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**Sept Edition 2008
Issue 3**

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Welcome to the Septembers edition of Dharah Gibinj newsletter .

Yarning with the CEO

Now that spring is here it is a great time to shed those extra kilos that we all seem to put on over winter and one of the most enjoyable ways to move those kilos is to get stuck into the garden. Plant Sweet Corn, Rock Melon, Water Melon, Cucumber, Tomato and any other summer vegetables that you will eat, that will be fresh, healthy and free food by Christmas time. If you are unable to dig your garden or don't have room many things can be grown in pots, no need to buy special pots, foam boxes make great planters.

On behalf of the Board of Directors I want to thank the members and the many clients that use and support Dharah Gibinj Aboriginal Medical Service, the more people use the service the more funding we can attract, the more funding we get the more services we can provide. Remember that it is a great idea to come in and have a Health Check once a year, see your doctor early and get yourself assessed and on to a Good Health Plan, this way you will live a long and healthy life and you wont have to suffer the same diseases that your previous generations suffered in the past..

Many of the illnesses that cause long term problems and early deaths are caused by our modern lifestyles and each one of us has the power to change that, simply by making a few simple changes in the way we live. **Eat more fresh/unprocessed foods, canned and frozen fruit and vegetables are quite ok but fresh home grown stuff is the best. Cut back on takeaway foods once a week is more than enough. Be as active as you can be, you don't have to fit like an athlete just fit for life, being active includes housework, shopping, gardening, dancing, singing, laughing, going for a stroll. And most importantly have some fun.**

The Dharah Gibinj AGM will be held in November /December it is important that this meeting is well attended by members from all of the communities that Dharah Gibinj covers, as this is your opportunity to show support and to elect the Board of Directors. Anyone interested in becoming a Director should contact any of the existing board; Gloria Williams , Rob Williams from Muli Muli/ Woodenbong. Lorraine Williams from Coraki/Box Ridge. Tracey Duval, Darlene Caldwell from Casino. Wayne Walker from Kyogle. Or Jeff Richardson CEO for information and application packages. **Please note that nominations for board positions will be taken prior to the AGM to allow members unable to attend the meeting to cast a proxy vote.**

Yours in Health

Jeff Richardson

Positions

Hi, I'm Kate

I would look to take this opportunity to introduce myself to the community. I'm married to Stephen and have three sons. Most of my childhood was enjoyed in the upper Clarence Valley, on a family property. Then in the 90's started my nursing career at Inverell, then moved to Queensland, St George and Warwick then back to NSW to Moree, Glen Innes Woorialdar and then Bonalbo Health. I have been working at Dharah Gibinj for approximately four weeks now.



Mary Newton

I was raised in the foothills behind Byron Bay, in those days there was an abattoir in Byron. I started my nursing career at Coffs Harbour Hospital. I did my general training at Lismore Base Hospital. I worked in various departments at the Base. I spent some time in Melbourne at the Alfred Hospital, The Australian Red Cross Blood Service in Lismore, Alice Springs and recently at the Bonalbo Hospital. I have now been at Dharah Gibinj for approximately four weeks now. On the social side I am a wife, mother of four and have eight grandchildren.

Denise Marsh

Denise is the new Admin Assistant and has been here for approximately two months now. Denise is a Githabul woman Originally from Muli Muli, my family moved to Queensland where I was raised & I did all of my schooling (Memerambi, Yarraman, Jandowae & Toowoomba). The majority of my life was spent in Toowoomba. In 1999 I decided to move to Hervey Bay where I took up a position at the Aboriginal Legal Service. In 2008 I was fortunate enough to become a member of the Dharah Gibinj AMS team. Go the Mighty Maroons!



Men's Healthy Food Awareness Program

The Healthy Food Awareness Program is going very well in the Mulli Mulli, Coraki, Tabulam, Casino, Bonalbo, and Kyogle communities. In February we started the program and is still going strong.

A video was played "Listen to your heart" in the last round of the six communities. The team will be working in conjunction with Corrine Miller the deputy principle of Bonalbo School.

