team at Maari Ma.

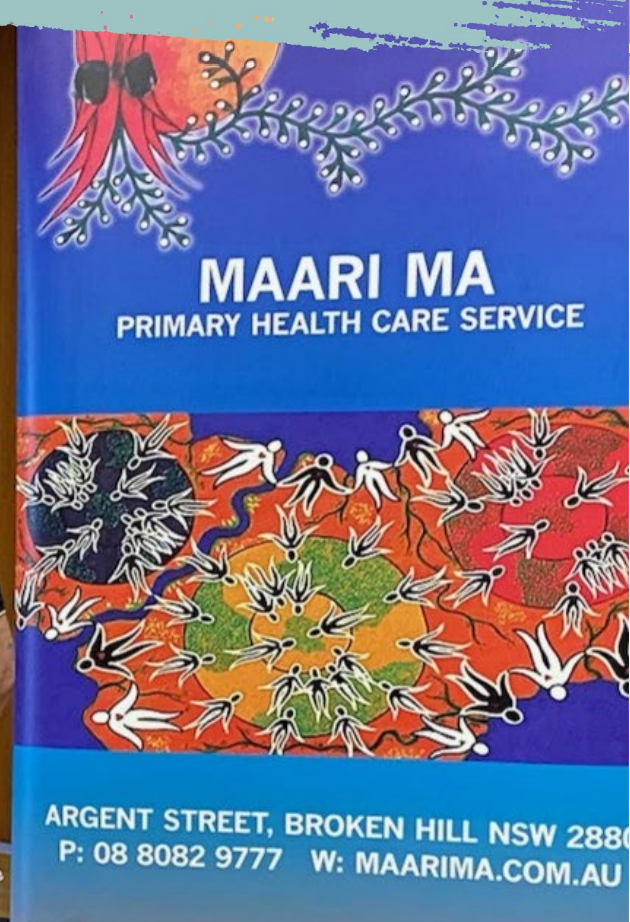
Mosquitoes like to breed in stagnant water. You can reduce mosquitoes around your home by:

- cleaning up your backyard to remove all water-holding containers, including buckets, tyres and toys
- filling pot plant bases with sand to avoid standing water
- storing anything that can hold water undercover or in a dry place, and keeping bins covered
- flushing out the leaves of water-holding plants once a week
- keeping drains and roof guttering clear of leaves
- keeping your lawns mowed
- covering or securely screening the openings of septic tanks and rainwater tanks.

**STAY A STEP AHEAD OF THE MOSQUITOES THIS YEAR.**



# IT AIN'T WEAK TO SPEAK



## Maari Ma attended the Mental Health Expo at the Entertainment Centre on the 8th of November 2022.

The event was a free community event, and had many stakeholders and community organisations present yarning about their programs and services. The event provided an opportunity to educate the community on where to go to get help and destigmatise mental health.

With education comes understanding, with understanding comes acceptance, and with acceptance comes hope.

The event was attended by Willyama High School students, community

members, and professionals. Regan Chesterfield, Lakisha Sloane & Rebekah Jarvis represented Maari Ma at the event.

Guest speaker was Sam Webb. Co-founder of 'Livin'. Their motto and mission is they want the world to accept that It Ain't Weak To Speak!

Sam travels the world delivering his messages about his personal battles with mental health and also that of people that are close to him.

The organisation promotes positive mental health and wellbeing for people through education and awareness programs and provides strategies to increase help seeking behaviours.





# GOVERNOR GENERAL VISITS THE REGIONAL OFFICE

**Governor of New South Wales, Her Excellency the Honourable Margaret Beazley AC KC, and her husband Mr Dennis Wilson, toured Broken Hill, Menindee and surrounding**

**area, visiting schools, councils and organisations including Maari Ma.**

Maari Ma staff took the opportunity to discuss community programs, COVID management and what it

means to be an Aboriginal Health Practitioner in our area. ATSI health checks and Chronic disease strategy was also a big topic, Lavinia Henderson said. Also discussed was how we responded during the COVID Delta outbreak and how

engagement with community makes all the difference to attendance and better outcomes. There was also a discussion about Aboriginal Health Practitioners being professionally registered with AHPRA and what this means.



