

WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

MAARI MA INTERIM CEO



MAARI MA PRIMARY HEALTHCARE SERVICE

DEC 2022 / JAN 2023 | ISSUE 60

Maari Ma interim CEO, William 'Smiley' Johnstone

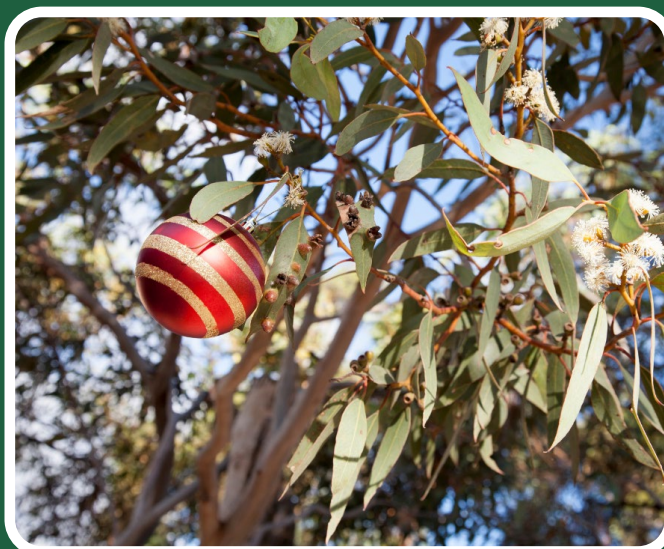
It seems amazing to think we are still not yet out of the COVID woods, with COVID still circulating in our communities, leaving some with quite debilitating symptoms from long COVID.

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!



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"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 Amanya 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

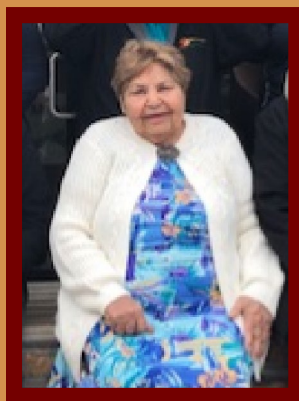
the opportunities that her generation did not have; so they would not be disadvantaged by poor health and inequality. Her commitment to Aboriginal people extended well beyond health and her work in land rights was well known. She was part of an 18-year struggle, which she described as a long, hard fight - 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.



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



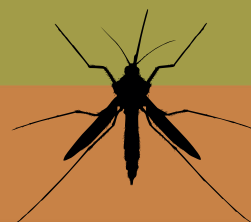
- 1/2 cup of Greek Yogurt
- 1 Pavlova or packet of meringues
- Cinnamon Myrtle
- Malted Whipstick Wattle seed
- Quandong Syrup
- 2 Mangos cubed
- 1/2 punnet of strawberries cut in half
- 1 punnet of blueberries
- 1/4 cup shredded coconut
- Quandongs cut in quarters
- 1/2 punnet of strawberries cut in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

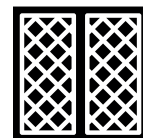
Muurpa in particular can be a tasty target for mozzies but no one is safe so follow these tips to keep you and your family safe:

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



IF YOU DO GET BITTEN BY MOZZIES, 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.

Mozzies like to breed in stagnant water. You can reduce mozzies 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 MOZZIES THIS YEAR.

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 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
Optometrist
Psychiatrist
Child and Adolescent
Psychiatrist
Pain Specialist



Kendy Rogers

Service
Manager:
PHCS



Nola
Whyman

Executive
Manager
Operations

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