Health checks will be conducted at the school on **Wednesday 15th October 08**. A healthy meal will be provided for the children. This will be BBQ fish, fruit and some Multi Grain bread. Exercise and healthy eating will be the main objective for the program. Dr Laird the Respiratory Specialist has been out into the communities with the team.

You may ask "what is respiratory". It is relating to or used in breathing or the system in the body that takes in and distributes oxygen.

Holidays

Margaret Burns who is the Clinical Coordinator has been on her long awaited holidays over in America. Margaret has been away for five weeks, so hopefully in the December edition Margaret might share a story or two.

Chronic Health

what is this? Chronic health is a medical condition that you may have had for a long time or will have for a long time. This could be Diabetes, Renal disease and Heart conditions such as Heart Attack or Heart Failure. It could also be Asthma that stops you from playing with the children or walking up the street- smokers cough, arthritis, brittle bones, really, anything medical that stops you enjoying life, and doing the things you want to. If uncontrolled, chronic health can cause more chronic health and life just gets harder and you will die younger. We know Aboriginal people die younger than non-aboriginal people. We can, together, change this!

Chronic health doesn't need to control your life. With help you can control your chronic health. Chronic health is not a death sentence. Together we can slow chronic health down and even stop it getting worse. Learning about healthy lifestyle changes and good medicine control can make a real difference. At Darah Gibinj in Casino our Chronic Health Team are well trained in managing chronic health matters. We would love to help you with your Chronic Health and help you to reach your life goals. Please feel free to give us a call on 66623514 and ask for Chronic Health. Let's get started today!

The Photo line up is as follows:- Left to right: John Breckenridge(Male Health Worker), Sheryl McNamara (trainee), Anthony Hickling(Social & Emotional Health Worker), Marlene Daley (Health Worker), Sue Wilson (Chronic Health Coordinator), Karen Roberts (Otitis Media), Sarah Beaumont(Healthy for Life Coordinator), Debbie Caldwell(Health Worker), Karen Day (Child Health Worker), Wayne Ritchie(Exercise Physiologist) and Dr Anthony Solomon



SCHEDULES for 2008 GOORIE DIABETES COMPLICATION & ASSESSMENT CLINICS.

Casino	Coraki	Muli	Tabulam - Jubullum Village
23rd January	23rd April	26th March	27th February
28th May	27 th August	23rd July	25th June
24th Sept Cancelled	10th Dec	19th Nov	22nd Oct

- The DCAC is available to all Goorie people. **You do not** have to be diabetic to come along!!
- The DCAC gives you a complete health check.
- DCAC are held three times a year in Casino, Coraki, Muli and Tabulam- Jubullum Village

Outreach

OUTREACH CLINIC

- A physician medical director and a clinical nurse practitioner are available.
- To provide a travelling outreach program to the remote areas around the Richmond Valley Local Government Area.

MULI OUTREACH DATES: 12 th –26 th Aug 9 th –23 rd Sept 7 th –21 st Oct 4 th –18 th Nov 2 nd –16 th --Dec	CORAKI COMMUNITY HEALTH 2 nd –16 th –30 th July 13 th Aug 10 th – Sept 8 th Oct 5 th Nov 3 rd –17th Dec
TABULAM OUTREACH DATES: 5 th –19 th Aug 2 nd -16 th –30 th Sept 14 th –28 th Oct 11th –25 th Nov 9 th –23 rd Dec	CORAKI DR ROSEMARY CRAIG'S SUR- GERY 7 th –21 July 4 th –18 th Aug 1 st –15 th –29 th Sept 13 th –27 th Oct 10 th –24 th Nov 8 th –22 Dec

Survey

Suggestion or Complaint

Do you have a suggestion or complaint that will help us improve service delivery to your community. Please fill in the bottom of his newsletter or ring us on 66623514 on any suggestions/complaints or comments that you want to share. I would like to take this opportunity to thank you for your assistance.

Suggestions:

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Complaints:

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Comments:.

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Name **Community** **Date**

Please return to Dharah Gibinj 43 Johnston Street, Casino 2470 . Thank You