

**VISION STATEMENT**

To be the preferred community controlled health organisation providing holistic primary health care to the Aboriginal and Torres Strait Islanders of Central Queensland

**Message from the Chair**

Welcome to the second edition of Bidgerdii's newsletter, which we are referring to by its former name, the 'Bidgerdii Buzz'.

There are so many new and exciting updates occurring, which we are thrilled to inform you about in this newsletter.

We hope that the newsletters are keeping our community and financial members up to date with the wonderful progress Bidgerdii is making.

We will continue to provide a holistic primary health care service to the Central Queensland Aboriginal and Torres Strait Islander community and in doing so will ensure the services we

do provide are culturally appropriate and best meet the needs of our people.

Talk to you later  
*Tracey Alcorn*



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**Events of Interest**

**October**

<u>1-31st</u> Girl's Night In	<u>18-22nd</u> Sock-It-To-Suicide	<u>25th</u> National Kidsafe Day
<u>1-2nd</u> Baby's Day Out	<u>22-30th</u> Children's Week	<u>28th</u> National Bandana Day
<u>4-11th</u> National Amputee Awareness Week	<u>24th</u> Pink Ribbon Day	
<u>9-15th</u> National Polio Awareness Week		



**Bidgerdii Community Health Service is a bulk billing practice.**

**Operating hours are Monday to Friday 8.30am – 5.00pm.**

# Closing the Gap “Rocky Way”

Aboriginal and Torres Strait Islander people are known to experience Chronic Disease of up to two and a half times that of other non-indigenous Australians. Sadly, most of us either know or have family members who suffer from a Chronic Health disease such as Diabetes, Cancer, Respiratory disease, Cardiovascular disease and Kidney disease.

In recognition of the Government’s response to Closing the Gap in Indigenous Health, Bidjerdii Community Health Service recently engaged elders Poy and Marcia Pensio of Mackay to implement an exciting new program called **“Closing the Gap Rocky Way by Spirit, Body, Heart and Mind”**.

The program offers a culturally appropriate model of self management for Aboriginal and Torres Strait Islander people and provides individuals and their families with the knowledge, skills and support needed to adopt a healthy lifestyle and self manage one’s own health.

It is based upon a framework of 6 wellbeing principles which include Physical, Spiritual, Environmental, Economic, Mental and Cultural, and Emotional Wellbeing. These six elements strive to protect, respect and strengthen traditional and contemporary indigenous knowledge, culture and identity, without limiting access to and participation of services also available within the wider community.

The program is conducted over a 12 month period, incorporating four distinct stages with

various activities taking place during each phase.

**“Closing the Gap Rocky Way by Spirit Body, Heart and Mind”** will see uncle Poy and aunty Marcia share their extensive skills and knowledge of chronic disease self-management with our Aboriginal Health Workers and in turn work closely with those in our community affected by chronic disease.

Uncle Poy first developed the program in response to his own health problems, having battled a chronic disease for many years.

The program has been successfully introduced within a number of communities throughout Queensland and the Torres Strait and we are looking forward to the seeing the many benefits this program will bring to our community.

The interest and support for the program has been tremendous, with 54 participants currently registered and actively engaging in the program and various service providers coming on board to also offer their support.

There have been a number of good news stories featured in the Morning Bulletin lately in relation to the program, in particular on the family garden activity, one of the main activities associated with phase one of the program. Be sure to keep an eye out for more of these good news stories in the paper as well as forthcoming editions of our newsletter, as we keep the community informed of how the program is progressing.