**HCVPOCT**  
National Australian Hepatitis C Point-of-Care Testing Program

**You might not know  
if you have Hepatitis C  
Get a test today!**



**RESULTS AVAILABLE IN  
20 MINUTES TO 1 HOUR**



Have a  
finger prick  
test



Complete  
surveys



Get your  
results



Talk about  
treatment

#### Join the study here:

Maari Ma Health Aboriginal Corporation  
439-443 Argent Street  
BROKEN HILL NSW 2880

Phone: (08) 8082 9777

Email: [sexualhealth@maarima.com.au](mailto:sexualhealth@maarima.com.au)

Your participation in this study is confidential.

This study has been approved by  
the St Vincent's Hospital Sydney  
Human Research Ethics Committee  
Project Identifier (2021/ETH00848)  
HCV POCT Poster - V1.0, 9 November 2021





# WELCOME

## Child & Family Health Nurse Jacquelyn Laurent.

Jac said her eldest daughter was born in Broken Hill 21 years ago and she has since lived in Richmond, Melbourne and Rosebud with the most rewarding roles in her career working with Indigenous families.

Her family are big Richmond fans and she is looking forward to getting back into pottery and tennis.



## BALRANALD

**Balranald Nurse Manager Emma Moore recently received her testamur for the Graduate Certificate in Community and Primary Health Care with the Australian College of Nursing.**

Emma said she had hoped to celebrate with her family because

she was happy to have achieved this last year while pregnant and with two young children, while she was working and undertaking multiple volunteer roles - however life is busy she said and no celebrations are planned in the near future.



## NATIONAL AUSTRALIAN HEPATITIS C POINT-OF-CARE TESTING PROGRAM

**Four Maari Ma staff have undergone extensive training run by the Kirby Institute and Flinders University to be the first Aboriginal Community Controlled Health Organisation in Australia to be registered and operational with the program.**

This service is an opportunity for clients in our communities to receive rapid test results in less than an hour to determine

if they have ever been exposed to hepatitis C throughout their lives, and if so, allow greater access to the game-changing treatments for hepatitis C.

*Regan Chesterfield (Principal Investigator)*

*Anne Cruickshank (Operator)*

*Kalinda Morrison (Operator)*

*Tarissa Staker (Operator)*





# WORLD'S GREATEST SHAVE



**Transport Office Rossi Morris recently donated his locks of hair in support of the Leukemia Foundation World Greatest Shave. Rossi said 'My Pony tail was sent to "Sustainable Salons" in Sydney for recycling purposes to be used to make wigs and other environmentally friendly products.**

My total donation tally was \$1,108.50 above my target goal of \$1,000.

The World's greatest shave organisation have left my link OPEN for anyone interested in continuing to donate to the Leukemia Foundation.

With the commitment of the WGS and myself, I now have extended my target to \$1,200 in the hope of raising more funds to provide transportation for clients and families affected by blood cancer. Anyone is welcome to donate via my link or on the WGS website.





## 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 ATSI Health Check and a follow up by a health worker.

## FOLLOW-UP CARE

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

# MAARI MA CYCLE OF CARE

## 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 & 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.

### 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  
Psychiatrist  
Child and Adolescent  
Psychiatrist  
Pain Specialist



Kendy Rogers

Service  
Manager:  
PHCS



Nola  
Whyman

Executive  
Manager  
Operations

PHCS Broken Hill  
439-443 Argent Street,  
Broken Hill, NSW 2880  
Phone: 08 8082 9777  
Fax: 08 8082 9778

Wilcannia Health Service  
14 Ross St, Wilcannia, NSW  
2836 Phone: 08 8091 5122  
Fax: 08 8091 5911 Web:  
[www.maarima.com.au](http://www.maarima.com.au)