Left to right: Marcia Pensio, with CEO Maleeta Richards and Poy Pensio

# Out and About with

# Poy and Marcia



**Presenting Closing the Gap “Rocky Way” with members of SAIMA**



**With Health Worker Susan Rankin and aunty Carmel Doyle and aunty Elizabeth Doyle engaging in the Gardening project for Physical Activity**

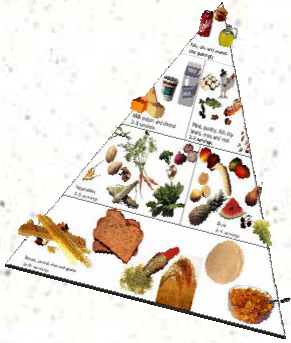


**Presenting the program to Parents of Park Avenue State School & training BCHS Health Workers**



**With Bidgerdii’s Aboriginal Health Workers**

# How Much Water Should We Drink Per Day?



**Coming into the warmer months it is very important that we all keep our fluid intake up.**

You should drink water in accordance with the guidelines of the National Health and Medical Research Council.

These guidelines recommend adult men drink 2.6 litres of fluid and adult women drink 2.1 litres of fluid each



day.

In addition to, your fluid intake can be increased if you live or work in extremely hot climates. However these are guidelines only, as individual fluid needs can vary widely.

No maximum amount has been set for fluid intake. Too much water over a short period of time can cause water Intoxication.

Athletes who exercise at a high intensity without adequately replacing lost electrolytes can be particularly at risk and should seek the advice of an accredited sports dietitian to ensure they have a suitable hydration plan. Water intoxication is a rare occurrence in the general population.

## Cardiac Outreach Clinic - Gracemere

The Indigenous Cardiac Outreach program delivers specialist cardiac treatment and education services to indigenous communities throughout rural and remote Queensland. The team comprises a Cardiologist, Sonographer (rostered from the tertiary referral hospitals), Indigenous Outreach Co-Ordinator and Project officer. The Indigenous Cardiac Outreach team is further supported by local Aboriginal Health Workers at each site they visit.

Aboriginal Health Workers Kerry Stewart and Sharon Blucher assisted the team on their latest visit to Rockhampton and Gracemere.

The Cardiac Outreach team travels with a portable echo, point of care technology and vital signs monitor. Individuals are seen by the team, with each person receiving an ECG, point of care testing incorporating blood analysis (which includes lipid profiling & HbA1C)

and an ECHO (if needed). The Cardiologist is then able to gauge individual responses to treatment and initiate appropriate care plans to provide the best outcomes for the patient.

Wishing to make an appointment to see the Cardiac Outreach team, or requiring any further information? Please contact Kerry or Sharon on 49304600.



"He firmly believes laughter is the best medicine."

Left to Right: Elizabeth Jones (Nurse), Stefanie Blackburn (Echo Technician), Alison Baird (Executive Support Officer to Dr) Dr John Younger (Royal Brisbane Cardiology Team), Harold Blucher (Patient), Sharon Blucher (AHW -Outreach Worker), Kerry Stewart (AHW-Chronic Disease), Rohan Corpus & Andrew Goodman (Indigenous Outreach Team) from Prince Charles Hospital)



# Rabbit Proof Fence Challenge



The Rabbit Proof Fence Challenge is a combination of the 10,000 step program and the true story of sisters Molly and Daisy and their cousin Gracie who, having been forcibly removed from their families in 1931, embark on an epic 1,500 mile (2,500 km) journey from Moore River to return home to Jigalong. To put

the distance in perspective, this is the equivalent of walking from Rocky to Brisbane and back again, then doing it all over again!!!

The Rabbit Proof Fence Challenge was the idea of Mr. Lionel Harbin, Physical Activity Officer with Darumbal Community Youth Services, who first delivered the challenge amongst our local murri organisations back in 2009.

The program was a great success and has since been adopted by the 10,000 Steps Program with plans

currently underway to register the program on Central QLD University's 10, 000 Steps website.

The challenge takes approximately 9 weeks to complete (based on teams of 3 people doing 10,000 steps per day) to coincide with the girls original journey. There will be prizes and fun incentives along the way to keep the teams motivated. All Bidgerdii patients, financial members, staff and community members are encouraged to participate.

**The challenge commences on Monday 17<sup>th</sup> October 2011 and concludes on Friday 18<sup>th</sup> December 2011.**

**Are you up for the Challenge? If so, please telephone "Louise or Marissa" on 49304600 to register your team.**



## Light The Night - October 5th 2011

'Light the Night' was an evening which saw thousands of people from across the community come together to participate in a walk to support the Leukemia Foundation.

A group of staff, (along with their families and friends) from Bidgerdii Community Health Services took part in this special event, with everyone in attendance having only one thing to say "WOW WHAT A NIGHT, IT TURNED OUT TO BE".

Staff collected and donated money to the Leukemia Foundation before participating in the walk.

A sea of lights was created from three different coloured lanterns, that supporters purchased for the leisurely walk from "Dinosaur Park" to the boardwalk on the riverbank.

Each colour Lantern represented a form of support:

- **White Lanterns - Blood Cancer Patients and Survivors.**
- **Blue Lanterns for Supporters.**
- **Gold Lanterns for remembering a loved one who lost their battle with a Blood Cancer.**

The staff who participated all said that 'It was wonderful to be able to participate in something so simple, but touching', and "It was great to be able to support a wonderful foundation like the Leukemia Foundation".

**A BIG THANK YOU TO ALL THAT PARTICIPATED.**



# Congratulations Bidgerdii

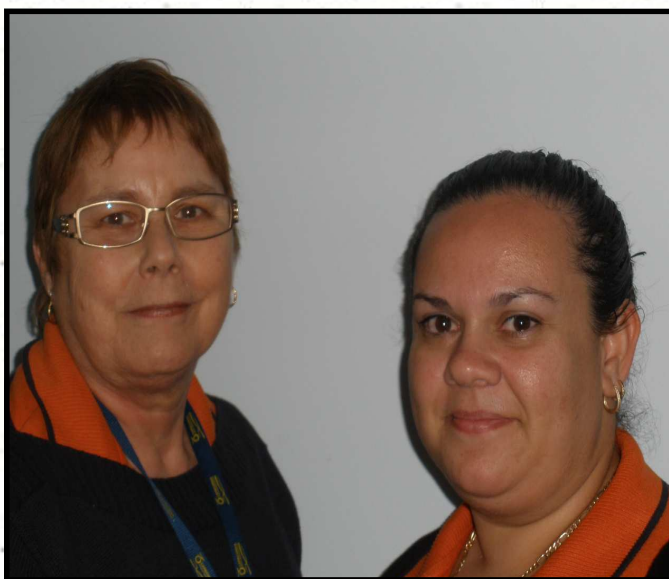
During the month of September 2011, both Bidgerdii Rockhampton and Bidgerdii Blackwater clinics underwent Accreditation with the **Australian General Practice Accreditation Ltd (AGPAL)**.

Accreditation measures the degree to which a practice satisfies particular requirements and standards and is undertaken every three years.

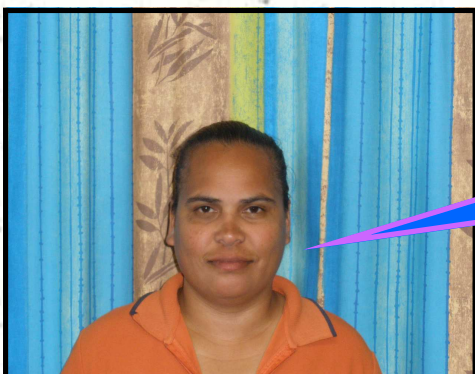
To be an accredited service gives assurance to the Board of Directors, members, staff, funding bodies and most of all to patients that an organisation is delivering a high quality health service.

Bidgerdii Community Health Service is pleased to announce that once again it has achieved a positive result and will be formally recognised as an accredited health service for a further three years.

We wish to thank all our staff, in particular **Ms Kaye Maver (Clinic Manager)**, **Ms Tennille Miller (Medicare Officer)** and **Mr. David Blucher (Operations Manager)** for all their hard work during the Accreditation process.



Left to Right: Kaye Maver and Tennille Miller



HAVIN' A YARN WITH  
SUZY RANKIN

**Position:** Physical Activity Officer

**Home Town:** Rockhampton/Woorabinda

**Favourite Colour:** Electric Blue

**Favourite Saying:** What Comes Around, Goes Around!

**Favourite Foods:** Chicken/Fish with Garden Salad and Potato Salad (Homemade)

**Favourite Drinks:** Club Lemon/Mountain Dew/Chocolate Breaka/Water

**What would you spend your last \$10 on? :** My Kids

**Favourite Footy Team:** North Queensland Cowboys

**Favourite TV show:** Anything on the Comedy Channel

**Favourite Music:** Anything but Techno

**If you could go on a date for one night with someone famous, who would it be:** Hugh Jackman

# Queensland Murri Carnival

The Inaugural Queensland Murri Carnival was held from the 22nd - 25th of September 2011, at Firth Park, Mudgeereeba on the Gold Coast. The carnival saw teams competing in both Open-Mens and Open-Womens divisions, as well as hosting an Under 15 event.

Bidgerdii Community Health Service, in conjunction with CQID and the Division of General Practice were proud to sponsor an Under 15 team to attend this event, which saw a large number of teams

participating from various communities throughout the state.

To be eligible to participate, each player needed to undertake a health check with their local Aboriginal Medical Service. By taking part in this event, the under 15 players were also playing for selection in the

Queensland Murri State Under 16 team which takes place at the "All Stars" match in February 2012.

We wish each of the boys well with their selection.

Coach Graeme White and Team Organiser, Michelle Richards said the boys played extremely well at the Carnival and did the Rockhampton community and their sponsors proud, by finishing in 5th place.

**WELL DONE BOYS!!**



## Funny Side of Health!



**Doctor :** Nurse, how is that little girl doing that swallowed the quarter last night?

**Nurse :** No change yet

**Nurse:** Doctor, there is an invisible man in your waiting room.

**Doctor :** Tell him I can't see him right now.

**Doctor :** Did you take the patient's temperature?

**Nurse :** No. Is it missing?

**Patient :** My hair keeps falling out, what can you give me to keep it in?

**Doctor :** A shoebox

**Patient :** Doctor, I think I need glasses.

**Teller :** You certainly do! This is a bank.

'Doctor, Doctor, can you help me? My tongue keeps sticking out.'

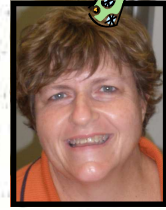
'That's good. Now, if you can just lick these stamps...'

**HA HA FUNNY HA HA FUNNY**

# Look Who Has Had a Birthday!



David Blucher  
2nd July



Michelle Johns  
1st August



Enid Vaughan  
14th September

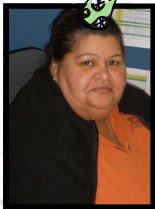


Coral Fisher  
20th July

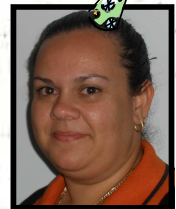
## Birthday Wishes For My Friend

On your birthday,  
I wish for you the fulfillment  
of all your fondest dreams.  
I hope that for every candle  
on your cake  
you get a wonderful surprise.  
I wish for you that  
whatever you want most in life,  
it comes to you,  
just the way you imagined it,  
or better.  
Happy Birthday!

*By Joanna Fuchs*



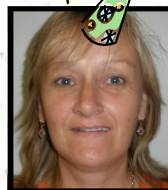
Louise Martin  
26th August



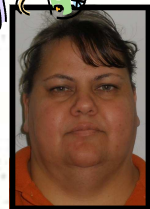
Tennille Miller  
3rd July



Maleeta Richards  
10th July



Sharni James  
6th July



Kerry Stewart  
14th September

# HAPPY BIRTHDAY TO YOU ALL



# Four Healthy Tips!

- **Investing in quality essential oils.** Not only do they soothe your spirit, they can also aid digestion, ease anxiety and alleviate pain.
- **Carrying your baby in a pram or sling** facing forward can be stressful for a child. An Australian professor found babies facing inwards were more likely to laugh and sleep, indicating they were less stressed.
- **About three quarters of the salt** we eat is in the food we buy, such as breakfast cereal, soup, bread and sauces.
- **Clean your computer keyboard regularly** as it's home to 400 times more germs than your toilet seat! And after you have finished typing away, eliminate any bugs transferred to your hands with a hand sanitizer

*Laughter is good for your health as it: relaxes the whole body, boosts the immune system, releases endorphins, and protects the heart.*

# Colour Yourself Healthy!

A plants healthful attributes are often evident in its colour. Following is a list of colours associated with common fruits and vegetables and some of the phytonutrients they contain. It is not a complete list of foods or the compounds they provide: think of it as a quick sketch of nutrition.

## **ALLICIN (WHITE, BROWN AND EVERYTHING INBETWEEN)**

Allicin and other phytonutrients in this category may help maintain healthy cholesterol levels.

Fruits and Vegetables containing Allicin include:

Bananas, Cauliflower, Onions, Brown Pears, Turnips and Dates.

## **CAROTENOIDS (ORANGE AND YELLOW)**

Fruits high in carotenoids may help protect against cardiovascular problems, promote healthy vision and cell function, and provide an extra boost to the immune system. Carotene is also a precursor to Vitamin A.

Fruits and Vegetables containing Carotenoids include:

Lemons, Carrots, Mangoes, Oranges, Papaya, Peaches, Pears, Sweet Potato and Grapefruit.

## **RESVERATROL (BLUE AND PURPLE)**

Resveratrol and the associated phytonutrients are powerful antioxidants and may provide extra protection against certain cancers, infections of urinary tract and could possibly sharpen brain function and vision.

Fruits and vegetables containing Resveratrol include:

Blackberries, Blueberries, Asparagus, Eggplant, Purple Grapes, Purple Cabbage, Plums and Prunes.

## **LUTEIN (GREEN)**

Lutein and other nutrients in the "green" family may decrease your risks of certain cancers, help maintain bone integrity, and help reduce the onset of cataracts and age-related macular degeneration.

Fruits and vegetables containing Lutein include:

Broccoli, Avocados, Green Grapes, Honeydew Melon, Brussel Sprouts, Kiwi Fruit, Peas, Celery, Artichoke and Limes

## **LYCOPENE (RED)**

Lycopene has received some publicity for its potential to decrease the risk of various cancers, and it may offer support against cardiovascular and lung diseases.

Fruits and Vegetables containing Lycopene include:

Red Apples, Cherries, Beets, Radishes, Strawberries, Red Grapes, Tomatoes and Watermelon.

*To reduce stress find something to be grateful for everyday.*

*Smile whenever making eye contact with another person. It will make you both feel better*

*Remember to eat between 2-4 SERVINGS OF FRUIT, and 3-5 SERVINGS OF VEGETABLES per day.*



# We Bid Farewell to Emma



We bid a sad farewell to Emma Jeffrey, former Social and Emotional Wellbeing Counsellor, who recently resigned from Bidgerdii Community Health Services to commence her new role as "Regional Social and Emotional Wellbeing Workforce Co-Ordinator" with QAIHC.

This position will see Emma travel extensively throughout the Central Queensland and South West Regions to offer support to OATSIH funded workers engaged in the Social and Emotional Wellbeing areas, including members of our own Social and Emotional Wellbeing team.

We wish to thank Emma for her efforts and achievements during the past 12 months and wish her all the very best in her new job.



## And said hello to.....

Bidgerdii would like to welcome two new faces to our Rockhampton service, by introducing Ms Linnea Mower and Ms Nikita Titmarsh. Both ladies have recently joined Bidgerdii Community Health Service under the Skilling Queenslanders for Work program.

This program aims to give eligible jobseekers specific employment and training assistance to meet their individual needs, and cater for the demands of the labour market.

Both Nikita and Linnea shall be rotated between the Corporate Administration services and Medical Reception areas during their 15 week placements and will receive ongoing training and support to provide them with the necessary skills to work in an office based environment.

**Please be sure to say hello to them both when you are next at the service.**



Nikita



Linnea

## Work Experience

During the September school holidays, Bidgerdii Community Health Service hosted Anika Khan a Grade 12 Student from Rockhampton Grammar School for some work experience. Anika's goal and aspiration is to become a doctor.

"From everyone at Bidgerdii, we wish you all the best Anika and hope to one day see you returning as one of Bidgerdii's Medical Officers"



From left to right: Anika Khan, Kaye Maver and Karen Murphy

# Health Promotion Team



Health Workers Susan Rankin (**Physical Activity Officer**) Rachael Aberdein (**Mums and Bubs**) Rhonda West (**Nutrition**) hosting a morning tea in aid of RED NOSE Day



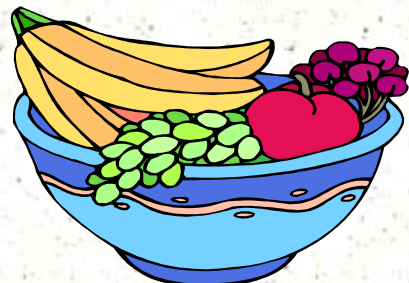
Health Worker Susan Rankin carrying out a Hearing Check on aunty Elizabeth Doyle. **Bidgerdii Community Health Service offers Hearing Checks every Wednesday to ALL Bidgerdii Clients.**

## An Apple a Day keeps the Doctor away....



Nutrition Health Worker Rhonda West with Yvonne Payne

Bidgerdii Community Health Service offers a healthy fruit snack to our patients waiting to see the Doctor, so be sure to receive your piece of fruit next time you're at the service.





## **Bidgerdii Community Health Service**

**162 Bolsover Street  
Rockhampton QLD 4700**

**P.O Box 106  
Rockhampton QLD 4700  
Phone: 07 4930 4600  
Fax: 07 4921 3082**

## **5 Ways to Give Kids Medicine**

**Getting your children to take medication when they are sick can be stressful. Here's how to make it easier**

1. **ASK YOUR GP** or pharmacist about any prescription medication and its possible side effects.
2. **WHAT'S OKAY?** Ask your pharmacist to recommend an over-the-counter product that is specifically formulated for your child's age and weight.
3. **USE A SYRINGE.** Using a clearly marked oral syringe ensures there's no room for error.
4. **WEIGHT NOT AGE.** The National Prescribing Service (NPS) recommends weighing children to accurately calculate children's medicines.
5. **KEEP A LOG.** Note the time and the amount of medicine given to prevent overdosing.

## **Recipe of the Month - Fruity Chicken and Avocado Salad**

### **Ingredients**

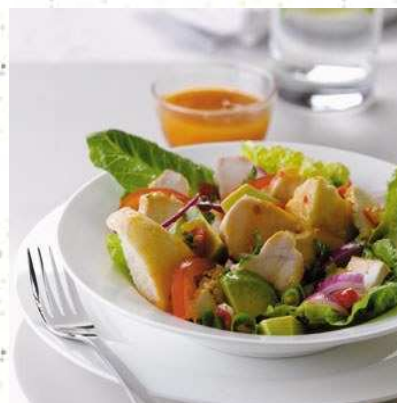
**(serves 4)**

- 4 Medium tomatoes
- 1 Red onion
- 3 Spring onions
- 1 1/2 - 2 Cooked chicken breasts
- 1 Ripe avocado
- Squeeze lemon juice
- 2 Slices crusty bread
- Selection of crispy salad leaves
- 8 Tablespoons of fruity salad dressing
- 2 Tablespoons chopped parsley
- 2 Red capsicums, diced (optional)

### **Method**

- Thinly slice tomatoes and onions. Thinly slice chicken on a diagonal.
- Cut avocado in to bite sized pieces, toss in lemon juice.
- Cut bread into small triangles
- Arrange salad leaves in serving dishes. Add vegetables with chicken and bread. Sprinkle with fruity dressing and parsley. Scatter over red capsicums (if using).

Serve Immediately and  
**ENJOY!**



**Making a colourful salad is simple - if you have a good knife. A little bit of chicken goes a long way in this recipe.**